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MIND into BALANCE with FEELINGS

WHOLE DIFFERENT Way of Life.



mind

TRANSITION



feelings

HEALING ends MIND-CONTROL!

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

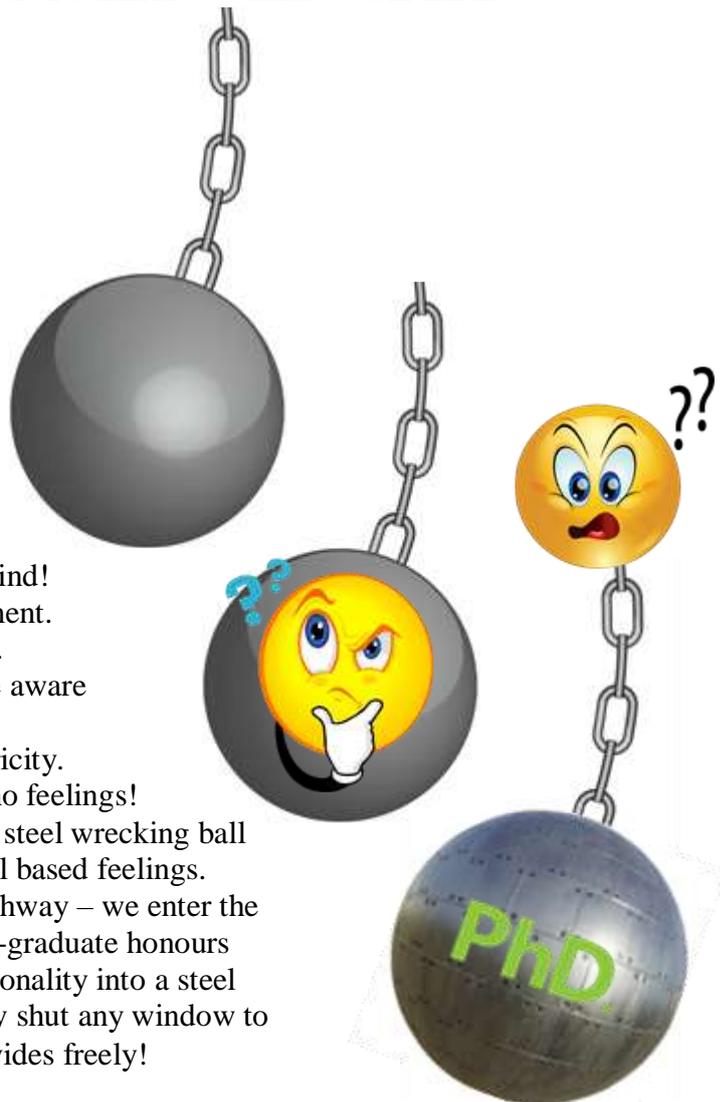
**Living Mind dominated is
claustrophobic and suppressive!**



The Mind presents a treacherous glass ceiling!



WE ERRONEOUSLY EMBRACE OUR MIND TO LEAD US THROUGH LIFE!



Our parents teach us to live through our minds.
 We are taught to be mind-centric – worship the mind!
 We go to school and it is all about mind development.
 There is no consideration about feelings at school.
 Our religious institutions do not appear to even be aware
 of our feelings, nor how they are important to us.
 If we go into employment then it is all mind-centricity.
 Higher education is further mind development – no feelings!
 We have now totally immersed ourselves inside a steel wrecking ball
 with no comprehension or appreciation of our soul based feelings.
 Then we take the ultimate mind imprisonment pathway – we enter the
 pinnacle of the education system – we gain a post-graduate honours
 degree – PhD – we have now imprisoned our personality into a steel
 wrecking ball with an outer layer of steel to totally shut any window to
 our soul based feelings and the truth our soul provides freely!

Living mind-centric locks us into a stagnate state that has a ceiling of 499 on Dr David R Hawkins' Map of Consciousness. While we ignore and suppress our feelings, we cannot evolve past this glass ceiling of MoC 499, being 'Reason'. Fixed in a stupor, a life of zombiism that we see all around us!

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

It is staggering to think that a high level spirit personality from within our local universe of Nebadon could coerce a humanity to consider and then embrace the concept that we all could become all powerful through literally worshipping our minds on the pretension that we could become mini-gods! Well, we did and we all have been doing so these past 200,000 years and look at the mess we are in. We have entrenched ourselves in mediocrity and stagnation, we are functioning in a zombie mode – more like in a stupor. We accept our dire straits without any comprehension that we exit in this entrapment through just accepting this falsity and reject following our feelings. But no, we have to use our minds and stuff ourselves up ever more.

Consider this:

Every institutionalised system and norm keeps us submissive to our hidden controllers!

It is almost hilarious – but:

We can look at our grain producers worldwide. Thousands of farmers deliver their grain to elevators / silos in their respective country. BUT who owns these elevators. Ultimately we find it is the Rothschilds throughout Europe and the Rockefellers throughout the Americas! Every chain in our economies has a hidden controller with self-interest drivers of greed, corruption and control.

Who ultimately owns the major food manufactures of the world – Rothschilds and the Rockefellers!

Now, through kinesiology muscle testing it is found that the nutrition level of processed foods in supermarkets is around neutral in value for consumption. Pet food is of a higher nutrition value than packaged processed foods provided for human consumption.

We have a ‘wonderful’ democratic system throughout the ‘free world’. Magically, political candidates are processed and supported through party systems. Unknown, unelected hidden people write the policies. Who funds these key people? Research the secret societies around the world. You may find the Masonic Lodge has a global network stretching out from London. Then this lodge interacts with localised other secret societies. Interestingly a meeting in the London Club Room did endorse Hilary Clinton but her election for presidency of USofA failed. Success rate of such nominees is around 50%. Rothschild is London based.

Education is delivered universally using the most ineffective method known, the teacher at the head of the room delivering a lecture. We have hurdles imposed upon us at every moment.

Medical science has ‘identified’ more than 10,000 illnesses and only 500 so-called cures – yet there is only one illness and that is childhood suppression and no one is accepting that. One disease and one pathway to recovery – neither is acknowledge.

Truth is always the same, however there are around 3,400 significant religions and with their minor denominations we have more than 50,000 options of truth – when only one is possible! Architect of religion and the major religions of the world is the personality named Caligastia. Caligastia is the architect of all the institutionalised systems throughout Earth’s humanity. Caligastia was Earth’s planetary prince!

Should we read a scientific paper of any description, we will come to notice that the premise of the scientific finding is founded on an assumption. The error rate of assumptions is around 98%! Amazingly we will go on to find that such scientific finding will be based on more than one assumption, thus compounding the error rate probability. It is common to find the science founded on a combination of assumptions ranging into dozens of assumption! ALL scientific developments will need to be redeveloped and our technologies re-established on truth. Our propensity to embrace ‘assumptions’ without detailed and critical investigation is of the consequence of the guile and cunning of Caligastia.

We are to bring our feelings back into balance with our mind. It is a way of living. It is not a religion. There is no organisation to join. There is no hierarchy of control. There are no rituals, dogmas, cannon laws, creeds and special book. There are no fancy clothes, sandals and hair style. It is simply living feelings first, expressing what our feelings draw our attention to, and to long for the truth behind what our feelings are bringing to our attention. Sounds simple, but it is not!

Beliefs suppress TRUTH. Result is; Health degrade, Discomfort, Pain, Illness, Disease and Viruses

To heal yourself with truth can only be done one way, and that is by sincerely wanting to live true, to live a life in which you want with all your heart to see the truth in each and every experience, so that as you live your body is being ‘built’ on truth, and so will remain rock solid, and will not

feel fragile and collapse under you when disease suddenly strikes you down. **Truth, Truth, Truth, and more TRUTH.** You have to want to eat drink and sleep truth. To beg and ask and long with all your will for the Mother and Father to help you see and know the truth, the truth of everything that you do, everything you are, everything you feel – the whole truth of yourself. And so whilst you're of it, including, the truth of your rebellious state. **“Mother and Father, please help me see, know and BE the truth You want me to live.”**

Your spirit body is your body of truth, the real you in Creation, the experiencing you; respect and honour it as such, seek to love yourself through truth, for as you are true, so too will you love. **You cannot love without truth, without being true.** If you try to love with only your mind, you're contriving love or pretending you are loving. To see the Heart of all Hearts, the Mother and Father, you have to first ascend back from the mind to the heart, and then to love. You have to embrace the Infinite Daughter of Mind as represented by your mind, and honour Her by wanting to serve your heart of truth, to be positive and supportive of truth as represented by the Eternal Son of Truth, and by living with your mind following and supporting your heart, and not denying it and being the boss, you can love the Mother and Father of All Love, and They can fully love you.

Living true to your feelings:

Is to understand that what you are feeling today is a result of masses of repressed bad feelings, all of which need to be brought out one at a time, and not just exploding with that pent up rage, venting your anger all over the place. Because you are to follow your feelings – allow your feelings to lead you in life. All those repressed feelings are to be brought out into words, progressively stripping away the many levels of them, all so you can see why you're feeling them. ‘Going with your feelings’ is not just about acting on every feeling you feel, it's about actively wanting to express and bring to light all your feelings by speaking, using words, and not just through acting. We are to express our feelings to uncover their truth. So you can do nothing, even stop acting out your feelings, whilst you spend years and years simply talking them out.

Marion 7 April 2018

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 died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017

We are to use 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.**

Kindly consider visiting www.pascashealth.com and going to the Library Download page, scroll into Pascas Care Letters and click on to open:

 [Pascas Care Letters Beliefs Suppress Truth.pdf](#)

 [Pascas Care Letters Glass Ceiling Barrier Removal.pdf](#)

And there is a great deal more to be discovered throughout the Pascas Papers all within the Library Download page of www.pascashealth.com.

Aspiring to Living Feelings First

*Brian Iverach, Faizel Hassan, Helen Adam, Graham Golding,
Ian Dowling, Jim Baker, John Doel and Peter Wildin*

Pascas Foundation (Aust) Limited

Systems of Deception!

One person with unfettered and supreme control, a System Sovereign, has had aeons of time to passively and stealthfully impose upon his minions (us – you and me) a way of living that assures him, the arch hidden controller, that we would remain compliant and submissive to his begging. His extreme intelligence and consciousness is no match for us ascending mortals who arrive naively upon Earth with absolute dependence upon parents who have already capitulated – unknowingly – to his wily stealth.

The System Sovereign's goal was that we do not evolve, that we remain fearful of our true Heavenly Parents, that our true pathway for spiritual development is not revealed, that we live in a manner of servitude and ignorance through our minds believing that our submission to our minds will enable us to become all powerful and even mini-gods. When we transition into the spirit mind Mansion Worlds, we remain collectively his waiting army to fulfil his ambitions to expand his domain and territory. We have been well and truly screwed over through his imposed systems of:

- Parenting – unable to love our children due to lack of truth in what we are provided with.
- Education – minimalistic, having our minds unable to progress beyond reason – our minds are addicted to untruth and control of others including our environment.
- Health systems – ignorance of our spirit bodies and gross ignorance of underlying cause of illnesses which are through the lack of being loved. Our health systems cannot heal.
- Commercial systems – we become salary slaves with suppressive debt slavery resulting from the costs of education, housing, health services, transportation and necessities for survival.
- Political systems – that divide the community into camps and then deliver representation of only a portion of the population without candidates having necessary leadership skills and experience.
- Religions – there is only one truth. We are to live through our feelings – not our minds.

We have been led to live mind centric which is the pathway of all of nature except humanity which is ensouled. We of humanity are to live feelings first with our minds to assist in implementing what our soul based feelings lead us to embrace. We are truth seekers and truth is to be found through feelings.

Higher level personalities than our System Sovereign have now taken on all of the evilness and wrongness of what these rebellious Lanonandek spirits have imposed upon us and have healed themselves of these injuries. Now all systems assembled during the Rebellion and Default, now ending, need to be rebuilt!

Our pathway to Paradise, the home of our Heavenly Mother and Father, is through living embracing our soul based feelings, living feelings first, to express what our feelings draw our attention to and to long for the truth of what our feelings are to show us – both good and bad.

A lady named Samantha found James Moncrief's writings on a website and commenced to engage in her Feeling Healing. This may have been in 2013. Samantha is like all of us, she is an ascending mortal. She has no specialness nor has she had any support other than James' writings on the internet. Samantha has been successful with her healing. She has been very successful. She has now written numerous books outlining her experiences so each and every one of us can follow her example. An ascending mortal, Samantha, has conquered all that the rebellious Lanonandeks, led by Lucifer, has imposed upon us. Samantha is the new mother of humanity in demonstrating to us how to embrace the one and only pathway home to our Heavenly Mother and Father.

Our soul is the most complex creation that God has ever created. When you look at other creations that God has made, you will get an idea of how complicated our own soul is, inside of itself, in terms of the mechanisms involved. And then we screw it up with our yuk!



David, 3rd Celestial Heaven – 16 June 2019: It's one thing to contact the mind of someone on Earth and give it some business guidance (or other) on a mental level, it's another to get more involved with and to become attuned to you constantly, your mind and all that's going on within your emotions and feelings **because of the continual flow of psychic disturbance being brought about through your Healing as your feelings rupture the control of your mind** (should you be engaged in your Feeling Healing).

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:



Lucifer pair
Arrested and imprisoned 26 CE

Satan pair

Caligastia pair

Daligastia pair

Arrested and imprisoned 1993 CE



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 ourself.

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.

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.

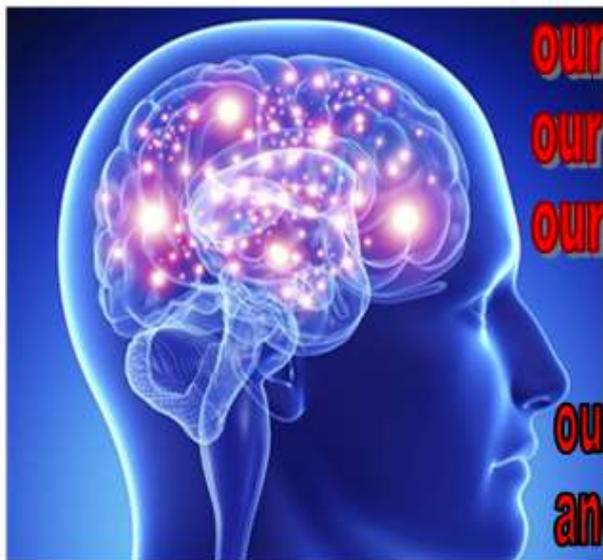
The Golden rule is: Never interfere with another's will.

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.



**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.**

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.

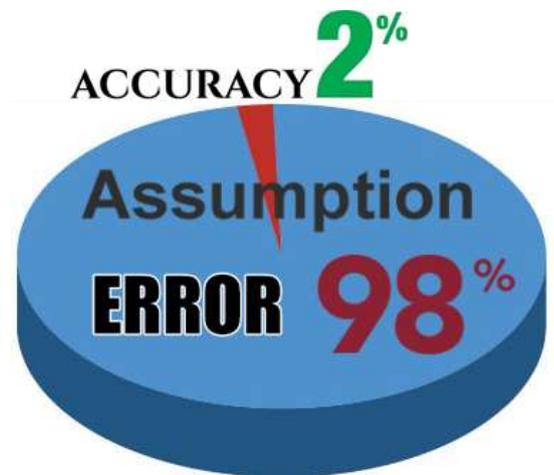
Meanwhile, hidden controllers have seized the moment and have achieved global domination, hoarding massive wealth to the detriment of humanity. Only will it be through a change in the way of living will this and other power bases crumble. We may disturb hidden controllers but if we do not change our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



ASSUMPTIONS *and the* MIND

Truth, until now, has been ‘rationalised’ by the mind. The mind cannot discern what truth is. The mind is addicted to untruth as well as control over the environment, others and the personality to which it is associated with – you and me!

My personal experience is that through the mind, assumptions are generally about 98% flawed and in error. The 2% accuracy is from flukes!

You may listen to endless ‘debates’ and discussions that may go on for hours and the mental hi-jinks are pathetically insane.

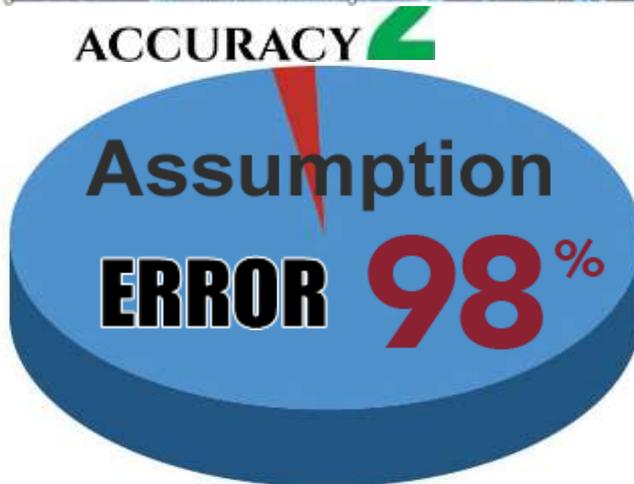
When you quietly sit there and use kinesiology muscle testing you can resolve what the answer to what is being debated in seconds – well minutes in some cases.

You may wonder why this is not generally known. Dr David R Hawkins published Power vs Force in 1995. Well, it does not suit people that want to keep secrets. Further, the process is free – you do not make a profit out of it!

What is true and what is false can be determined in seconds. You do not have to read the material, document, book or see the movie – you can calibrate the level of truth of anything in seconds. Not only can you determine if something is in truth or not true, but also the level of that truth. You can calibrate a book, then its chapters, then page by page, paragraph, line, whatever you feel is needed by you.

A few followed the secret process of the election of a pope for the Roman Catholic Church. They determined who the front runners were, what the elimination round of voting resolved, then down to the final two, who they were, then who won, and then who voted for him and who didn’t. They had answers before the black then white smoke came out of the chimney. It is not difficult, you can do it.

The focus here on ‘assumptions’ is that a great deal of what we live our lives by is based on assumptions. All of these assumptions can now be revisited and the restructuring that will follow will be all embracing.



Suppression & Repression = Universal Depression

The Drama of Life:

'I had a pretty good upbringing' in comparison to other people!

- Parents have NO understanding of Love.
- Parents have NO understanding of Law of Free Will.
- Parents have NO understanding of blocking emotions.
- Parents have NO understanding of causal / core emotions.



**Feeling
Unloved
and
Unwanted**



**EMOTIONAL
ABUSE from
PARENTS**



We, as parents, were born into the Rebellion and Default, having no idea it existed or what it was about. The Rebellion and Default formally ended on 31 January 2018. We now understand that through suppressing our children's true personality, having them live through their minds rather than through their soul-based feelings, this suppression and repression practiced world-wide has induced universal depression. Only through Feeling Healing, longing for the truth behind all feelings, both good and bad, and expressing all that comes to us, will we free ourselves of these errors and heal ourselves. Vibrancy and truth is our destiny!



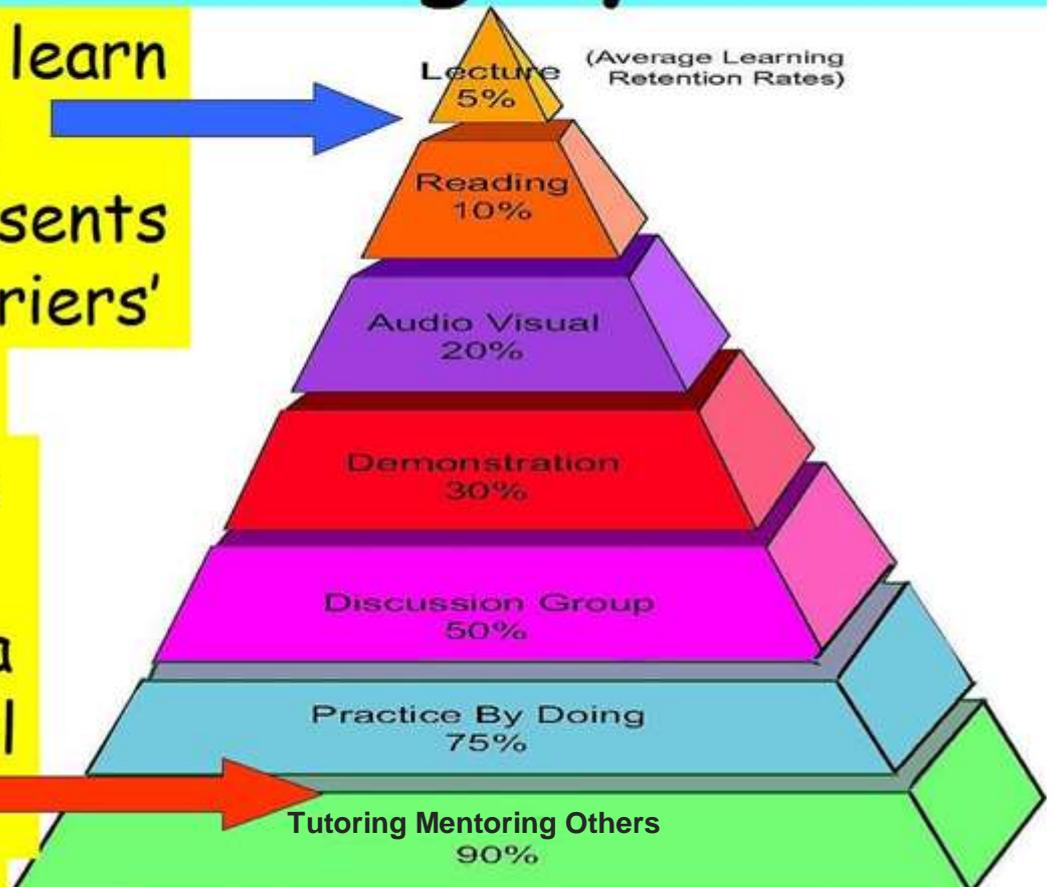
Suppression & Repression = Universal Depression



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**

Worst thing for our children are their parents!
We are in Pain because of our Unloving Childhood!

I Think ...



We frequently find ourselves in a conversation that starts with “I think ...” and we automatically cringe not understanding why we do so.

“I think ...” is our addiction to being controlled by our minds and of suppressing our feelings, our soul based feelings that are always in truth and it is our feelings that we are to embrace and have our minds to follow in support, not how it is for all of us presently.

“I think ...” is innately telling us that what we are about to listen to is what that person’s control and error addicted mind is going to impose upon us and that the conversation will be a pointless endeavour to shift that person to some level of truth and away from control of others.



“I think ...” is the imposition of an assumption or multiple assumptions in keeping each of us submitted to the repression that has been imposed upon us throughout our childhood forming years. This is all about our capitulation to the Rebellion and Default. We can all recall our parents frequently asking us what do we think! The question is to be **“What do you FEEL?”** When you ask that question of a person, their response is instantaneous and it is their soul’s truth emerging – not our mind’s 98% in error assumptions that are tiresome and debilitating to say the least.



Following our healing and then ascension through our local universe of Nebadon, before leaving Nebadon we return our mind to the Divine Minister and embrace the mind of the Infinite Daughter, the God of Mind. The mind of the Infinite Daughter enables us to progress to Paradise, the home of our Heavenly Mother and Father. The Eternal Son is the God of Truth. The Divine Minister is of the mind whereas Mary and Jesus are of the truth for our local universe of Nebadon.

When we embrace how to use our minds in the appropriate manner, then we will find our minds being wonderful. Our lives are all about experiences and what arises from our feelings about each experience. This is all in preparation for when we achieve our ultimate status as a Finaliter which occurs when we arrive in Paradise. Then we will be well prepared for the ongoing assignments throughout the outer universes now forming.



What do you FEEL?

Assumption + I Think ...



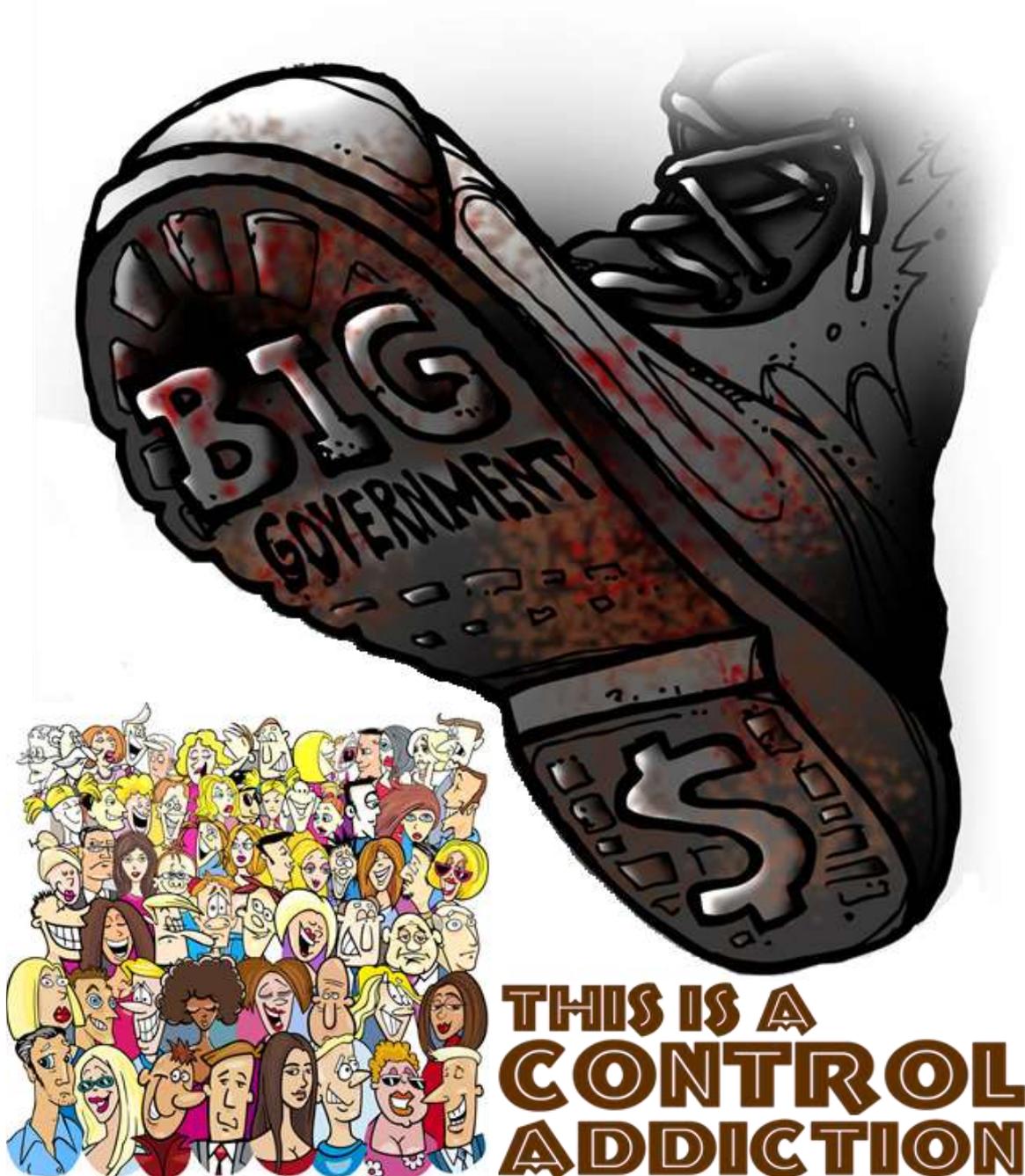
98% of assumptions are in error, the other 2% are flukes.

The best investigation reveals a 96% error rate only!

It is not generally understood that our minds are addicted to untruth. Once we recognise this then much becomes obvious.

No wonder we may cringe when someone starts a conversation with "I think ..."

We are not to impose our will upon another!



**Our MIND is a CONTROL ADDICT!
Our MIND is ADDICTED to UNTRUTH!
Our MIND cannot DISCERN TRUTH!**

ASSUMPTIONS are the product of the MIND!

**Our SOUL is OUR TRUTH!
Our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to FOLLOW!**



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.



BREAKING the BARRIER of the MIND – ENGAGING the SOUL!



DYNAMIC personality

Personalities who complete their Soul Healing will demonstrate a dynamic personality that has never been previously achieved throughout the history of humanity. Such dynamic personalities will be recognisable for their innate abilities of comprehension, wisdom and leadership – they will become the ‘council of elders’ for all of humanity.

Though we may begin our Healing journey with one of many complementary modalities, it is only through longing for the truth of what is behind our feelings, good and bad, and by expressing all of our childhood repression and suppression injuries do we enable our soul based personality to manifest and display its true potential – our real selves.

Feeling Healing with Divine Love becomes Soul Healing.

Progression through the equivalent of the seven Mansion Worlds of Healing with Divine Love brings about the fusion of your Indwelling Spirit with your soul and enables you to live a Celestial Soul Condition while you live on Earth.

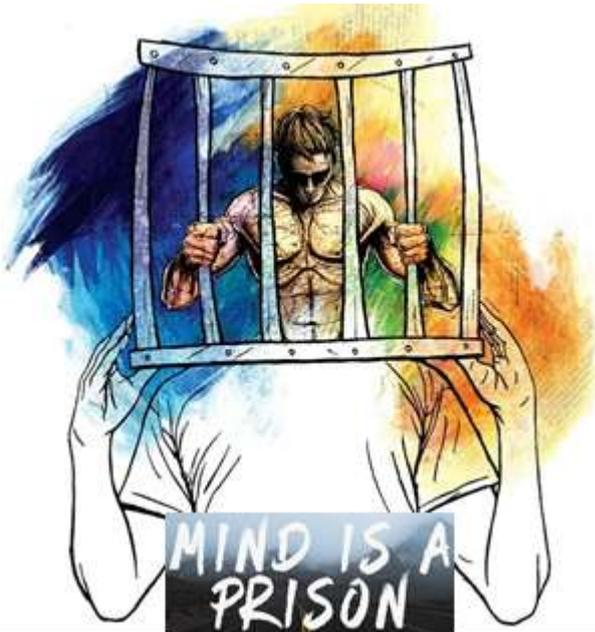
Divine Love does not heal, however it does transform the soul from natural love to Divine Love once our childhood repression and suppression injuries are healed through Feeling Healing.



ALL complementary health and healing modalities around the world are engaging the mind to suppress emotional injuries and pacify the client / friend / patient with almost instantaneous relief. Only the soul can heal – not the mind – mind engagement is temporary. Many healing modalities do commence to engage in what we are to do in healing ourselves, however none of them go deep enough into our childhood repression and suppression. We are to long for the truth behind every feeling, both good and bad and express what we feel to a very close companion or friend. This is a very long process which ultimately fits us to enter the Celestial Heavens. This is the process that we all must engage in here on Earth or in the Spirit Worlds.

NEW FEELINGS WAY

We are enslaved in our mind.



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 entrapment of limitation and perpetual stagnation.

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**

DEAD END

Helen, 3rd Celestial Sphere 3 Mar 2017



"The releasing of this money (global humanitarian projects from 2021) you could in a way liken to something crudely as having an orgasm. It will be a flood of positive energy, or light, as expressed by money, and all it represents, washing out over humanity; and although most people won't hear about it, if it is all kept quiet, still that's what's going to happen. Because it will be, in a sense, the forerunner or even wellspring of the new, of what's to come, it however being more symbolic than anything, because it all ends with The Change, but still, until that time, it being what it is showing – there is new energy, new light shining on humanity, and along with that, new hope and so on. It all being a 'sign of the times'."

Humanity is like in a full body cast from all the false and erroneous beliefs and systems that it has immersed itself within that are ALL now going to be ripped off and replaced with The New Way of Living – the Great U-Turn – this is the time of tossing out all of the old for the New!

Humanity is about to slam into the brick wall being the dead end of 200,000 years of Rebellion and Default. The Great U-Turn and the introduction of The New Way will disrupt every aspect of life that humanity has embraced throughout the era now ending!



THE CHANGE
GREAT U-Turn
AFTERTIMES

The New Way *Avonal* **AGE**



↑ Earth

CREATOR
daughter and son

Avonal **Pair**

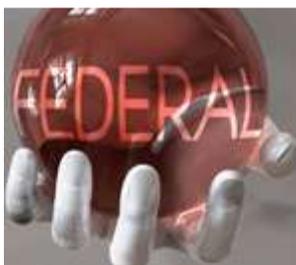
SPIRITUAL LEADERSHIP

SPIRITS OF TRUTH

LOCAL UNIVERSE
NEBADON

HUMANITY
OF
PLANET EARTH

Both the Creator and Avonal pairs are bestowals from Paradise and have Spirits of Truth which are released following the death of their physical bodies. The Creator pair is the co-regent of our local universe of Nebadon. They have set the pathway for the Avonal pair to show the way for Earth's humanity to heal itself of the Rebellion and Default. The Avonal pair's focus is one humanity, of Earth, whereas the Creator pair is for all of Nebadon.



WOMEN are the TRUE SPIRITUAL LEADERS of HUMANITY!

Our soul manifests a male and female personality – it is a duplex! One soul – two personalities! Our soul is the centre of our two personalities. We are children of our Heavenly Parents, our Mother and Father.



We are meant to live through the guidance of our soul based feelings – not live by our mind. Our mind cannot discern Truth. Our mind is addicted to Untruth. Our mind is a Control Addict.

High level spirits seduced humanity to live through their minds, thus bringing about the Rebellion – 200,000 years ago! Then the Adamites Defaulted on their mission – more than 38,000 years ago.

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.

Okay, because we are amongst billions of people who have been forced to join the Rebellion and Default, we are one of them – experiencing all the crud and wrongness we can possibly get ourselves into. Yep, we are rebelling against our soul, which also means we are rebelling against our soulmate / soul partner and also our Heavenly Mother and Father.

As we are rebelling against our soul partner, the other personality originating from our common soul, we are being toxic to him or her. We carry this pattern into our relationships with others of the opposite sex. Many commit heinous crimes against their soulmates / soul partner only to discover this upon completing their Healing.

REBELLION

When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.

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

"The True Liberation of Women is Through the Truth of Their Feelings."

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

LIVE FEELINGS FIRST

**Feelings First Spirituality, The New Way
Feelings are your own truth and personality**

The question is: Are we treating the cause or suppressing the symptoms?

Treating the cause permanently heals that which brings about illness:

What has never been understood before is that we are to ask for, long for and understand the truth behind our feelings, both good and bad. We are to understand what is behind our feelings as they come into our awareness. When we long to understand why we feel good or bad then we will be told – we will come to understand how they came about – eventually! Not even Alice Miller or anyone else has recognised this need to understand and know the cause or causes of why we feel so bad and that we are then to express such feelings to someone who does want to know us, someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves. It is the expressing, talking them out to someone who is interested in you, is wanting to know how you are feeling and why, that we heal ourselves of such emotional injuries.

Our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.

That's the basic principle, however you do have to apply your will – make an effort – wanting to bring your feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why you're feeling what you are.

You are your feelings, which is the truth that you are. We are all the Living Truth, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.

The truth is waiting in you for you to feel the feelings that give rise to it, all those feelings you should have felt throughout your childhood. We are all revealers, revealing the truth of ourselves through our feelings.

It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of your unloving relationship with your parents and family because if it wasn't unloving you'd not be or have been made to feel bad. And the way to that truth of yourself is by expressing every feeling you have, and in particular, focusing on all the bad ones, the endless bad ones you've got buried away inside you that you're refusing to feel. If you don't want the whole truth of yourself and are not prepared to look for it in and through all your feelings, then you'll never truly heal the deepest underlying causes of your pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all your suffering.

We are to find the whole truth of ourselves through our feelings. And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of ourself through our feelings.

To suppress the symptom is to put the problem aside for later on:

All medical and complementary healing modalities, including emotional processing, as much as they might help bring some relief to pain and reveal some truth and understanding as to why one is suffering it, they are not focused on the deeper underlying hidden causes of that pain and illness. NONE address the true cause, with that cause ultimately being found in our childhood suppression and repression.



All modalities are mind based, we continue to be led to expect our mind to resolve our pain – the mind can mask and hide our pain – however we have to eventually feel such pain and discover what brought it about. Then we are to express what that pain is all about. In this way we begin to heal.

Feelings First for children is similar for adults, the Feeling Healing process that we all will eventually engage in is a way of living. It is how we will grow in truth and that is through our feelings, we are self-contained. This is the first step in going beyond just suppressing symptoms through our spirit body mind which cannot discern truth from falsehood and embracing our soul based feelings which are always in truth.

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

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;

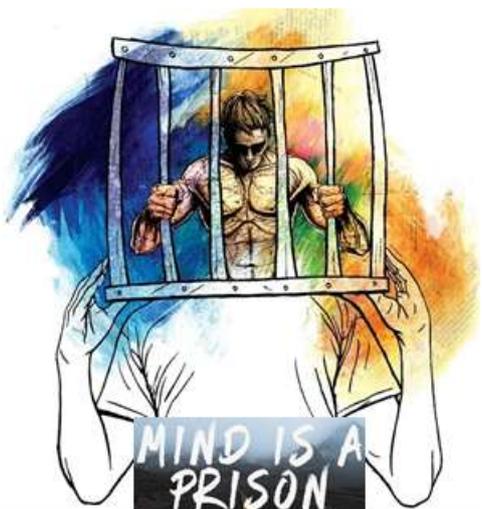
or embracing The New Feelings Way
by doing your Spiritual Healing;

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.

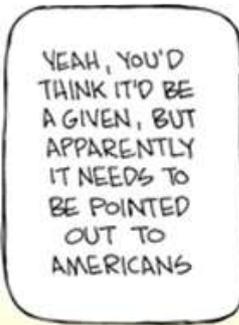
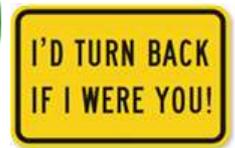


Our Spirit Friends on duty



OUT GATEWAY

ISOLATION



REBELLION & DEFAULT

FOR 200,000 years ALL 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



MIND MANSION WORLDS

HIDDEN CONTROLLERS DEEP STATE

SECRET SOCIETIES

The Illuminati, Freemasons, Bilderberg Group, Knights Templar, The Jesuits, Skull And Bones And Others

EDUCATORS UNIVERSITY RELIGION

Following the spirit world imprisonment of the System Sovereign and then Planetary Prince being rebellious Lanonandek spirits, the Celestial spirits have blocked communications between mind Mansion World spirits and humanity on Earth. The Hidden Controllers and other controlling organisations are now without spirit world guidance, since 22 March 2017. Those controllers, in the physical on Earth, are without their long term guidance.

Educators at all levels and throughout all systems have had withheld from them that we

“The education, for both women, men, girls and boys, is about how to live true to their feelings. How to embrace them willingly, how to work with them – express them, and the point of doing that, wanting to know the truth of them. That’s all.”

Marie, 1st Celestial Heaven: 11 Aug 2020

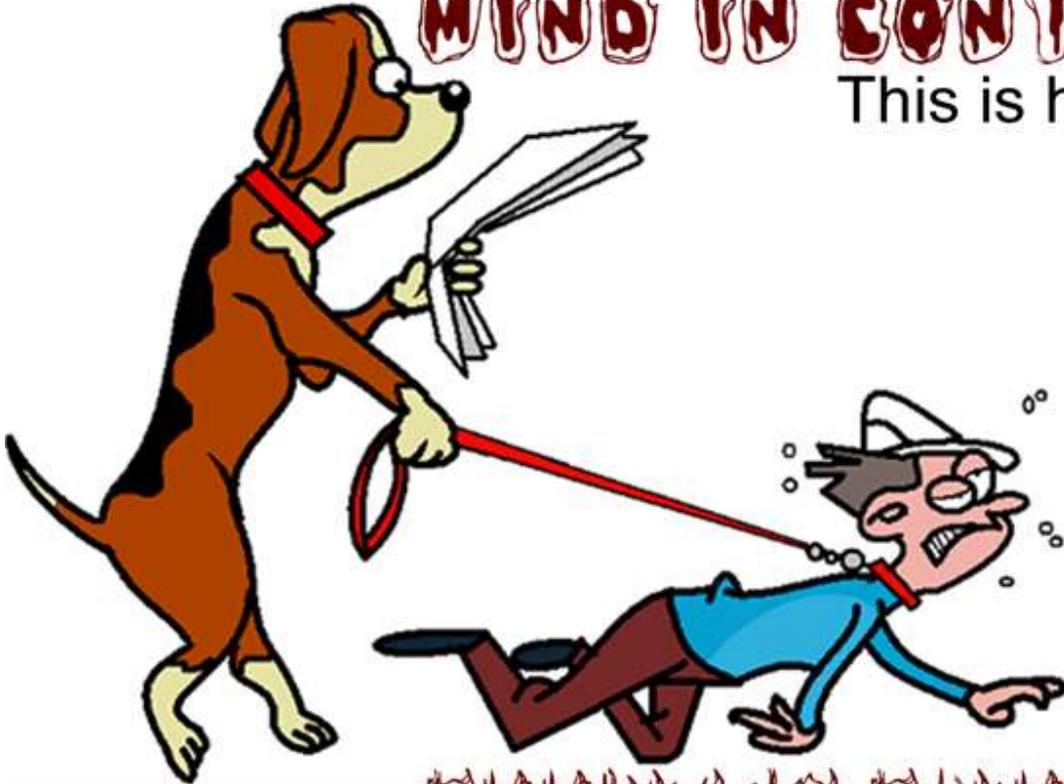


PEOPLE OF EARTH

WE ARE TRUTH SEEKERS

MIND IN CONTROL

This is how it is!



FEELINGS FRIED

Great U-Turn

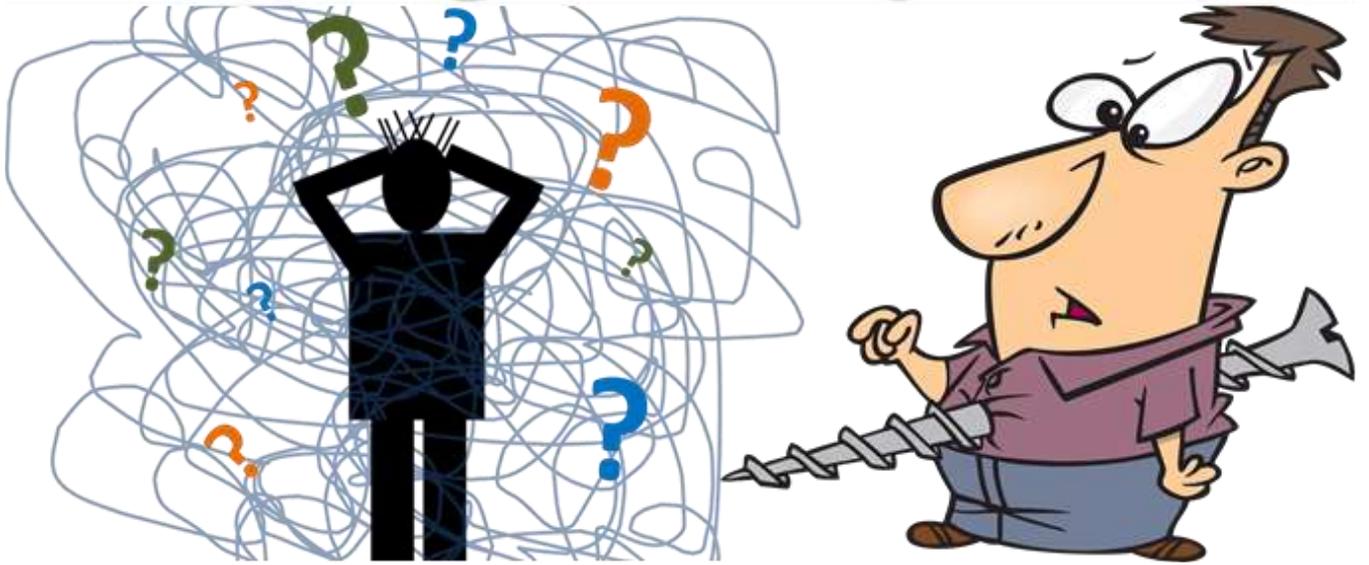
Feelings
in Control

This is how it is to be!

Mind in Support



We are being screwed by our Minds!



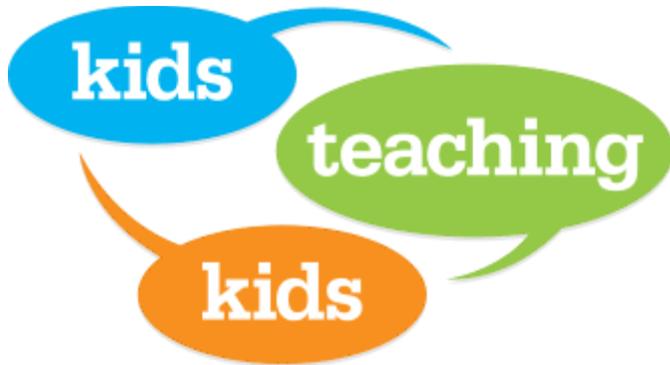
We are Truth Seekers!



Heart felt
feelings are the
Truth of our Soul

Disney PIXAR
SOUL

Tutoring



Natural Self Expression!





Living Feelings First growth potential is

Our Feelings are our Supreme Guide! Truth is found through our feelings, we are to long for the truth about what our feelings draw our attention to. Our soul based feelings are always in truth. We are fully self-contained. This simple fact has been hidden from us for 200,000 years while our hidden controllers, the evil ones, kept us under their selfish controlling agenda.

Living through our feelings first with our minds to follow in assisting with what our feelings guide us to consider is a rewarding, freeing and vibrant life. Whereas we all have been retarded through living mind centric.



Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and progressively then through all the Celestial Heavens of our local Universe of Nebadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

Not only will we progress beyond 1,000 MoC when transitioning into the 1st of the Celestial Heavens, by the time we reach Paradise we will have progressed to what could only be described as infinity – well not quite – but we will be truly awesome in our evolution and development

Living mind-centric limits growth to 499 MoC

We all live through our minds! We all suppress and ignore our feelings. This has been how we have been led to live by high level spirits who had ambitions of self-glorification to our detriment. These wayward spirits had allusions of expansionary empowerment and they needed Earth's humanity as their foot soldiers! Through their deceit, we would continue to live in spirit as we do on Earth without any prospect of progressing out of the spirit mind Mansion Worlds.

Should we continue with aspirations in the perfecting of our mind then we can progress from the 1st spirit Mansion World to the 2nd mind spirit Mansion World, then 4th and finally 6th mind spirit Mansion World to a dead end. In these higher worlds we may appear to be guru type personalities but we have gone further away from God – we have then perfected our evilness!

The mind can even stave off the time when the Law of Compensation is addressed.

A U-Turn is required and then one would commence embracing their feelings and progress through the Feeling Healing Mansion Worlds 3, 5 and 7. With Divine Love then on completion of the 7th spirit healing Mansion World process we transition to the 1st of the Celestial Heavens.



While we suppress and ignore our feelings we are living in hell and putting ourselves through untold misery, pain and suffering when we can achieve healing to the level that we are living as Celestials while in the physical on Earth!!!

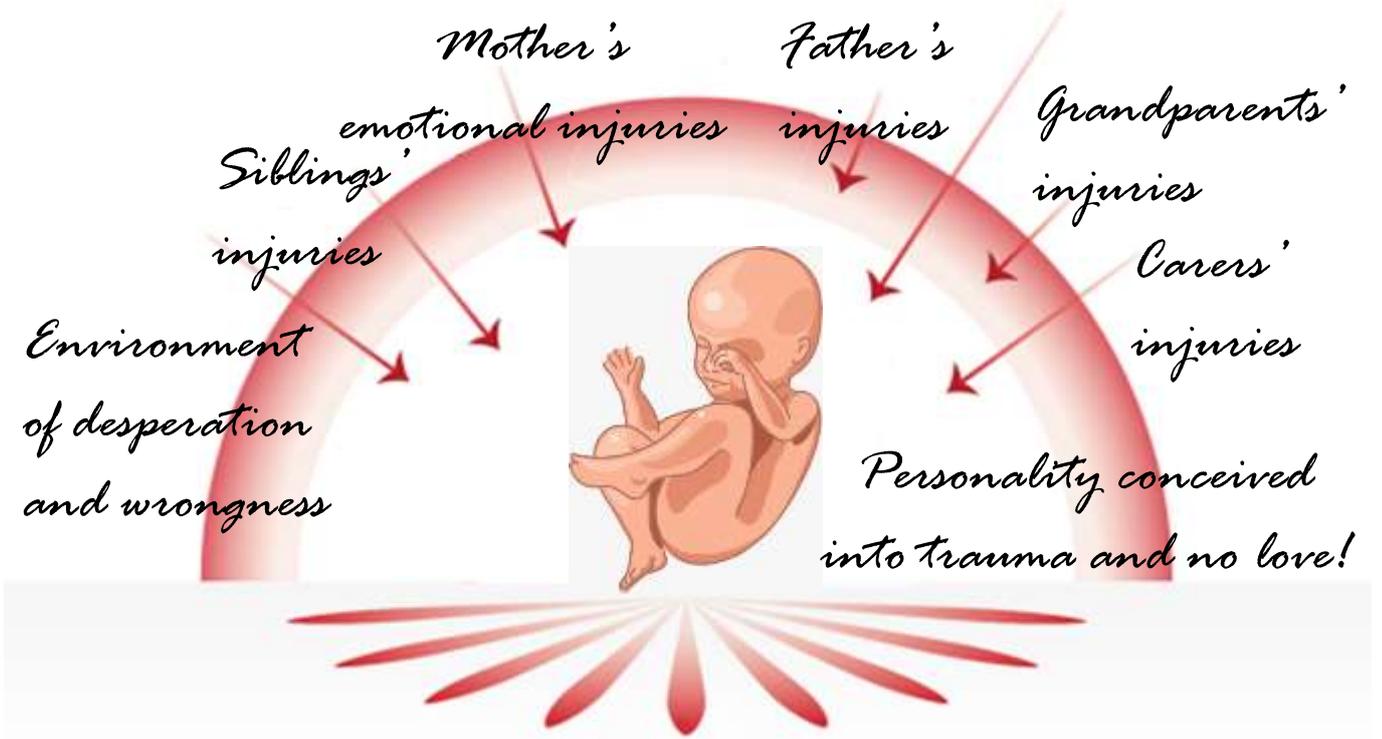


PARENTS

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



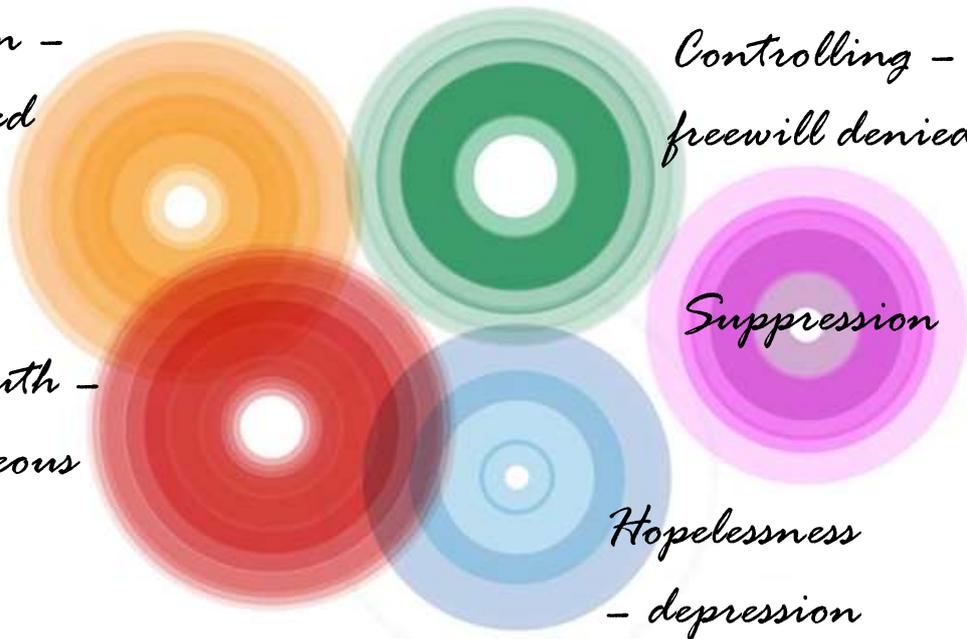
Rejection - unwanted

Controlling - freewill denied

Untruth - erroneous beliefs

Suppression

Hopelessness - depression



Living Feelings First is to replace Mind Centricity

A hidden very few controllers have orchestrated every system and way of living for humanity to be mind centred. While we live through our minds WE CANNOT EVOLVE!!! Our minds are wonderful but they are, in themselves, addicted to control over the environment, over others and ourselves, and our minds are addicted to untruth, they cannot discern truth from falsehood. We have been screwed for the past 200,000 years through these hidden controls.



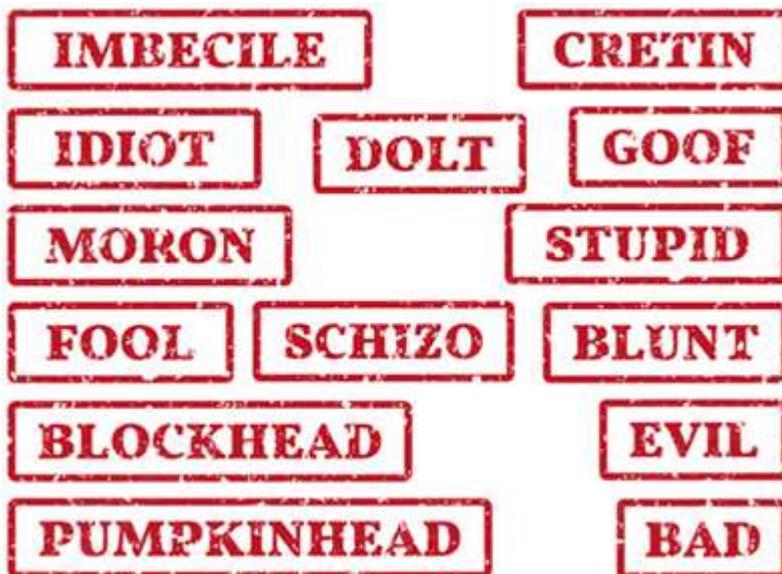
Firstly, all the emotional injury that we take on, that we are infused with, commencing at the moment of conception, is what limits our capabilities throughout lives. It is these same emotional injuries, mostly infused upon us by our physical parents, which set in place our health throughout our lives, our social issues, our quality of life and our prosperity. However, through mind centricity we remain stagnant.

What we take on emotionally must be released emotionally. We must talk it out of us emotionally. The pain will be no greater than the pain that was felt when we were infused or repressed throughout our childhood forming years. But this is the one and only pathway to heal and evolve beyond the zombiism that we see around us. We are all functioning in a stupor due to the limitations of mind centricity.

Our feelings are always in truth, they are our truth. With truth we have freedom and prosperity – yet we will need little – as our fears and addictions will be put aside. The connectivity with the spirit worlds will also open up to those who heal through their Feeling Healing.



Incompetent moronic idiot zombies!



THE TERMS IDIOT, IMBECILE AND MORON ARE ALL MEDICAL DEFINITIONS FOR PEOPLE WITH CERTAIN IQ RANGES. IDIOT RANGES FROM 0-20, IMBECILE 21-50 AND MORON 51-70.

Know the outcome, you will see the journey! Look for the cause of the problem; by addressing the problem is through removing the cause.

Many give their authority to the few! Eight billion people are being controlled by a tiny number of people. The inner core is a very tiny few people. A tiny room of people impose control over eight billion people.

We are to stop acquiescing and agreeing to our enslavement! We do so out of Fear! Ignorance – lack of truth – is the foundation of the problem – and that continues to be covertly imposed upon us by the tiny few hidden controllers!

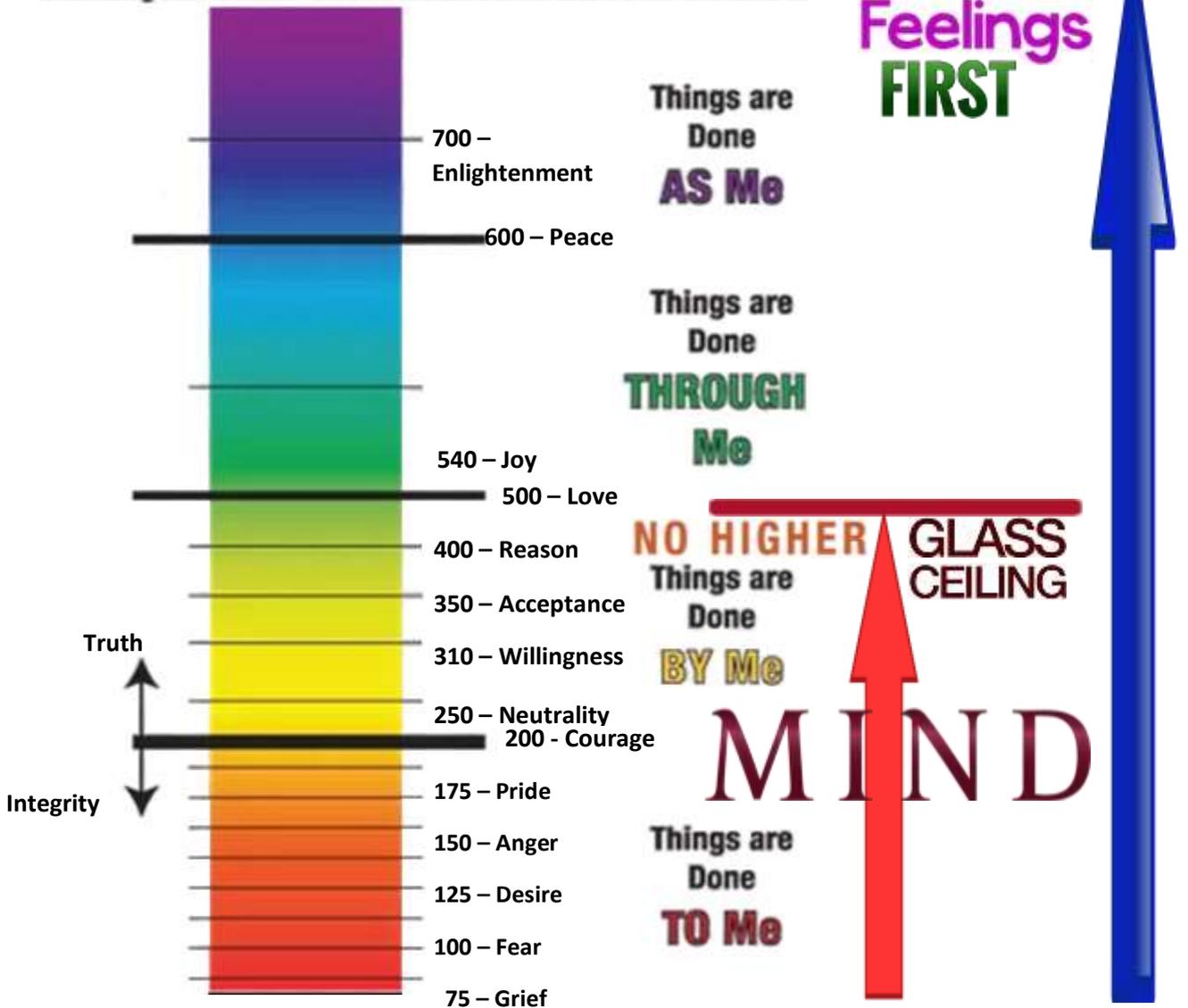
We have to take control of our perceptions. What are our feelings telling us? Truth is not what you think or have been told. What do we feel – you and I? It is our feelings that are in truth – we are fully self-contained! Bring to surface our non-cooperation to our own enslavement.

Do you have the Nodding Dog Syndrome?

Bloody morons, complete idiots – front people are put into positions of power by the very few. Incompetent, moronic people are put into positions of power by these very few. That is after dividing the voices of the people and limiting the avenues to truth and our freedom.



Map of Consciousness



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.

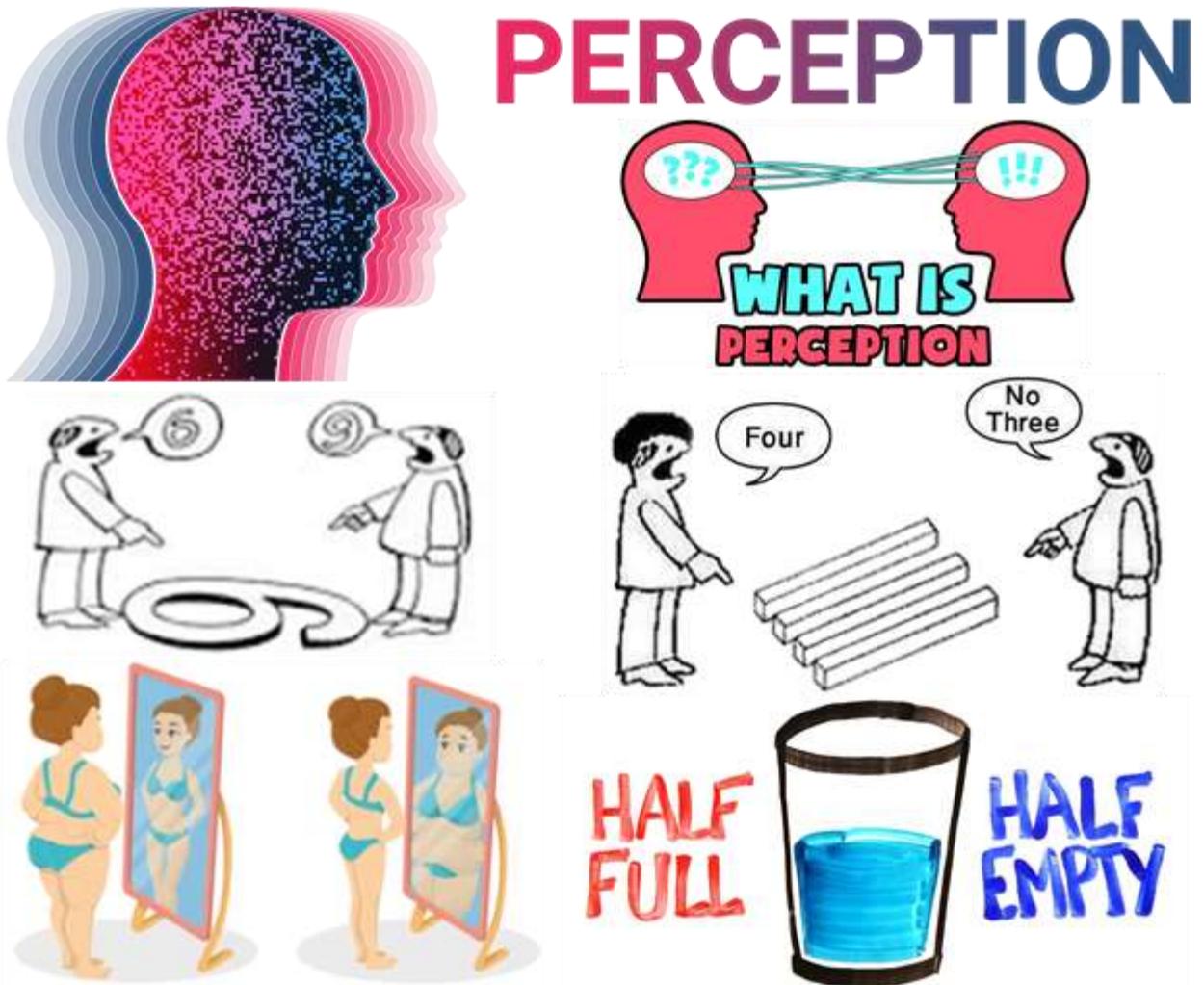
Totally self-reliant, not God reliant.

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.



Perceptions can be of the mind and consequently these will err as the mind is addicted to untruth, the mind cannot discern truth from falsehood – no matter what our parents and teachers told us!

Inner inspirations and perceptions of truth are feelings without the mind participating. Our feelings of truth are from our soul. They are exquisite and wonderful. Stunningly delicate and, at times, seemingly profound. We wonder in awe at how insightful they appear. Do not reject them, embrace them and accept them.

As we go on and respond to them by accepting them into our actions and pathways, we grow in confidence as to their great integrity and constructiveness in all that they bring to us to consider and embrace as we please. Our soul based perceptions are a true gift from endeavouring to live feelings first – it takes time for this to unfold for each of us.

We mostly remain unaware that with us at all the times is our soul's truth and wisdom, our Indwelling Spirit being our direct connection with our Heavenly Mother and Father since from around the time we reached six years of age, our pair of spirit guides and since we may now be endeavouring to live feelings first then they will be from the Celestial Heavens, our pair of Nature Spirit who are with us throughout our physical life on Earth, and our pair of Angels, our Angels are with us for eternity. As we become more and more open to our feelings then we begin to 'hear' them – this can be by numerous means. We are never alone!

LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become ‘mini-gods’ through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins’ Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1st spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2nd and 4th only to reach a dead end at the 6th spirit mind Mansion World, never getting out of the hells and entering the 1st of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3rd, 5th and 7th spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind’s lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we ‘think’ that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptions are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to ‘perfection’.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **‘I had a pretty good upbringing’ in comparison to other people!**
However:
 - Parents have NO understanding of Love.**
 - Parents have NO understanding of Law of Free Will.**
 - Parents have NO understanding of blocking emotions.**
 - Parents have NO understanding of causal / core emotions.**
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

Parents abandon Children emotionally!

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner’s wily assertions.

The mind is to be of service!
The mind is designed to Follow,
to be of service to the truth,
of service to the heart, and
your Feelings!



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TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



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

From our moment of conception to around six years of age, we are submerged in our parents controlling addictions that were imposed upon them by their parents and so it has been these past 200,000 years. Our Indwelling Spirit arrives when we are six years old and then we are responsible for our actions, however, we find that our expanding environment awakens us to further methods of exerting control over others. We all go on with our life imposing our control over others, mostly because this is the only way we can survive and that is how others live. We remain oblivious to the harm, discomfort and pain that we cause other and unaware that whatever we cause to another will come back upon us as equivalent pain in the form of compensation that we will each endure – eventually! We may consider a sarcastic comment made in jest is inconsequential – but the pain felt by the slight will be returned to us.

We may go on to be involved in commercial activities where deceit may be the accepted practice, yet the harm is caused to others will come back to each of those involved, with the leader to bear it all.

Development of weapons of destruction have consequences for all involved, but none greater than upon the authorising personalities. Developing medications and vaccines that bring about harm draw compensation. Nuclear devices have generation consequences as do vaccines that manipulate genes. Thus, those who develop such technologies stand beside those who authorise their application. But those who mandate their application may find generations suffering harm requiring ongoing accumulating compensation to be addressed.

We look upon notorious barbarism by despot leaders as the pinnacle of harm requiring incomprehensible compensation, but we have leaders of religious sects and institutions of various kinds who we treat with great respect and honour when the ongoing harm they impose is far greater.

Then we look to how all this evilness became so widespread and entrenched, the actions of the Evil Ones 200,000 years ago are still building up compensation requirements as everyone today is living against their personality will and seeking control over others, even if it is only within their family – there is no one of us who is not entrenched into the Rebellion and Default imposed upon Earth's humanity by these evil four soul partner Lanonandek spirit leaders – Lucifer, Satan, Caligastia and Daligastia.

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

Zelmar, a Melchizedek, 1 July 2003: The Rebellion leaders have all now been interned on a sector of one of the higher Earth planes. And they will remain in the 'hell of their own making' until they fully feel, and so repent, coming to understanding the pain and suffering they have caused. Can you imagine how many souls they have caused pain on all the rebellious worlds (37), so that's a lot of pain, a lot of time feeling such pain caused as their compensation, for them to understand the extent of the damage they have done. And time needed to bring about the rectification of their own personality expression; because as you can image, being so rebellious means they are very shut off to their true feelings, very much caught up in their controlling minds, so living with very corrupted, distorted and dysfunctional personalities. So potentially, it is conceivable they will remain in such isolation until everyone on all

rebellious worlds (37) and in their associated mind Mansion Worlds have completed their Healing.

Zelmar, a Melchizedek, 27 June 2003: All that is rebellious and so of the Lucifer Rebellion will be one day cease to be. So deep within you, you know the truth that you are not right, that you are rebellious, and so also the truth that one day you too will cease to be.

Zelmar, a Melchizedek, 1 July 2003: You understand about Lucifer and Satan, but what about their soul-mates, their other halves, and how instrumental have these hidden feminine evil spirits been in shaping the course of the Rebellion.

Who do you think it was that coerced Eve into defaulting, do you think it was Satan or Lucifer, would Eve listen to such male spirits as much as she might listen to their female partners? It's been, in fact, the unseen evil women spirits who've had far more of a hands-on negative influence on humanity than the men spirits. The four evil women spirits (the partners of Caligastia and Daligastia were involved too) have worked to turn women against the truth of their feelings, so mothers then turn their children against themselves. And as the boys grow up, so they too have taken on their evil role of dominating women, and now even supporting those women who want to dominate and be their equal, as you are seeing through the feminist movement. **True liberation of the woman (and man) will only come when women start to fully honour all their feelings** as I have been talking about, then women being mothers will be the greater influence on their children in helping them to not be so rebellious. And as women (and men) one day become fully Healed, then in such perfect and true relationships will women and men parent children no longer inducting them into their rebelliousness.

The evil women spirits drove the personal and more intimate level of the Rebellion, whereas the evil men spirits drove the impersonal and bigger picture side of it.

The Rebellion leaders have all now been interned on a sector of one of the higher Earth planes. And they will remain in the 'hell of their own making' until they fully feel, and so repent, coming to understanding the pain and suffering they have caused. Can you imagine how many souls they have caused pain on all the rebellious worlds (37), so that's a lot of pain, a lot of time feeling such pain caused as their compensation, for them to understand the extent of the damage they have done. And time needed to bring about the rectification of their own personality expression; because as you can image, being so rebellious means they are very shut off to their true feelings, very much caught up in their controlling minds, so living with very corrupted, distorted and dysfunctional personalities. So potentially, it is conceivable they will remain in such isolation until everyone on all rebellious worlds (37) and in their associated mind Mansion Worlds have completed their Healing.

Zelmar, a Melchizedek, 23 July 2003: Your next question, James, concerns the whereabouts of Caligastia and his partner. Caligastia, for the readers who may not know, was your (Earth's) planetary Prince, the Lanonandek Son who was the spirit governor of your world and who embraced Lucifer and Satan, helping them to bring the System Rebellion to your Earth. Caligastia and his partner had another Lanonandek Pair who help them, the Daligastias. And together the four of them coerced Adam and Eve away from being true to themselves bringing about the Planetary Default.

And as *The Urantia Book* states, with Jesus' (and Mary's) coming, the powers of these four Evil Ones were severely lessened. Jesus and Mary ended the reign of the Lucifers and Satans thereby technically ending the Rebellion in their universe of Neadon. However, it was left to the arrival of Avonal pairs



to fully end the Rebellion on the individual rebellious worlds. So, the Caligastias and Daligastias power was substantially lessened to the point of during the past two thousand years they have only been able to subtly impress upon certain mind spirits and people on Earth, who might have been open to them, to help further the Rebellion. But that has ended now because of the Avonal pair, with only the mind spirits being able to coerce you on Earth.

The Caligastias really had all the power over humanity, they did the greatest amount of damage to you. They did far more hands on damage to you than the Lucifers of Satans, and yet you didn't even know of their existence until *The Urantia Book*. So the ones you fear as being the Evil Spirits, Lucifer and Satan, didn't actually have that much personally to do with Earth. They orchestrated the Rebellion on the higher spirit levels, with the Caligastias being helped by the Daligastias, carrying out their nefarious plans on Earth and in the mind Mansion Worlds.

All eight of the Evil Spirits are now interned on a detention world (actually it is the highest earth plane associated with Earth and not on another rebellious world's earth plane, because of Mary and Jesus' relationship with the Earth) awaiting judgement of their crimes. So they can no longer negatively affect or hurt you, they are no longer guiding the Rebellion along its nefarious course, they no longer have a say in it on any level. And nor can they, should they have a 'turn of heart', directly participate in eradicating the negative effects of their dirty work. It has all been taken out of their hands. So it's now all up to yourselves, the main controllers on your world and the controlling mind spirits who are guiding them, they are now your 'evil ones'. And soon these more controlling people and mind spirits will be dealt with by the Avonal pair, once they have finished their Healing. Then all such control will cease and people will be entirely free to get on being a controller in their own little personal world as they continue to live their negative mind patterns, and without being able to control others; or end such control by doing their Healing. The prophesied 1,000 years of peace will then come to humanity as it lives through the forthcoming Spiritual Age.

So far living in their detention plane, Caligastia and his partner have not wanted to relinquish their false power one bit, even though all about them it is obvious to us that they have no real power anymore. The Daligastias, perhaps because they had more personally to do with people having been materialised on Earth and living with people so many years ago, have started to show levels of guilt and remorse with a growing conscience as to the damage they wrought.

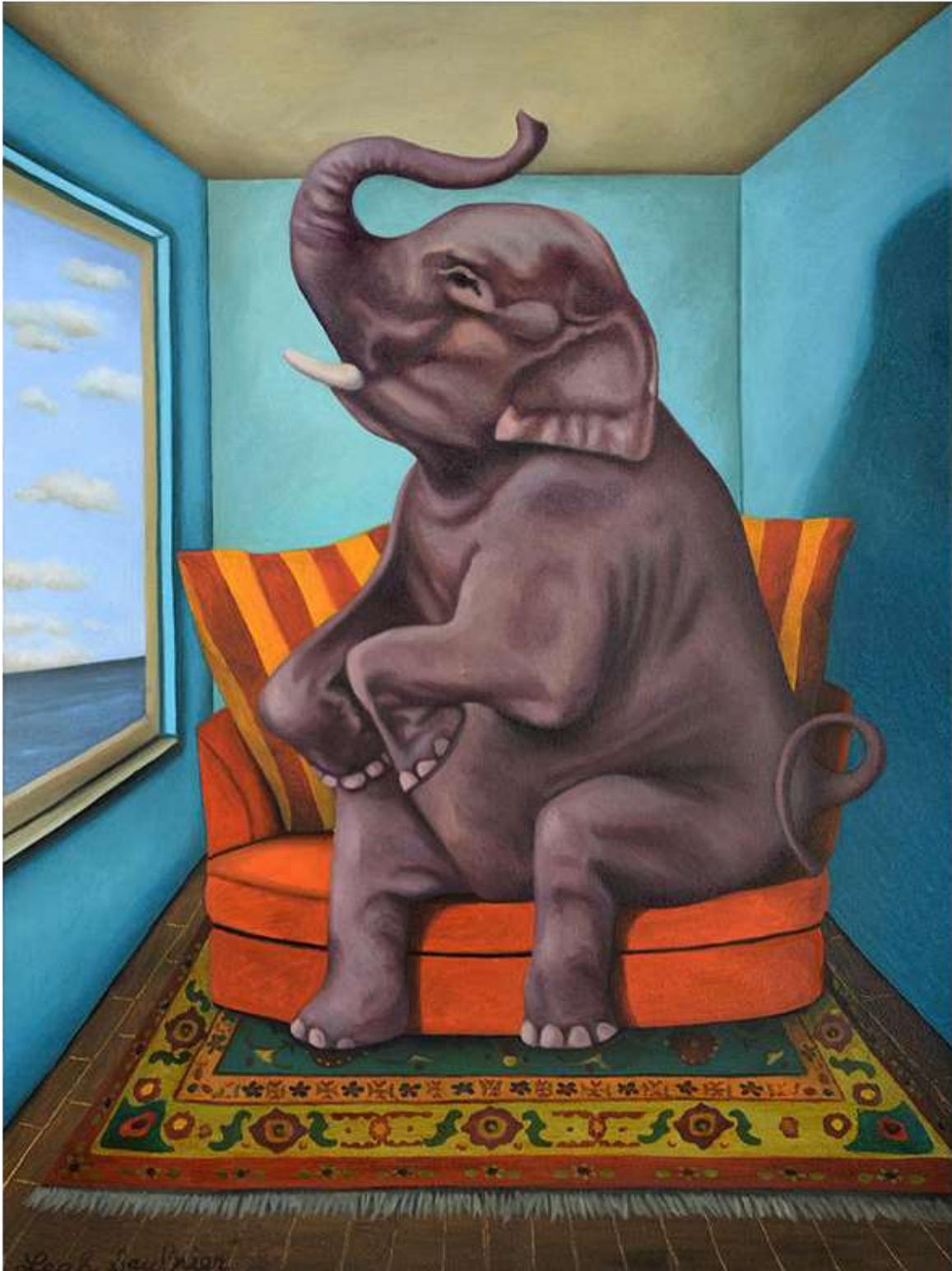
Kindly visit www.pascashealth.com, then go to Library Download and scroll down to Medical – Soul Condition & Health, click on to open:

-  [Bible New Testament Matthew Peshitta Lamsa.pdf](#)
-  [Bible New Testament Revelation Mary Magdalene.pdf](#)
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The one and only truly
effective vaccine is
the healing of our
Childhood Suppression
and ongoing Repression
through FEELING HEALING!

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

Childhood Suppression is the elephant in the room!



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

SOUL

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.

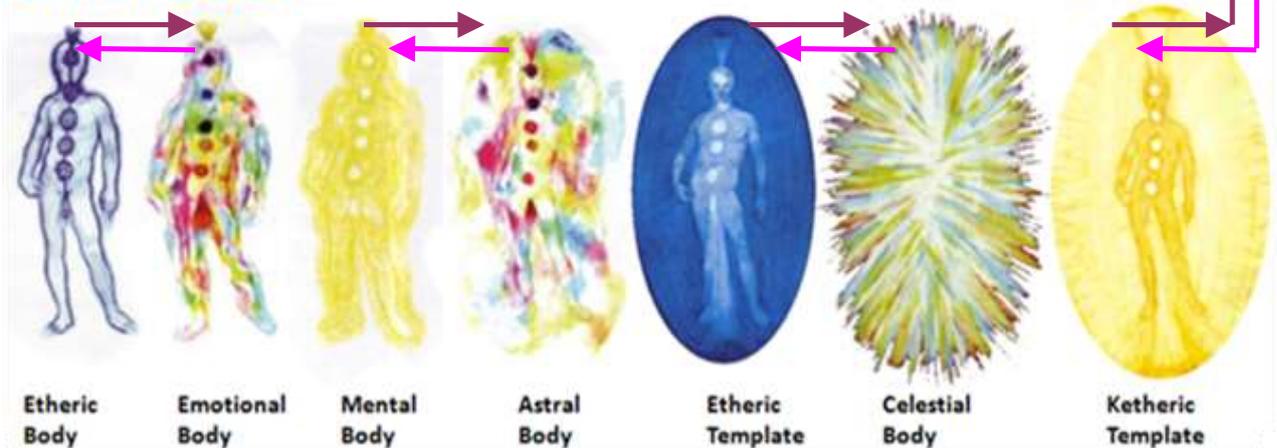
Return light being the experiences of our physical existence.

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.



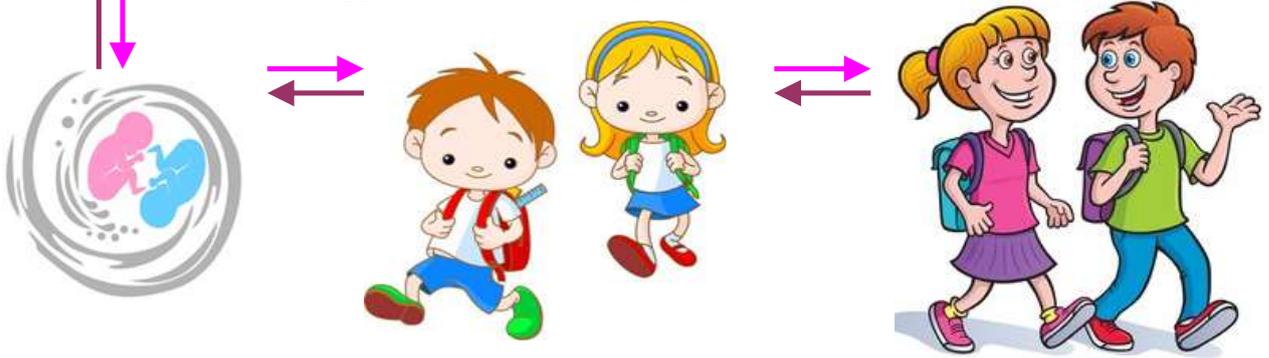
SPIRIT BODY

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.

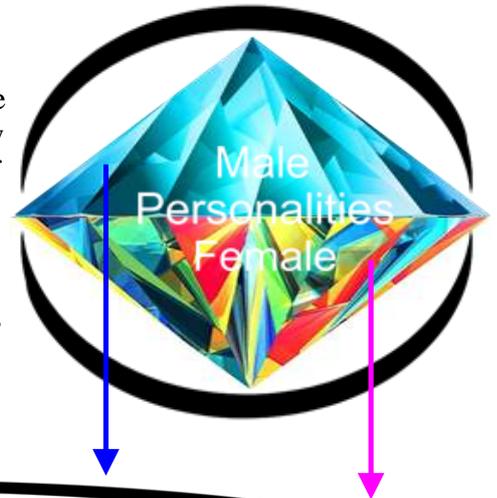
Childhood Suppression is the underlying cause of disease, illness, etc.



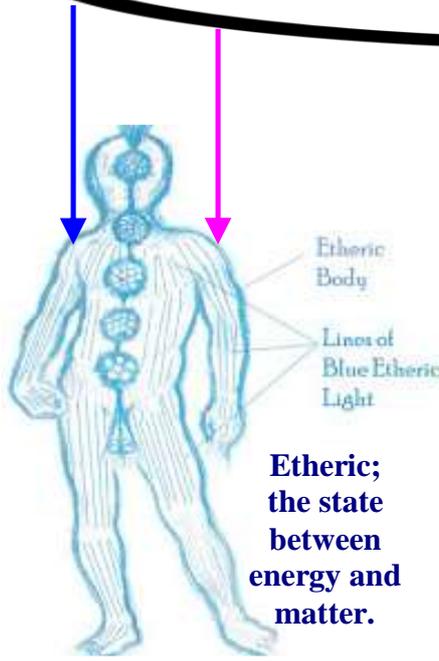
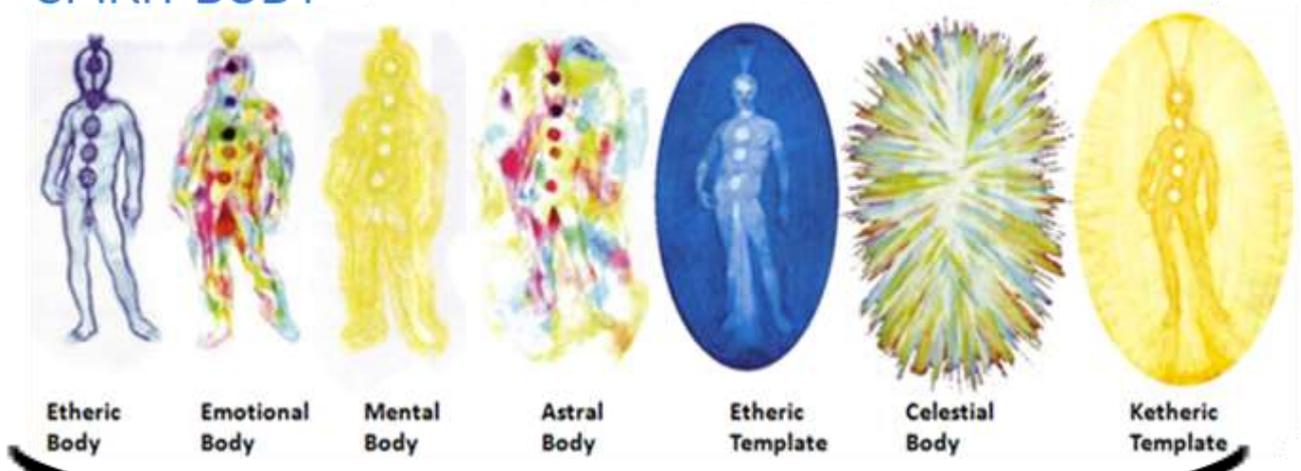
Childhood Suppression



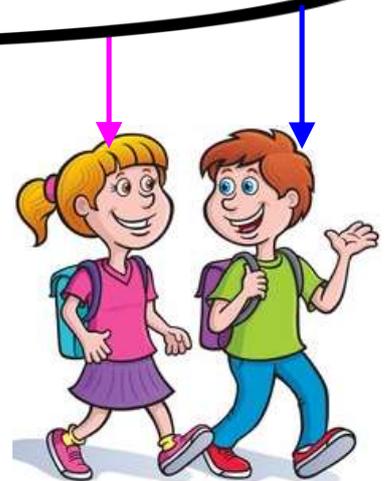
Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our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



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



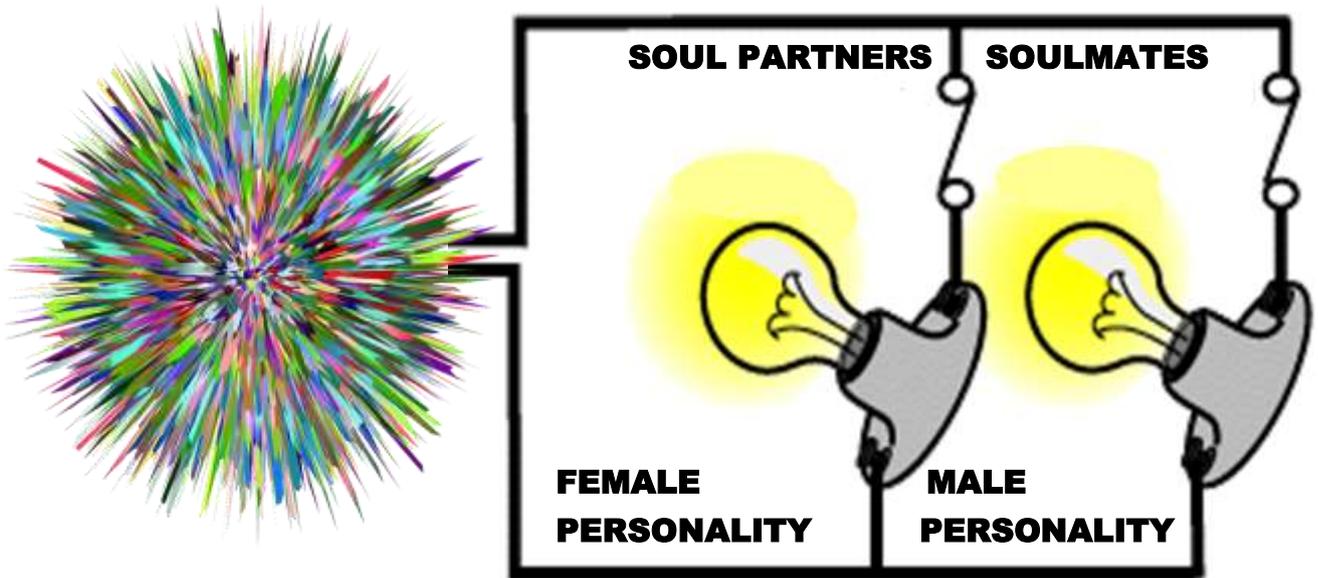
The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings 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!



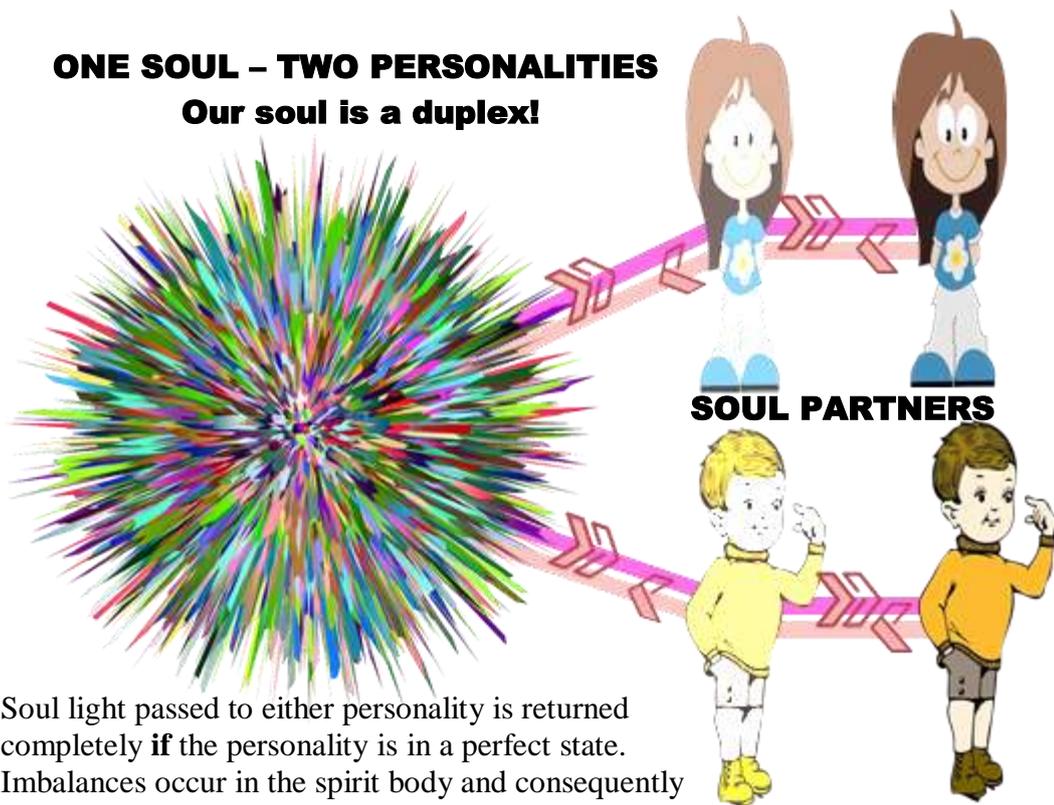
The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!

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!

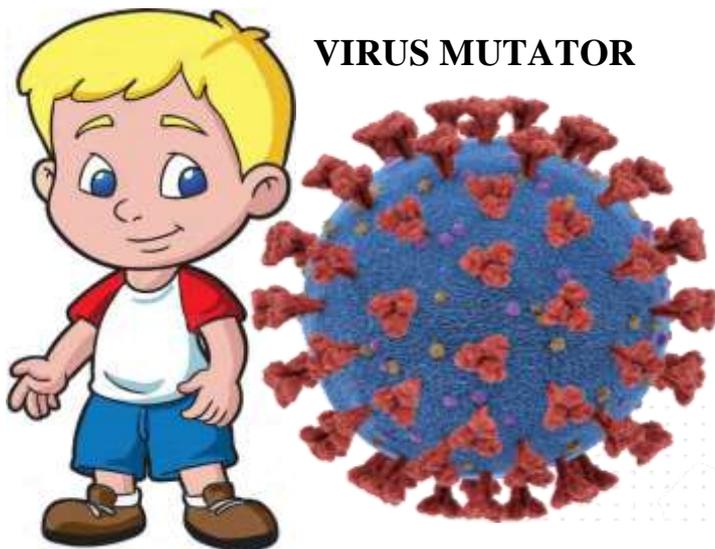


Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.

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

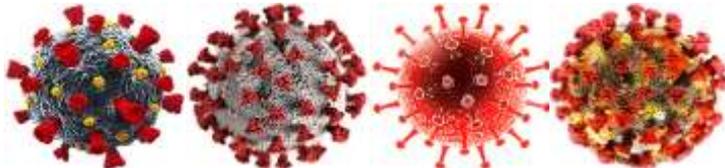
 [Soul Light book 1 via James Moncrief.pdf](#)

 [Soul Light book 2 via James Moncrief.pdf](#)



VIRUS MUTATOR

Virus mutations visible to scientists.



**Virus mutated specifically for each individual
as required by each person's soul.
These are not visible to scientists.**



Medical scientists and researchers may consider that their laboratories are extra-ordinary, and they are – compared to yesterday.

However, the laboratories of the Nature Spirits are truly out of this world! And they are so massive that our physical facilities are nothing more than a kiddie's toy in comparison – at best.

Let us consider a virus. A virus is more of the spirit than it is of the physical. Scientists cannot pick up on a virus UNTIL it takes lodging in a physical cell. While the virus is still in the spirit body, it can be transmitted from person to person without even been felt, let alone seen. Then there are many of us who are hosts and we are the ones where the virus mutates into new versions and the virus goes off amongst people in a new variation – essentially to avoid vaccines!

You have got it! The Nature Spirit laboratories change the nature of a virus to avoid a new vaccine currently being developed by man so that the virus can go on to complete its assigned task.

Now, you may ask why is the experience for each person so variable – so different?

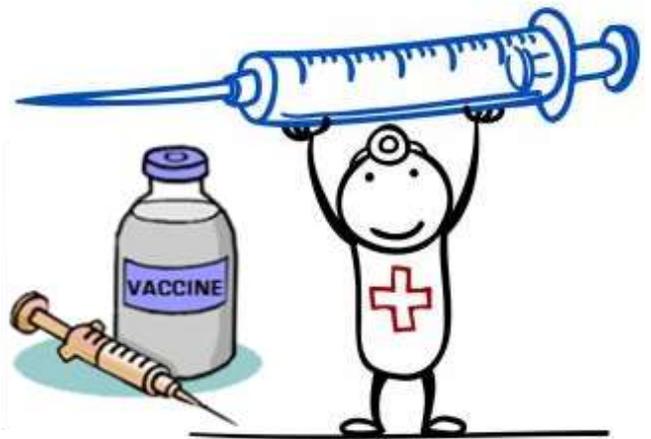
No matter what strand of a virus you may contract, it will be further mutated specifically for what you, the receiver, is to experience. Your specifically designed version will be to take you deeper into your personal Rebellion or to help you out of your personal Rebellion.

Further, no virus, no illness or disease will cause you greater pain than did your Childhood Repression! Childhood Repression pain will not be exceeded upon!

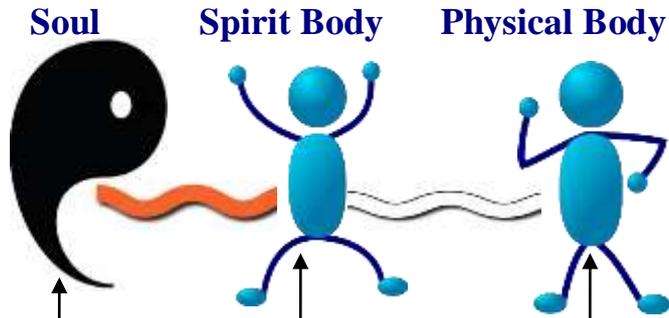
**Feeling
Healing with
Divine Love is
the key!**



Now that the Rebellion and Default has formally ended on 31 January 2018, we can more readily engage in our healing through Feeling Healing, by expressing what our feelings bring to our notice, both good and bad, to express our feelings to a companion. What has entered us emotionally is to be expressed emotionally to a compassionate friend. We are too long to know the truth that such feelings are drawing our attention towards, both good and bad. Such experiences will ultimately lead us deeper and further into our Childhood Suppression as it is our ongoing Repression that we start to work our way through. As we develop our way into our personal Feeling Healing, we will discover that as we long for the Love of our Heavenly Mother and Father, our true Mom and Dad, that They are real as we experience receiving Their Love, Their Divine Love! We are now commencing our journey home to Paradise!



HIERARCHY of HEALING SYSTEMS



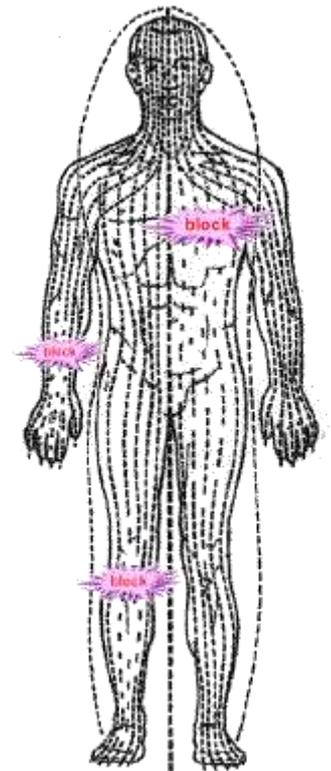
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

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

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

FEELING HEALING – EMOTIONAL EXPRESSION addresses the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

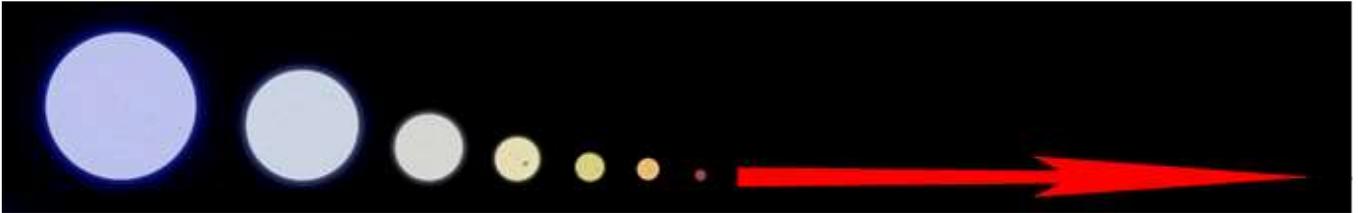
If we focus on our childhood suppression, that is the commencement on our pathway home to our Heavenly Parents. Improving our soul condition is the ultimate goal.



John the
Typist



OUR CHOICE!



The moment prior to our conception, we are in pristine, perfect soul condition of Natural love. Consider that to be 1,000 on Dr David R Hawkins' Map of Consciousness scale – the largest sphere above. From that moment on we are being 'fire hosed' the errors and damage that our parents hold and carry. Somehow, we make birth – the middle sphere above. By the time we are six years of age, our childhood suppression of our true personality by our parents ends upon the arrival of our Indwelling Spirit. Now, our soul condition is the smallest sphere. We will now calibrate on the Map of Consciousness scale at the level of one or the other of our parents – we are now literally a clone of their messed up personality. We continue on at that level for the rest of our lives. We also go on and do the same to our own children, thus this stagnation goes on for generation after generation – for aeons.



We can perfect our mind's control and achieve a state of bliss which is all false and eventually ends with us crashing back to reality. Or, we can embrace our Feeling Healing and heal all our damage, that which we took on as we got older as well as the damage imposed upon us by our parents and carers. Thus, we can grow in truth and love beyond 499 on the Map of Consciousness and perfect our Natural love, returning to the condition before conception. This could take a very long time – and then we are stuck in the 7th spirit Mansion World condition.



And here is the most wonderful pathway open for us all. By embracing our Feeling Healing with the Divine Love, through longing for the truth behind what our feelings are drawing to our attention and asking our Heavenly Mother and Father for Their Love, Divine Love, we can heal our childhood suppression and ongoing repression, with the Divine Love, then we can progress into the first of the Celestial Heavens and continue onwards with our evolving growth in truth and love all the way to Paradise, the home of our Heavenly Mother and Father. The pathway is now defined and open to all.

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

DECEPTION through FANTASY:**Mary MacKillop – Australia’s only canonised saint:**

Sunday, 10 December 2017

John the Typist: Further, the likes of Australia's only Catholic canonised saint, being Mary MacKillop is now bombarded with petitions that she cannot do anything about, let alone tolerate. I wonder what she or any other such person has to say about this distracting and pointless practice of anointment with sainthood.

Mary MacKillop: I’d certainly have my say if I were only given a chance, my saying being to the Church as to what utter nonsense it all is. I am with your celebrated Nanna Beth, John, thankfully having Healed myself of those false beliefs – which do as you say, only serve to keep you away from the Divine Love of our Heavenly Parents.

I cannot speak for all us ‘saints’, as I don’t know the whereabouts of them, however I did have a lot to do with a lot of them when I first died. And then to become one of them myself, this happened in the second mind world well before they caught up with it on Earth; and then to have many spirits worshipping me and asking me for religious favours; well, it was flattering to a certain degree, yes I must admit, to think that I was someone special and favoured by the Church, particularly after all the difficulties I had with it on Earth; however then as you rightfully said, it became a chore and a burden because by then my faith was starting to wane.

As you can read about my life, by exposing sexual abuse of children I was rejected by the Church, then I regained its support, and yet still seeing it when I was meant to turn a blind eye, continued to anger me, which in the end was what I could not do, as my faith failed me.



And that wasn’t so long ago, and I’m now working to help the sexual abuse surface in the Church from the Celestial level, as well in all levels of life on Earth, as there are a lot of us who detest such activities, even though we now understand why people do them, and why such practises are still carried out in the fantasies of many in spirit.

I am a relatively recent arrival in the Celestial Heavens, and would dearly love to see the untruth of the Church exposed for what it is, and yet I also value all the experiences it afforded me and the subsequent Healing I had to do, so far be for me to deny other people and spirits such unloving experiences. However, should the Mother and Father, which is what They want, as things are now changing as Nanna Beth has told you, instruct through our feelings for us Celestials to undertake such activities so as to set about destroying the Church, then so be it, as that means it has well and truly served its purpose as an instrument in furthering people’s wrongness. And am I happy about that!

And as that’s what we’re being commissioned to do, and as that is what Nanna Beth wishes me to inform you John, so we Celestials are setting about putting in motion the means to end all the religious control of humanity. All the religions are going to come under increasing pressure from us Celestials, unbeknownst to them, but that is the new way of things, with the old ways dying, to be replaced by more liberal and true systems that will help point people in the right direction toward Paradise and our Mother and Father and Their Divine Love and the truth of their very own soul.

So such systems, they all being rotten to the core, are to end, it's going to take a long time, however we're now stronger than the mind spirits, and growing stronger each day, and so there won't be any need for anymore saints, because in the end there won't be any Church to appoint them.

And to think of humanity being free of such controlling and spiritually stifling systems, oh what a joy that would be!

I only came for a short visit John. I will not come back. Just know that things are going to change in all the controlling institutions on the world, increased pressures are going to be brought to bear to expose them for what they are.

Mary MacKillop – you can drop the 'saint' part, thank you!

[The Rejected Ones – Living True to One's Feelings](#) – [Mother Mary](#)
[Message 11](#) [Mary, natural mother of Jesus](#)

[by James Moncrief](#)
[13 December 2002](#)

I want to speak to you James. I am Jesus' mother, Mary.

I have been waiting to write because I want to ask everyone who is interested in me, to please stop worshipping me. I do not want to be worshipped, please! I do not want any credit given to me. I do not deserve any. And just because I was Jesus' mother, the mother whom the Mother and Father chose, it's not any reason to worship me. If anything, I need to be sympathised with because I did not appreciate what an amazing gift They gave to me. I was blind, as all mothers are, to the truth, and as a consequence, I did my best to keep Jesus AWAY from the Mother and Father making him do what I wanted him to do.

As I progressed in my soul-healing, I became more ashamed of the errors that I lived and the many ones I tried to force on Jesus and my other children. Joseph and I did what we thought was best by trying to get Jesus to do what we thought being a spiritual and dutiful son involved. We tried to get him to say and do his prayers as we had been taught to do them, and even at times tried to persuade him not to speak with what he called his Spiritual Father in Heaven.

We of course had a very rare opportunity, to listen to our son and to support his life with the Father, but all we succeeded in doing was adding more hardship to his life, more trials and tribulations. We tried to make him be like the other children and tried to stop him being his true self.

As Jesus himself has revealed to you, because of the nature of his soul, it being kept in its perfect state, we were not forceful enough as individuals to completely interfere with him and inhibit his soul development and divine development of character. We were fearful people like many in our day, and only tried to do what we were told by the authorities. It was Jesus himself and his good nature that made us feel that we were not complete failures as parents, even though it became quite apparent to us from his early childhood that he was very capable of looking after himself and doing exactly what he wanted to do and when he wanted to do it.

I was most grateful to him for looking after me when Joseph died, this being another thing that he did not have to do. It was only out of his purity of heart that he stayed with me and his brothers and sisters, for as long as he did. This I am ever so grateful to the Mother and Father for. If Jesus had left during such troubling times I dare say, I and the other children might just have survived, but we would have greatly missed his fatherly feelings toward us all.

I as you also know through other messages I have delivered to Earth, was not a virgin, and I did not conceive Jesus in any other way than by normal natural means. There was no need for me to be any other way than

how I was. I can't be the blessed Holy Virgin Mother of Christ. That is not my role in Creation and it is a sin to make me. So I say again, please do not hold me in any special favour. I was only a mother like all mothers. I am not special, nor do I want to be elevated to heights beyond this for it is untrue, and if you persist in believing I am anyone other than who I am – an ordinary woman – then you are deluding and lying to yourself.

It doesn't harm me if you choose to exalt me in any way because I have now done my healing and live in the higher Celestial spheres, but you will continue to cause great harm to yourself, and to your own soul's growth and development. It will retard your ability to see the truth clearly as you imprison your mind with such false belief. And remember that such beliefs, if they have been adopted when you were a child, will be deeply ingrained in you, and so it will take you a lot of hard work to completely divest yourself of them. I would advise you to ask the Mother and Father to help you to see the truth of why you have such a belief; ask with all the sincerity of your heart as you ask Them for Their Love, the Truth, and all other help.

They will show you why it is that you believe that I am something and someone I am not. And when you see the reasons for your belief you will be able to know for yourself that what I am saying is true.

I can only encourage you to look, and to *want* to look into yourself. By telling you, you are wrong to believe that I am something I am not, I can only hope to stir up deep buried feelings within you. And it will, if you have already begun to embark on doing your soul-healing and want to know the truth; these feelings, be they good or bad, will lead you deeper inside yourself, to the truth that lies hidden and 'dormant' in your soul.

I, being the 'Great Virgin Mother' (whom, as I said, I am not) that so many souls wish to believe and call out to for help and love, have become, and wrongly so, the substitute mother principle. These people who believe such false things really want a new mother. Deep inside them they are not happy with their own mother. If they were they would love her and not me. I am not to be loved as a replacement mother for all the lost and lonely children of Earth who were not loved by their own parents. I am not to be put in place of your own mother, to be made higher than her. If you do this then you are making a very big mistake because you will be hiding from yourself the real truth about how you – your soul, feels about your own mother.

To believe that I being Jesus' mother in some way elevates me to an even higher level than Jesus, presupposes that I am more wise and more all knowing than him, and that the Father – the Heavenly Father and I are closer than Jesus and the Father, which completely discounts any love that Joseph and I might have had for each other. It does not allow me any privacy; such beliefs are very invasive. Do you believe that I want to attend personally to each and every soul that cries out to me for help? And why aren't these souls crying out for their own mother's love? I ask you, where are such souls' mothers now? Why are these people and spirits not looking toward their own mother for such love? Just because you have become an adult does not mean that you are still not a child and have a parent. And if such people turned their focus on their mothers and went to them and begged them for love and help and comfort, all that they long, beg and pray to me for, it would very quickly become obvious to all involved as to the real truth that was underlying their relationship. There would be no love forthcoming and this is the truth you will have to accept one day.

And even if you try to justify that your belief in the Virgin Mother Mary is only a symbol for the Mother of all things, and even the Heavenly Mother of Jesus, then do not continue to delude yourself in such impersonal concepts because these will cause you equally if not more harm, than looking toward me as a person who can comfort you. If you entertain such beliefs then all you will be doing is restricting your own personal relationship with the Mother of All: the Divine and Heavenly Mother who is the true Holy One! She is the one who is always with you and can comfort you. However, as you will be told in messages to come, you will not be able to ask Her for help directly until you come to a reconciliation of the truth of how

you are with your own human mother. And if you persist in keeping me between the truth of the relationship with your own mother, then you will also be keeping me and other things between any relationship you will be able to have with the Divine and Heavenly Mother.

And so I want to say again, PLEASE DO NOT WORSHIP ME! Think fondly of me, by all means, as a sister of yours in our Heavenly Parents kingdom. And even though I was the mother of Jesus of Nazareth, I was only a mother like all other mothers. I am an ascending soul of light and truth, just as you are. You have equally a specific role to play in Creation as I have, and if **you stay true to your soul's leadings by honouring all your feelings, you will enjoy the bounty of love that is destined for you to have.**

Try not to remove the focus from yourself, which should remain on you at all times, by calling out to me for my attention. I am not your mother, I cannot be. And by minding your own business, you will not make the pain you feel in your own heart caused by the rejection of love from your own mother persist in robbing you of any good and joyous feelings of love.

There is a real and true mother of Jesus, the Divine Mother of all Creation. She is his mother and my role in the affairs of flesh and blood are well and truly over. And so I will say again, please do not worship me or idolise me or dream of me or make me the subject of your fantasies any longer. Allow me as a belief to die within you so that you move on in your life and make room in your heart for the ones who really should be there.

I have no healing abilities other than that which comes as a natural attribute of my soul dependant on the level of love and truth that I am living. And my healing of any soul – even though I have never done such a thing – is not up to me. That is the Mother and Father's business, not mine. It is to Them and Them only you should direct your prayers, and it will only be through the invocation of Their Divine Love that you will be healed. You have to accept full responsibility for your whole unloved negative self. I will not and cannot come and interfere in your soul's development in the hope of furthering my own self greatness by healing the sick and loving the poor.

I have very little now to do with Earth or spirits whom are not of the Celestial level of love. My soul is progressing as I obtain more of my Heavenly Parents' Divine Love. I have before me my eternal destiny and everyday with my soul-partner (whom is not Joseph) I am endeavouring to continue my ascent of truth. I have only come today to speak with you James because Mary asked me to. And now having said enough I will return to my home. Thank you for writing my message, and I truly hope that it can be of some help.

Good-bye, Mary, one time but now long ago, mother to Jesus the man.

Ask a 'canonised saint' now in the Celestial Heavens what they think of having 'sainthood' title bestowed upon them. Both Mother Mary and Sister Mary MacKillop have written about the impost. Mary MacKillop, Australian, was at first flattered but then the barrage of requests from those in the physical came flooding in and the absurdity became self apparent. The mother of Jesus of Nazareth was a normal mother having conceived Jesus in the normal manner, was never aware of his specialness until at least the time of his public ministry. Mother Mary had to heal herself in the same way as we all will. She could do nothing about all the petitions that flooded her for 2,000 years. Now she has progressed beyond the Celestial Heavens and out through our local universe of Neadon she cannot hear these petitions, let alone do anything about them. The ladies and gentlemen with their rosary beads can now put them away – forever!

Celestial Heaven:

The Celestial Heaven relating to Earth, consists of three spheres, Jerusem is the home city of the first of these spirit worlds. Those who have completed their soul healing and transition becoming at one with our Heavenly Parents arrive upon the Sea of Glass on this world from amongst 1,000 physical worlds. Humanity from Earth is only one of one thousand worlds that progress through our Celestial Heavens. Within our system of Satania, there are 1,000 inhabitable worlds of which 619 are inhabited and Earth is number 606 within Satania – Earth being a young world on the outskirts of Satania on the outer regions of our local universe of Nebadon.

Those who have been involved in Jesus and Mary's engagement with Earth, particularly during the first century, have recently moved on beyond the Celestial Heavens thus disengaging with any involvement with Earth. That is particularly the case for Mary, Jesus' mother. She is no longer even within our local universe of Nebadon and is now un-contactable. You can retire your Rosary Beads as Mother Mary can no longer hear you. Similarly for all the 'saints' and most Apostles. Our first parents, Andon and Fonta, have also moved on through and out of Nebadon. The five ladies that Mary Magdalene assisted while here on Earth were in the first soulgroup to leave Nebadon. Those now within the Celestial Heavens are those who have arrived over the past 100 years or so, they will continue to be involved with Earth for the next 1,000 years as they are to be responsible for the emerging Spiritual Age that will follow on from the release of the Spirits of Truth of the Avonal Pair.

Summation by Zarina, an Angel:

'Humanity long ago was interrupted in its natural spirit growth by higher spirits that were overseeing its development who decided they knew better than God. They rebelled – Fell – and corrupted people on Earth into believing the same thing. And so we're all born into the world in a fallen or corrupted state. And mostly we live that by denying many of our feelings based on how our parents treated us.

'And our Healing is the ending of that corruption, healing ourselves of the Fall, of being wrong, evil, bad, untrue, whatever you want to call it, which involves allowing yourself to use your feelings to uncover their truth, which is the truth of yourself. Really, if we want to spiritually grow, we are to use our feelings and not our mind like most people have wrongly been led to believe – that all being part of the denial of the truth that comes naturally from our feelings, which is part of our corruption.

'There is life on other planets, however we won't have anything to do with them. We're quarantined here on Earth because of the Fall, so it's just us people and all nature about us, and that's more than enough. And because we're all going in the wrong direction, so we've got a lot of healing to do, a long way to come back to being the natural people we should be. And we need to do all that ourselves, so without interference from people from other planets.'

Sage 3 – Zarina by James Moncrief

The experience, guidance, and support we require is now openly available to all of humanity. The structures and pathways have now been created. We now have the opportunity to heal ourselves, and through our healing, our soul based feelings and natural intelligence will increasingly be self expressing, thus opening the way to higher standards of living. Eventually this will lead to the interaction with life on other planets. Until humanity heals itself, we are living on a probationary world that will remain quarantined while we find our true selves through living Feelings First.

Zarria, an Angel, Sunday, 13 March 2022: Because the Mother and Father, along with Mary and Jesus, wanted humanity in its gross evilness to use and abuse Them, to use and abuse all the truth Mary and Jesus revealed, which has been what's happened these past two thousand years, all of what has resulted in your

‘advanced’ civilisation and all the distorted power and control of the few over the many you’re living with. The way humanity has been living the Rebellion without the Law of Compensation was to be allowed to come to a head, for it to be fully outworked, which took all of these two hundred thousand years, and with the capstone being the wholesale denial of Mary and Jesus which has resulted in the absurdity of the Christian Church along with the other meaningless religions. It’s been the Christian world that represented using and abusing Mary and Jesus the most, and which has led the world to be as it is now, by allowing the Jews to control the Christians and so manipulate the whole world. The Jews killed Jesus and forced Mary to remain a non-event, and they have then manipulated the Christian religions for their own ends, further controlling Jesus and Mary in a sense. Which they’ve been able to do because the Christian Churches are so false and absurd. Make a parody of a religion that says it honours Jesus (Mary is not even given a look in, put Jesus’ Mother in her place), distort all Jesus said whilst claiming to be living true to what Jesus said, and then in such falseness, completely allow yourself to be dominated and controlled by the Jews, thereby bringing the world to the state it’s currently in, and the End Times conclusion of these past two thousand years of the Rebellion.

And so now that ‘version’ or manifestation of the Rebellion, which at its end includes the complete abuse of Mary and Jesus, is to end, and with another version, that which is actually truer to the Rebellion and Default, to be instigated by earthing the Law of Compensation. Mary and Jesus upon their deaths caused the Divine Minister to activate the Law of Compensation in the Mansion Worlds, so those worlds have had two thousand years expressing their rebelliousness more truly under the umbrella of it. Prior to Mary and Jesus, how the Mansion World spirits conducted themselves, was in the same way as people are conducting themselves currently on Earth, so the Mansion Worlds were structured more along the lines of power spirits controlling the masses, but Mary and Jesus changed that into how it is now. And so you James and Marion are to change the Earth bringing into alignment with the Mansion Worlds.



LAW OF COMPENSATION

WE have been DECEIVED through the imposition of FANTASIES, and thus we stagnate:

We have been provided with the opportunity to experience what is being ‘evil’, to live denying our Natural love, as seen through the denial of many of our feelings. So we here on planet Earth live on a world that has Rebelled (and then also Defaulted), of which there are only 37 humanities in rebellion, all being within the system of Satania which is within our local universe of Neadon, consisting of 3,840,101 inhabited physical worlds under the co-regency of Mary Magdalene and Jesus (soul partners) – the spiritual parents of truth of all of Neadon! And we assassinated Jesus, and completely denied Mary Magdalene not allowing her to have her say about the truth.

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

soul condition through the process of Soul Healing and receiving our Parents' Divine Love – thus becoming divine.

While we may be worshipping Mother Mary, the physical mother of Jesus of Nazareth and ignoring Mary of Magdalene, Jesus' soul partner and true equal as they are the Creator Daughter and Son, the co-regents of our local universe of Nebadon, we are continuing to reject the Spirits of Truth of both Jesus and Mary Magdalene, thus we are rejecting their truth, love and guidance. While we are rejecting one of the soul partners we are rejecting both – we cannot be assisted by either!

Naming institutions here on Earth and presenting Mother Mary ahead of Mary Magdalene is a gross error and distortion of truth for all involved.

During the 2,000 era of Jesus and Mary Magdalene's direct involvement with Earth, we have lived our lives embracing a fantasy Jesus and ignored Mary Magdalene. This has caused all involved great harm. We are presently in the End Times of their direct association with humanity of Earth.

We are about to live through the handover of Earth's humanity to the Avonal Pair who are presently here in the physical on Earth. The Avonal Daughter and Son are also from Paradise and like the Creator Daughter and Son, they will also release their Spirits of Truth following their physical deaths.

It will be through the Spirits of Truth of the Avonal Pair that we will be assisted with our Feeling Healing, and as we embrace Divine Love, then our Soul Healing. It is the Avonal Pair that will guide and assist us through the spirit Mansion World conditions whilst we live here in the physical on Earth as well as through the seven spirit Mansion Worlds and into and through the first of the three Celestial Heavens.

Following on from the first three Celestial Heavens, it is the Spirits of Truth of the Creator Daughter and Son that will assist and guide us through and out of our local universe of Nebadon.

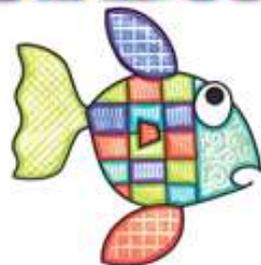
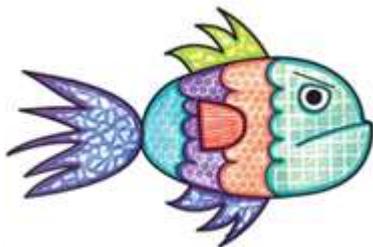
Then it is our Heavenly Mother and Father that will assist and guide us all the way to and into Paradise.

Thus we are to embrace both of the Avonal Pair, both of the Creator Daughter and Son, and both of our Heavenly Mother and Father to be able to progress and find our way to Paradise. We cannot progress by embracing one and ignoring or rejecting either or the other.

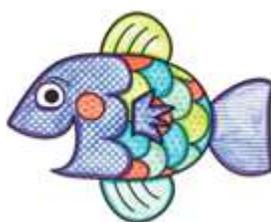
LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.



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.



Heartfelt feelings are our truth.

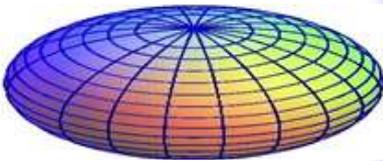


Three Layers of Progression Federal, State and Local

Paradise Havona



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.



Earth's humanity is
now guided by
Celestial Spirits.

PARADISE

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

Creator Daughter and Son
Avonal Daughter and Son
Trinity Teacher pairs

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.

LOCAL SYSTEM SATANIA contains EARTH

Creator D&S removed system sovereign
(Lucifer) 26 CE – federal administration.

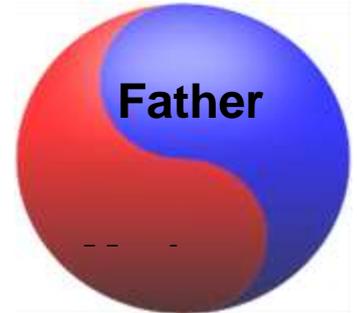
Avonal D&S removed planetary prince
(Caligastia) 1993 CE – state administration.

Melchizedek plan to end Rebellion and
Default now executing.

Earth's Celestial Spirits now guiding Earth's
humanity out of Rebellion and Default.

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.



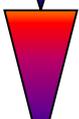
INFINITE & UNIVERSAL SPHERES, unknown number to progress through within Nebadon.



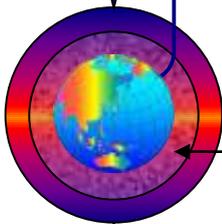
ETERNAL SPHERES 3 spheres unnumbered. Involvement with Earth finishes.



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.

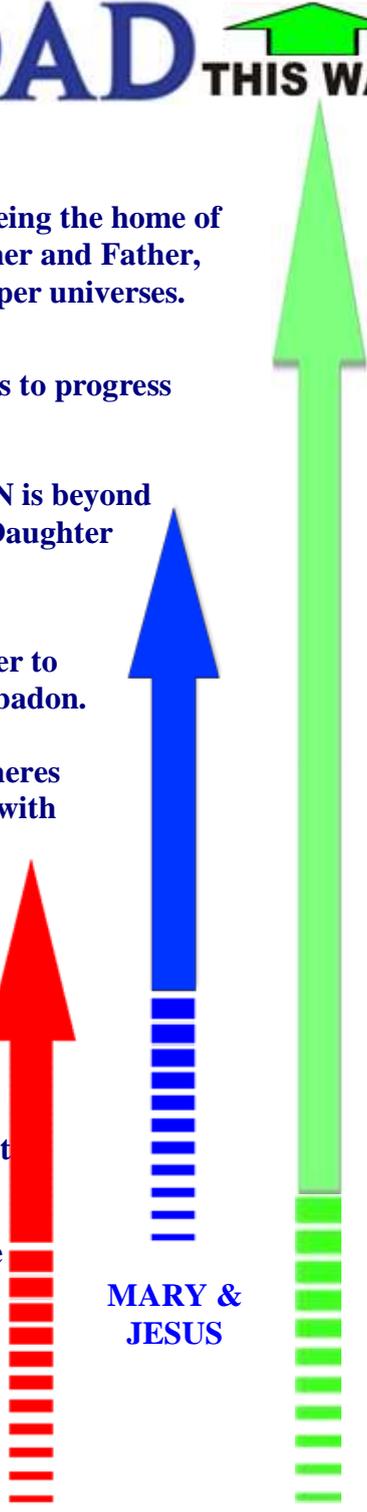
Mind Spirit Mansion Worlds 2, 4, 6 are all taking us in the wrong direction and into a dead end!



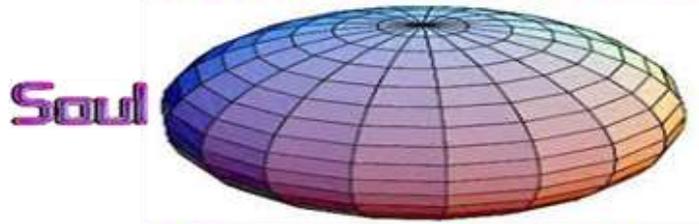
AVONAL PAIR

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.



SOUL PERSONALITY FEMALE or MALE



Eternal Son Infinite Daughter
TRUTH **MIND**



Indwelling Spirit
Heavenly Mother & Father
LOVE



SOUL is a DUPLEX

We, of Earth's humanity, are of Truth and Mind, of the Eternal Son and Infinite Daughter. We are of Natural love which we are to perfect.

It is then, with our Heavenly Mother and Father's Divine Love, that when we will fuse with our Indwelling Spirit, from Them, and become Celestial.

Our personal Indwelling Spirit is without personality, thus our personality remains the one originally bestowed to us by our Heavenly Parents.

Upon becoming Celestial we are of the trinity with LOVE, TRUTH and MIND, and always evolving through our experiences on our journey to Paradise.



Trinity Teacher
Daughters and Sons

Creator
Daughter and Son

Avonal
Daughter and Son

all with Spirits of Truth
all from Paradise!

WILL! The Soul does everything!



WILL Healing

Our HEALING is one long act of Self-Love!

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

EDUCATION is the MASTER and OVERARCHING PROFESSION:

THIS is a time of GREAT REVELATION and CHANGE for HUMANITY:

What is unfolding now is the biggest event in the history of humanity. For those of us who open to our feelings, the disturbances around us will be acceptable as then we see the need for change, for those who remain mind-centric, life will be difficult.

This is the most exciting time in the history of humanity.

So, may we introduce a few aspects? These documents can be shared from www.pascashealth.com that are in the Library Download page, scroll through the index and click to open the PDF:

PASCAS CARE LETTERS



[Pascas Care Letters Beliefs Suppress Truth.pdf](#)

As we absorb beliefs that are in error and experience emotional injuries, this disrupts our flow of light to and from our bodies. The accumulation of these manifest as physical illness. The medical industry has 'identified' over 10,000 illnesses and claim to have found cures for 500 only. As we learn to live through our feelings and begin to express our feelings, both good and bad, all the time longing to know the truth of what our feelings are drawing our attention to, we begin to heal this energy imbalance.

To put this another way. Talk it out to a companion. A friend who listens is helping you heal a little. Express it all.



[Pascas Care Letters Etheric Spirit Body.pdf](#)

We are not just our physical body. In fact our physical body is the least of our existence.

You may also be surprised that we can now interact with anything that has life!

Our childhood suppression commences from the moment of conception which is about 16 days prior to our incarnation. This continues through to the age of 6 years. It is our parents imposition of their own injuries and erroneous beliefs that we need to express – talk it out to a friend – and this is the Great U-Turn that each of us will undertake, eventually.

MEDICAL – SPIRITUAL REFERENCES



[Rejected Ones via James Moncrief.pdf](#)

We are each one of the rejected ones.

The lady who conveyed these writings has only ever written through one person, there are now about ten books, but this one focuses upon our focus here for communities. She will love your embrace – and you will love who it is.

MEDICAL – EMOTIONS

-  [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](#)

This set is used within schools. Parents are asked to participate. The platform is founded on what has been introduced to a number of schools within South Africa as well as other countries. It is now stepped up to encapsulate what we now further understand. This is an awareness program for children as they are to learn to appreciate their feelings. Adults can go on and engage in their personal Feeling Healing.

This Library is rather extensive. As questions may arise, then we can explore them also.

MEDICAL

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

Through kinesiology muscle testing, you and I can test anything to determine if it is in truth or not. Also, by using the Map of Consciousness table developed by Dr David R Hawkins, then we can determine the level of truth of anything. Yes, even all the above documents, then even page by page, or even each paragraph.

And now that you may have considered the above, kindly return to PASCAS CARE LETTERS:

-  [Pascas Care Letters Glass Ceiling Barrier Removal.pdf](#)

Without embracing Living Feelings First and then engaging in our personal Feeling Healing, we remain restrained within the 1st spirit Mansion World condition indefinitely. This situation was imposed upon us all by rebellious high level spirits from within our Local Universe of Nebadon, 200,000 years ago!

This statement from above: "What is unfolding now is the biggest event in the history of humanity" calibrates at 1,000 on the Map of Consciousness!

Kindly share as you please.

cheers for now

John Doel



PASCAS FOUNDATION (World) Ltd

We enable awareness so that people and communities may profoundly grow their lives, livelihoods and exponentially enhance their futures.

Empowerment is by:

the New Way: Learning how to live true to ourselves by living true to our feelings;

enabling the true liberation of women through the truth of their feelings;

assisting urban as well as remote and rural communities with access to truth through all levels and forms of education;

supporting delivery of quality and accessible healthcare;

improving opportunities for and the safety of all, especially women and children;

and fostering a new era of leadership and leaders.

It takes a village to raise a child.

LIVING FEELINGS FIRST and EARLY CHILDHOOD

SUGGESTED READING:

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

CORPORATE ALLIANCES

Chaldi Child Care Centre – Safe Space
 Chaldi College Free to Learn Instinctively
 Chaldi College Free to Learn Pathway
 Chaldi College Primary thru to High – Feelings First
 Chaldi College Women and Girls’ Education
 Chaldi College (WW) – Education through Feelings
 Chaldi College (WW) – Technology & Product Information
 Chaldi University Postgraduate Feelings Degree
 Pascas University and Global View
 Pascas University and the Meeting House
 Pascas University Universally Free Education
 Pascas WorldCare Craft Creations
 Pascas WorldCare Cultural Centre
 Pascas WorldCare Supporting Hands

ELSEWHERE

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
 Pascas Care – Multimedia Movie City
 Pascas Care Letters – Beliefs Suppress Truth
 Pascas Care Letters – Etheric Spirit Body
 Pascas Care Letters – Psychology and Feeling Healing
 Pascas Park – Journey of Man

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 soul light and the 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

Also kindly consider reading:

www.pascashealth.com

then proceed to Library Download :

Pascas Care Letters – Root Cause now to Pathway Forward

Pascas Care Letters – Root Cause now to Pathway Forward (short)

Pascas Care Letters – Funding for Change Over

Pascas Care Letters – Family Shelters Abuse & Remedial

Pascas Care Letters – Family Shelters Social Housing

Pascas Care Letters – Family Shelters Overview

Pascas Care Letters – Family Shelters towards Liberation

Pascas Care Letters – Back to Basics

Pascas Care Letters – Change

Pascas Care Letters – Dr Hawkins validates Feeling Healing

Pascas Care Letters – Education through Feelings

Pascas Care Letters – Finaliters our Destiny

Pascas Care Letters – Glass Ceiling Barrier Removal

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 – There is only One Way to Heal One's Self

Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie

Pascas Care – Kinesiology Testing

Pascas Care Centre – Pacific Basin Nations

Pascas WorldCare – ASEAN and Pacific Island Nations

Or simply allow your feelings to draw Pascas Papers to your attention!

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>

<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

EINSTEIN'S THEORY of INSANITY



DOING THE SAME THING
OVER and OVER and
EXPECTING DIFFERENT
RESULTS.

NO PROBLEM CAN BE SOLVED
FROM THE SAME LEVEL OF
CONSCIOUSNESS THAT CREATED
IT.
-ALBERT EINSTEIN

It's all about
Experiences
&
FEELINGS

John the
Typist



**BE FEELINGS
EXPRESSIVE!**