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PSYCHOLOGY, COMPULSIONS and ADDICTIONS

14 February 2024

Psychology now has its defined and meaningful role in the way we are to live.

Thousands of years ago, high level spiritual leaders erroneously guided humanity to embrace their minds as the way to live. Our minds are addicted to untruth, they cannot discern truth from falsehood, and our minds are addicted to control over others and the environment. Our minds are also addicted to untruth! We are self-contained. It is our soul-based feelings that we are to allow to surface and guide us. Our minds are to then help us implement what our feelings are leading us to do and understand. All truth flows from our soul and it is our minds that are to allow such truths to be accepted and followed, not the way we are now being taught. We are to live Feelings First.

Living true to your feelings:

It's 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

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

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

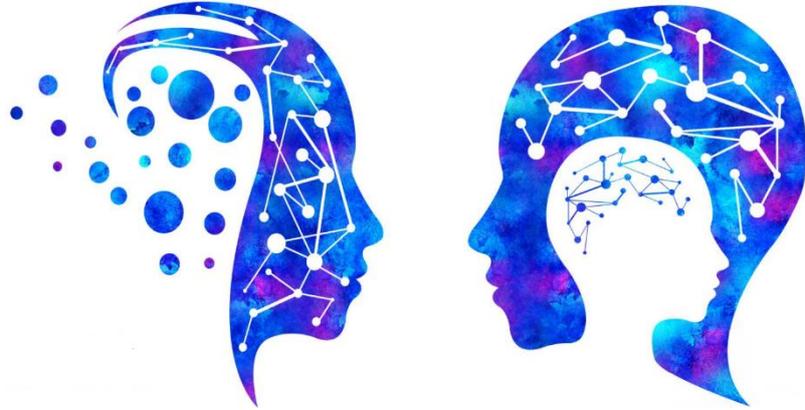
James Moncrief 28 May 2018

Aspiring to Living Feelings First

*Dean Rowley, Faisal Hassan, Helen Adam, Graham Golding,
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Pascas Foundation (Aust) Limited

Psychology



20 July 2022

Idra, Celestial Spirit, says that by introducing the 'platform' of the Spiritual Healing, (namely Feeling Healing), to humanity, those people with a focus on psychology to uncover the truth of themselves will find it very helpful to see what it's really for, as they align themselves with the spiritual side, all about the Rebellion and so on. Psychology is directionless on Earth and in the mind spirit Mansion Worlds, it's just this thing about ourselves, helping us understand ourselves in a limited way, but it's not looked at within a spiritual context or with a spiritual purpose to help one grow in truth. So to give it one, then allows psychology to have a 'home', and so an aim and direction.

Feeling Healing



encapsulated within:

Divine Love Spirituality

Feeling Healing when appropriately understood and incorporated with the practice of Psychology gives structure, purpose and direction to the art of Psychology as well as meaning and an understanding of what is Psychology and how it is to benefit all of humanity. Feeling Healing addresses the 'elephant in the room', namely Childhood Suppression and its ongoing Repression. This is the pathway home that we each will embrace, either in the physical or within spirit. We are Truth Seekers and Feeling Healing is to provide just that, reveal the truth about ourselves.

How are we rejecting our
Heavenly Mother and Father
multiple times everyday?

It is through ignoring our feelings!

Our feelings are expressions of our
soul guided by our Indwelling Spirit
who is our Mother and Father's
spirit within each of us.

We are to live true to our feelings!
It is that simple!

What do our Heavenly Parents
desire for us to do?

To ask for Their Love,
Their Divine Love!

Just to ask our Heavenly Mum and Dad
for Their Love.

PARENTING:

We each induct our children, the child we bring into this world and love, into the Rebellion and Default, the very thing we each want to avoid and escape from! Yet we do this to every child and continue blindly to do so!



19 July 2022

We each have mostly parented our children for them to feel happy and successful in the mind way of life, and inducted them successfully and happily into the Rebellion and Default. That has made them feel they have the power and control to make life be as they want it to be, so to take hold of the Rebellion and make it as they want it to be. And so it might take them years of living happily in the mind spirit Mansion Worlds before they wake up to the truth of how we each actually did them such a disservice.

We can't judge upon our own actions.

I wish I could have lived this way, true to my feelings, during my life on Earth, I would of course had a very different life, but had I made sure my partner looked at life in the same way, with our feelings being the most important, and if they said things are to end, then we both follow them and end it, rather than not wanting to hurt each other and stopping expressing all the bad stuff and then it all becoming too complicated and fucked up until the inevitable happens and you have to extract yourself out of a very messy relationship. All of which would never have got to be such a mess had you just honoured all your feelings. Living with your Feelings First James is so much better, all so long as you keep wanting them to show you the truth, because you know where you stand all the time. And yes, suddenly bad feelings might come up like what happened for you today James with you suddenly turning on me and rejecting me, and I felt bad, but no sooner did I feel bad and you had expressed your feelings and moved on seeing that you weren't wanting to reject me but your mother, and then I felt good. But those sorts of bad feelings in a relationship if they remain unexpressed can fester away poisoning it until it all becomes too much and all the pent up hatred comes pouring out smashing it all apart. So more up and down in my feelings, but that was so good, it giving me more bad feelings I can work with, with Michelle. I will be able to speak more about my fearing being rejected, by you for example, yet also knowing it is really being rejected by my mother and father. Honour your feelings and being true to them, expressing them to uncover their truth, is so much better than dishonouring them and dumping all your shit on the other person. To accept you're feeling hurt and rejected, all making you feel powerless, is so much better than not trying to feel rejected and hurt and so hitting back and being angry and trying to assert your power and control over the other person. I hated such arguments, I was good at them with Jeremy, he never won, I always got my way, but I was doing that by denying my true feelings that I was feeling underneath.



one has to divest oneself of all one's erroneous religious beliefs if one sincerely wants to ascend in Truth to Paradise and be with your Heavenly Mother and Heavenly Father.

we're all going to do our Healing differently because of our childhood, all of which you told me at the beginning, yet I understand that you still have to see it for yourself.

Psychology; by introducing the 'platform' of the Spiritual Healing to humanity, those people with a focus on psychology to uncover the truth of themselves will find it very helpful to see what it's really for, as they align themselves with the spiritual side, all about the Rebellion and so on. Psychology is directionless on Earth and in the mind worlds, it's just this thing about ourselves, helping us understand ourselves in a limited way, but it's not looked at within a spiritual context or with a spiritual purpose to help one grow in truth. So to give it one, then allows psychology to have a 'home', and so an aim and direction.

That is, everything in our life we may come to want it to help each of us to feel the feelings, good and bad, and as well to need for the truth to keep coming up about that which we are feeling. We will want to uncover, to bring to light, the truth of our self in our rebelliousness. We will want to know the truth of our pain, and really do, not want to avoid it, want to go into the pain of our discomforts, illness and diseases and then deeper into the pain of our emotions and feelings, and deeper into the pain of our spirit, and deeper still into the pain of our soul.

We only have to feel the pain we need to bring the truth up, that once the truth comes, there's no need for more pain... so the truth is all that's important, the truth heals us, and not so much the pain. So if we embrace the pain, expressing all the feelings of it, it's all only to uncover the truth of why we have it, nothing else, not just to be in the pain for the pain's sake forevermore. So as long as the truth comes, the pain will eventually end, we won't be in pain forevermore, because we are longing for the Truth. So once the truth of our pain comes, the light of that truth ends the pain. We only have to be in pain until the truth comes, because we are only in pain because we are denying ourselves our truth.

**To
Understand,
One must
Stand-Under.**

To understand is to stand
under which is to look
up to which is a good
way to understand

The changes as to how we may consider living that is now being revealed is to prepare us on Earth that through the embracing of our feelings and bringing to light the truth of ourselves that then we are progressed in our consciousness sufficiently for the Creator Daughter and Son, the co-regents of Nebadon, Mary and Jesus, the spiritual mother and father of this whole Universe, so that then we can move onto embracing their truths.

We are to follow the Avonal pair in doing our Healing, so once done, we can then move from their leadership and guidance onto Mary and Jesus, so they can then lead and guide us toward Paradise.

We each will 'do our time' with the Avonal guidance and leadership and then move onto Mary and Jesus so that we can move through the rest of Nebadon and then onto Paradise.

The more we grow in truth, the more our truth-perceptions (soul-perceptions) will awaken so we can perceive the truth in others, which is feel the light of their truth and feel our self being affected and influenced by it. We each are truth seekers and now that the Rebellion and Default is to end and is ending, truth is being and is to be revealed in a way never previously possible under the constraints of the Universal Contract governing the Rebellion and Default which was formally ended on 31 January 2018.

Mary and Jesus couldn't subject themselves to the whole Rebellion and Default, because had they, then the whole Nebadon (our local universe with 3,840,101 inhabited worlds) would have had to join them in rebellion, they being the leaders of our universe, so they remained perfect and could only stop the Lucifers and Satans, dealing with them on the higher universal levels, and not revealing the truth, the way, of how everyone can do their Healing, because they didn't do their Healing, so the doing of one's Healing is not a part of their Truth, so their Spirits of Truth can't properly assist on in doing it. They can help spirits in the Healing worlds to a certain degree, but not anyone on Earth to do their Healing. Whereas the Avonals can subject themselves to the fullness of the Rebellion and Default, and by healing themselves, then they are opening the way for everyone to follow them and so do their Healing. Leading them to Mary and Jesus.

COMPULSIONS and ADDICTIONS

Tuesday, 13 September 2022

OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:

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

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



James: Is there anything further they (Lady Spirits two Angels) can tell me about compulsions, what in fact are they, how do they come about, what's the difference been a compulsion and habit, and why can some people seem to change their habits and stop their compulsions and other's can't. Marion and I were listening to a guy who worked with people dealing with their drug addiction compulsions, and how the medical side calls the compulsions you can't do anything about being an actual disease. But they don't understand how it all originates in early childhood, like everything else.

Lady Spirit: Okay James... I'm just seeing how they want to answer you, going through me or direct to you... bit of both by the looks. Alright, I'll start, this coming from Zainta (one of her Angel pair). All behaviour that originates from conception, through the womb, at birth, and then in the first three years of life becomes what one might call compulsive, in that you have no say in being able to work with it, which

means, change it using your mind. Any behaviour after this as you get older becomes what you might call a habit, as in habitual, however it can be changed with certain effort and application of the mind. And the changes take place by applying the will to change one's underlying beliefs and subsequent behaviour.

So having said this, you don't see all how you are based on your early life as being one big compulsion that's divided into lots of different ones, but if you think about all your deep underlying and what you might call fundamental behaviour, which is how you express your personality, it's all what could be called compulsive, because you can't change it. And it can only change by fiat of the Mother and Father through the soul, which can occur at the end of your Healing if required.

We consider compulsions in largely a negative light, they are problematic and something when you become aware of doing them you might not like to keep doing, but as hard as you can try to change them, to change those aspects of yourself, of your personality expression, you can't do it. (I'm switching between saying it in my words and relaying Zainta's words directly).

So James, in light of the main compulsions, behaviour you don't like, that you've become aware of, notably, your fingernail biting, excessive eating for comfort, masturbation and disconnection – being unable to converse with Marion because of all your dysfunctional self-expression, these compulsions were all founded at your conception and developed through the womb, birth and first three years, to when you received that half-brick in your face, that horrendous rejection experience for you from the world locking them all solidly in place. So you feel so completely ingrained in you compulsion with no power of will to do anything about them. You've tried on and off throughout your life and more so through your Healing, you thought your Healing would enable you to gain some will and power being able to change yourself. But you can't. Whereas Marion has been able to apply her will to change her behaviour, ending taking the headache pills she was addicted to, being able to control her eating, and stopping anything else she didn't want herself to do anymore, however these have all been habits which she adopted later in her childhood or as an adult. You developed a mild habit as a young adult smoking marijuana, however once you begun your spiritual work you felt you needed to stop smoking and so did. So generally habits developed later in life don't have the hold on you, compared to ones developed earlier in childhood as a general rule of thumb, however it's not that simple because then you have to take into account the whole of your childhood and all the negative unloving powerless effects of that.

So you might have a bad habit but find it so hard to give up because you need it to mollify pain and emotional and spiritual dissatisfaction and feeling so unloved, needing to do what you do to ease the pain, gain some power and feel better by blocking out all your bad feelings. So you might take up as habits, such as smoking, drugs, alcohol, sex, having children to look after, work, hurting others, hurting yourself, whatever the habit might be, which with very hard work you might be able to end doing, whereas other people won't be able to give up, these becoming called compulsions, because they are tied into the deeper pain and feelings of feeling powerless, rejected and so unloved from the times from conception, through the womb and early in childhood.

Okay James, I get it, so habits start after three / four years old, but if they buy into or are even a result of deep and so early underlying compulsions you might not be able to change them as easily or at all by apply your will to use your mind to change your beliefs. I think I've got it. So James for you, you might have started your masturbation addiction at fourteen, but it's become a compulsion because it's really going from very early pain and trauma you experienced feeling so unloved and rejected at your conception, in the womb, birth and early childhood, you finding a way to sooth some of that deep pain and anxiety and hurt, so having to keep doing it because you can't bear to allow yourself to be in that very early pain and feeling so powerless and like your life is continually under threat. So it is the same with your overeating, you eat for emotional comfort not because you're actually physically hungry, and when you do feel physically hungry you can't bear those bad feelings for one moment because it's really feeling

so emotionally and spiritually hungry and deprived that you're feeling, so the physical hunger amplifying those deep underlying pain and the hunger needed to sooth that anguish deep in you from how your mother didn't love you and so denied, didn't 'feed' you emotionally or spiritually enough through the womb and when you were very wrong, and really right the way through your childhood. And by spiritually I mean by fully acknowledging you as the personality you are, not wanting you, hating you interfering with her, so she pushing you aside within herself when you were in the womb. Zainta (Angel) is saying your mother hated the notion of being pregnant, she didn't want the interference, she didn't want her body to be ruined by having stretch marks and all the rest from being pregnant, and she didn't want and hated all the difficulties of being pregnant, she was a woman who hated pregnancy, and so you causing all her problems, rather than a loving mother how loved every moment of being pregnant and so loving their child growing in them.

So James, you're fucked from such early times, and so no way do you have any power being able to change or stop doing those things, so they will be with you helping you to express all the bad feelings of having them, up until your Healing ends.

Zainta (an Angel) also wants me to point out to you James, that a lot of what we'd call our innate personality expression, is also compulsive yet we actually like how we are, so you don't fight those aspects of yourself, with only these few aspects of yourself that you don't like. But for us to understand that all how we are is really compulsive in that all of us is being driven from how our soul manifest us at conception, through the womb, at birth and the first early years, and a lot of how we are will not need to be changed by the Mother and Father when it comes time for us to leave the Rebellion and Default and end all the aspects that we hate about ourselves.

Many people have deep self-image issues, hating some aspect of themselves and their body, and so want to change themselves, some people even wanting to change their sex, and all these problems still also from these earliest times. If you're to be a boy and yet your mother and or father wants a girl and certain pressures are applied to you or impressed upon you at conception, through the womb, at your birth and early years, you can grow up feeling that you are really a girl trapped in a man's body, and that might plague you for the rest of your life, and you might even take measures to be more like a woman. But again it's to understand that is all a very simplistic depiction of such deep problems because there are many factors that come into play to create our negative compulsions and all those aspects of ourselves we might hate, despise and detest. And many of these difficulties are brought through from the hereditary lines on both sides at your conception, so you can take on stuff through your physical and spiritual genes, and then in a way even mental and emotional (feeling pattern) 'genes' as you are subjected also to your grandparents and their parents and so on back. It being like a huge smorgasbord from which your soul will select which parts of those genes to activate to bring your personality expression into Creation. And the genes can remain active your whole life, or be turned on and off at times or stopped all together and new ones activated, it all again depending on the needs of our soul so far as expressing you as one of its two personalities and giving you the life you need so as to experience all you will so as to give rise to all the feelings you'll need so as to give rise eventually to all the truth you need to evolve and ascend in.

Phew, I think I said it all as they wanted me to.

James: It sounds good to me, and thank you, thank them, for helping me understand why I do feel I can't do anything about my bad compulsions, why I feel so powerless, that they have such power over me, all because they started too early on in me. So they are an organic part of me, and so I do need some extra help to change them, to end my need to do them, which would be for me to no longer feel so deeply unloved and hated by mum and dad, needing to feel wanted, loved and cared about, so I feel powerful and not so horrendously powerless like I do feel.

Everything that we are comes from the patterns established early in our childhood and right from conception and the womb.

WILL! The Soul does everything!



WILL Healing

Our HEALING is one long act of Self-Love!

The people who can change themselves, were able to change themselves in their childhood, they have that power, and I hate it when they having stopped their addiction set about telling everyone else how to stop theirs and saying you must stop it, just do this and that, apply your will, accusing you as being a failure if you don't or can't seem to do, saying 'You're not ready yet, and you have to really, really, really, want to change', which is all very well for them because they weren't so heavily controlled during their early years, whereas those of us who were, we're too fucked to be able to do that sort of self-help.

It is all our spirit neuroses. So we are just expressing our spirit problems through our physical body.

It's always the spirit first, you as a spirit, just expressing your spirit-ness through your physical body. So whether you overeat or under eat, it's all because of you as a spirit is suffering and has experienced a lot of traumatic rejection and unlovingness at the hands of your parents very early on in your early life. And that's why it's so hard to deal with, because it's to do with you as a spirit, and not just a physical body, so it's very emotionally, mentally, psychologically and spiritually traumatising.

Madeline, then Edwin, now Pauline

Saturday, 17 September 2022

Lady Spirit, now in 5th spirit healing Mansion World: Idra took me to visit a mother of two, a young boy and girl, a single mother I should tell you, her partner leaving her because of they doing their Healing, he still seeing their children but she wanting them more than he did, so it suits them both. Idra took me to her apartment and she was very happy to greet us and more than willing to 'tell her story' being happy that someone was interested in her and it helping her bring up more feelings and understanding about herself as she was telling me all she's been through. Her children were away at a Play-House, another place where there are hundreds of enjoyable things for them to do. So I'll relate her life story to you as she told me. Her name was Madeline and Edwin, then Pauline which it is now... confused?

She started life as a girl, Madeline, a French mother and English father, living in London when I was, however dying ten years before I did. She lived a middle class family life with other brothers and sisters and yet she always felt like she was a boy, wanted to be a boy, was a boy trapped in a girl's body. So that as you might imagine made her feel very unhappy and unfulfilled and she set about changing herself into being a man as she grew older, becoming Edwin. She lived as a man for the rest of her life, not having children, having relationships with other men. Then she died and coming into spirit she still had her woman's body and yet still wanted to be a man, she still believed she was a man, so set about being a spirit man, carrying on being Edwin. She had another relationship with a spirit man for two years, but then things started to go very wrong in their relationship with her partner accusing him of being a her too much still. And that greatly upset her, and in searching for answers as to what should she do, she looking into religion for consolation, however was rejected for being too different and too odd, but she did discover that she loved God and wanted to be with Him. So without her knowing, she had started to pray with a true longing to God for His Love, and asking God to help him know the truth of himself, and why did he still have to have a woman's body – and was there something very wrong with him, or was he right being as he was, he didn't know, he was too confused and begged and prayed for guidance.

Then he/she went to a spiritualists meeting in which the medium said she could speak with and get personal guidance for difficult issues from God, but that turned out to be nonsense and of no help however he met a nice man who seemed to warm to him, yet not in a sexual way, but seeming to understand something about his problem. And that spirit man, as you might have guessed James, was a Celestial spirit man who started to introduce him to the Divine Love and longing for it consciously and with purpose knowing what he was doing, and then the notion of doing his Healing. And through discussions with his Celestial guide he slowly came to understand that as God has made him a woman, that really he was a woman and that he feeling he was a man was a part of his problems about being caught up in the Rebellion and Default, that it was all caused by her relationship with his parents from his conception and through the womb and very early years, all that resulted in him not feeling like he was a woman but a man.

So as you can imagine James, he/she was faced with so many conflicting feelings, such inherent deep confusion, all of which bought up terrible pain and feelings of self-hate. He hated being a woman, and so why was that, and that's what he/she is now being Pauline is still working through.

He was taken to a Divine Love sector of the first Mansion World, and there in one of the Healing groups met a man, but a man who wanted him to be her. So he tentatively started to try and be Pauline and to deal with all the bad feelings that came up, which led to the breakdown of the relationship with this man, but before that was finalised they both decided that to help him become more her, children might help. So they adopted their two children when they were babies, and again she found it very difficult being a mother for them, but kept up with the Healing sessions moving into the third Mansion World and there early on they ended their relationship. And so she's kept working on herself become more of a mother and feeling more motherly and more like she really is a woman, because she is, and slowly becoming more aware of why she felt so confused about her sex.

So her severe compulsion and trauma really, as she said, was her believing she was a boy and man, when she wasn't. And she states emphatically now, because she understands the truth, she's living it more so every day, that it was "All in Her Mind". She only believed she was a man, it was one huge mind contrivance, and what a number she did on herself. She has a pair of Celestials who specifically help her with her Healing, she needing both the man and woman for the different times when she still feels she more a man than a woman and then more a woman. She said as she's been told by them that she expects to keep feeling that in some ways she's still a man and woman right through her Healing, she had expected to end feeling like she was a man and being fully a woman, but she's beginning to accept that might not actually fully happen until her Healing ends, and so right through her Healing, it's all about her accepting that she feels she is both sexes, and why she feels that.

She said there was a lot of confusion with her parents soon after she was conceived, she said things conspired for them to believe she was a boy when she was a girl. They went to a good reputable clairvoyant who said she was a boy soon after they found out she was pregnant. Then the doctor and nurse said the same thing, so for most of the pregnancy her parents believed she was a boy and so were choosing boy names and getting things ready for a baby boy, so their whole focus was on denying her being a girl. Then when she was born a girl, it was a big shock for them both, it took then both time to adjust out of her being a boy by being a girl. And she believes from her feelings that secretly both her parents still wanted a boy, wished she was a boy, she being their first child. But with time, a few months they got on and accepted her as a girl, and so she grew up being a girl but later with all the deeper feeling of being a boy part starting to come to the fore. Her parents not loving her truly, as no parents can, added many problems to her feeling unloved in many ways, just as we all do, but all those things caused more separation between her and them, which added to her feeling odd and not fitting in and so much so that she was really a boy and that God had got it wrong.

So she is accepting now that her Mother and Father wanted her to have this weird and very traumatic experience in life, not feeling connected with her own sex, so being so disassociated and disconnected from the truth of herself on not only the physical level but also on the psychological level. She said now looking back she can hardly believe how she was as a man, how she acted putting on the whole show of it, and yet when she moves into her feelings she can still easily relate to feeling she was a man. So she has bad and good feelings about having her children: bad in that of course she hates imposing her rebelliousness on them, but good in that her Mother and Father want her to live his more extreme side of the Rebellion and Default, and that it's about her and her children having this negative experience so they can understand all the truth of the Rebellion God wants them to live.

And that seems to be the general theme with all the parents I spoke to James concerning how they feel about bringing their children into the Rebellion knowing they are rebellious and that they can't help it, and can only do their Healing, and that possibly by doing it and becoming truer to how fucked and unloving they are, they will impose less of it on their children. They all also understand, and feel good about it, they are offering their spirit children a very different live experience with them growing up with them doing their Healing, compared to all those other spirit children and children on Earth who are growing up in the Mind Way, being totally unaware of their rebelliousness.

For us in the physical unhealed world; it's actually very hard for those of us doing our Healing to be a good loving friend for another doing their Healing, we're too much in love deficit, without enough love to give or offer another, whereas Celestials have all the love they need. So possibly we can only do so much, and it's not for us to expect ourselves being able to do too much. There we're the poor demented and unloved being with the poor demented and unloved, and all we can do is struggle on engulfed by our

bad feelings and feeling so powerless and that we can't do it, because we can't, and we don't know how to do it, because we're still too engrossed in it.

L	G	B	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite gender.	Transgender A person whose gender identity differs from their assigned sex at birth.	Transexual An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

FEELINGS ARE MORE THAN 1,000s & 1,000s OF BOOKS!

Only through longing, asking for, begging to know the truth behind our feelings and expressing our feelings to or with a companion can we then only begin to resolve and address our compulsions – all being part of our pathway of Feeling Healing, and with Divine Love, Soul Healing.



WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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



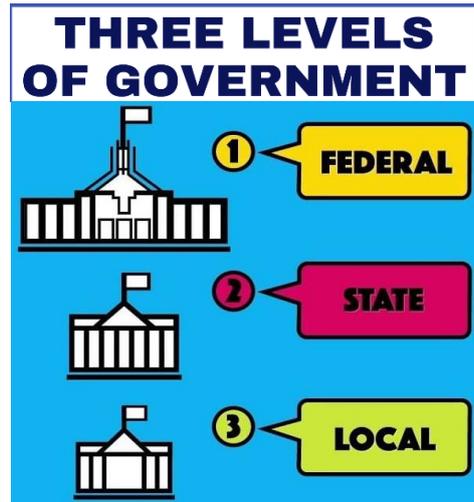
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



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

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

BUT THERE ARE FURTHER LAYERS OF CONTROL!



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

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

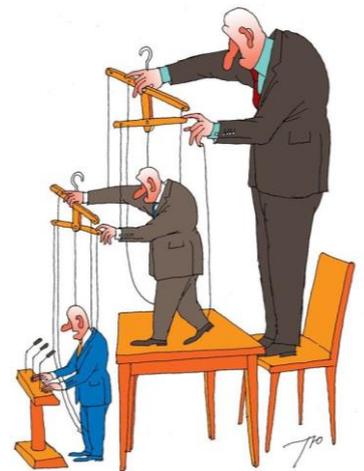
The same people who 'elect' the members of parliament do not realise that the 'nominees' are often puppets of hidden controllers.

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

HIDDEN CONTROLLERS



'Heads of society' are considered leaders. The 300 Bilderberg Club members are (short term) leaders throughout the world, but these are controlled by some 30 families (medium term), who are in turn are manipulated by 12 (long term) families. All of this is



managed and imposed by global secret society networks under the direction of the 12 long term families and their chairman.

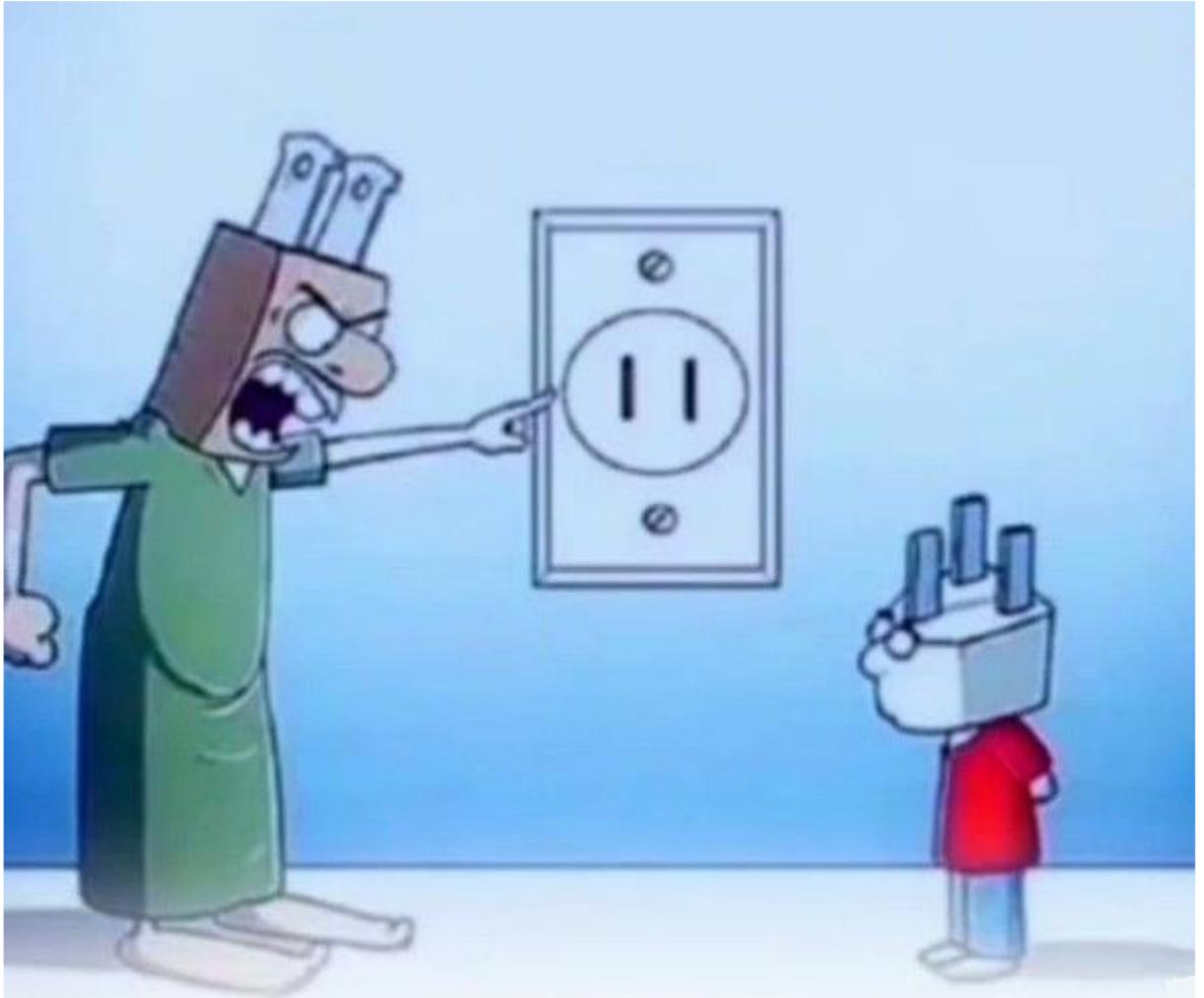
CONTROL DISRUPT
celestial Friends

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

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

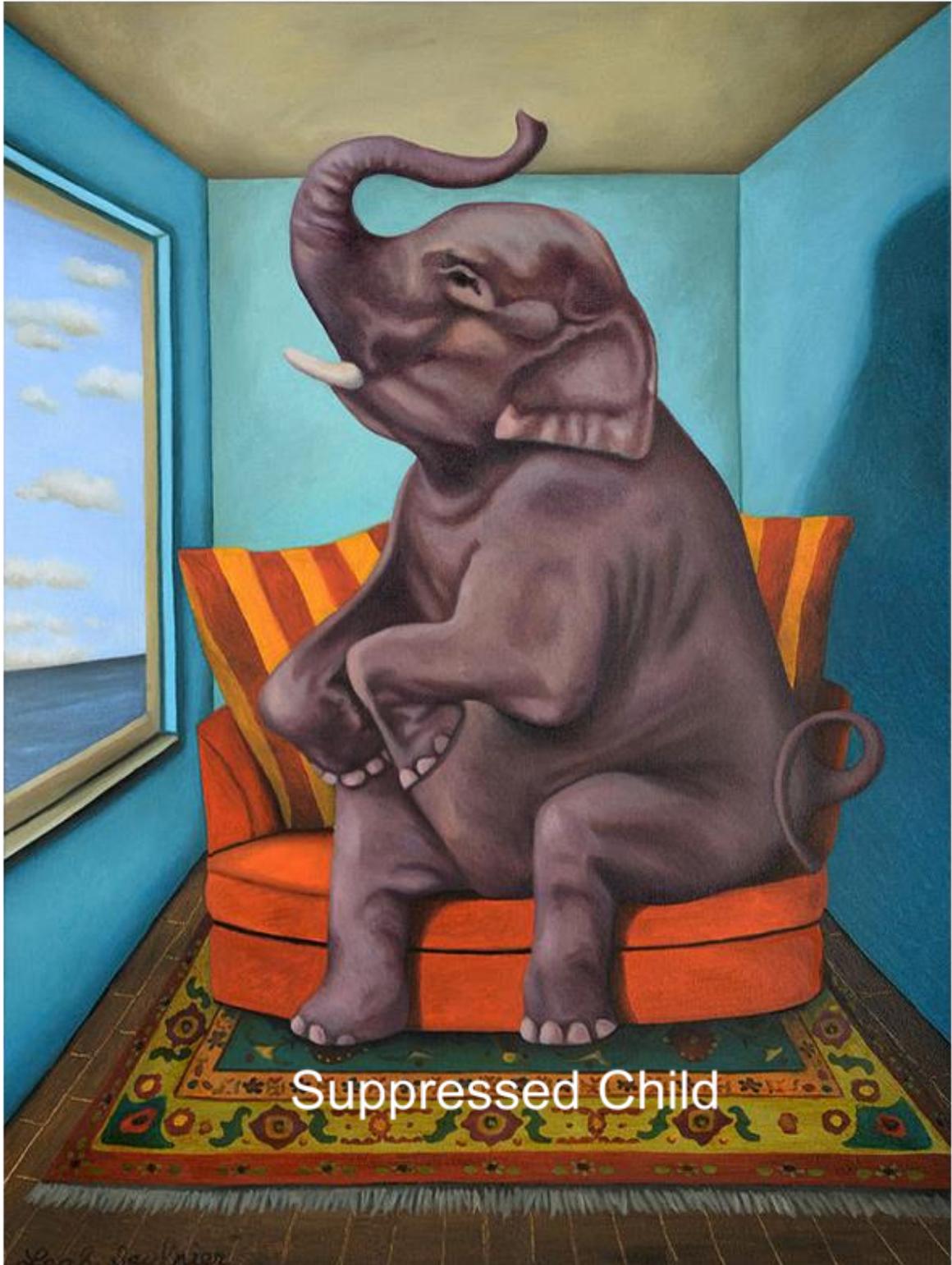


Rebellion and Default officially ended
 31 January 2018
Great U-Turn now ready for mobilisation
 22 July 2023



**DON'T FORCE YOUR CHILD
TO BE LIKE YOU.**

Childhood Suppression is the elephant in the room!



Suppressed Child

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

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

The one and only truly
effective vaccine is
the healing of our
Childhood Suppression
and ongoing Repression
through FEELING HEALING!

Childhood Suppression

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

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

Return light being the experiences of our physical existence.

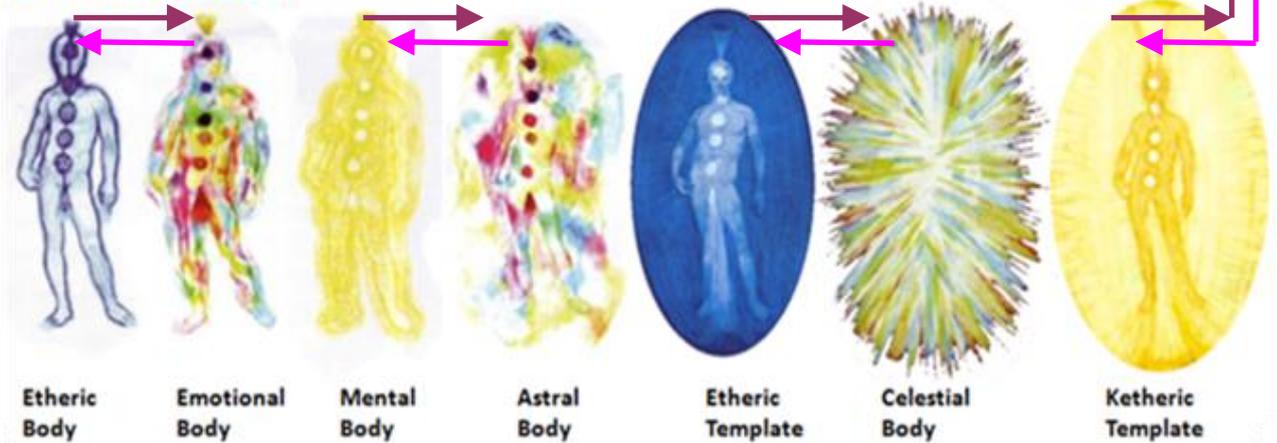
SOUL



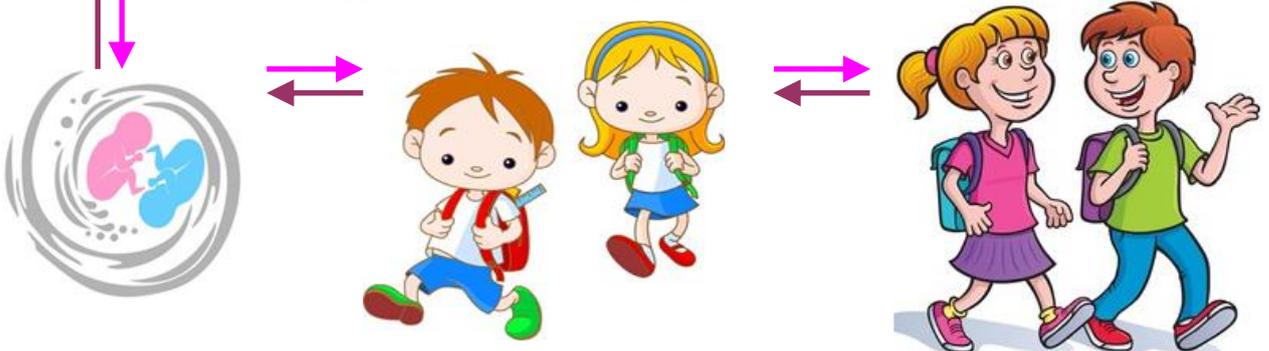
Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

SPirit BODY

Brennan Model of the 7 Levels of the Human Energy Field



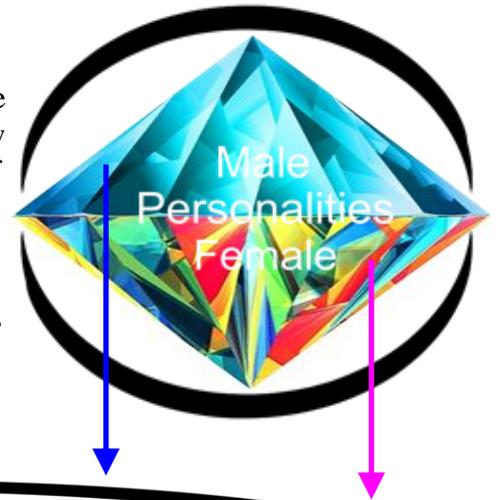
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical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



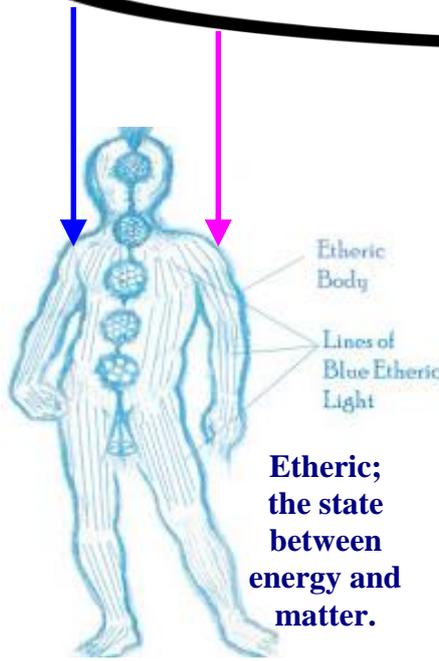
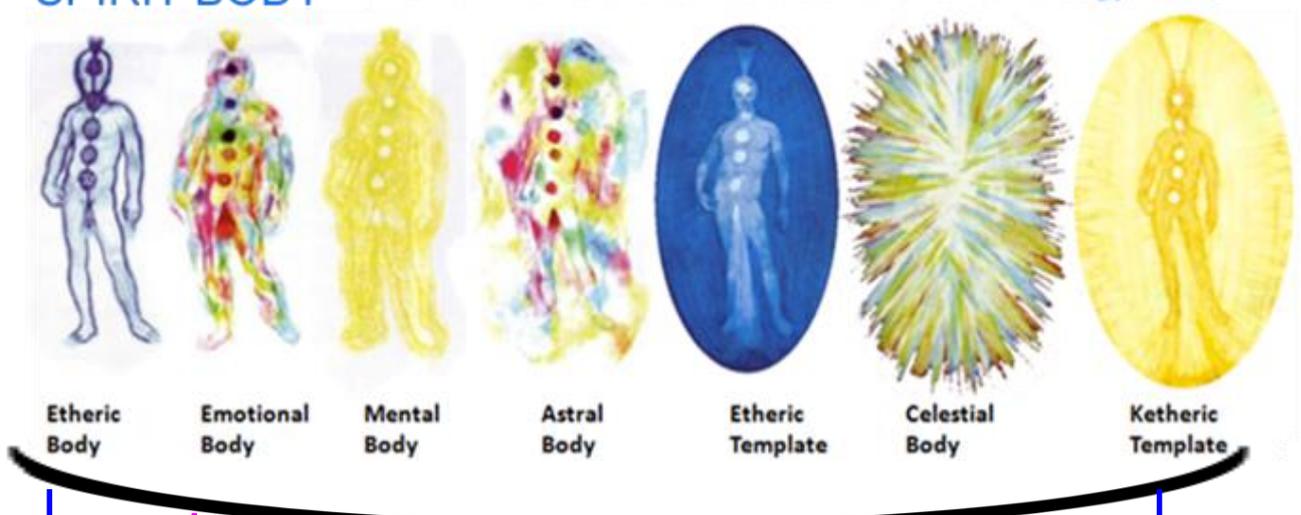
Childhood Suppression



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



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



Etheric; the state between energy and matter.

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



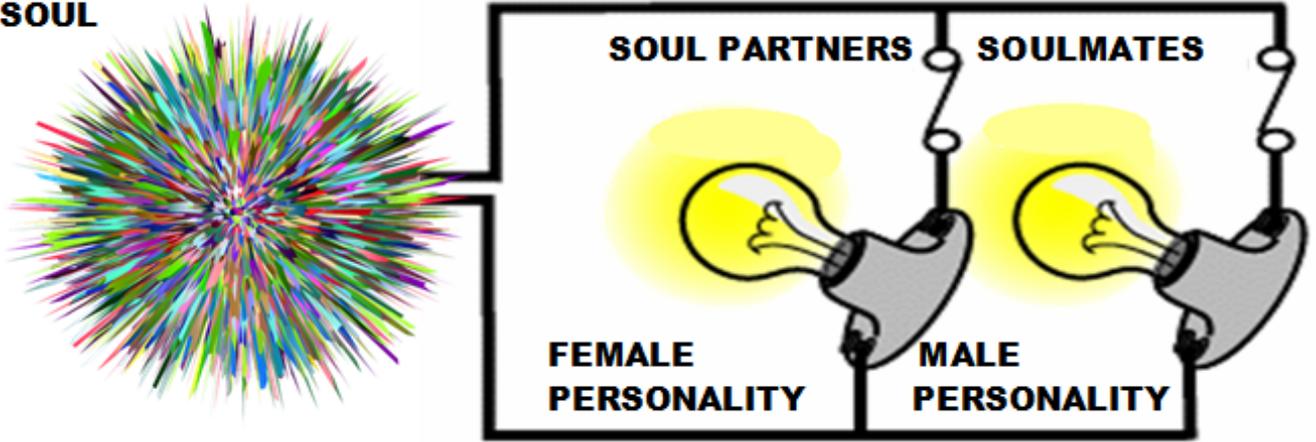
The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!

Health of all of Our Bodies

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.

SOUL



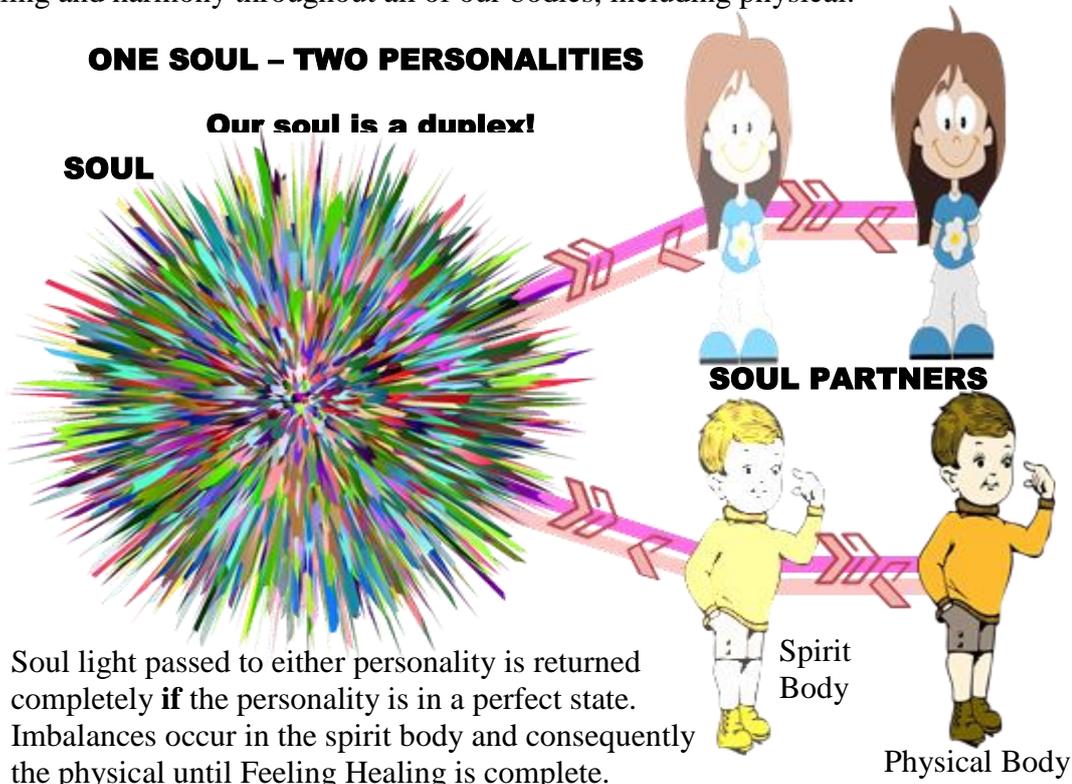
The elephant in the room is our Childhood Suppression, from conception through to age six years. This impedes the circulating flow of soul light thus bringing about imbalances throughout our spirit and physical bodies. This manifests as discomfort, pain, illness and disease throughout our lives. All 10,000 identified diseases are of the consequence of Childhood Suppression in its numerous formats.

We are to express our feelings, both good and bad, to a companion who is open to hear what is coming to surface for us. We are too long to know the truth behind those feelings. What enters us emotionally is to be expressed emotionally. This is our Feeling Healing. This is the one and only pathway to bring about healing and harmony throughout all of our bodies, including physical.

ONE SOUL - TWO PERSONALITIES

Our soul is a duplex!

SOUL



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.

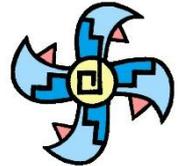
CHALDI COLLEGE – EDUCATION: Nanna Beth – 3rd Celestial Heaven and James 28 July 2017

James: John has been wondering about how to set up schools and schooling ‘under a tree’, in keeping with it all being opposite to what we’re all used to, can you give him any suggestions or point him in the direction he should look?

Nanna Beth – 3rd Celestial Heaven (John’s grandmother): These are some ideas he can consider – just suggestions John, we won’t say it has to be this or that way, as you know, it’s for you to work things out. So basically, what would you like John – how would you have liked school to be?

CHALDI COLLEGE

Schooling is voluntary. It should be made to be something children want to do, not something that’s forced on them.



It should be fun, as in keeping the whole focus on making them feel good about all they are doing. Not artificially praising them or praising them over their peers, but just supporting and being personal with them, allowing them to respond and find their own way.

It should not be separated into classes based on age. Classes should involve all ages, for example, the younger ones can learn and watch and be helped by the older ones, but not forcing the older ones to help the younger, all voluntary and what would naturally happen, more like in a big loving family rather than segregated because of age or whatever. Perhaps the 5, or less, to 10 in one group, 11 to 16 in another.

Teachers are to be able to deal with children of all ages, and work to allow the student to progress at the students own pace. Special or extra schooling can be provided when necessary to students that want more.

The subjects should all be practically oriented. Everything offered and so accepted voluntarily. Reading, writing and basic arithmetic, all so as to help the child deal with the real world. Other subjects like psychology – morals and ethics, love and friendship, acceptance and tolerance of ALL feelings, particularly bad ones, resolving disagreements, expressing feelings and yet not necessarily acting on them – particularly the bad ones, all based around how to respect and treat other people how you’d like to be treated. And how if you hurt by infringing upon another's will, then you will have to suffer that same amount of hurt, either now or in spirit. And about the Feeling Healing, what happens when you feel bad feelings, how to look to your feelings for their truth, so as to grow in understanding of yourself, nature, life, other people, and God – the whole spiritual aspect, including the Divine Love and Mother and Father, yet no religious indoctrination. The history, culture, place in the world. How to integrate with the modern world, computers, phones, internet, etc. Sport, play, arts, creative lessons and involvement. How to live and respect nature, the natural world, the environment, hygiene, natural health, sex, contraception, abortion and so on – about the person, the body, things to dispel myth and falseness, general science. Trades, technical work, hands on experience – building stuff, ways to use one’s mind to do what one wants to do.

Duration of classes, half a day, longer when older for those wanting to learn more, homework voluntary and at the child's initiative – wanting to do it.

School is just part of life, not separate to life. Part of the family, tribe, society, not separate from it. Inclusion of other adults, parents, family members, as aides, helpers, teachers, together with professional teachers. Lots of people, and in particular older people (who also have the time), are natural teachers and should be encouraged even though they've not been specifically trained. One can only learn a certain amount being taught to be a teacher, yet in reality, very few trained teachers have any real natural feeling for it. The more the 'teacher' makes their pupil feel the pupil is the important one, and the teacher is only there to help them if they need their help, and not to stuff it down their throats whether they like it or not,

is where to begin. And how a child of differing ages learns, is as varied as the children themselves. So the more 'teachers' the better, and that means the child can gravitate to the 'teacher' that best suits them, rather than having to spend a whole year with someone you hate and you feel hates you.

University for higher learning, full on, voluntary, free, all information on any subject available with competent teachers. So the student can excel should they want to.

It all being with the focus on the person, offering them things which they can try and see if they like. Things that will help them in the world; and how to be a person living true to themselves – true to their own feelings; and how to respect another as one respects oneself.

James: Nanna Beth, John would like any comments on the Council of Elders continuing to contact people on Earth after he's croaked it.

Nanna Beth: It's as James said, there will be an increasing number of people opening up to us Celestials for all sorts of help, once they understand who we are and how we can help. So yes John, there will always be some main people on Earth we'll work with. And should it all keep needing to move along with one entity in control, such as what you're starting out with, then yes, that is how we'll engineer it. Should it break up or be broken up into many entities, then we'll be ready for and going with that. As much as we say we are in control, we mean that we are in control instead of the mind spirits. But still we are to work with humanity, in as much as humanity leads and we augment.

James: And Nanna Beth, I thought I'd ask you about the Religion of Feelings, as John is against a religion of any sort because of all that religions have done to us all, do you have any thoughts on it?

Feelings First Spirituality, New Feelings Way

Nanna Beth: It's all up to you James, what you want. Of course you're not wanting to go and instigate yet another religion in which people have to adhere to a set of rules because you know what will happen to that, **any rules allowing people and their controlling agendas to take control over others, is something to be avoided at all times.** However the notion of a 'religion', and one based on feelings, with no fixed agenda, no rules, just founded on truths, will allow people to have some sort of structure to relate to should they need that, but one in which they are entirely free to do whatever they feel based on their feelings. And with the Feeling Healing and Soul Healing being at its core, then those people intent on that will be able to work on themselves and it won't matter to them whether they are part of something or not.

As you understand, some people will like the idea, others won't like the word religion and will want to do it alone, so do whatever you feel you want to do. We don't call it anything over here other than Our Healing, yet we all had embraced the Divine Love before we began our Healing, however potentially that won't be so for a lot of people on Earth, and to say that people have to embrace the Divine Love to do their Healing would cancel out a large amount of people and is putting a rule in place, which doesn't need to be there and would only get in the way.

So to call it a Religion and yet to make it as free as you are intending James, is something for you to decide for yourself, which really just gets down to using the word religion. And I know it appeals to you because it is a religion that is not a religion, yet more a true religion of truth than any of the existing religions are, so you're showing up those religions for the untruth that they are.

Anyway, it's what you want to do James, it's not for us to say one way or the other. And you will do what you want to do, you'll hear people's complaints or if they like the idea, weigh it all up, and still do what you want to do.

James: So you don't force or coerce anyone to do anything they don't want to do. Because who wants to be treated that way – no one!

Feelings First is a way of living without any dogmas, creeds, rituals, cannon laws, hierarchy or controls of any kind.



It takes a village to raise a child

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:
This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

FURTHER READING: Kindly go to www.pascashealth.com, then Library Download page, scroll down to Pascas Care Letters to click on to open:

 [Pascas Care Letters Psychology and Feeling Healing.pdf](#)

and much more!

So what are our lives all about here on Earth?

Saturday, 9 December 2023

Our Heavenly Mother and Heavenly Father (God) have created us, their spirit children, by giving us a soul (with a soul-mate) and a unique personality. They then send us as spirits clothed in a flesh body to start expressing ourselves, our personality, in Their Creation, far away from Them on a planet we call Earth (Urantia).

We are then to have experiences through personality interaction, by having things to do with each other, starting with our parents and family, all so with our feelings we can grow in truth, which is the bringing to light the ongoing truth and understanding of who we are as a soul-personality and who our Heavenly Parents are. And we're to ascend through the Celestial heavens having left the Earth as we continue to grow in truth through our feelings, all the way to Paradise, that being the Home of our Heavenly Parents, so we can meet our Mother and Father in person. The whole of this phase of our existence in Creation being one big Ascension of Truth scheme. There are a host of Angels and other Mind Beings that help us spirits in our growth of truth, from being on Earth all the way to Paradise.

All our difficulties we face on Earth have been amplified and greatly increased because many years ago the Higher Spirits that were overseeing humanity, who were supposed to help us grow and evolve and awaken our understanding about we being children of God, rebelled against our Mother and Father. These Higher Spirits said they knew better than God, they knew what true freedom and liberty was, that we can all go it alone, we don't need God, and we don't need to be enslaved to God by having to live God's Will and doing what God wants – by following our Mother and Father's Plan for us; we can ditch that Plan and Them, and make our lives be whatever we want them to be. So the Evil Ones imposed their way on humanity on Earth.

Then added to that confusion, Eve and Adam came to Earth to help uplift the people, they also being Higher Spirits, and they were corrupted by the Evil Ones, they Defaulting when Eve and Adam went against God's Plan, Eve believing she could speed things up a bit, taking matters into her own hand. So all Eve and Adam experienced by Defaulting against their true path, became passed to and integrated in humanity.

So we are conceived on Earth into the Rebellion, by Default. We don't know we're actually rebelling against God, it all happens mostly unconsciously, it being passed to us when we're a child by our parents. So all parents are evilly bringing their children into the Rebellion without even knowing it, so by Default. We believe we truly love our children and our children truly love us, and yet how can that be when we're all living inducted into a truth-denying and love-destroying Rebellion. And we don't understand that, the horror we're actually living, and that is our greatest impediment to our living happily and in total peace and love on Earth.

We have been made right from the beginning to go against ourselves and God. So we are not using our feelings to grow in truth, we are using our mind to stop ourselves honouring our feelings the right way, using our minds to pretend what we believe is truth, when it's not, and is only a lie. We have created with our minds, all the ways of the world, all the religions, all our societies, all what we believe is the right way to live, however it's all wrong, because it's all within, and as result of our being in the Rebellion. So adhering to a religion is only using that religion to keep you bound up in your rebelliousness, that which you took on from your parents, family and society. So all we think is right on Earth, might not be so, it being actually wrong, because we're all around the wrong way, yet without knowing it.

We try to live good and happy lives, yet we're full of bad feelings we keep suppressed because we weren't allowed to express them freely when we were growing up. We use our minds to pretend we're 'in love' and happy, when really deep in our soul, we're all very unhappy and feel rejected and unloved. Our lives are a mind-created delusion based on untruth and erroneous beliefs of the mind, all

but devoid of the truth we need to show us this is how we are.

Being of the Rebellion and Default on Earth, we face a choice that has only just recently been offered to us, because the Evil Ones are no longer controlling the Rebellion and Default, they coming to their natural end.

And that choice is: to keep living the Mind Way we've all grown up in, living denying the true expression of our feelings and so denying ourselves the truth that would come from them, so stopping our true spiritual growth and ascent to Paradise; or, wanting to end living against ourselves, and set out to live The True Feelings Way, a New Way, and one in which we live wanting to express all our feelings, including all our repressed childhood ones, as we long sincerely for the truth of them. All so we can gradually, through our feelings, grow into understanding and living true to our being rebellious, so we're no longer believing we're good and living the right way and with God, understanding instead the truth that we're living the wrong way and doing all we can to stop ourselves evolving all the way to Paradise to be with our Mother and Father.

So we can now either continue living deluded, as we've always been, not having a clue about the true way to live; or we can look to do our Feeling-Healing, and then our Soul-Healing when we also decide to long to our Mother and Father for Their Divine Love. And if you don't live this New Feelings Way, you won't grow in truth, and so will never get out of the mind Mansion Worlds, never healing yourself of the Default and Rebellion, so never being able to completely live back at-one with God in the true and right way, living God's Will by simply attending correctly to our feelings; rather than incorrectly living it, which is not living it, by believing using our mind we are living God's Will because we adhere to the practices and beliefs of a religion.

The Rebellion and Default is ending, and so too can we now end it within ourselves. Humanity is to embrace its Soul-Healing and stop being wrong, unloving and against itself. The next Age of 1,000 years is one to be highly charged by the Angels and other Mind Beings who will assist all people who want to come together and live in 'sanctuaries' doing their Soul-Healing together, with everyone wanting to divest themselves of the Rebellion and Default.

And gradually humanity will come back on track, coming to understand the handicap that's been imposed on it by the Rebellion and Default, throwing it off, and so with everyone who's born in future having a better chance at setting out for Paradise as soon as they become an adult. They understanding how to live true to themselves by living true to their feelings, whilst longing for the truth of those feelings.

Summary:

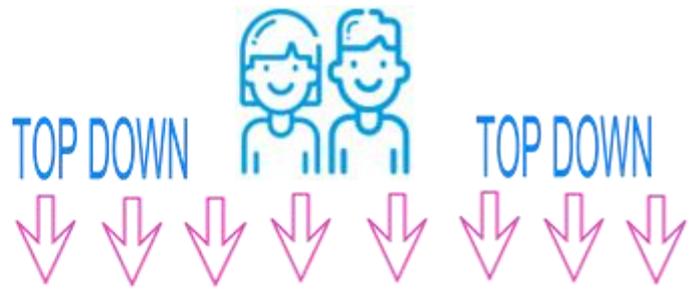
The Evil Higher Spirits fucked us up by causing us to live denying the truth of ourselves. No matter how good and right people might think they are, they are fucked, bound up in the unloving Rebellion and Default. The only way we can heal ourselves, ending being of the Wrongness, is to do our Spiritual Healing, that being to live the right way honouring and being true to our feelings, looking to fully express them, whilst we long for the truth they are to show us about how wrong and fucked we are. And once free of all our sins and errors, all the pain and suffering, once we've let go of our controlling mind and look to live truly from our feelings, then we'll be full of love, and happy ever after. Living a true spiritual life.

Or even more simply: We're all fucked, and only doing our Spiritual Healing will un-fuck us.

James Moncrief

REBELLION & DEFAULT - ending process!

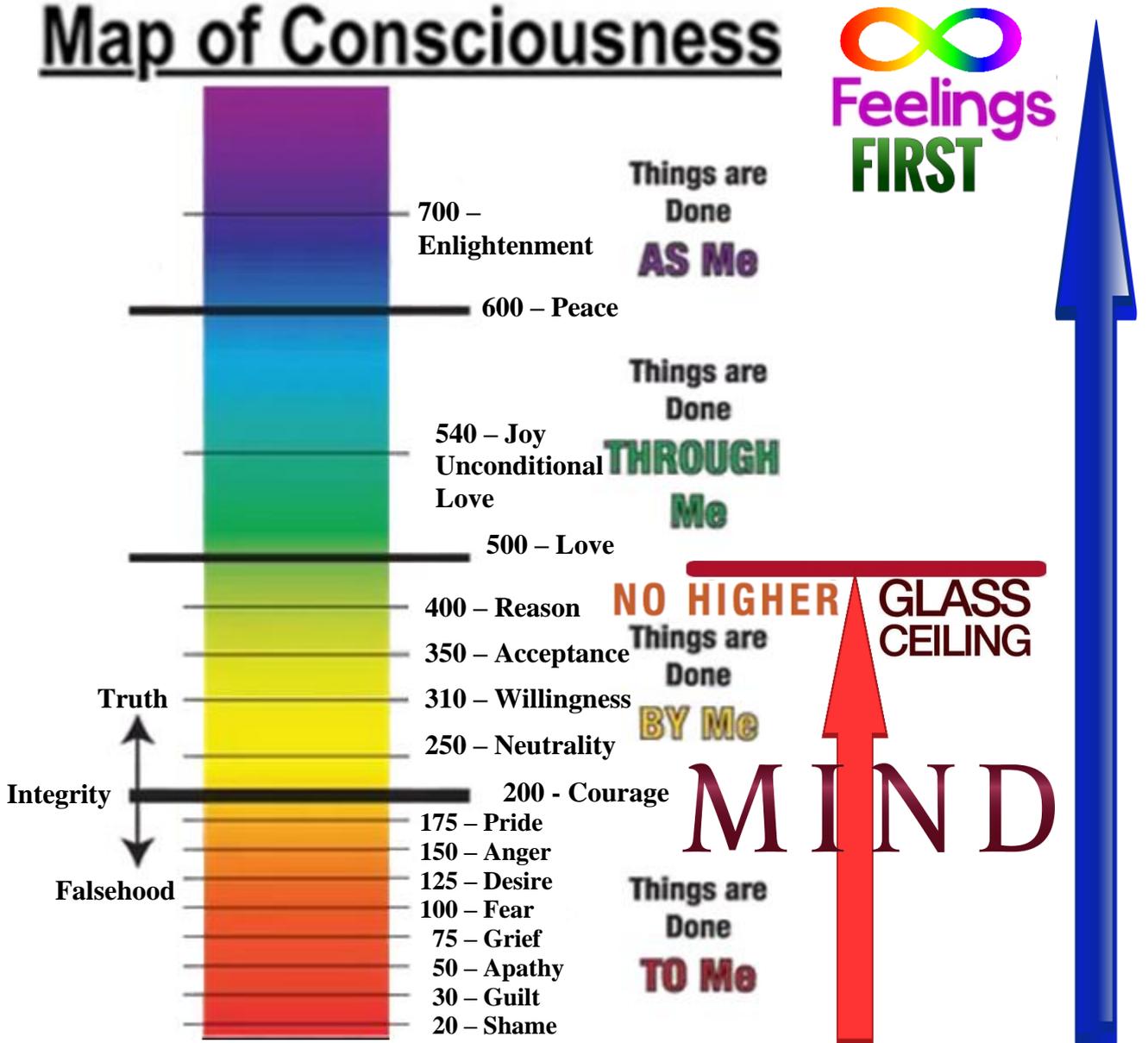
Everything is to change!



From all points of view!



Map of Consciousness



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few. (The MoC table is based on the common log of 10 – 1 point is 10 fold growth.)

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

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

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

WE EACH NOW CAN CLIMB TO
INCOMPREHENSIBLE
LEVELS OF CONSCIOUSNESS



ONCE YOU KNOW -
YOU CANNOT UNKNOW!

Mary Magdalene



put children first

Put Children First