

Feeling-Healing

the Feeling Way, is the True Way - a New Way

you can heal yourself through your feelings

The Religion of Feelings

feelings are the way to God

feeling are the way to your true self

Live in your Feeling-Moment

attend religiously to all you feel; long for the truth of your feelings

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These are a series of papers of varying lengths introducing Feeling-Healing, together with some people's examples of doing their Healing.

Further information and links to other books and people's experiences of doing it can be found at the end of this introductory book.

(And please note: Disclaimer - At the time of writing this I've not finished my Healing. I do however believe it can be finished. I am so different from how I used to be before I started it, even though I still feel bad. Also, I won't be personally able to help you with your Healing. You are most welcome to join the Divine Love Spirituality and Childhood Repression forum and share your Healing experiences and ask more about it. James.)

Feeling-Healing: Using your feelings to heal yourself

Your Feelings:

Are very important

They should never be dismissed or denied - not one, and especially the bad ones
 They must be allowed to be - allowed to have their say
 You can heal yourself through your feelings

Denying your feelings makes you sick
 Illnesses and pain only come because you are denying and repressing feelings
 The pain (a bad feeling) comes so you can accept and express it
 Expressing the pain and bad feeling out of you is what makes you well
 Keeping in bad feelings is keeping in the poison
 Heal yourself through your feelings

During your childhood you were made to deny and not express many bad feelings
 And these bad feelings are still within you - still waiting to come out
 Adult bad feelings can lead you back to your childhood bad feelings
 You are to connect back to all the bad feelings you've suppressed and repressed
 As the hidden and mostly forgotten buried childhood feelings come out, so you are healed
 This is healing yourself using your feelings - doing your Feeling-Healing

Seeing the truth:

You are to see what your feelings want you to know about yourself
 You can long for the truth of your feelings - why am I feeling bad?
 You must want to uncover the whole truth of yourself through your feelings
 When you liberate your bad feelings, whilst longing for their truth, the truth will come
 Heal yourself by looking to your feelings for the truth they want you to see about yourself
 When the truth comes, you are free, set free of the causes of your pain and bad feelings
 Your actual healing happens when you see the truth
 No truth; no healing - still more bad feelings to accept

Speak out your feelings, all the good and bad ones, whilst longing for the truth of them
 Want to live true to yourself
 Want to live true to your feelings
 Long for the truth your feelings are to show you

This is doing your Feeling-Healing

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Feeling-Healing

You've been taught to deny bad feelings
 Denying bad feelings is what is making you sick
 To heal yourself you need to stop denying any feelings
 Accept the bad feeling you are feeling
 Fully let yourself feel it
 It's very difficult going against your programming
 Want to feel bad
 Want to feel all your bad feelings
 Don't want to deny any of them
 And when you feel bad, identify that bad feeling
 Say what it is and how it's making you feel
 Express the bad feeling
 Emote the feeling out of yourself
 Say how you are feeling with the feeling you are feeling
 Say it to a friend, write it, say it out loud, speak it out to God
 The denied bad feeling stays within you until you bring it out
 Keeping in the bad feeling is what's making you ill, and giving you all your pain
 All those repressed bad feelings are like a poison slowly killing you
 Open your mouth and let your bad feeling out

 Want to know why you are feeling bad
 Want to see the answer through your bad feeling
 Long to know the truth of what you are feeling
 Long to God to help you see the truth of your bad feelings
 Want to see the truth through your feelings and not with your mind
 Don't go fishing within yourself for answers using your mind
 Let the truth of why you're feeling bad surface in its own good time
 The truth will come as you express your bad feeling, whilst longing for the truth of it

Decide that you're going to be loving to yourself by first stopping your feeling denial
 Then by expressing all you feel, both good, and especially all your bad, feelings
 And also by longing to know the truth of why you're feeling what you are feeling

Doing your Feeling-Healing is expressing all your feelings whilst longing to see the truth of them. Uncover the truth of yourself through your feelings and you'll be free of all your pain, illness, unhappiness, misery, fear, suffering, and free of all your bad feelings

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Feeling-Healing

You can heal all your pain, illness and suffering by looking to your feelings for their truth. And you do this by accepting every bad feeling you have, no longer pushing it aside and dismissing it, no longer denying all the bad stuff.

And you express your bad feelings the best you can, understanding that all the bad feelings are within you and have to come out, even all the ones you've denied in the past.

And as you express your feeling with all the feeling you are feeling, so you long for the truth of that feeling - you want to know why you are feeling it, what really caused it within you, which will take you back to your early life with your parents.

Accept your feelings. Express them. Long for their truth.

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The truth of doing your Feeling-Healing

We are to see the whole truth of ourselves. Through our feelings.

This means, the truth of why we are the way we are; why we say what we say; why we do what we do; the impact of what we say and do has on ourselves and others; what our relationships are all about, with our self, others, nature and God - as in, are they loving or not; and if not, why not; what happened to us in our early relationships to make us be as we are; what was the truth of our relationships with our parents and other family members - and were they loving relationships; and if not, why not; the truth of every aspect of ourselves, and this includes the truth of all our pain and suffering - the truth of why we don't feel truly loved.

We have grown up being made to deny many aspects of ourselves, this being seen in our feeling-denial. This means we've not been allowed to fully express ourselves, so we've not reached our full potential. And all that we weren't allowed to express, all our crying, anguish, our misery, fear and anger, all our pain, is still within us waiting to be expressed.

We were made to become false and untrue. We were made to live untrue to ourselves. So we have to heal that by uncovering the truth of why we are false and untrue, with the truth of our wrongness then allowing us to become true.

And how we do that is all through and with our feelings, and not by looking to our mind.

And so we do our Healing: which is our Feeling-Healing; or Soul-Healing - that is our Feeling-Healing and longing for the Divine Love.

And our Feeling-Healing is looking to our feelings to see the truth they are making us feel. We accept what we are feeling, we don't push any bad feeling away; and then we express all we're feeling, and we long for the truth of those feelings. We want our feelings to show us why we're feeling bad. And they will. The truth all coming to light with the ongoing expression of feelings.

And as we bring out all our repressed early childhood feelings, dealing with the pain by allowing ourselves to feel it, saying what we feel about it and how it makes us feel, crying with that pain if that's what we feel to do; and all whilst we want to know with all our heart why we are feeling so bad, so the truth will come of all that we are. So all that happened to us during our forming years and childhood. All that made us into the adults that we are.

And gradually as we express all our pain and uncover the truth of it, we become truer to our wrongness, injury, hurt, pain, trauma, and that is the healing of it. Uncovering and seeing the truth of what's wrong with us, what's making us feel bad, is setting ourselves free. It is how we can heal ourselves. It's being wholly self-loving, by being wholly feeling-accepting.

So we have to see the whole truth of our unloved state. Then once that's seen, by our thoroughly feeling it, every last bad feeling, then we're able to live true to ourselves in a truly loving state.

That is doing our Healing by looking to our feelings for their truth.

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Living True to our Feelings

We are to live true to our feelings, to each feeling as we feel it. And want to know the truth of why we're feeling it. To allow our feelings to lead and guide us through life, by living the truth that comes from our fully accepting, embracing, honouring, expressing and living true to them; all whilst we want to know what God wants us to see about them - the truth of them.

Our feelings are very, very, very important, and that's every feeling we have. If you are stopping yourself from having one feeling, then potentially you are causing yourself a problem which can manifest in you getting sick. We are only sick because we are stopping ourselves express all the feelings we feel. We have been made to block out many of our feelings, some of the good ones and most of the bad ones, having learnt how to do this from childhood, all of which now as adults causes us all the problems we have. So why your life doesn't work as you want it to, why you feel bad, pain, are suffering in any way, why your relationships don't work, is all because you are denying feelings.

So to heal yourself, to end your pain and suffering, and to ultimately live the life that will make you the happiest and most loving you can be, you will have to stop denying any feelings; and instead, go the other way, fully embracing them, fully accepting that you have them, welcoming them as you feel them, giving them their full expression, and wanting to know why you are feeling them. We are to bring out all the bad feelings that are repressed within us, all those terrible ones we've not wanted to acknowledge and feel, and by doing so, once they've all come out, no longer feel them.

If you don't bring all your bad feelings out, then they are only going to stay within you still making you feel bad.

To keep your bad feelings repressed within you is like keeping all the poison inside you, and it will slowly kill you, making you feel all the pain you do, making you be sick, causing you all your problems. So get it out, bring out all your bad feelings and so end what's making you feel bad.

Look at how you conduct yourself through the day - do you deny any of your feelings?

What happens when you feel sad, do you try and make yourself feel better? Do you try and stop yourself feeling sad?

What happens when you feel angry? Do you allow yourself to feel as angry as you do, or

do you come down hard on your anger banishing it because you feel it's bad to be angry and you don't want it damaging your relationships?

What happens when you feel happy - do you allow yourself to feel as happy as you feel? Or do you say, no, calm down, don't get too over excited, something bad might happen and then you'll feel let down?

What happens when you feel scared? Do you dismiss your fear telling yourself that it's nonsense, you're an adult, you shouldn't feel scared of that; and besides, what's there to feel scared about anyway?

And what do you do when you get sick? Do you allow yourself to feel all the bad feelings your illness brings up in you? Or do you do all you can to stop yourself feeling sick and to get better? So quickly off to the doctor and into the pills, all to make yourself better and end your bad feelings.

And what if your friend is depressed feeling upset about something, do you allow them to feel as bad and upset as they feel; or do you try to make them feel better, trying to take their mind off their bad feelings putting it onto something that will make them feel good?

And if you do any of these feeling-denying things, or any others that you do - why do you do them? And you'll probably say: Because I don't like feeling bad. I want to get rid of my bad feelings. Which is completely understandable, as no one wants to feel bad. However, do you think it's right to deny these parts of yourself, to just shut them out, put your mind onto something else, take pills to make them go away - do you think it's right to deny any part of yourself?

And if you do deny some part of yourself, then you are not functioning perfectly, and you are imperfect and working against yourself. It's not very loving, is it? It's not being loving to yourself, to as soon as you feel bad, get rid of that part of yourself - because your feelings are a part of you.

And being unloving to yourself, as seen by you denying your feelings, is going against yourself, so you're effectively working to make yourself be sick, for you are causing yourself to be dysfunctional, and not working right means you're making yourself feel even worse than you already are. So you're making yourself feel even more bad feelings, which you've then got to deny as well! So it's something of a vicious circle, all of which

ends up putting increasing amounts of unloving pressure on yourself, all of which can only make you feel more bad feelings.

Mostly we feel okay, our patterns formed during our childhood function in our adult lives, and we move along denying our feelings without a second thought. But then occasionally (or often) bad things happen to us or we get sick, our relationships don't work, something happens to make us feel bad, and that's when we have to start the hard work. And so we have a choice: We can either come down harder on ourselves denying more of our feelings; or, we can go the other way, going against our programming and start to accept and allow our unwanted feelings to be.

But then that brings up alarm signals, because, if you just allow yourself to feel bad, those bad feelings are going to overwhelm you, and they might make you say or do something you later regret, and who wants to be swamped by them, there are too many of them, they are never ending, and you will just feel worse and worse and the pain will be excruciating, crushing, devastating and you'll not be able to bear it. So what's the point in just letting yourself feel as bad as you can?

And this is where our Feeling-Healing comes in. It's to understand that yes, we are denying many bad feelings and that we want to stop being unloving that way to ourselves. And so we want to accept our bad feelings instead of reject them. And then to understand that they are coming up in us for a reason, and part of that reason is for us to express them, so to bring them up and out of us; and the other part of the reason is for us to see what it is about ourselves they want to show us. We don't just feel bad for no reason, there are very real reasons why we're feeling bad, and so we have to want to know what those reasons are. And how we do that is by longing for the truth of our feelings. We want to see why we're feeling bad, and why we're really feeling bad, the deeper and even the deepest truth within us, for there are layers to ourselves and our feelings, and gradually we can uncover those layers seeing what is really going on inside us on every feeling level.

However to live this way, accepting your feelings and wanting to see the truth of yourself they are trying to show you, means you will also want to face the truth of yourself, and this can be daunting, not many people are prepared to look squarely at themselves and see all the truth their feelings might show them about themselves, because: what if some of that truth is not very nice?

So we're in a bit of a bind. If you want to heal yourself of all your bad feelings so you no

longer feel any of them, then you're going to have to want to embrace them all, express them out of you as they come, and want them to show you all the horrible, unloving, nasty truth about yourself that you might have tucked away deep inside and not wanting to face. And then, if you don't want to uncover the whole truth of yourself, and know whether that truth is good or bad, then you'll just have to keep going denying your bad feelings until they get so overwhelming and you feel so much pain that you can no longer deny them as you've been able to do, making you have to then deal with them.

So might it not be better to start now and learn how to work with them and how to include it as part of your life? Rather than keep letting them build up as you deny and repress layer upon layer. And to accept that, yes, you might uncover some bad things about yourself, and yet, we've all got them, and so, so what, you'll deal with them when they come up. And slowly as you become better at allowing your feelings to be, expressing them and longing for their truth, you will be releasing them out of you and so stopping them from making you sicker than you might already be. Every repressed feeling you express out of yourself is one less within you waiting to be expressed.

Using our feelings to uncover the truth of ourselves is how we're all meant to live. It's natural. It's no big deal. And yet it's vitally important for our wellbeing and to feel happy and truly loved. However we've all been made to live against this natural way. We've all been made to use our mind to stop ourselves feeling bad, our mind jumps in taking over saying no, you can't feel bad, bad feelings are unwanted, they are evil, they are nasty things, I'll help you get rid of them. But that is an unnatural way of living. That's living against ourselves. It's being untrue. And false. It's living against your soul, against nature, against God. It's the worst way to live. It's not spiritual. It's not loving. Whereas to live allowing all your feelings to have their say, to fully get into them, bring them up and out, and to live them, emote them, all whilst wanting them to show you what you are to see about yourself and how you are to live, is the right way to be. It's the most true spiritual way you can live. It's being positive, loving, and in the end, once you've liberated all your repressed bad feelings, will set you free of all pain, free of all your negative unloving patterns, releasing you from the harsh control of your mind, allowing yourself to be fully self-expressive, accepting, unconditional, happy and loving. And true: true to yourself, and true to all you feel.

So our feelings are the way to our truth. We are to uncover the truth of our self through our feelings. And this is living the truest spiritual life you can live. And if you don't necessary want to be spiritual, by uncovering the truth of yourself through your feelings,

you will be naturally spiritual anyway. And it's no big deal. And you'll be part of the **Religion of Feelings**. And even if you don't like the idea of being part of a religion, well that doesn't matter either, because you'll just be yourself living true to your feelings and uncovering the truth they want you to see, and that can be your way of life whether you want to call it anything or not.

And if you want to go one step further and include God in your new found **Religion of Feelings**, then it's easy to do that too. You can long to God, asking God to help you see the truth your feelings are trying to show you. You can ask God to help you honour and accept all your feelings, and to help you express them, and to help you want to see the truth they are to show you. And you can even long to God specifically for God's Divine Love.

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Feeling-Healing

Healing yourself through your feelings

I am a feeling person. As a person, I have feelings. Good and bad feelings. Good feelings naturally I like, bad feelings, mostly, I don't like.

I want good feelings - I want to feel good. I don't want bad feelings - I don't want to feel bad.

I only want to feel good, I do whatever it takes to keep feeling good. I don't want to feel bad. Feeling bad is not good.

And as a person, I have thoughts. My thoughts can make me feel good or bad. I want my thoughts to make me feel good - always, I don't want to have bad-feeling thoughts.

I use my mind to try and control my feelings. If I feel bad, I think of nicer thoughts, I try to think positively, I affirm good over bad, I use my mind to distract myself from feeling bad. And mostly my mind wins, but sometimes my feelings are just too strong and my mind can't control them. Then I am forced to go with them, and if they are good ones, well that's great, but if they are bad ones, then that's not so great.

Let me ask you a question: Do you think it's good to be able to control your feelings by using your mind? Imagine you feel unhappy, do you think it's good to use your mind to

stop yourself feeling unhappy, if you can, and make yourself feel happy?

And when you can do that, what happens to all those unhappy feelings - do you think they just go away, stop, no longer exist?

And what if they don't? What if they remain within you until you bring them out? And what if you never bring them out and they remain inside you festering away waiting for the day when you acknowledge them?

And what if all those bad feelings you've had yet have refused them having their say, are still hidden inside you; and not only that, but are exerting an unknown negative pressure on you? What if you can use your mind to stop yourself feeling bad, yet all you've really succeeded in doing is using your mind to override and so bury those bad feelings?

And all those bad feelings, still being within you, are what are making you sick? What if the **ONLY** reason you get sick and even feel bad, is because of bad feelings that are trapped within you? And if this were true, then to stop being sick, to heal yourself, to end all your pain, means you have to bring out all those repressed, hidden and buried feelings that are still waiting to be accepted and fully acknowledged by you.

So if all this is true, then it means you are making yourself sick, and causing all your own pain and bad feelings, all because you are using your mind to stop yourself from having such feelings.

But the trouble is, you **ARE** having that bad feeling. And just because you can use your mind to make it go away, it hasn't really gone away, you've just done whatever it is that you can to deny and pretend that you are no longer feeling it.

So you're being false and untrue, you're not being honest with yourself. You're pretending that you are feeling good when still deeper within you, you're not, as all those bad feelings are still there. And this is not being self-loving. This is being self-denying, even hating yourself - hating all those bad feelings, which are you, that are making you feel bad.

For example: You suddenly get a headache. Your mind might jump in saying it's because of stress, or I've got my period, or I drank too much, or... whatever it is, all trying to rationalise and excuse your headache away. And then just to show it who's boss, you take two tablets and it's gone - now you feel good again! Now you can get on with life

before your headache rudely interrupted you.

But what really caused you to get your headache? And even if it was what you thought caused it, why do you have to then take the tablets to get rid of it? What if there are other reasons why you got it, other very valuable reasons, deeper reasons, which if you could know, would help you understand why you have it, why you needed it to make you feel bad? And once you knew the truth of those reasons, then you'd no longer feel bad, so no longer need to get a headache that's trying to alert you to the fact that something is not right within you and you should pay attention to those bad feelings by accepting, expressing and longing for the truth of them. But you will never know those reasons because you've annihilated your headache, and more than likely feel good riddance, and that you don't want to know about other reasons why you got it, because you don't care, it was hurting too much, and you just had to be rid of it!

And that way of thinking and being is fine, however you'll continue to get headaches and continue having to take pills to get rid of them, all of which will compound, adding to yet more inner pressure building within you, causing you more stress, more pain, more bad feelings, and so more pills needing to be taken - so when does it end?

And do you want to end it? What if there was a way to end all your pain, to remove all what's within you that's causing that pain. And when you take away those causes, you will simply no longer get headaches or feel your bad feelings, because there will be nothing left in you to cause them. Does that sound appealing?

But to do that, you will have to stop using your mind to control your feelings, and that can be very hard when right from your first moments in life, you've learnt and been forced to use your mind against your feelings.

So you are at war within yourself, your mind verses your feelings. And that in itself should give you headaches and all your bad feelings.

What about if there were a way to stop your mind dominating your feelings, or at least trying to, and instead, using it to fully support them? To live by putting your feelings first, and supporting them with your mind. And what if this way of living was actually very good for you, and will make you feel good about yourself. And why it's so good is because it means you won't be continually denying many of the feelings you have, by blocking them out with your mind, only to have them fester away inside you causing many

other bad feelings and all the illnesses, headaches and problems you have.

I'm sure you'll agree that denial of any sort is not good for you - right? So why use your mind to deny some of your feelings? Denial makes you unhappy and sick, everyone knows that - don't they? And really what that means is, denial of your feelings is what's making you sick. Having your mind in control of your feelings, is the same as having someone else coming along and telling you, you can't be how you want to be, how your feelings are making you feel. And although you might think this is good when your mind takes your bad feelings away, it's only a false good, because you're only going to suffer more in the long run from those repressed and unexpressed feelings. The more you deny yourself - the more you deny your own feelings, the worse you're making life for yourself. And conversely: the more you can accept and allow all your feelings to be and to have their say, whilst you long to see the truth of them, the better you're making life be, and the better you'll feel about yourself, because you are not going against yourself, you're not fighting yourself, you're not denying yourself.

So what about this statement: The only reason you get sick is because you are denying feelings? What if that's true? So you're not getting sick because of some disease that's suddenly invading your body that your doctor tells you is happening to you, you are getting sick because you are not expressing all your feelings. And because you are denying feelings, so your body can't work as it's designed to work, so it falters and breaks down, thereby allowing germs and pathogens to gain the upper hand, and even end up killing you.

So by using your mind to deny so many bad feelings, really you are killing yourself. And that's not a nice thought. But what if it's true? So you've set out from the very beginning doing all you can to kill yourself. And really it's amazing you've got this far with so much denial, with so many bad feelings being kept suppressed.

And it would be great if when you went the doctor she or he said, ah, yes, you've got that pain, you've got that problem, you are sick because of your feeling denial, so I prescribe ten weeks of attending a feeling expressing group twice a day. And you could express all that unexpressed pain out of you, and uncover the truth of why you are feeling it, and your pain goes away, you are cured of your illness, you feel all better. Unfortunately however, it doesn't work that way.

And so what I want you to understand, is to start expressing all your feelings instead of

carrying on denying so many of them, and in particular all your bad ones, although that's a good thing to do, is still not a quick fix. But it's something you can begin, and apply yourself to, and keep working at until all that you've got buried inside you has come out; that being, all that you were not allowed to express from your first moment at conception, then once you were born, as a baby and toddler, as a young child, an older child, teenager, young adult, and all you've kept repressed through your adult years. So as you can see, there could possibly be a huge amount of unexpressed bad feelings in you, hidden away in your soul, waiting until you give them the go-ahead to come out.

And so as you can imagine, even if you gave them the go-ahead to come out, to have so many come rushing up and out of you all at once, would itself be too traumatic, too debilitating, you'd feel too bad, and even cause yourself more damage than good, so it doesn't happen like that. It's a process you decide to embark upon. A life goal, to commit to ending your feeling denial, and at the same time, expressing all the repressed feelings that are hidden away inside you. And to uncover the hidden truth of why you are the way you are, all through your feelings.

So it's a way of life. And no doubt it will be a new way of life. It will be a feeling-led life, one in which your focus is on expressing all your feelings and trying not to stop yourself feel any feelings. And one in which your feelings are in control and not your mind.

And as you bring to light and express your repressed feelings, so you will heal yourself. So you will end your self-denial. So you will be nicer and more loving to yourself (and everyone else), rather than having your mind fighting against your feeling-self. War of any sort only makes things worse. So ending your inner war, can only make things better.

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Imagine you see your friends and they are not feeling good, their relationship is failing, their partner is having an affair, they are feeling miserable, sad, very upset and depressed. What do you do? What do you say? Do you try to console them, to cheer them up, to make them feel better? Do you believe this is what a good loving and supportive friend should do? And would you expect or at least hope, they'd do the same for you, were you the one in their position?

So you would say what you felt is the right thing to say, all of which is to have the effect of making them feel better, or taking some of their pain and bad feelings away. So you are

happily helping your friend to deny their bad feelings and pain, all of which will end up making them even sicker? You would try and bolster your friends mind to shut down and block out their bad feelings, all in the false belief that it's the right thing a friend would do? So much for being a good caring friend!

What about if a true good caring and loving friend helped their friend when they were in a bad way, to express as many of their bad feelings as they could, knowing that the more of the bad ones their friend can bring out of themselves, then the better their friend will feel. That it might take time, and even many days, even months or years; yet still, the more opportunities your friend has of bringing out all their bad feelings, and to someone who is wanting to hear all their pain, the better it will be for them. They won't be suppressing them, so they won't be adding to the burden of already many repressed feelings, and they will be easing the inner pressure by emoting, venting, crying, raging, however they come out. And that being a true friend will be very hard, because listening to someone feel very sorry for themselves for a long time, and not trying to make them feel better, or hurry them up to get over it and stop being how they are feeling, will take a lot of patience and sympathy, and might even be, a real test of your friendship.

And if you could imagine being truly caring to your friend when they are feeling bad by allowing and encouraging them to bring out all their bad feelings, then would you be your own friend allowing yourself to bring out all your bad feelings? And would you allow yourself to keep bringing them out for as long as you have them, to keep accepting your bad feelings, to keep encouraging yourself to express them, and not to close on them, to shut them down, to deny them - could you be a truly loving friend to yourself?

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Imagine your child trips over and grazes its knee, and starts crying.

Are you as the 'loving' parent quick to say it will be okay, that there's nothing to worry about, that it's only a graze, that the pain will go shortly? Are you the 'loving' parent that steps in quickly suggesting that you do something else, go some place else, a good fun place, something - anything, to take your child's mind off its pain? Are you the 'loving' parent that says now be a brave girl/boy, it's nothing to worry about, stop that crying, you don't have to go on and on, you're too old for that now, trying to teach your child that it has to learn how to take the hard knocks in life because it's going to get so many of them, and it may as well learn early so it will be able to cope?

So you are the 'loving' parent that does all it can to help its child deny its bad feelings? You are so 'loving' that all you want is for your child to always feel happy and good and never bad? You are so 'loving' that you are teaching your child to deny its bad feelings making it believe that this is a good 'loving' way to be in life? A way that will add to the child's increasing load of repressed bad feelings, all of which will end up causing it endless grief as it gets older, putting it through all sorts of hell in its old age, so many aches and pains, having to be at the doctors almost every other day, taking a cart-load of pills. Is that being a truly loving parent?

What about if instead when your child hurts itself, you stopped all you were doing and just stayed close with your child, hugging it if that's what it wanted, allowing and even gently encouraging it to express all its pain, to bring it all out and keep bringing it all out for as long as it wanted to and without any interference from you? And so you weren't teaching your child that denying its pain is the right way to go. You were instead teaching it that its feelings are very real, because it is feeling them, and they must be fully taken notice of, because they are so intense; and the more you express them, the more they can come out of you, and eventually they will go and the pain will end. And the child will learn that it's good to fully acknowledge all its feelings, and there is no reason to be scared of and fear them when they come up, and that they are even good because they are helping with the healing process, and that there is nothing more important in life than one's feelings and expressing all one feels.

And can you then apply the same to yourself? That you are still that child, and even as an adult, your feelings are still just as important - if they weren't, you'd not have them; and so they must be fully and continuously acknowledged for as long as you have them. And when you've fully expressed them, then they will change, the bad ones will go, the good ones will stay, and you won't be causing yourself any problems brought about by denying them.

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Can you see, that by allowing yourself the full freedom to express every feeling you feel, you are allowing yourself to participate one hundred percent in life? That you are not living with any denial, denial only being denial of feelings. That you are being completely honest and so truthful with yourself, you are owning up to all you feel, not avoiding any of the hard stuff, taking full responsibility for yourself - for your feelings, thereby living as

fully as you can. That you are being unconditionally self-loving and self-accepting as you can be, because you are not stopping yourself from feeling any part of what needs to be felt. You are wholly engaged in life, meeting it feeling-on, meaning you are truly passionate about yourself and all you feel, you are wilfully expressing all of yourself - your whole feeling-personality, not holding anything back in your relationships, giving yourself completely to life. And that is being as loving as you can be. That you love yourself as much as you can because you are not denying one part of yourself, not denying one feeling.

Being truly self-loving, is being wholly feeling-accepting. And if you can accept all your own feelings, so you'll be able to accept everyone else's feelings. So if you love yourself by accepting yourself, you'll love others by accepting them. And all on the feelings level, because love is feelings. Mental love, which is abstract and a fantasy, is composed of 'false feelings', feelings contrived by the mind, it's 'false love' and not true feeling-felt love. It's all so easy to 'love' in your mind, when in practice all your actions are unloving.

And unless you are completely feeling-accepting, you can't be completely loving. So if you are denying one feeling, you are not fully loving. You can't make yourself be loving, because you can't make yourself feel your true feelings. All that mind controlled 'love' is false and it will have to go, allowing yourself to feel and express all you feel.

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It's said, use your mind to think positively, you can do and be whatever you want by applying your mind. Change yourself by changing those parts of yourself you don't like, to those you do like, by affirming over and over that you are good and loving and not bad and unloving. Affirm that you are a loving person and you will somehow mysteriously become loving. But is that so? Can you become loving when you are not loving by merely applying your mind? With the idea of using your mind to create the reality you want to live, to hold a positive picture about yourself in your mind and work to bring it into fruition. To apply mind over matter, and not allow your bad feelings to get the better of you. To use your mind to squash them out of you (to actually bury them deeper within you). To sweep them under the rug, never to be felt again.

So positive affirmations are only denying more of yourself, by denying your bad feelings, and is this continual denial good for you? Is this really being self-loving, telling yourself you are of love and are loving, when you're doing a very unloving thing to yourself?

Yet why does it work for some people, they get cancer and then change their lives, change the attitude they have with themselves, positively affirm the new way they want to be, and magically the cancer goes away - they are healed, helping them believe even more strongly that you can use your mind to control your reality, to make yourself be how you want to be, all based on what you believe with your mind.

And why it works is all part of one's positive thinking feeling-controlling beliefs. Such people already believe it's right to use their mind to stop themselves feeling bad, the patterns being well established during their childhood, although possibly somewhat dormant in their adult lives. And so when they 'take themselves in hand' then their beliefs and associated feeling-controlling behaviour asserts itself, and so strongly that it can take the pain and illness away. However, is this really healing yourself, or are you just burying all the deeper original causes further down within yourself, taking your feeling denial to even greater levels?

And much of this self-therapy involves connecting with childhood pain and seeing what bad things you have suffered, and some of those forgotten and remembered traumatic causes might be healed, yet still it's all so you can 'get back on the horse' carrying on with your feeling-denying life.

It's not about embracing all your pain and bad feelings by submitting and surrendering to it and them, expressing it all the best you can, whilst longing for the truth of why you're feeling it. And to do that is not trying to keep living the way you believe you should, it's about letting go of the mind-controlled way that was forced on you as a child, healing your feeling-denial and all that's causing it, and setting out to live the truth that comes from such liberated feelings, all of which will be a completely New Way of life, because you will end up expressing and so living the real and true you, no longer needing to carry on with the false mind-over-feelings you.

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We have all been led astray, away from and against ourselves. It's been passed down through the generations, year after year of how to be unloving by being made to deny so much of your feeling-self. It's rebelling against the truth of yourself, against the real and true you, which you are now faced with, having read this: the choice to keep going, or to stop. Do you want to stop treating yourself badly, unkindly, unlovingly, by denying any of your feelings, even though you might not like those bad feelings? Do you want to keep being mean to yourself? Do you want to keep fighting against yourself, having to be and do what you've been made be and do by others who were fighting against themselves? Do you truly want to love yourself? That being done by ending your self- and feeling-denial.

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So if you decide that you'd like to stop denying your bad feelings, how do you go about it? And it might sound easy to do, you just stop, and that might be so for some people, but for others who are very highly programmed to do all they can to stop themselves feeling bad, it can be very difficult.

Essentially it comes down to wanting to. It's not so much a matter of applying your mind by deciding that's that you want to do, but applying your will, and all with and through your feelings. And it can take a lot of will to do so. And if you don't have that will, if you are weak in being able to do something that sounds like a good idea and you do want to do it, but it's ever so hard, then you're going to have to work at it the best you can.

Ending your feeling-denial is what it amounts to, deciding that is what you want to do, to do something that is loving to yourself, to stop that which has been causing you pain and problems all your life without you knowing it. So it's a huge undertaking, healing something that's been set in place and may as well be set in stone, right from the earliest beginnings of your life. It's what you are, part of you, it's how you've become, and so reversing this could take quite a long time; yet still, it all has to begin with you deciding that it's really what you want to do.

And in deciding you are looking to your mind for help, even though it's fixed in its negative, wrong and unloving patterns and beliefs against you - against you feeling all your feelings. But still, you need it to understand what the problem you are in, and be able to see that you are indeed denying some of your feelings, and you need it to help you start to understand why.

And you will need your mind to help identify just what feeling you are feeling. It might be easy to know you are feeling unhappy, bored, miserable, sad, scared, angry, guilty, vengeful, or whatever, however, there will more than likely be many times when you feel bad, when you feel yuk, but you don't actually know what you are feeling. And it might take quite some time before you recognise the exact feelings or feeling you are feeling.

But that is all as it's meant to be, and that is when you are pushing up against your barriers and blocks to accepting your feelings; and to feel you don't know, and to admit that you don't, and to express all the bad feelings of how not knowing makes you feel, is all part of your letting go. It's you giving up and admitting that you can't do it, that it's too hard, it's too much, that you are too heavily fixed in your feeling-denial, and you can't do it - will never do it. All of which is allowing yourself to fall in a heap and be the pathetic person you feel you are, all of which will more than likely be the very opposite of what

you've been trained to think about yourself.

We are told we're to be strong, fearless, never give in, never admit defeat, all of which are yet more ploys by our mind to keep our feeling-denial in place. To accept that you are going the other way, to give in, to allow yourself to break, to give up, to be weak, to be as weak and pathetic as you feel you are, that is good and right, yet very hard to do. However, it does get easier with practice. And the further you go and the deeper you push into your feeling acceptance, the more familiar and accepting of how you really feel you are will come.

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So how do you do it, how do you actually Heal yourself by looking to your feelings? And this begins with wanting to. You really want to become the true and real you, no longer being the false you. You really want to uncover the hidden truth of yourself through your feelings. You really want to end your pain and suffering, replacing it with whatever the truth is. And you decide you are prepared to follow and go with your feelings wherever they lead you, not necessary to act on them all, but to acknowledge them, accept them, and express them the best you can, as you long for the truth of them. To have a strong desire to look to your feelings so you can find the truth of how you really are, and so the causes of why you are the way you are.

And you have to really want to get to know yourself. It's not just a matter of accepting all you feel and that's the end of it - that is only the beginning of it! You can accept all you feel, and this will help you greatly, however it will not heal you. You have to want to uncover and see, so know, all so you can then live and be, the whole truth of yourself.

Healing yourself comes about when you bring out all those bad feelings that are locked away inside you and you see the truth of them. When you see the truth and you know it is true, then you are healed of that unloving part within you. They are like poison or a bad splinter and have to come out. And when you see the truth they are meant to show you about yourself, when all your bad feelings have been expressed and their truth has come to light, then you'll be healed in that part of yourself, as then your soul will change you because you no longer will have the unloving negative patterns and causes within you, and neither will you have all the bad feelings that were resulting from them.

For so many years, and way before your first memories, you've been trained to block out many of your bad feelings. Some families and parents are better at it than others, some families, parents, societies and cultures encouraging feeling expression more than others; but still, there will be denial of feelings within you, as we all do it, we're all in this truth and feeling denying world together, and we all have to find out for ourselves how we

were made to become of it.

So for all those years you've been burying bad feelings not allowing yourself to express them, you now through your Healing, have to go the other way and release them all, as they are all still within you, locked away within your soul, which will keep releasing them into your auric system together with your spirit and physical bodies as you embrace, express, and long for the truth of them. And so all those buried feelings, all the ones you've suppressed and then have kept repressed, have to come out - EVERY LAST ONE OF THEM. And when they are all out, then you will be completely healed. Then, no more pain, then you'll be truly loving of yourself, others, nature and even of God. And until every last one of them comes out, you can't be truly or fully loving.

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So the first step after having decided that you do want to bring them all out, is to understand that bringing them out means doing it however you can. The best way is speaking them out - hearing yourself talk about and talk out your pain, and knowing someone else is wanting to receive your pain-filled words. And if you can't speak out loud, then write, speak in your mind - although this not as good as bringing all you feel out of your mouth.

Through your Healing you will feel pain in your body, this pain being continually expressed, it coming and going. And then at times the pain will be too much, or you will feel moved to speak about it, to say how bad you are feeling. And at other times, you will just feel bad feelings, and those have to come out. So when you feel bad, you open your mouth and you express them, you express them with the emotion you are feeling if there is associated emotion with them, you FEEEEEL them as you are saying and talking about them. And part of the struggle is being able to articulate them, which you get better at, the more familiar you become with your feelings.

And speaking them out may sound easy, and it might be for you, however for some people just opening your mouth to express your pain and bad feelings will be one of the most difficult things to do in life. And such people might need help (professional or a friend), to encourage them, to remind them to keep focused on what they are feeling, to help them move deeper into their feelings, and to help them to keep going.

So say how you are feeling, and how feeling that feeling is making you feel. You try to orally express all the pain you are in. And you keep going, on and on, even possibly for hours, days, weeks, months, years, expressing out loud all the pain of your feelings, all that your feelings are making you feel. And the same things with the same bad feelings might keep coming up, time and time again, but keep going, and one day it will all come out and

end.

Which is all very well, however that means you need to have someone you can say all you are feeling to. Someone who is open to that, understands what you are wanting to do and why, and is willing to support you in it. And if that is your partner and they too want to do the same thing, then you couldn't ask for anything better, however not everyone's partner is going to want to do that, and not everyone's friends are going to want to listen to them expressing all their yuk all the time they see them, particularly if they are still wanting to deny their feelings and want you to deny yours as well. And of course, not everyone has a partner. So by doing it alone, you can speak out to the air, to God, to your angel or spirit friends, write about it, doing whatever you can to bring it all out.

So there could be difficulties with you being able to bring out all you feel. So you do the best you can. Bringing home your bad feelings if you can't express them out in the world. And you can talk to the wall, to the air when you are alone, you can talk to the cat or dog, you can even talk to God. And the more you can open your mouth and bring out the energy, the emotions of your bad feelings, the better it will be for you, because every bit that comes out means there's that bit less trapped within you.

And you can write, write out how you're feeling, join feeling-expressive forums and social media if they exist; and you can talk them out in your mind.

However, bear in mind that just talking all you feel in your mind is not as effective as talking out loud, and especially to someone else who is wanting to hear all you feel. Talking in your mind can, without you knowing, keep your mind in control of your feeling denial. So you might believe you are doing it right and getting somewhere, but you might only be further deluding yourself.

Speaking, yelling, raging, crying, moaning out loud all your feelings, breaks through all the barriers. It is how we can bypass our mind's control. It confronts and challenges and eventually breaks down our controlling beliefs. And to hear what comes out of your mouth sometimes will amaze, shock and overwhelm you, but you will hear yourself say what you are feeling and know that what you are saying is true. You will know that your feelings are not lying, that they are very real and telling you just how you are - the truth of yourself, and that can be very confronting as it can be very illuminating.

And as you are speaking out your feelings, whenever you can, which might be when you remember, or when there is a pause in your expressing of them, long for the truth of them, really want with all your heart to see what they are trying to show you. Beg God to help you see the truth of them.

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Healing yourself by expressing all your feelings is more than just a matter of giving voice to all you feel. That is one half of the healing. That is moving the old repressed energy of those feelings out of you. They are stale, stagnating, festering away inside you, and as you release them, you are allowing new invigorating life energy to replace them.

And the other half is allowing your feelings to show you the truth of yourself. Which means, why you are feeling them. And this might sound very appealing, yes you say, I do want to know the truth of myself, however it will also mean, confronting much, if not all, of who you are. And confronting the truth of many, if not all, of your relationships. And seeing just how unloving these relationships are when you might have believed the opposite can be very hard to accept. However your feelings will show you the truth.

Uncovering the truth of yourself is what comes with allowing yourself to accept and express all your feelings, and when you see the truth of why you are feeling them, then you no longer need them, then they can go, and then you are free of them, then you are healed.

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So the Healing is twofold: firstly expressing all your feelings - all you are currently feeling, which will lead you into all that you have repressed; and secondly: uncovering the whole truth of who you are - why you have repressed them, why you learnt to deny them, why you felt bad in the first place.

So you have to also decide that you do want to see the whole truth of yourself.

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I want to stop denying my feelings.

I want to uncover the truth of myself through my feelings.

I want to express all I feel.

I want to understand what my feelings want me to see about myself.

And this is how I can fully Heal myself.

It's also how I can become truly loving, happy and free.

It's how I can be the best person I can be.

It's how I can be my real and true self.

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So to live true to yourself, which is living true to your feelings, you must want to accept all

your feelings, accepting and honouring them by focusing on them and expressing them; all whilst longing for their truth. And that is how you can heal everything that's wrong within you.

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Without longing for the truth of your feelings, you can go on expressing all you feel forever and nothing will happen other than letting off a bit of steam. It will ease your inner burden and pressure a little, but it won't take you deeper into yourself to where all the hidden causes of why you are feeling bad are located. So without longing for the truth, really wanting to see it about yourself, you will not do much Healing.

Many people go to their therapist who encourages them to bring out and express their bad feelings, which they do, and they might even see some of why they are feeling bad, their immediate trauma and pain might be released, and they might even feel free and fantastic, but then they go no further. And this is all very well if you only want to work on healing certain aspects of yourself, but if you want to heal ALL of yourself, you must also accept that it's a long ongoing process of self-discovery and self-revelation through your feelings. And if you rely solely on a therapist, you'll never get there, because you are to be your own therapist.

However that's not to say that a therapist can't be helpful, for they can and might be necessary to help you work through blocks, yet overall you can do all of your Healing yourself, relying on and so needing no one else other than yourself.

And then having said that, you still might need help from your friend or partner all the way through your healing, depending on how restrictive and controlling your mind and its beliefs are; yet still it will be yourself driving your healing whilst your friend helps you in it. And if your friend does nothing more than willingly listen to you, this might be all you need. As we are all so different with such separate and extremely different childhoods, so it's hard to make generalisations about how it will be for you, as really we are to find out for ourselves along the way. And you might find that you can do your Healing without the direct help of anyone else.

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Some people believe expressing their feelings means you do whatever your feelings make you do. And this is true to a certain extent, we are to live following our feelings, however common sense needs to also be applied to you acting out or acting upon your feelings.

You might feel so angry you want to kill the other person, so of course you don't act on

those feelings, however you are to fully express them, speaking, venting, raging your anger out, but without following through and harming the other person. We are to obey the spoken and unspoken laws of society, even if we disagree with them, and we are not to willingly hurt another person or creature. However at times you might overstep such boundaries, which will lead to yet more bad feelings to express and long for the truth of.

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Long for the truth of your feelings; long to express them as you feel them.

You are setting out to get to know yourself through your feelings.

By getting to know yourself, so too will you get to know others.

By liberating all your repressed feelings, so too are you liberating all your pain, your repressed feeling being the cause of that pain, along with the patterns within you that keep it all in place.

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We have the choice of living a feeling-led life, or a mind-led one. You are already an expert at living your own personal version of a mind-led life. The mind-led one, that which has been imposed upon you, is about destroying your self-expression and will never allow you to grow in the truth of yourself. A true feeling-led life is one of continual self-expression, self-expansion, self-revelation, continually evolving and growing in the truth and understanding of yourself. It's a true spiritual life. If you are not seeing more truth and gaining more of an understanding every day about yourself from your feelings, then you are not living a fully spiritual life, nor are you living a truly feeling-led one. You should be able to find out the truth of everything you do - why you do it, and everything you say, and all from expressing your feelings; and if you don't, then you're living out of touch with your feelings, so out of touch with your true self. So many people live virtually all their life hardly understanding anything about themselves, let alone what really went on during their childhood, this being a mind-led life, one all but devoid of any truth.

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We have been created as one 'half' of a whole, we long and yearn for our soul partner (soulmate), that perfect other 'half' who will make us feel wanted and be wanting to know all we are, willing to listen to all we think and say, so, willing and wanting to know all we feel. And someone who is always encouraging and showing by their words and actions

that they want us to keep going, bringing ourselves fully out into the relationship. So if as one half of the whole we are not fully expressing ourselves, and wanting the other person to be the same, then we can't have a true and fulfilling relationship. If we have been made to be completely self-reliant at the exclusion of being with another, then there is no room for our true other half, which would be all right if we felt completely happy with just ourselves, but if we're honest with our feelings, we don't, because it's not natural.

However when you're in a relationship and either one or both of you can't easily express all you feel, or one person does want to express their feelings and the other doesn't, or neither of you can but want to, it gets very trying, stressful and difficult, and all you can do is want to be fully self-expressive. So building your desire to want to be feeling-expressive can take time, years even; however that, together with building your desire to uncover the truth of your feelings, will lead you in the right direction.

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Possibly the most difficult part of healing yourself with your feelings is that all the reasons why you deny your feelings, and any part of yourself, all comes from your early life with your parents, grandparents, family, and anyone else who might have been influential. Most mostly it's your parents. So uncovering the truth of why you are denying feelings, why you feel bad in the first place, and why you've had to repress those feelings when you were young, is going to take you into the depths of your relationship with your parents. And you might not like what you see.

If part of your problem is you've been turned against yourself by being made to delude yourself that you love your parents and they love you, as being shown by when you feel bad and having so many repressed feelings buried inside you that you are heavily denying, then it might come as a nasty surprise, even shocking, to suddenly through your feelings start to feel that such love is false, and that in fact, there isn't any love there at all!

And what if your feelings lead you to hating your parents, when you believed you loved them? Could you even begin to accept that? Even turning your back on your whole family and all your friends? So what if your feelings led you to the truth of your relationships showing they are all false and not what you think they are?

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Any true love will remain as you progress through your Healing, any that is false or untrue, based on erroneous beliefs, will go. And though our Feeling-Healing we have to want to know what is true and what is false; and so, what is true love, and what is false love based

on how it was for us through our forming years. And you might think you know what love is, and possibly, you are right and true in that knowing, however you might also find out through your Healing that you don't have any idea, when you did think you knew.

The truth our feelings bring up for us can be startling at times, and very difficult to accept, it might be so confrontational that you reject it for a long time before you have to go with and believe what your feelings are telling you. But, oh boy, it's such a joy when your feelings lead you to some truth of yourself, and up it comes into your awareness and with all your heart you know that it's true. And it all makes sense, and you feel free and a huge sense of relief, because you know you were right, your feelings said so.

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So through your Healing you will need to want to know the truth of your relationships - with yourself, nature, other people, and God. And you will want to end all that is untrue, false and wrong, so you can allow all that is true and right to come up. And it's extraordinary how you will be shown systematically by your soul as you move along living true to and expressing all you feel whilst longing for the truth of yourself, all that is wrong with you. And not only all that is wrong, but why it is, who it came from, how it was imposed on you, how you were made to take it on, how you even decided that it was the right way for you to be. The whole truth will come to you about every aspect of yourself and your life. You will see and feel exactly how it was for yourself, right from the very moment of conception, through the womb, as a baby, toddler, young child, right the way to and through adulthood. And you need to see it all, as this is truly getting to know yourself. And all through your feelings.

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This is how it works. You feel bad, say you feel angry because of something someone said to you. And so instead of denying yourself that anger, you go with it, you try to bring it all up and express it out of yourself. Now that doesn't mean you have to yell or take out your anger on the person who's making you angry, although that might have to happen at times. But mostly you take your anger to your person who is wanting you to express it all to them. Or you take it to God in your private time, or you just keep it in yourself, working it in your mind the best you can waiting until such time as you can be more openly expressive and bring it out. And as often as you can, you long for the truth of why you are feeling angry. You want to know what it's keying into, what happened to you when you were young that made you feel the same anger. And you keep your mind out of

it, you don't use it to going fishing back in your early life looking for answers.

You stay in the moment of your anger, you stay in the 'now' of your current - now - feeling. Staying in the now is really staying with your feelings. You keep expressing it, knowing that it will eventually lead you back into your early life, as you keep longing for the truth of it.

And you will find your feelings will naturally take you back when you are ready to go back, which might be immediately or it might take days and weeks of preparation. And you don't have to guide or control them to do so. It's as if you are descending back within yourself, and you might find you even connect right back with yourself at a younger age, and you see who said what to you that made you feel angry back then. And you also feel how they didn't allow you to express that anger, so now you can.

So your adult 'now' feeling is the SAME feeling as the one repressed that you felt during your early life that wasn't allowed to be expressed. So we are 'triggered' in our adult lives and can use those feelings by staying true and with them, expressing them and longing for their truth, to take us back into our childhood, re-connecting as it were with what happened then. But really we are still connected, we're still that unloved child having the bad feeling-denying thing done to us, and will always be until we've brought to light all those hidden feelings. And as we do, we feel we are that child, we know the truth of what it was all about, what bad thing happened to fuck us up; and when we know the whole truth, then we as that unloved child, effectively become loved, we are loving ourselves back to being right by accepting all our feelings now, all those we weren't allowed to accept back then. So as we accept ourselves, all the hurt and pain that we're still feeling as that child, so the truth comes to light and we're set free of it. And we change and grow up, bringing that retarded and repressed aspect of our child-self into the adult, as it was meant to be.

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Our Feeling-Healing is about uncovering the truth of ourselves through our feelings. So it's all done through and with our feelings, and NOT with our mind. We have to keep our mind out of it, which can be very difficult for some people. As we feel bad, we express those bad feelings staying with them until they have all come out, which might be a moment, minutes, hours, days, weeks. You do what you can. When you can't do anymore, then you can't do anymore. Sometimes it all becomes too much, you can't go on, the last thing you can is express another bad feeling. Our feelings control it all. We can use our mind to remember to keep longing for the truth of our feelings when we have a moments pause in expressing them, but other than that, we keep it out of it.

Once your feelings have given rise to the truth they want you to see, then you can use your mind to talk about all that happened and all that's come up, discussing it all helping you put it into perspective. Our feelings paint the truth of ourselves like how a jigsaw puzzle is. You become gradually more aware of the various pieces, of which there might be many. And they slowly start slotting into place as you come to understand just how it was for you during your early life, how it was with all the influential people in it. And then once the picture is there for you to see, as your Healing continues, you'll start seeing those parts with even greater clarity, and from all angles, and then all dimensions, and eventually you and the picture merge as one, because it is the truth of yourself after all that you're seeing.

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Surrender, submit to your feelings

We are to allow our feelings to have their say, we submit to them by accepting them. We are to give ourselves over to them like how a child does. The child naturally expresses its feelings if it's not made to stop doing so. It just IS its feelings. It's not a matter of whether or not they are good or bad, they are just what they are.

So we are to allow our feelings to carry us along, and there will be times when you feel them, on all levels, yet you don't feel moved to say anything about them. But then they increase and suddenly you need to speak about them, expressing how they are making you feel.

As with it all, it's to happen naturally, we are not to contrive our submission and surrender to them by using our mind to submit, telling ourselves we must let go and fall into them, so do it - because, how really do you do that? It's all too controlling. It's not a matter of saying, ah, there's a feeling, now I must work with it, I must work into it, go into it, let myself sink into it. Making yourself do so, by taking over and using your mind. It's all to happen naturally and with and through your feelings. Your feelings will take you deeper into them if you allow them to, it all happening naturally and without you having to make yourself do it. However, you might need to make or force yourself to keep yourself from not using your mind to take over. And to keep being aware that you are to just naturally move with them, something that will happen the more you get to know yourself. The more you become aware of how you use your mind to control yourself.

I feel scared, with the fear coming up in me and seeming to radiate and even pour of me. I can feel the energy of the fear, it's like a light and it's shining out of me. And I feel the emotion of feeling scared. However currently, I don't feel the fear that intensely, there's almost something comforting about it, as I allow myself to feel it. I just go with it.

I don't say anything to Marion for a while, whilst I stay in it. Then I feel I want to tell her how scared I am, how it's all through my body, coming up from my feet and radiating out of me, making me feel shaky all over, and so scared, yet scared of what I don't know - just scared. I often don't know exactly what is making me scared, I just feel scared, I am still longing to God to help me see why I am so scared and where it's all coming from - what happened to me to make me so scared, and what am I actually so scared about.

Then I have a pain in my left hip area. It's familiar, I acknowledge it and allow it to be there, I don't do anything with my mind to block it off, I don't get up off the couch trying to make it go away. I just accept that it's part of my wrongness, part of my feeling- and self-denial, it's this part of my physical body showing me something is not right.

And I am expressing the pain by just being aware of it - feeling it. I don't feel I need to say anything to Marion, she knows I have the pain on and off, as I have had it for years now. Usually, if the pain changes in some way, I tell her, or if it gets too much, then I speak about it, but mostly I just allow it to be there; and even allow is not the right word as that still implies I have some control, some say in it, I allow it or don't allow it, it being my choice. So I just feel it, the hurt, the dull ache, the raw feeling, and I feel how feeling such pain makes me feel - so: how do I feel having such continuous pain in my hip area? And I express these feelings to her. But I don't do this all the time, as I said, only when I feel to, when suddenly I'm doing it, all naturally, just like a child does, and really without thinking about it.

During my Healing years, I have been one big pain composed of many pains, all of varying degrees. These being physical pains. Then I have all the pain of my emotions and feelings, mostly my fear, misery and anger; and then all the mental stress and control, the agitation of my mind trying to maintain its control. And pain from not feeling I am right, that I don't fit right in life, that I'm off kilter somehow, that life isn't for me, that I'm going in the wrong direction against it, a sort of deep spiritual pain, knowing I am wrong. And then my soul pain, knowing that I am fucked and untrue and can't have a good loving relationship with myself, with Marion, with anyone, and with God. I want to feel the love of my Mother and Father always there, Them always loving me, yet I don't. I feel disconnected, shut out, cut off, not fully present in such relationships. I don't know where I am, and I don't feel right, that something is always wrong - because it is.

And all these pains, worries, upsetting feelings, all of which make me continuously feel scared, miserable and angry, I don't speak about all the time with Marion, only when a certain part is focused on and I'm moved to, when it's more intense, when it's gone on too long, when I have to. I have over the years spoken endlessly about them, but a lot of them are now just part of my everyday life, I have more of an acceptance of them, and unless they change or I get fed up with them or something else makes me focus on them,

they are just part of the background me. And over the years so many feelings on all these levels have come and gone. I lose some bad feelings and pain and then others come. Old ones might return, stay awhile, only to disappear again. Often I forget I even have them, suddenly thinking, oh that pain or bad feeling has gone, I haven't had it for a while.

And then there are all the fringe feelings, they are very faint, and at times I suddenly focus on them with something in myself turning my attention to them, feeling something within me is not right. And these feelings, on the periphery of my consciousness, I know to instantly speak about and give my full attention to, because they always lead deeper and all over the place affording Marion and I many insights into ourselves and understanding more about it all.

Our surrendering and submitting to our feelings only needs to be emphasised like this because so much of us is so heavily programmed to block them out and dismiss them. But if we were more child-like in our feelings, we're just be them, we'd naturally express them, and we could then long for their truth, being aware of them and working with them using our mind with more awareness, compared to when we were children and unaware.

And when we completely give up, admitting we're a failure, hit rock bottom, give up, are no longer fighting, just being engulfed by the fullness of our feelings, even feel they are going to kill or obliterate us, then they have done what they are to do, to break down our mind control so we can just be free, free to wholly feel what we are to feel. And then the feelings can go, the pain ends, and the truth can be seen. The truth of why we are feeling them.

So to see your feelings like they are a river within you, and you in the flow and going with them and wanting to know why you are feeling them, is what life is for us to do so as to give us the joy and the fulfilment we crave. And with all the truth constantly coming to light, and feeling good about ourselves and life, feeling so connected with ourselves, each other, nature and God, we feel loved. And then with love predominating, and then dominating, we'll be living true to ourselves and all how God has created us to live.

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Words come out of our mouth, the words of how we feel, and slowly they paint the picture of truth about our self. So we have to want to see it. We have to want to know all about ourselves, all how we've formed, all the good and bad parts. And then see how we've been using the bad parts to hurt ourselves and other people.

We are to express and long for the truth of our good feelings too, however they are usually easier to accept, although some of us were not allowed to feel good, having our good feelings severely curtailed, so they too have to be worked on. Yet mostly, because

it's our bad feelings we hate the most, so the strong emphasis on them through our Healing.

You will see how you've hurt yourself, how you've hurt your own children, your pets and nature, other people in your relationships, even how you've denied God. And how you've done and are doing all these unloving things because your parents hurt you.

And seeing how bad you've been, hurts, and hurts like hell, and will hurt as much as you've hurt yourself and others. Yet all that pain has to be felt, brought out, and its truth seen - you've got to know that what you did and how you were and what you said, hurting yourself and someone else if you did, was wrong, and why.

And possibly seeing and then feeling so terribly bad for what you did to your children, all in the name of 'love', will hurt the most. You might have thought you were doing the best for them when all you were doing was fucking them up. It's not good, none of it is good, all of it will make you feel very, very bad, so guilty and ashamed, miserable and sad, so many horribly bad feelings, and such depths of pain, and so much pain that you will feel like you'll never recover, that you'll be sentenced to hell for eternity. However it's all got to be felt and it's all got to come out. And the more you feel it, submit and surrender to all the pain and bad feelings, going with them, wanting to see the whole rotten truth of them, just how bad and ugly and rotten and evil a person you are, the sooner it will come out and be over.

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It wasn't our fault that we're as fucked up as we are. It was all done to us. However we took it on, we had no choice, we had to. And mostly we believed it was right, being as our 'great leaders' showed us we were to be. But still, it's no excuse, you've become the bad person that you are because you feel that bad. And you are to blame yourself, to blame your parents, to even blame God, if that's what you feel, you are to keep going with your feelings seeing what they want you to see.

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And you will get to the point of saying, yes but God has wanted me to be this way. God wanted my parents to be unloving and to mess me up all in the name of love and being loving. My parents are bad, they were messed up by their parents, and so back. It's all God's doing, we should all blame it on God. We should all agree to forgive and forget and tell God to get stuffed, as we're not bad, God is the bad unloving One. However we've got to take full responsibility for our feelings. God more than likely didn't figure in

it when your parents were unloving, rejecting you and making you feel like they were annihilating you, so you blame them, and blame them with all your heart and soul if that's what you feel. And you blame them until you don't feel like blaming them anymore. And that might take ten or twenty years of hard work on your feeling acceptance and expression. It will take as long as it takes. But one day you will stop blaming your parents and those people who treated you cruelly because you will have brought out all the pain. But your mind might try to make you forgive them before you've brought out all your hurt and pain, be on the lookout for it to try and stop you feeling bad, push it aside and keep feeling all you feel.

And then it's same when you blame God, when you hate God with all your heart for doing to you all the bad things that you feel so hurt by. God gave you the parents you got, God messed them up and made them mess you up, so if you are pissed off with God, go for it, don't hold back, blame God with all your heart if that too is what you feel. God won't punish you for cracking the shits with Him, get stuck into Him/Her/Them, however you relate to God, don't hold back, just as you don't hold back with your hatred and anger at your parents and everyone else who badly and unlovingly treated you. Bring it all out, if it's within you, and you feel it, then it's all got to come out, all the putrid rotten vileness of it. Bring the poison out of you, spew and rage and rant and cry it out of you, staying with your feelings, just expressing all how bad you feel. And keep longing for the truth, and you'll see, it will come, and when it does, oh the relief! But it might take days, weeks, sometime for it to come... and it might not, it might come in an instant flash the moment you start expressing all you feel.

And you go with your feelings and long for the truth as much as you can. When you feel to, because nothing is fixed, there is no ten step mind format to follow, it's all done through and with your feelings - it's all what you want to do. It's your Healing and Your Way, and you are to find out what best suits you. So hate when you feel you hate, don't hold back on whom you are hating. It's all good for you to bring it all out.

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Some people also think that if you blame your parents, feeling such anger at how badly they treated you, that you should go and confront them, have it out with them, let them know how bad you feel, possibly in the hope that they will say they are sorry. But really you would only do this if you felt very strongly to do so. First express all you feel to your friend or by yourself to the air and to God, the feelings that you want to let them have it, and so on. Rage and rant, emote and vent as much as you can, whilst longing for the truth, and then see how you feel about confronting your parents. It might be that you are

to confront them, it might be that you never actually do in person yet do many times in your mind and to your friend. But if you are to confront them, those feelings will build in you and you will know why you want to do it. And such confronting engagements are very difficult for all concerned, and will give rise to, no doubt, countless more bad feelings as you feel the impact and after effects of your confrontation. All of which will lead you to seeing more truth about your relationship with them.

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Forgiveness comes naturally as you uncover the truth. Forgiveness of the mind is false. You might suddenly feel love and forgiveness for the person you hated only moments before, yet this might only be a level you are moving through, and it might be your mind trying to reassert some of the power it's losing. We are not to know how much truth our feelings are to show us. So we just keep going expressing all we feel whilst longing for the truth of ourselves, and one day our Healing will end, and complete self-acceptance will be lived, thereby also being, fully forgiving, fully understanding, fully sympathetic to yourself and everyone else who is suffering their feeling-denial. One day when your Healing ends you'll be completely unconditional in your feeling-acceptance, of your own feelings and everyone else's. But don't try and jump the gun, don't let your mind try and make you believe you are now all healed and all-loving because you've seen a bit of truth about yourself and liberated some repressed feelings and feel the pressure ease a little within you.

You might even get to planes or plateaus within yourself when you feel your Healing is finished, but I'd remain suspect of these times, they might only be pauses, you might have completed a major circuit, and soon the next round will begin and down into your hole you'll be plunged with yet more and deeper feelings to bring up and uncover the truth of.

When your Feeling-Healing does finally end, you will know. You'll see the signs coming well and truly in advance. And you'll be able to look back and see all you've gone through, how it all worked perfectly for you, how you were taken this way and that by your feelings, all guided by your soul, and how much truth has come to light.

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The goal of our Healing is to be all-loving. Free of all your unlovingness. To be truly loving. And not a mind-contrived false love.

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One of the early difficulties in your Healing might be coming to understand that your mind is making you believe you are loving and feel love for another person, creature, thing or God. We develop our feelings of love based on what love was and was not there for us through our early life. So you might believe and deeply feel love for something or someone, but that's only because that thing is not being mean to you. And when you take the feelings of not being scared and treated meanly out of the equation, then you're left with little or no real love. The mind can make up love based on relativities. You feel this relative to feeling that. You feel love, and even a great love, because what happened is not as bad as it could have been or as you were expecting. So be prepared to put on the shelf all what love is until you feel more sure in it. And even be prepared that all you thought and felt love to be was false.

You might start off in a loving relationship and you both decide to do your Feeling-Healing. And as you progress you steadily wake up to the truth that you don't actually love each other, all that the so-called love was false and mind-contrived and controlled.

And yet you might still choose to remain together to continue helping each other working to bring out all your repressed feelings. A truly loving working relationship together, rather than one of false fantasy love.

And at the end of your Healing you might feel you do truly love each other. You just can't tell what is going to happen. What is true love for us, is what we've got to want to find out through our Healing. And it might take a long time breaking down our false love, seeing the falseness of it, before we start to feel we are truly loving.

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Doing your Feeling-Healing is growing spiritually. You are growing in the truth of yourself through your feelings. It's growing spiritually using your feelings and not by looking to your mind. We can't actually grow spiritually through and with our mind, it's one of the great falsehoods thrust upon us and which so many buy into. Spiritual growth based on and inspired by or resulting from feelings is unlimited, we can grow all the way to Paradise.

So-called (because it's not true) spiritual growth through and with the mind, as so many people in the New Age and alternative philosophies and mainstream religions teach, is limited, you can only go so far, and that's not far at all. Which really means, you can only use your mind to control your feelings - to control yourself, so control to your detriment and to a certain point, then you can't exert anymore control over yourself. And using your mind to transcend is running away from your bad feelings, trying to sweep them under the carpet once and for all. Ascending in truth, which is advancing and evolving your soul,

can only be achieved by looking to your feelings, so beginning with accepting and fully embracing all your bad feelings, looking to express them whilst longing to uncover their truth.

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All the current religious and spiritual systems, no matter what their beliefs are and whether or not you believe in God or Jesus or Allah or anyone else, it's all the same thing, just more feeling denial and mind control. If you belong to such a system or have done, look at how many ways it helps you deny your bad feelings trying to make you feel better about yourself by using your mind. Follow the rules, believe in the holy book, don't do this, do that, whatever it is, it's all the mind laying down the rules telling you how to deal with your feelings, just as your parents laid down the rules telling you how to be. Does any religion or spiritual system say look only to your feelings for the way to the truth, and not your mind? Only the: **Religion of Feelings**.

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God is important to some people, and so too can be very important in their Feeling-Healing.

It is said that you can do your Healing without the inclusion of God. However including God can be very helpful because you can call out to God expressing your bad feelings to Him/Her/They. Each of us is to find and forge our own personal relationship with God, and it will evolve throughout your Healing, and again, all through your feelings.

You can pray to God to help you see the truth of your feelings.

You can pray to God to help you feel all your bad feelings, to bring up all that's repressed within you.

You can pray to God to help you with whatever you feel you want help with.

You can pray to God to help you see the truth God wants you to see through your feelings.

Like in all relationships, simply try to be as honest and feeling-expressive with God as you can. Tell God ALL you feel, share all your bad feelings and good ones with God, even if you feel you hate God; expressing all your hurt, pain, misery, sadness etc., whilst longing for the truth and asking God to help you see the truth of such pain.

And pray with and from your feelings, not just using your mind saying rote or learnt prayers. Such mental prayers don't actually work. Say what you feel all the time, ask for what you want. Tell God all your doubts, fears, anxieties and worries, asking God to help

you understand why you feel such bad feelings.

And you can long and pray to God for His/Her/Their Divine Love.

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We can long to God for God's Love, which is called the Divine Love. We can long anytime with our heart and with feelings, for God's Divine Love. Reach out to God telling God how much you want His/Her/Their Love. And long for it with all your feeling of wanting God to love you.

The Divine Love is God's Love, God will give it to you via the Holy Spirit if you sincerely ask and long for it. We have to ask for it because how we live in our truth-denying states is going against God. So to go with God, we need to tell God we want to be with Him/Her, Them. And we show this by longing directly to God for God's Divine Love.

And I write it this way because I don't want to influence your relationship with God. I started relating first to God as the Creator, very impersonally. Then as I longed to God for His Divine Love, based on what Jesus said in the Padgett Messages, and my relationship started to change becoming more personal. And suddenly one day I found myself saying Father - Heavenly Father. And then later I felt I had a Mother - Heavenly Mother as well, whom I could ask for Love. Now I long to Them both, my Heavenly Parents, my Mother and Father, for Their Divine Love and for Them to help me see the truth of my feelings and to bring up all my bad feelings so I can be free of them. I ask and long and beg Them to help me see the truth of my feelings They want me to see.

And I call living with God and Their Divine Love, whilst doing your Feeling-Healing: doing your Soul-Healing. And doing your Soul-Healing is more complete than only doing your Feeling-Healing because it involves the Divine Love and a greater, deeper, more intimate and personal relationship with God. And once you receive the Divine Love into your soul, then you are definitely on your way to becoming at-one with God on Paradise.

Doing your Feeling-Healing without the inclusion of the Divine Love, is limited. You can only go so far. You can still fully Heal yourself, becoming of true and perfect Natural love, but you can't move higher in Creation into the Celestial levels of truth, as that can only happen with the inclusion of Divine Love, able to ascend the heavens forevermore growing in truth and advancing your soul.

Much of the Healing, like in this book, is focus on Feeling-Healing, however if you are intent on being as spiritual as you can become and at-one with God and as true and perfect as God is, and you want to feel and know God is loving you, then you'll want to consider also longing for the Divine Love.

And how you long for it is easy. You long with all your heart, with feeling, yearning, desiring, wanting, all-but willing, God to fill your heart and soul with Their Divine Love. And you do this whenever you feel you want to do it. Open your heart to God, and telling God with your mind that you want Them to please fill your heart and soul with Their Divine Love, while at the same time you long with all your heart for God to love you and show you God is loving you by giving you Their Divine Love. And you can just long without any words being used, just long with feelings. Let your feelings long and reach out to God for Their Love. Let your mind say whatever words support your feelings, yet understand it's your feelings that drive the connection in your relationship with God.

Sit quietly, and when you feel ready, long to God for the Divine Love. And then stop, wait and see if you can feel the Love moving into your soul. It might be very gentle, almost imperceptible, or it might rush in. And then you allow yourself to receive it for as long it comes to you or as long as you want to take it in. And you don't have to do anything, the Holy Spirit will move it into your soul, you simply enjoy feeling God loving you. And then when you finish you might want to thank God - it's all up to you how you conduct your relationship of love with God. And you can long for it anytime and for as much as you want, on the run, formally in meditation or prayer, whenever the feeling and desire to long takes you.

And if you feel any bad feelings about it, or you feel you are not receiving any Divine Love, then those are more bad feelings to express and long for the truth of. Ask God to help you express those feelings to show you the truth of where your blocks are in being able to have this part of your relationship with God.

And of course if you've already got a firmly established relationship with God, and you may even be longing for and receiving the Divine Love, then your Soul-Healing with the Divine Love will deepen it even more. And if you don't have any relationship with God, you don't even believe in God and yet you've managed to read this far, when you get further into your Healing, you'll face and confront and end up changing that belief.

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However, as many people don't want to involve God so much, and so personally by asking and longing to their Heavenly Mother and Father for Their Divine Love, I have not started this book with it. The purpose of this book is to help people to do their Healing with their feelings. So to introduce the notion of Feeling-Healing. However that's not to say that you can at anytime also include the Divine Love and God as your Mother and Father as you do your Healing. It is, as with it all, entirely up you - what you want to do as

determined by your feelings.

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

You don't need a middleman, so there's no need for a priest or even a spiritual teacher, you only need yourself and your feelings. However that's not to say that such people (as can anyone) be valuable in helping you feel good or bad feelings, so you can express them uncovering the truth that is contained within your soul and waiting for you to liberate.

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So the whole idea is wanting to feel as bad as you can. All so you can express those feelings seeking the truth of them. However I understand that's about the last thing you probably want to do, however if you just keep going with your life as you have been doing in your feeling-denial, and you are not happy with it, then you have to go the other way and see if that will make you happy. And it will, however it may take a long time. So knowing only how to deny feelings, now you can get to know how to accept them. And always with the truth being the most important part. Because, remember: If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

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And this is only a very brief introduction to Feeling-Healing, with an even briefer introduction to Soul-Healing (doing your Feeling-Healing with the Divine Love). There is always more; and the more people who chose this new alternative life, the more people will be able to share their feeling healing experiences.

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You can heal yourself through your feelings. By uncovering the truth they want you to see. As you see the truth by expressing all you feel, so your healing naturally takes place. God and your soul see to it. Once again, you don't actually have to do anything to make it happen other than keep attending to your feelings, expressing them the best you can, whilst longing as often as you feel to for their truth.

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Want to see the whole truth of yourself.

Want to see it through your feelings.

Want to express all you feel.

Good luck with your Feeling-Healing, and your Soul-Healing should you want to include the Divine Love.

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Feeling Awareness and Acceptance

I suggest looking at lists of feelings on the Internet and seeing which of these feelings do you mostly identify with? And which of them do you fear? Which of them don't you want to feel?

Another suggestion:

Through the day, see if you can remain aware of the feelings you feel.

Perhaps write them down, for example: Felt angry in the morning because of what Dan said to me... felt angry for about two hours. Felt happy to see Anne, it was a surprise seeing her and she makes me laugh, and it helped my anger at Dan go. Felt sad, just suddenly about 5pm??? I don't know why, just did. Felt angry again at 6.30, something that was said on the News.

Or: Woke up feeling down; then I felt crushed; next miserable; lonely; happy; sad; okay - nothing one way or the other; stable; down a little; depressed a bit; good; better; up; really good; settled down; stable; ticking along - bed.

Or: Up, down, up, up, angry, furious, the fucking shit, wanted to kill him, couldn't scream at him, wanted to, hung up on him, he really pissed me off, he'll pay... feel better now, calm, relieved, can feel anger still down deeper simmering away... feel light, the suns out,

happier, not caring, fuck him, I don't feel bad... feeling good, yeah nothing to worry about...

And see if you can also detect when and how you deny some of your feelings, good and bad ones, but particularly the bad ones.

For example: Yes, I see, I was feeling angry with that car pulling out suddenly giving me a fright, just angry and a fright - got those feelings; but then I started to sing - why am I singing? Feeling nervous, getting over my fright, yes, using my singing to try and make myself feel better, to stop myself feeling scared and angry.

And: Jan said what I'd said to her had hurt her... what I said wasn't bad, what is she talking about? I hurt her... na, she must have misunderstood, I didn't mean or want to hurt her... I'll call her back and see what she means... and anyway, that's just how she is, she always takes things the wrong way. Na, I won't call her back, what's the point, I'll let it go... I don't care anyway, I don't feel bad about it, I didn't say anything wrong.

And: You're not well June? No, I'm feeling a bit down today. Oh that's no good, I'll get you a cuppa to cheer you up, you'll feel better after you've had it, we'll sit down and talk about Marie, for did you hear the latest, oh you're going to love this, she is such a treat...

These being all ways to avoid or lessen the bad feelings.

So what about trying to go the other way and bring them out? Accepting them and just going with them. For example:

Oh I feel so scared, that car pulling out gave me such a fright, I feel scared, scared, yes, very scared, I can feel my heart pounding, I'm shaking, so scared, scared, I feel scared, he gave me such a shock; yes I feel shocked, the fright, I can't think straight, maybe I should pull over for a while, scared, scared, I feel bad, scared...

And: Jan said what I'd said to her had hurt her... oh I feel bad, I don't want to hurt her, I feel really bad if I've done that to her, I'm sorry Jan; I'll have to tell her I feel sorry if I've hurt her, I feel yuk, down, like I've been deflated, miserable that I caused her such bad feelings...

And: You're not well June? No, I'm feeling a bit down today. Why, what's wrong? Oh I

don't know, I just feel that it's all too much really, that I can't cope, you know how it gets sometimes, that you just want to give it all up, that it's too hard, that life is too much and it doesn't make you feel good. I feel all depressed, low, miserable, I woke up feeling it and I've been feeling it all day...

Can you feel and see the difference of allowing yourself or the other person to have their bad feelings rather than trying to stop them and make them go away?

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Why do we deny feelings?

Because we've been made to believe - wrongly - that they are bad. That we are bad for having them. And that if you are good, a good person, then you won't have them.

The young boy puts his hand out to take a packet of sweets off the shelf in the supermarket. Instantly his mother angrily says: "Put that back, you know you're not allowed to have them, don't touch them, stop it, do as I say right now or we'll leave and go straight home and I won't buy you any sweets ever again!"

And the little boy starts crying. It's too much for him, to be rejected so harshly by his mother, and out in public, how humiliating. His bad feelings of feeling unloved overwhelm him, he can't control them, and so naturally, as all feelings are to be expressed, he starts crying out his bad feelings.

Then his mother growls at him - again: "Stop crying, you're too old for that. Stop it, you look like a baby, you don't want everyone to see you crying, do you, and think you're still a baby!"

You can't be more unloving, it's soul-destroying, can you feel how devastated that young boy feels. He feels utterly rejected, unwanted, so unloved he possibly wishes he doesn't exist as no one wants him, no one wants to make him feel good, and it's his own mother crucifying him in public! It couldn't be any worse, it's damaging him to his core, and adding to all the previous damage. This is just an 'episode' in the supermarket, how many other such traumatic 'episodes' has he had to suffer by his all so 'loving' mother up until now in his young life? And we see it happening everyday all around us. His mother who 'loves' him so much mistakenly believing she's being the 'good mother' teaching her son the 'right way' to behave in the world. It's a killer, to the boy himself and all his bad

feelings. And it's ruining their relationship. They might be able to cover it up and pretend they love each other, but all that pain, misery, torture, all that desperate agony, along with all the fury, rage and hatred of how she treated him, will be still locked away repressed within him waiting for the day he brings it out through his Feeling-Healing so it can show him the truth of their unloving relationship.

The boy more than likely can't articulate all the terrible feelings he's feeling, he's still too young, and 'those sorts of feelings' aren't talked about anyway. And he probably doesn't want to have to accept the truth that in that moment his mother doesn't love him, so he wants to push all those bad feelings aside, as she also wants him to, for neither does she want to face the truth of her actions and what she's really feeling about him - why she's being so mean and uncaring. So he'll have to wait until he's an adult and ready to deal with such inner pain by facing the truth of such feelings before he can find out what it was really all about back then in the supermarket and doing all those traumatic times.

So he summons all his will to turn off his tears. Part of him just wants to cry more because she's hurting him, being so mean, cruel, so unloving, rejecting and making him feel like he's a piece of shit right in front of the whole world. And people are looking at him, he wants to die, disappear, for all his bad feelings to go away, he'd do anything to make them go away so he doesn't cry. And he gradually gets there. With next time being a bit older and more in control of himself and being more able to use his mind to quickly cancel out his feelings so he won't even cry, he'll just take it all from his mother accepting that's how it is. So he gradually becomes anaesthetised to his bad feelings that she - his own so-called 'loving' mother - is making him feel. And that's all called good responsible, and even, loving parenting, because everyone knows you've got to stop your kids from eating too many sweets, and you've got to teach them that they can't have everything when they want it. It's just how it is in the world, just as you've also got to stop them crying as soon as you can, because you don't want to look like a fool of a mother who's still got crying children at THAT AGE! What sort of a mother are you!

And with all that horrible torture going on every day throughout our early childhood, is it any wonder we get sick and suffer emotional and mental problems from being with such 'loving' parents? Really it's amazing that we're not all in the clinic bashing our heads against the wall. It shows you how resilient we are, just how much we can control ourselves using our mind. How much cruelty and abuse we can suffer, all making us become false and untrue to ourselves, all taking us away from the true person we'd really like to be, yet are not allowed to be.

And so can you see, and more truly, can you FEEL, just how wrong, how evil and bad we are at treating our children and each other, such daily heinous crimes against ourselves, defiling the truth, defiling ourselves by crushing our feelings out of existence, we all should

be locked away and made to suffer the pain we are causing ourselves and each other. With all that pain being what we have to work through and understand during our Healing. We can't escape it, and mostly we don't have the slightest clue that there in that supermarket we are committing one of the greatest sins against our own child, ourselves, the Laws of Nature, against Creation, and going against the Truth, against God, and being as unloving as we can be. And we all do it. We're in the asylum together not realising the pain we are inflicting on ourselves and each other. IT'S ALL SO BAD. It is Hell. And we're all mad in it. And until you do your Healing and end it within yourself, you're only going to be carrying on the 'good works' polluting the world with your truth-denial, damaging yourself, being unfair to yourself, doing what your parents did to you and passing on such unlovingness to your children.

And this is only one moment in this boy's life. How many other moments like this has he lived already, and will live before his childhood is over? It's unfathomable the amount of horror we're subjected to - and how can we ever heal all the pain? And if you believe that once your childhood is over all those rotten feelings simply melt away, that they no longer exist because IT IS OVER, then just wait until your soul says it's time for you to start looking at the truth of your unlovingness, and then see what you feel about it being over as all those long forgotten buried feelings start pushing up within you. When your feelings sink you into your madness, corruption and agony, carrying you over the abyss and into the truth of what your early childhood was, into all those parts that didn't make you feel good and loved, then you'll start to understand something of what you've been going through all these years.

And how many bad feelings did this young boy feel in this short experience? The 'episode' only took about ten minutes. So how many bad feelings did he deny? And how many other bad feelings has he already felt since conception, as a baby, toddler, now, and through the remainder of his childhood, that he will be forced to deny?

And was it like this for you, as it was for this little boy? Where you made to feel bad and then told it was bad to feel bad, so stop it?

So can you see, we're made to deny our bad feelings right from the beginning, and all those denied feelings remain within us, within our soul, waiting to one day come out. And all the while festering away making us feel sick, making bad things happen to us, all whilst being kept in place because of the unconscious beliefs we created about how it's bad to feel bad, and feeling bad hurts, and no way are you going to feel them if you can help it!

And life wants us to be true, our soul wants us to be true, everything in nature and even God wants us to be true, so with all those buried denied bad feelings repressed within us, all that amounts to our Childhood Repression, bad things are going to keep happening in

life so as to try and bring all these buried feelings out. And the bad things might not all happen at once, you might have a good feeling run for a time, but at some point such things will happen because you're living against yourself.

And all these thousands upon thousands of bad feelings that we felt through our early life yet weren't allowed to express, need to be brought out, and through your Healing they will all be felt and come out. And the thing is, as a young child we don't have the feeling and emotional systems developed enough to understand all we are feeling, nor do we have our mind developed enough to help us understand all we've going through, however we do at some point in our life have to understand just what did really happen, and what did we feel through our early life. Why was this boy's mother like she was, what is his true relationship with her, and her with him; and his relationship with his father, grandparents, siblings, and anyone else who influenced him to such a degree as to help him deny feelings and form the beliefs about himself and life that he has. And to understand all of this is called uncovering the TRUTH of yourself. Because the truth of ourselves starts with our childhood. We need to see and understand just what really did go on so far as was it loving or wasn't it. Was that mother with her boy in the supermarket truly expressing love for him, or wasn't she? Because the boy might not know. His feelings will tell him loud and clear that she wasn't loving him because that's why he felt so bad and started to cry, and yet she might tell him how much she loves him, so as he grows up he will put that belief over the top of his unloving feelings further denying them. And yet one day he will have to come to the truth, because his feelings will lead him to it, and will make him feel what he knows to be true: that no, in this situation she didn't love him, and all the words are hot meaningless air. And that is the truth of his relationship with his mother. And so what about in all the other situations and interactions with him - did he feel loved by her or not? And that is the hard truth we all have to want to face about ourselves and our relationship with our parents and carers: Did we feel loved by them or not? And because of that, do we love them or not? And so, are we loving or not? And what really is love? So we are to find within ourselves: the Truth of Love.

So you might be able to see how harrowing it can become through your Feeling-Healing because you are going to be led back into your early life to reconnect with all those repressed and hidden bad feelings. And they will all systematically come up for you, so you can feel them, and move with them back through your childhood, bringing to light the truth of how it really was for you.

And a lot of people won't want to go this far into themselves. They won't want to face the possible truth that they weren't as loved as they believe or feel they were. And what

happens if it turns out that you weren't loved at all - what then happens to your relationships with your parents, which you might have found a way of dealing with so as to keep all the yuk stuff out?

However, if you do want to go all the way, and you do know already that you weren't loved, and you do want to bring out all that pain and uncover all the truth your feelings are to show you about what happened to you and the truth of your unloving relationships, then your Feeling-Healing will not let you down. And it will be liberating for you, bringing all the pain you've always felt out of you, whilst the picture builds within you about it all, with the truth bringing you good feelings of comfort as it affirms to you that which you've always felt.

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We all have to do our Feeling-Healing at some point, be that during our life on earth or in our spirit life after we die. At some point all the hard stuff has to be faced. However, if you don't feel ready for it, that's fine too, there is plenty of time, and you might want to continue reading so as to understand the sorts of things that are involved for when your time comes to do it.

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Expressing your feelings

Some people are good at expressing their feelings, others not so good. Some people have been stopped from expressing them more so than other people. Some cultures are better at it than others. You might be good, your brother not so good, it might be different for everyone in your family, as even with the same parents we have vastly different childhoods.

To do your Feeling-Healing, you begin by wanting to first acknowledge your feelings, accepting that you are feeling them, not wanting to block them out and deny them. Then you are to want to express them. To let them have their say. To express them with all the feeling and emotion you feel. And preferably to someone who wants you to not hold back, wanting you to bring them all out, no matter how bad they are. And they can be very bad.

However not everyone is fortunate enough at having someone to whom they can bring out all their bad feelings to. So you do the best you can. You can say out loud, preferably to yourself, to your dog or cat, to the wall, to God, all you feel. Write them down.

Express it all in your mind - however this way is the least important because the idea is to bring out the energy of your emotions and feelings, like getting the poison out, to bring it up and get it out of you. Let the whole world know what you are feeling, the world being someone other than yourself, and not necessary the whole world. And being able to hear yourself saying how you feel, which can at times surprise you hearing what's coming out of your own mouth.

It's for you to work out how best to express all you feel. You can't just start expressing your bad feelings all over the place for a lot of people won't like that. And at times you might have to say it all in your mind simply because you don't want to wake up your partner whilst you're lying in bed feeling very angry, raging at him or her or yourself or even at God for making you feel so bad.

And some bad feelings go on and on and on, and it's simply too much to keep going expressing them. But when you can, you express them with all the feeling you are feeling. And don't worry, you won't miss out on any, time and again life will bring about experiences for you to feel and express and seek their truth. So if you feel angry, you express your anger, angrily. If you feel miserable, you miserably emote your misery.

And when expressing all you feel, try and stay with and true to your feelings, allowing them to take you down into your dark hole. If you just use your feelings to empower you, wanting to spew them all over the other person, bashing them up with them, being angry at them, you'll be slipping back into your controlling mind patterns. When you feel bad, feel that bad feeling, allowing yourself to fall into it. It can be very hard to do if your conditioning is not to ever succumb to your bad feelings, but by 'drowning' in them, you'll fully accept them and that's when and how the truth will come, and then they will end. Then you will change and heal.

One of the difficulties you might find through your Healing, is the more you progress, the more bad feelings you can embrace and accept, so taking you ever deeper into your buried pain, so the worse you feel. So instead of feeling like you're getting better, feeling happier and more loving, you actually feel worse and worse, increasingly unhappy and unloving. And this is good, it's very hard, but it's going to be like that right the way through until it ends. Because we are to see all the bad stuff that we are, and there's an awful lot of it, and you can't see it all at once, you don't have the understanding and feeling awareness nor the foundation of truth to base it all on. So it's an evolution of truth and understanding, and an evolution of possibly feeling worse and worse, or feeling your bad feelings differently with differing intensities and duration. It's different for everyone, so it's not too good generalising, however if after years of doing your Healing you feel even worse, even though at the same time you can feel how much you've grown, changed and progressed, then that is right, you are being more aware of the extent of your pain,

being able to feel it more thoroughly and clearly.

And this will happen if your whole life has been spent blocking out your bad feelings pretending you're okay, with your Healing systematically stripping away the veils as you descend deeper within yourself. But if you're someone who's well aware of your pain and how false you are, then liberating your pain will mean you can finally express it and see more about the truth of it all, feeling better each day knowing more of it is finally leaving you.

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Everyone is to find their way of doing their Feeling-Healing. There is ONLY your way. The basic principles can be followed: accept, express and want the truth of all you're feeling, but still as to how you go about it, is something your feelings will show you.

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Longing for the Truth

As said above, you can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important. Seeing the truth will mean you can progress through your Healing, as it will also provide you with a base or in a sense a safety net so you don't just lose your mind to the madness and pain of it all. You will be taken right to your edge, hung over it numerous times, feeling so battered and crushed into feeling like you're being - and even have been - annihilated, that you are NOTHING and NO ONE, all such terrible, terrible feelings; and you might feel like you are cracking up, that you're losing it, and you break down, but not rendering you completely useless and so fucked that you can't go on doing your Healing. So it can get very intense and very heavy and go on for a very long time feeling so very bad, but it's all what you felt through your early life, all helping you to understand exactly how it was for you back then. So just keep accepting, expressing and longing for the truth of your feelings - that is after all, all you can do.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you

do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings. You only feel bad because of some reason, and so to find that reason means you no longer will feel bad. Our bad feelings are the signs and signals alerting us to the fact that something is not right within us. So when you find out what is not right, when you see and feel the whole truth of it, then the bad feeling goes, there being no further reason for you to feel bad, you've embraced the signal so now you know a bit more about yourself. And you will have changed as you will have grown in truth. You will no longer be that person you were.

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

And you long to yourself, or better still, you can long to God asking God to help you see just what it is your feelings are wanting you to see about yourself. And you can ask God to help you see the truth God wants you to see.

Don't go fishing for answers using your mind

This is very important. For some people as soon as they feel bad, and thinking they want to know why, use their mind to fish for answers within themselves, even looking back at their childhood trying to work out what happen then that is now making them feel bad. But that is NOT how you do your Feeling-Healing.

So what you do is long for the truth whilst you're expressing your bad feelings, and nothing more. That's it. You long. You want the truth to be shown to you, to naturally come up in you. You KEEP YOUR MIND OUT OF IT. It's a feeling thing, doing your Feeling-Healing.

So stay with the current bad feeling expressing it and longing to see its truth, and you stay with it in the moment, and then if you are naturally taken deeper by your feelings you will move back into connecting with your early life, this happening quicker and easier as you become more familiar with the truth of how it was for you during your childhood. But we are to stay with our current feelings understanding they are the same as the feelings from our early life, and so link ups and connections are already there and will become apparent when the truth comes.

And you long when you can, then stop longing and keep expressing. And at some

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

Let your feelings take you back naturally to your early childhood, don't force anything, and they will.

We are to live by allowing our feelings to guide us. We feel a feeling and so should express it as much as we can, as intensely and passionately as we feel it, with all the emotion it stirs up in us, just like little children do who are not stopped from doing so. However that doesn't necessarily mean we instantly act on every feeling. We act on every feeling by expressing it, however as to which ones we put into action will just happen naturally. And if they are violent and harmful actions to yourself or another person or creature you feel you want to do, then stop and don't act, and keep expressing and longing for the truth.

And keep longing for the truth of our feeling, want it with all your feeling. Understanding that we want to know why we are feeling it, what is it helping us to see about ourselves. And how it is relating back to our early life and the relationships we had then. We are all, always projecting ourselves onto others whilst we're in our untrue states, we might want to hurt that person who wronged us, yet when you work it all back, it will be your parents who wronged you and you rightfully want to hit back at them with that feeling, stopping them hurting you. Yet all of that complex psychology can be hard to see and untangle, however you will eventually uncover the truth of it all through your feelings.

And longing to God to help us see the truth God wants us to see through the feeling. With the whole idea being that we simply stay true to our feeling. And we're to do this forevermore, even when our Healing is finished, it being the natural and right way to live. But because we've been forced to deny feelings so denying ourselves the truth from them, we have to stop and go back focusing on our denied and unexpressed feelings.

So whilst we're feeling bad, we stay with those bad feelings expressing them and longing for their truth, and if we feel good, we can do the same. But it's most important to stay focused on the bad, as the good will take care of themselves; but with the bad, because we mostly don't want to have them, we're more inclined to shut them out, so we have to work harder at not doing this and bring them out.

And we're not to get caught up in our mind looking for answers, trying to work out why we are feeling what we are, our mind is to remain in the background, helping us articulate and express the feeling, but NOT trying to look back into our childhood or

anywhere else for answers or trying to quickly say, oh you're feeling that because of such and such, with the intent that once you see the reason for feeling bad you no longer should or need to feel bad. We are to feel bad for as long as we feel bad. And when we don't feel bad anymore, it will be because we've expressed all that bad feeling out of us, and not because of anything we've done with our mind to stop us feeling it.

Compare these two ways:

1. I feel angry, so angry, so angry I want to kill him, I hate him, I hate how he treated me then, what he said and how he acted made me feel so hurt, I'm fed up with him, I've had enough, I don't feel loved and supported by him... (and then whilst longing for the truth, suddenly the focus shifts.) I hate him, he hurt me, I feel so hurt, I want to cry, I feel hurt to my core, wounded... and that's how dad used to do that to me too... yes, I can see, it's just the same as when dad treated me that way, that's how he made me feel - hurt, so hurt, and I hate him for that, shit do I hate him, I really hate dad for hurting me like that, not respecting me, overriding me as if I wasn't important, making me feel so unloved... I feel like I'm back there with him, I'm five years old, I can remember what he was like and I felt so bad... and I want to kill him...
2. I feel so angry, so angry that I want to kill him. What happened back in my early life to make me feel like this? What happened, I can't see anything, I can't connect, what was it, was it something mum or dad said, was it how they treated me? I want to see it - ah yes, that's it, that's what dad did to me, he treated me like that, he made me feel bad, just the same way I am feeling now, yes I see, I can understand that... I don't feel so bad now because that all makes sense...

Can you see, the first way is staying true to the feelings allowing them to lead and carry you along, wherever they will, all so you can move with them going into all the places within yourself that you have trapped bad feelings. The second way is wanting the mind to come in and take over, sort it all out, and even though it might be focused on the right experience, and you can see how it connects, it's all still in the mind regions and not just emoting and expressing all the feelings and emotion of it all. It's wanting to keep the control in place, keeping the power with your mind rather than feeling powerless falling into your feelings. It's remaining impartial, impersonal, detached, removed, disconnected from the real deeper pain and bad feelings of it all, all of which **MUST** come out. For if they don't, then nothing is achieved, it's just a mental exercise; and so what, it doesn't actually heal you, it doesn't bring out the buried hurt of the pain of how you were treated, it's not personally connecting your bad feelings now with your bad feeling back then, by reliving in a way your past with your father and feeling just how badly he treated you, how

unloving he was. And we have to see/feel the truth of our relationships back then. We have to know what we felt and why and what happened to us because of being subjected to such unloving treatment.

And the first way allows you to keep going, it's open ended because it will invariably lead you at some point, if not then, into other related and even deeper bad feelings. Whereas the second way is all about just ending it, shutting the door, packing it up and putting it away in the cupboard never to be felt again, just like how you learnt to do during your early life. So if that is how it was for you and your patterns are to quickly bring your mind in to stop yourself or the other person from expressing their feelings, then you're going to have to keep working to stop yourself and your mind from doing this, and possibly right the way through your Healing. Which is a right friggn' pain in the arse.

Consider this:

Marion: My feet are cold, my lower legs and feet, they are so cold, they are nearly like ice, they have pains in them, I feel so unloved, why is God treating me so badly, why doesn't He care about me, no one has ever cared about me, my parents didn't care about me, God doesn't care about me, God gave me my uncaring parents, so that shows how much He doesn't care... my feet are so cold, what can I do, nothing, nothing works to warm them up-

James: Why don't you put the heater on, or wrap something around them, walk, rub them, do something, you're so pathetic how helpless you are, you make me so angry always going on about how cold they are and yet never doing anything to help yourself - why don't you help yourself, I'll go and buy a different type of heater, there must be something we can do to stop them getting so cold!

And here James has effectively told Marion to shut up and stop complaining about her stupid cold legs, particularly when he thinks she is not doing anything to help herself. Yet how she is, IS helping herself by expressing all her bad feelings her cold legs and feet are making her feel. And if she did what James said, she'd stop herself from feeling bad and so such buried bad feelings would never be connected with and come out, she'd never uncover the truth of why she feels so cold, and so never heal the true hidden causes that are making them cold.

And really to be able to freely say and express all she feels for as long as she feels them being cold, even if they do freeze up completely and drop off, is what Marion needs to do. If that's what she wants to do by staying true to her feelings, expressing her pain and anguish about feeling unloved by her parents and God with no one caring about her, and

without her feelings moving her to do something about trying to make them warmer herself, then she should be allowed to keep going that way, and not told to shut up.

And it's not even that she should be allowed, that too really shouldn't come into it, because she should do whatever she feels she wants to do without anyone saying she can't. It's her life, her legs, her feelings, no one else has the right to interfere with her.

James is projecting how his parents treated him onto her, he was told to shut up and to stop carrying on, so now that's what he is doing to her. So by rights he should leave her out of it, stay true to his anger at her for being so pathetic, but staying on his side of the fence with that, expressing and emoting his anger, but not at her, understanding that he's not really angry with her, she is just triggering him with his interpretation and belief that she's being stupid not looking after herself like any sane person would do, working his anger back to see how it connects with his family and how they didn't care or respect or want him to keep expressing all he felt. When he said he was cold they just told him to put more clothes on or turn on the heater, simple, it's just physical cold, do what we say and you'll warm up - you dumb kid. Never being aware that there might have been emotional reasons making James feel colder than he would have and why he wasn't able to look after himself.

If James' parents had been truly supportive and caring - loving of him, he'd feel sorry for Marion feeling so bad and would listen and even encourage her to keep expressing all she felt, were she to find that difficult to do, but never to step in trying to take over and shut her feelings down. Even if all her complaining were making him pull his hair out with anger at her going on and on and driving him crazy, he would still insist she keeps going, as he can express his anger whilst still wanting her and allowing her to keep going expressing her bad feelings.

It's all always and only about expressing your feelings and longing for the truth of them. And although you will more than likely, if you are in a relationship doing your Healing together, spend many times ripping each other apart as you strive to bring out all the revolting hatred and putridness that's inside you, still, all so long as you understand the feelings are valid and have to come out, and as you've got each other to bring them out to, go for it, allowing each other to bring them out. And you'll understand that your hatred and rage is not really at the other person, but at your parents or the person back in your early life that hurt you and made you feel those bad feelings. So you might start off yelling at and abusing each other only to work it all through back to yelling at and abusing your parents, understanding that you are representing your parents for each other.

The greatest difficulty in our Healing is all the ways we've learnt through our early life to

stop ourselves from expressing all our pain, from opening our mouth and letting it all come out. And that's what we have to do, for if we don't let it out, then it will never come out, remaining buried within us causing us problems and making us feel worse.

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A Spiritual Journey

Living true to your feelings is as spiritual as you can be. And your life that results from it will be as truly spiritual as it can get, because you will be constantly growing in truth and evolving yourself and your soul. So as you do your Feeling-Healing, with every new feeling you express, with each bit of truth that comes up within you as a result, you are progressing, ascending in truth, moving up in spiritual light and vibration, all going in the right direction. Which is on your way to Paradise, the home of God, and there to personally meet the Creators of your soul - God.

And while you continue to be involved in the existing man-made feeling-denying anti-truth religions and spiritual belief systems, you are being as unspiritual or as anti-spiritual as you can be, because they are all concerned with furthering the mind's control over feelings, so stopping yourself growing in truth.

And many people agonise over whether they are doing or not doing the Will of God - for, how do you know if you are, and what is the right way to do it? And can you ever know for sure with your mind and without any truth? And yet it's so simple: We are all doing God's Will all the time because God is in charge of everything. It can't be any other way. However, we can attune ourselves with this by living true to our feelings, then we are truly living as closely as we can to ourselves, our own soul, and so to God. So when you are doing your Feeling-Healing, or even better still, your Soul-Healing with the Divine Love, you are living God's Will to heal yourself, so the more you can express and bring out and long for the truth of your feelings, the more you are doing God's Will. The more you are becoming true and perfect as God is true and perfect. And when you are fully Healed, then you are fully truly and perfectly living true to yourself and so also true to God.

We are to live life by expressing all we feel, making that the main focus of our life. And then simply do what we feel we want to do by living the truth our feelings reveal to us. However by living a feeling-led life, use your common sense if your feelings fail you. You may feel so depressed that you want to kill yourself, and so, should you do what you feel you want to do and kill yourself? And really being in such a terrible state of despair it's hard to know what you would feel, still, keep trying to express all you feel and long for the truth of it, and you will feel, and so know, whether or not you want to go through with it.

So we work to express all we feel, and you'll see that you still do what you want to do in life, and when you can't and you feel bad for being stopped, then those are yet more bad feelings to express and long for the truth of. You do what you do, all the while expressing all you feel and longing for the truth of those feelings. And that is growing spiritually and living a truly spiritual life. And your life with change and all you do, and you will be guided by your feelings. And you'll see the truth will change you through your feelings, things you've done you'll no longer want to do and knowing why, other things you'll want to do and know why. All the while knowing you're getting closer to expressing the truth of your soul and how God wants you to be, moving away from your anti-truth and anti-self life.

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Including God

I've written above about this, however as a reminder I'll write it again. Your Feeling-Healing can include God, however it doesn't really focus on wanting to bring God in and have a very intimate personal relationship with God in your life. And for some people they will want to keep God at arms length, yet for others they will want something more. And in the end we will all want something more, because keeping God at arms length, doing just your Feeling-Healing, is limited, there is only so far you can go. You can Heal yourself completely enjoying being of perfect Natural love, the love you are born with and grow up expressing the corruption of, however you can't move on higher spiritually into the Divine Love levels of truth. And so to do this, you need to include the Divine Love.

And this is easy enough to do, for like how you long for the truth of your feelings, so you can long to God for His/Her/Their Divine Love. So you long with your feelings, you want God to fill your soul with Their Divine Love. You ask God for it with your feelings and not with your mind. You can say a prayer using your mind such as: Please God fill my heart and soul with your Divine Love, all so long as whilst you are asking, you are longing also, longing for God to love you and give you Their Divine Love.

Receiving the Divine Love then allows you to develop a very personal and the most intimate relationship with God you can have. And if you are doing it as you do your Healing, then it will add another dimension to your Healing, as you have to work through your feeling-denying aspects of your relationship with God. And then your Feeling-Healing becomes Soul-Healing, as it directly involves your soul with God's Soul, love to Love, heart to Heart, Natural love to Divine Love.

And by including the Divine Love, when you finish your Healing, you will have also achieved a Celestial level of truth and then be fully on your way to Paradise, the centre of

Creation and the home of God, there to meet your Heavenly Parents.

So we can do our Feeling-Healing; or, our Feeling-Healing with also the inclusion of the Divine Love - our Soul-Healing. All of which I call our Healing.

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Feeling-Healing

Accept your bad feelings, they are a vital part of yourself.

Denying any feeling is what's making you sick.

You were forced to deny many of them throughout your childhood, and repressed bad feelings are what's really making you feel unhappy, sick, and in pain.

All unhappiness, pain and sickness can be traced back to its origin in the feelings you denied as a young child.

As an adult things happen to make you feel bad. And they give rise to the same bad feelings you felt as a young child. So you can use those feelings now to take you back to what made you feel bad when you were young. This is what happens when you long for the truth of your feelings.

You are only sick now because of being ill-treated as a young child. We are to find the connections within our self.

Childhood Repression is the cause of all your woes, of anything that you're not happy about in your life and with yourself. And to heal it you have to look to your feelings expressing them all whilst longing for their truth.

*

Feeling-Healing

Feelings:

Accept

Express

Long for their truth

*

Unloving parenting

Now being more aware of my feelings, I can't believe the cruelty I hear every day in public

places all under the umbrella of 'loving parents'. I cringe, seeing the child in public being treated so unlovingly, what must it be like for it at home... but then I remember my own upbringing that my feelings have made me aware of, all that I'd worked so hard to block out and forget... and I want to SCREAM... and then cry.

Boy about eight years old in supermarket

Boy: I want one of them, and them, and them!

Mother: No... no, you can't have them... do you know why I say NO?

Boy: No.

Mother: Do you remember yesterday why you couldn't have it? Well it's the same today! It's because you've not said THE word three times. Do you know what the word is?

Boy: No.

Mother: I understand that you being a boy are not as QUICK as your sisters (his two younger sisters are standing nearby), and because you are slow it will take you a long time to learn, however, until you do learn and say THE word, you can't have it!

Boy: Please?

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Feeling-Healing

Bad feelings are GOOD!

Accept all your bad feelings instead of denying them

Emote all you feel - express all your feelings

Want to know why you have them

Want to uncover the truth of your bad feelings

Want with all your heart

Express your feelings with all your heart - and your bad ones with all their pain

Don't hold back, and keep going.

Keep expressing all you feel whilst longing for the truth.

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Examples of some prayers to God

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

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

And please help me feel all my repressed pain; please bring up all my bad feelings so I can

express them and see what it is they are to show me about myself, my life, and You. And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You - please help me do that.

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

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

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

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

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Questions I've been asked concerning the Healing

Synthia: How do you know that - what you've told me about your spiritual views? Did you read this somewhere? Have you had your own Divine experience? I'm curious.

James: It was through my own spiritual investigations, which started in the New Age, went to the Padgett Messages and The Urantia Book, the two newest major revelations to our world, then culminated in meeting Marion who introduced me to the importance of looking to our feelings for the truth of ourselves. She was the missing part, the feminine truth if you like, all focused on feelings, because all the rest, other than longing for the Divine Love, was just mind information. And once I understood and started to follow my feelings, longing for their truth, as she helped me - and still helps me, then it all started to come to me through my feelings, so I've been able to (for myself) discern what is right and true and what is wrong and false. And all along the way I have worked with numerous spirits who are further ahead than I am, and they've added more to it so as to get me to where I am now. So really it's only my thing. And as you can see, it pretty much goes against or in the opposite direction to everything else. My work and how I see things is a new spiritual philosophy, and it will confront just about everything, and yet so far as I'm concerned, it's the only thing that's done anything positive for me, and has made me feel much better about myself, even though it's so heavily focused on all my bad feelings. And I understand coming upon it suddenly like you have and trying to grasp it must seem almost impossible to do, whereas for me it's all I think about and have done for years now.

And about having my own 'Divine experience', I'm not sure what you mean by that, however as you can read, part of what Jesus tells us in the Padgett Messages is that we can long directly to God for God's Divine Love. And if you do that, slowly receiving the Divine Love will transform your soul into becoming divine. And so because of that, is why I've called it 'Divine Love Spirituality'. So I long for and receive the Divine Love, which has opened up my relationship with God to where I relate to God as one Soul, yet with Two personalities (Soulmates) - my Heavenly Mother and Heavenly Father, who I can equally relate to. So I pray and long to Them both for Their Divine Love.

Synthia: Here's what I don't understand. You say that we are the way that we are because of our parents and upbringing (I don't disagree), but then you also say that is the way God wanted it - to start us out in the negative. Two questions:

Why does God want us to start this way?

Is it God's will or the parents' doing? It can't be both.

Thanks!

James: Yes Synthia, it's a difficult one to grasp as it confronts so much of what we've been told and how we understand things to be. However it is both. Our parents are doing what God wants, unbeknownst to them. We all are, and all the time.

It goes like this: If you believe God is the Creator of everything, so is in control of everything, then NOTHING anyone does, nothing you or I do, is without God's say so, because if we or anyone were to do something that God wasn't in control of, then all of Creation would fall apart. And there'd be no need to have God.

So when the Higher spirits rebelled, Lucifer and Satan and their undisclosed partners, it is commonly thought that they did it because we have the free will to do whatever we please, as if we could do something without God sanctioning it, approving of it, or simply - making us do it. However is that really how it works? Look at your own life. Do you have complete free will or can you see that all the way through your life you have been masterfully guided, and mostly without you even knowing, even to the point of you at times feeling there is no such thing as free will? Look at the coincidences, how you've been moved this way and that, even though you've felt in control and that each decision has been made with your free will, so what's really going on, it's all far beyond our control.

So Lucifer and Satan (and their partners) rebelled, but I don't believe they did so without God being involved. And so you even have to take it right back to the beginning, perhaps God wanted them to rebel, perhaps God even made them rebel, because why not, how could it be any other way, as God is in control of everything!

So if you can accept that, then you have to understand, for God's reasons, God wants us all to live and experience a rebellious unloving life - and so why would God want that? And that's more difficult to explain because God hasn't as yet really told us why. However if you think it through for yourself, imagine before you incarnated, you were told: you can either go into a world of love or a world in rebellion against love. And in the world of love, you will have the most wonderful loving life, however you will never know what it feels like to feel unloved. And if you go into the unloving world, you'll have an unloving horrible life, you'll feel bad most of the time, nothing will work for you, nothing will make sense, you might have some good and loving feelings but they too will all be part of your unloving experience. However one day you will also be given the opportunity to become loving, to heal yourself as you won't have to stay in your wrongness for ever. So you'll be able to heal all your unlovingness, to evolve and grow in truth out of it and become loving, and then you will know what it feels like to be both, unloving and loving. So which way would you choose? To have the full experience so you can see and know for yourself because you have felt all the feelings involved, of the negative and positive, both sides of the coin, or just the one positive way - one side of the coin? And for

whatever the reasons are, which God will make known to you one day, God has chosen the way for you... or, have you chosen for yourself... or is that one and the same thing, to start off your incarnation experiencing the negative?

So for me my Heavenly Mother and Father want me Their child, to experience what it feels like being unloving and in a negative rebellious state, being wrong and evil by living against the truth of myself and the truth of Them. And then when They say I've had enough of that, to begin my Healing of my unloving state; and I believe, because They've told me, that one day I will complete my Healing; so once completed, to then start living positively, getting to know the truth of what being truly loving feels like.

Our parents are the ones who've influenced us the most into our wrongness, just as they too were influenced by their parents - and so back, a long line of unloving negative anti-truth influence. And through our Healing when we feel how much we hate them for making us feel so bad and making us go against ourselves, we need to completely honour these feelings blaming them with all the anger and hatred we feel, however still understanding that they too are victims and couldn't help being how they were, which then brings it all back to God again. So God is seeing to our unloving states, seeing that we pass them on to our children, it all being what God wants, so both God is to blame as are our parents. And through your Healing you will have many times when you feel so pissed off with God, hating Them for subjecting you to all the pain and for leaving you in it and not doing anything to heal you, just as you will feel so angry with your parents at all they did to you. So our parents are doing what God wants, just as we are doing what God wants. And so through your Healing you will also have to deal with your unlovingness, passing it onto your child, and also feeling that it was what God wanted you to do. But not to absolve yourself of what you did by saying: well God made me do it, but to just keep staying with all the feelings you feel and longing for their truth. Our Healing is about bringing out all our bad feelings and uncovering the truth they are to show us - what God wants us to see through them. And there is a hell of a lot for us to see. And we have no idea just what is locked away deep inside us.

However it doesn't end there. For by the time we finish our Healing, so I understand from the healed spirits, because through our Healing we will have liberated and expressed out of us all our unlovingness, all our bad feelings, all our anger, hate, misery and so on, we will no longer feel hate and anger and no longer blame our parents or God for what we went through, because those bad feelings are no longer within us, as they've all come out. And we'll even be going the other way, because we will then be all-loving, expressing all the good loving and nice feelings, and so loving our parents and God for putting us through it all.

I'm sorry for writing such long answers, however I can't answer your questions simply as it's all quite involved. And as I'm still working it out for myself, I would love people to question what I say as it makes me have to work harder and clarify and hopefully simplify my answers. James.

Synthia: This is where I get tripped up, so to speak, because I have seen the truth, clearly, of our native existence quite separate from the egoic self. I have had many blissful experiences some of which lasted weeks on end. So I have wondered if healing past trauma is a soul level activity. In other words, when we die, is that trauma carried with us or do we just enter a blissful state where all is remembered, where we see that all is exactly as it should be because ultimately as eternal beings, we can't be harmed, or is the deep shadow work the key to permanently transcending the cycle of birth and death?

James: The part where you say you get tripped up I can answer by explaining a bit more about the Healing.

A long time ago, High spirits who were the custodians of Earth and were supposed to nurture humanity to higher spiritual levels, rebelled, going against God and the Truth (God's Laws), deciding that they new better and could do a better job than God, thereby subjecting humanity to what is called 'The Rebellion'. And so because of this, we're all 'inducted' into it at conception, unbeknownst to most of us, it being passed down by default, generation to generation. So our parents, being part of the Rebellion and living untrue to themselves, in an egoic way as you say, brought us into it, and so we too live untrue to ourselves, live falsely, live against ourselves, nature and God. So we're rebelling against our true self or 'native existence' as you call it. So all we do, all the religions and spiritual systems, are only serving to help us further our wrongness, even though we want, hope and believe they are helping us to get out of it. And the only way to really help yourself, is to do your Healing by looking to your feelings for the truth of yourself. With our Healing being about coming to understand the truth of our rebelliousness: How we are living wrongly, how we live against ourselves, each other, against nature and against God.

It is our soul that is orchestrating the whole thing. God, for reasons that God will show us when the time is right, which happens through your Healing, has wanted us to start off in the wrongness (as I have explained), and when God, through our soul, says we've had enough of that, then we feel the need to start searching for answers as to why we don't

feel so good and why our life hasn't worked out as we've wanted it to. Which in the end will lead each of us to consider doing our Healing.

So any Healing you do while on earth by using your feelings to uncover the truth of why you feel bad, why you are wrong and living against yourself, is less you will need to do in spirit. We take all our traumas with us into spirit (unless we heal them on earth), there is no getting away from them because they are part of us, and only by uncovering the truth of them through our feelings and not with our mind, can we heal and set ourselves free of them.

Most spirits don't understand they are still traumatised, because in their new spirit life their minds are given even more ways to cover up their bad feelings, thereby deluding themselves into believing they are free of their (earth) pain now they are in their blissful new spirit life. But in time, the pain returns when it's time for that spirit to get on and do its Healing.

Doing your Healing is as truly spiritual as you can be. It can become your true 'spiritual path' should you want to commit yourself to it.

So hopefully that should give you a feeling for what I'm about, and something of what the Healing involves. And again, any questions about anything, anytime - please ask. James.

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Feeling-Healing - Healing yourself through your feelings

Your feelings are the real and true you.

If you are denying any feelings you are denying yourself.

If you are denying yourself you can't ever be truly happy.

To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.

If you want to know the truth of yourself, then it's your feelings you will need to look to.

Your feelings hold the hidden keys to unlocking the truth of who you really are.

Uncover the truth of yourself through your feelings and you will know why you feel all you do.

Everything in life, why all that happens to you does happen, and everything about yourself, can be explained to you through your feelings.

Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.

How to live a good, true, happy and loving life, will come to you as you start paying

attention to all your feelings.

However you will also have to pay attention to all your bad feelings, and this can be very harrowing.

By honouring - accepting and then expressing, all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.

And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.

It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.

Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling-Healing.

You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.

And if you wish to do your Healing with God, you can also long for God's Divine Love. Feeling-Healing - Using your feelings to heal yourself.

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FEELING-HEALING + SOUL-HEALING

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

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

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

Admit you are feeling bad.

Accept your bad feelings, identify what they are.

Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad - what deep within you is causing your bad feelings?

And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for you.

All sickness and suffering, all bad things that happen to you, all your problems, all your addictions - your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.

Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. We are designed - created - to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy to long for and receive Divine Love.

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Feeling bad is Good! It's okay to feel bad.

Feeling bad is good. Feeling bad is GOOD!

It's not bad to feel bad - it's good.

FEELING BAD IS GOOD! Very good!!!

And feeling really bad is also good. And feeling worse is even better. It's all very good!

It's okay to feel bad.

Bad feelings are okay.

It's good to feel bad.

Bad feelings are GOOD!

It's good to feel bad about feeling bad. Your bad feelings are YOUR feelings.

YOUR bad feelings have a right. A right to exist.

A right for you to feel them.

Your bad feelings are a part of you.

Bad feelings are good and they are your feelings! ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.

You might not like feeling bad, but it's okay to feel bad.

You are allowed to feel bad. Give yourself permission to feel bad. Bad feelings shouldn't be dismissed.

Bad feelings already feel unwanted, why make them feel more rejected? You are your bad feelings - if you reject them, you are rejecting yourself. Why are you rejecting yourself?

Why are you rejecting your bad feelings? Is this how you want to live - rejecting a natural part of yourself?

Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.

There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you - of everyday life.

Bad feelings - your bad feelings - are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.

Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing?

Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings - Your bad feelings are you.

Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings - acknowledge, honour and accept them!

Accept your feelings.

Accept yourself.

Loving ALL your feelings is loving ALL of yourself.

So Remember:

Feeling bad is Good! Accept your bad feelings.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved - not rejected. And as an adult we can now do this, whereas as a child, we could not.

And so if you no longer want to feel bad, then through complete self-acceptance is the

ONLY way to heal yourself - allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself - if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them - all your bad feelings.

When you see the truth, the whole truth of your negative self-denying state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed. You then just have to bring that Healing into fruition by doing your Healing.

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The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to in our perfection, as we have been created to live by God.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control, we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. And try to do it through and with their minds. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. And that is our feelings. We have to learn how to fully honour and totally accept ourselves, and then we can move out into the world and greater universe.

We are to be true to our soul by living true to our feelings.

To want to live true; true to how you feel, is to want to be perfect. And your feelings are the way.

*

Feeling-Healing

Through our feelings we can heal all that's wrong with us.

It's very difficult to do.

Having to stop denying bad feelings will take a supreme effort.

Start with your first bad feeling.

Accept it. It is you, you are feeling it, don't deny yourself, don't stop yourself feeling it.

Love yourself by allowing yourself to feel ALL you are feeling.

Speak your feeling out loud.

Speak it out to someone who wants to hear all you want to say.

Speak it out to God.

Out loud is more effective than just in your mind - it helps bring out the repressed energy.

Write out all you feel if you can't say it.

Speak it out loud as you write it.

All the bad repressed energy needs to come out.

And want to understand why you are feeling this way.

Really want to know.

Want to know with all your heart.

Long for the truth of your bad feelings - long for the truth of yourself.

So:

Accept your bad feeling

Express your bad feeling

Long for the truth of your bad feeling

Do as much as you can at anyone time. There are no rules, nor ten easy steps. There is only your way of properly attending to your feelings and wanting to uncover the truth about yourself that they will help you see.

*

Soul-Healing

Long to God for Their Divine Love

Long to God to help you bring up all your repressed bad feelings

Long to God to help show you the truth of your feelings
 Long to God to fill your heart and soul with more of Their Divine Love

Do your Feeling-Healing, whilst longing for the Divine Love
 Accept your bad feelings
 Express your bad feelings
 Long for the truth of your bad feelings - of all your feelings
 Long for the Divine Love

This is Healing all of your soul, rectifying all that's wrong within you.

*

From a Celestial spirit who's finished her Healing - A good summation of what it's about, by Nanna Beth:

Nanna Beth: Anything you do that includes some level of introspection and wanting to look more truly at yourself, even if it only includes doing it through the mind side of things, all helps because it adds to your self-awareness.

However, you understand James, it's not just about doing your Healing, it's not only about healing yourself of all your woes, pain and suffering, sorting out and rectifying everything that's wrong with you. It's about the truth, and your own personal growth or ascension of truth, with your feelings being the way to liberate and gain access to that truth. Your Healing is really just what you have to do along the way, it being a great source of readily available bad feelings that you can start to look at to help you understand more about yourself; which means, how you express yourself as one of the two personalities of your soul.

So your Feeling-Healing or Soul-Healing with the Divine Love, is about growing in the truth of yourself up through the mansion worlds, on your way to Paradise, the home of our Heavenly Parents. It's the beginning of your true spiritual life, and whether you start it on earth or over here in spirit, it is the real focus of what you are and what you are to do. All of which amounts to uncovering the truth of yourself through your feelings.

And were people not living against themselves, which means, using their mind to stop themselves from expressing all they feel, then naturally people would look to their feelings to guide them through life. But because that has all got mucked up, such corruption being passed down through the generations, so we have to stop and focus more heavily on our bad feelings, wanting to bring out and express our pain, all so we can liberate our self-expression thereby liberating the hidden truth of ourselves.

And that is living a truly spiritual life. Learning how to put your feelings first, taking the control away from your mind, coming to understand how false you are, all whilst longing to be your true self and at one with God through partaking of God's Divine Love.

And from Zelmar, a Celestial spirit, but one not originating from Earth

James: Zelmar, in light of what John has sent me concerning the ego and problems it presents to us limiting the effects of the Divine Love, could you please explain how it works.

Zelmar: From your first moment of conception you, the personality expression of your soul, is 'enveloped' in the mind circuitry of the Divine Minister of Nebadon. She, the Local Universal Mind Mother Spirit, cradles every mind, nurturing it in accordance with the needs of the soul of that personality. So She effectively, as reported in *The Urantia Book*, 'loans' Her mind circuits to you as part of your growth and development. And as you ascend or transcend each mind level, so She 'loans' more of Her mind to you. And when you no longer need the services of Her mind, when you leave Nebadon, then you 'give back to Her the mind circuits loaned to you' adopting the higher Universal Mind of the Infinite Daughter Mind Spirit.

What this all means is, when you start life, your mind is 'laid down' according to the mind circuits of the Divine Minister, meaning, if you are parented truly and lovingly, your mind will develop truly and lovingly as it progresses through each stage of mind development. And this is all 'held in place' by your will. So your will engages with each stage of mind development, keeping your developed mind true to its development.

If you are negatively or unlovingly influenced through your mind development, like what has happened to you all on Earth, then your mind develops by corrupting the mind circuits at each stage of their development. And your will maintains this corruption.

And these mental circuits are very complex, including all the psychology that you, James, are bringing to light as you rectify your mind circuit corruption. And the interference is mainly brought about by your parents, and then immediate carers, but also the overall family and social environment you grow up in. And it's the soul that dictates which genes are activated on all levels, not just the physical, but on the spiritual level as well (something few people acknowledge), in keeping with the levels of corruption that your mind is evolving.

At each stage of your mind's development, be it loving or with it being corrupted, feelings occur in response to what is taking place, and when, in your cases, your mind is turned against your true self - how you should be loved and parented so as to develop a

true mind - then you experience bad feelings, which come up to alert those people caring for you that something is wrong which they need to address - altering their behaviour to make you not feel bad. However as those people interfering with you don't understand your bad feelings, because they are not of the truth and so love to do so, they then counter such feelings by forcing you to 'stop feeling them', making you suppress them and then keep them repressed. They make you then, not only use your will to turn against yourself and so maintain your corrupt mind, but also use it to keep your bad feelings about it repressed, all so you can then keep using your mind to maintain this ever increasing unloving state. So progressively you evolve turning against yourself, so being unloving to yourself, which then means you're also unloving to everyone else - which is your negative or rebellious state of mind, all of which is strongly kept in place by your will.

And so you attain adulthood with your false mind as it were, being kept in place by the full strength of your will, your will being said to have been 'broken' or turned against you, which in that sense is true.

It is then your whole mind's structure that is false, untrue, wrong, evil and rebellious, all being kept in place by default, as that's how it happened to you through your childhood, with your mind being composed of all your erroneous beliefs and subsequent supporting negative or unloving behaviour. This being what is often termed your ego, suggesting that some part of your mind is errant and untrue, and causing problems and limitations for you in your spiritual development and progress as a person (a personality being expressed in Creation), however it's your whole mind that is wrong, all of you so far as what you can relate to, including your physical and spirit bodies and all their interconnecting experiential systems. For really all of that is of your mind, all what the Divine Minister is providing for you. And it includes your feelings and their associated emotions, they being yet another part of your mind. And anything else, like all psychic functions, with nearly all that is what you're aware of consciously and unconsciously, being attributes of your mind.

And what is not your mind, is any truth. And the Truth becomes the real you, an expression of who you really are, it becomes your foundation upon which you express your mind. However starting off in a world that is truth-denying, your mind has been corrupted to go against any natural truth revelation that would have come to you once your Indwelling Spirit arrived in your mind around six years old. So you live with your wayward and rebellious mind in control of you, in control of many of your feelings, and denying you the chance to grow spiritually from truth that would naturally come about from those feelings were you truly loving. And your will maintains it all.

Then you get to a point in your life when you want to stop being false, wrong, evil, untrue - unloving. You realise you are not right, and something needs to be done about it. Yet what to do? And now you understand about doing your Feeling-Healing or your

Soul-Healing with the Divine Love.

And what this means is, once you start longing to be true, and that means, really wanting to stop being false and wrong, your soul will set about providing experiences for you that will generate certain feelings which you can express whilst longing to know the truth of why you're feeling them. And when you do this, you start to short circuit the patterns of your corrupt mind. But it's hard to do, to submit to your bad feelings in particular, because you have to long with an equal amount of will - at least, if not more - to want to change the corrupted mind circuits - as shown by your wrong beliefs and unloving disrespectful behaviours.

And so you look to your feelings for the truth they are to show you. And when you fully embrace them, express them, bring them to light, the truth that results will show you where you are going wrong; meaning, how wrongly and unlovingly you were parented - what happened through your childhood to turn you against yourself. And painstakingly you'll be taken back through each of your corrupt mind circuits, orchestrated by the Divine Minister who is in control of your mind. And when you express all the pain and see all the resulting truth of your wrongness, then the Divine Minister will affect a change - healing - in you. She will alter (and often progressively in stages reflective of the stages the corruption occurred) changes in you gradually bringing your mind into a true and perfect state, that which you would have been in had you been parented lovingly and by other true and perfect minds. So your mind adjusts, meaning, all of you on all levels adjusts, including your will, willing into being these adjustments and ultimately the complete 'new' you. This giving you the feeling like you're starting over, like you've been Born Anew or Born Again, because your mind is now free of such corruption, and your will is willing your perfect mind, the whole perfect you, into Creation, with the resultant feelings being all good ones. Because you feel true, and know that you are, and are very happy about it, feeling fully loving and loved.

So it's the Divine Minister who affects all the necessary changes in your mind on all levels, from the physical to the spiritual, with such ongoing changes, initially as your mind develops its corruption, and then as you Healing heal it, all being done through your angels. Your angels are constantly at work adjusting and manipulating your whole system, so on all levels in accordance with the needs of your soul - which is what God wants. So during your Healing when you suddenly feel a pain in your leg seemingly for no reason, it's coming about by your angels manipulating your inner systems so as to create the pain in you for the reasons of truth that will be brought to light as you express that pain, and at the same time as a reflection of your mind changing.

So you became progressively evil as you grew up developing your corrupt mind, with everyone outworking such corruption in their own unique ways, just as will everyone then

do through Healing undoing the corruption following their own unique path.

Where the Divine Love comes into all of this, is that once the Indwelling Spirit has arrived, the mind is prepared to receive the ministrations from the non-personality mind circuit called the Holy Spirit. It means the soul is then ready to receive God's Love. And what this then means, is when you long to God yearning sincerely for God to love you, asking God to please fill your soul with Their Divine Love (as you James relate to God as both your Heavenly Mother and Father), then such genuine longing, and provided the Divine Love has been made available to be received, which it has by Mary Magdalene and Jesus coming to Earth, the Divine Minister will respond causing the Holy Spirit mind circuit that's responsible for delivering the Divine Love into your soul, to act. And so you will receive the required amount of Divine Love as determined by your soul and in acknowledgement with the Divine Minister from the Holy Spirit. And as you receive the Divine Love, so it works upon the perfect parts of your soul to affect an even deeper change in them, that being, transforming them from Natural love perfection into Divine Love perfection, progressively making you divine.

The Divine Love of itself does not remove all sin and error from you. You have to want to do that for yourself through your Feeling-Healing whilst also longing for the Divine Love, which you, James, call, your Soul-Healing. So as your mind unwinds its corruption and your mental circuits become true, and you become progressively truer and purer in your Natural love, so the Divine Love will act to transform such love. And this is all done in accordance with the needs of your soul.

You can't know how much Divine Love you are receiving at any one time, and how much of you can be transformed; and you can even receive the Divine Love and it may seem to remain dormant within you, but really there is no time on the soul level, so you can't relate to your transformation with the Divine Love in such lineal terms. So you might long and feel you have received a lot of Divine Love, which might be true, and then you don't feel you are receiving anymore for years, whilst you progress with your Healing, and yet with each step, each mind circuit that is healed, so it will be transformed.

The best thing you can do, as with it all, is long for the Divine Love as you feel to, knowing that it will transform those parts of your soul when your personality becomes true, expressing its Natural love. And as you have no say in the transformation, you can just know that it's happening, whilst you keep going attending to your feelings, longing for the truth they are to give rise to within you.

So again, the Divine Love won't inspire you to long for more of it, it doesn't do anything to make you progress in your Healing. It only acts when it can on the Natural love circuits in accordance with your soul's evolution of truth.

However what the Divine Love also does, is it helps develop and so evolve your

relationship with God. It is God loving you, it's God's Love coming into you, and the more Divine Love you receive that transforms your soul, so the stronger your feeling of love for God will grow, as will your feeling and knowing the truth that God loves you. Your relationship with your Heavenly Mother and Father will grow forevermore, to the Celestial spheres and onto Paradise and beyond, because of Their Divine Love in your soul; whereas by doing only your Feeling-Healing, you will attain a perfect state of Natural love when you've finished your Healing, however your relationship with God will be severely limited to that of only the mansion worlds.

The doing of your Healing, which is really wanting to be True, and the partaking of the Divine Love, are two different things. And you have to want both, to be as fully spiritual as you can be. So you can long for the Truth, and you can long for the Divine Love. And you understand, that because you have started life in Creation in an unloving state, then you are first longing for the truth of that unloving state, you must want to understand every part of it: Why it happened to you, how it did, and how you took it on, and how you are undoing all the damage done to you. And when you are Healed, with the Divine Love having transformed your soul equal to the state of Celestial truth, fusion with your Indwelling Spirit can then occur, you becoming a Celestial spirit, either in the first Celestial sphere or on Earth if you're still there, free to live a divine love life of perfection as you continue your ascent of truth to Paradise.

James: Thank you Zelmar.

Zelmar: It's my pleasure James. Should you need me again, please ask.

James: **Nanna Beth** - can you put it in your words please?

Nanna Beth: Our unloving parental influences turn our mind against our true feeling self, this causing us all the trauma, pain and suffering we live from conception right through to the end of our lives and on into spirit until we do our Healing.

Our Healing is working back through all our wrongness as we come to terms with it by looking to our feelings for the truth contained within them. It all being driven by our will; both our induction into our going against the truth of ourself, and our Healing of it. The so-called free will we have, is the freedom of our will to be used against ourselves; the freedom to heal and change that damage; and then the freedom to live as truly loving people or spirits.

So you live with your mind in control of your feelings, when it's to be the other way

round. Our feelings are to lead with our mind helping us to maintain such leadership. Our mind is also to help us put the truth into perspective that comes from our feelings, we're not to use our mind to build up our anti-truth beliefs and behaviours going against the truth of ourselves. However this is what we all do and have done through our early lives, and so this is what our Healing will change.

And then along the way we can long for and receive God's Divine Love, which is necessary to do should you want to progress out of the mansion worlds and into the higher Celestial spheres.

You are conceived onto an untrue and unloving world, and at some point have to want to become true and loving. And doing your Healing is the only way.

Zelmar and I have said the same thing, he only being more technical about it, which will appeal to some people, yet not so much to others. And we're all to work it out for ourselves, so we can Heal ourselves.

James: Thank you Nanna Beth.

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More questions about the Healing and examples of Graham beginning his Healing

Graham: Is it necessary to build anger and hatred towards parents for the role they played in how our untruths were created? Do I need to build self-hatred towards myself for the role I played in building my children's untruths? After all, my parents and I were acting the only way we knew how to.

James: I've had a go at answering your questions three times. It's a problem others have had and I want to pay more attention to it. I've included each attempt at answering you, hoping I've not just succeeded in confusing you more. I wrote the answers in reverse order to which I'm sending them to you, so I apologise for any repetition. And please ask me if you don't understand any of it or if any of it doesn't sit well with you. And if you want to write personally to me expressing any bad feelings you have about your father or anything else, please feel free to do that. I might not be able to help you much with your Healing, as I don't pretend to know all about it, it all being new and we're all moving along blind in it, however I can at least discuss such things with Marion.

1. We are not to contrive any feelings, so if you don't feel angry or any self-hatred, then you don't feel them. We are not to make ourselves go one way or other based on what you think or believe you should do - that is all trying to control it using the mind.

In speaking with Marion about it, she pointed out that as we're all different, and some of us might not feel our feelings with the intensity that others will feel them, at least possibly not in the beginning anyway, that you should just stay focused on your relationship with your father trying to see if even the slightest little negative feeling might come up. Long to God to help you bring up any buried bad feelings to do with him, and then just see if anything niggles, or something so slight you might even overlook it, and that could possibly be the way deeper into yourself past your controlling mind and its blocks and barriers.

And if you have someone you can speak about all you feel about your father to, that would help; and that even if you have a bad feeling about not wanting to be angry with him, not wanting to disturb your relationship, or being angry with your brother for doing so, anything along those lines, that they too might lead you deeper into yourself.

But definitely don't put pressure on yourself thinking you should be more angry or feeling a greater intensity of bad feelings. And if you are inclined to do that: How does that make you feel? And if it too makes you feel bad, then you work with those bad feelings.

Marion suggests that it might help writing all the good and bad points you can remember about your father and how such things make you feel. Like in columns: what you remember, good or bad feeling, why good or bad. To start with what you've got, and see if any of it leads you further into more feelings. And not to smooth out or shirk anything, go for the jugular trying to say the worst you can feel. If you come to a part and you start trying to downplay it, 'well it wasn't that bad...', then go the other way saying: no, it was bad...

2. No, you don't need to 'build' anger at your parents or self-hatred for how you parented your children. If anger is going to 'build', it will happen naturally. The whole point about our Feeling-Healing is to not force or try to do anything using our mind, which this 'building' sounds like. It is to just accept the feeling you are currently feeling, trying to express that the best you can, and longing for the truth of it, wanting to know why you are feeling it. And just staying with the feelings you are feeling, basically one feeling at a time.

And if you are to move deeper into yourself, that will naturally happen; and should more anger at your parents or self-hatred for your bad parenting come up, then embrace those bad feelings, expressing them and longing for their truth.

You can keep in the back of your mind the idea that more than likely you will have some repressed anger and self-hatred, and you can pray and ask God to bring it up in you if indeed it is buried within your soul, and you could even go to therapists trying to stimulate things within you so as to bring your repressed feelings more to the surface, however I do believe that if you sincerely want to know the truth of yourself through your feelings, then you will be led through your feelings to uncover that truth. So your feelings will keep coming up, and you'll deal with them as you are, and they will progressively take you into deeper parts of yourself. Or, you will feel you need and want some sort of help, and look to get that, again all because you feel you want go that way, rather than believing you should, which is the mind again.

I do understand it's a strong barrier to moving deeper into the truth of yourself through your feelings put up by your mind that says what your father said to you and which you are saying to yourself. Other people have found it difficult to move beyond, even rejecting their Healing because of it, preferring to believe they had a good relationship with their parents and there simply isn't such anger or resentment there to be found. Which might be so, however I doubt it, particularly when all they've said in their comments about their relationship with their parents shows me they are not wanting to be honest with themselves or face the horrible truth that their feelings will reveal to them.

I think a lot of people will understand the notion of doing their Healing, even believing it needs to be done, and will want to do it, but possibly are not yet ready to fully commit to it. They like the idea of releasing all their repressed yuk, want to see the truth of themselves and their relationships with their parents, but aren't actually ready to do the hard work of their Healing. I'm not saying this applies to you, it's only that making excuses for their parents and not wanting to blame them, and saying: why make things more difficult for yourself through unnecessary self-hatred when you couldn't help how you are and all you did, shows me such people need an excuse to put it off. Which is fair enough, our Healing is harrowing to say the least, and it's for each of us to do it as and when we want to do it.

And to finish, the Healing is about wanting to be true. So it's about bringing to the surface through our feelings the truth of our falseness - or untruth. So if we long to God wanting that, then our feelings will surface as required for us to uncover the truth and our true selves. And so all the good in our relationships will remain, and we'll see the truth of why - why it's good, and all the bad will go, as we see the truth of why it's bad. So if you

really don't have such anger with your parents because they parented you so lovingly that they never made you feel angry, then, as you don't have any anger repressed inside you, you'll never feel angry with them. But if they did parent you unlovingly, causing you to be angry with them, and they didn't allow you to express that anger, then that's what at some point will surface.

I think Graham, that as you progress with your Healing, you will evolve into connecting with your deeper buried feelings of anger and self-hatred. So in that sense you will naturally 'build' into it. But as I said, it's to happen naturally, and not something you are to force or to go looking for ahead of time by using your mind. Your feelings will take you down a path, which at times will be very difficult to see, and we are not to know where that path will lead, that's all what God wants and is encoded in our soul. So all we can do is decide that we do want to go along that path, and so submit to our feelings, looking to them to show us the way and all the truth we are to uncover about ourselves.

3. The whole point about the Healing is to allow yourself to feel ALL the feelings you feel. And so naturally, to feel them when you feel them. So if you never feel them, as in you never feel such deep anger and hatred for your parents, then you never feel it. If however today you don't, and yet something happens and tomorrow you do, then you move with those feelings. So it's about staying absolutely true to the feeling you are feeling right now, and not worrying about any other feelings or anything else. So staying with the feelings like you say you are already working with, and trying to express them the best you can, longing for their truth, and then simply moving, feeling by feeling along the feeling-path that will unfold for you. And if that is to lead you deeper into yourself, it will, and if that includes uncovering deeply buried anger and resentment at your parents, then that will come to light in due course. It all happening naturally, and NOT because you believe it should or hope it should or think it should or because it happened for these other people or for any other reason, these things being where your mind is trying to come in with its control.

You ask me, if you need to build towards hating your parents or build self-hatred because of the harm you've caused your children, and the word 'build' is wrong. Building is the doing of the mind in this case, so you believe you have to do something, building anger, which is all mind stuff. With our feelings, it's just our feelings we keep attending to, trying to leave all that mind stuff out of it. So if your feelings 'build' anger or self-hatred, which means, if you start having increasing feelings of being angry with your parents or hating yourself for what you did to your children, then you will feel those things when you have

those feelings. Do you see what I mean? Try to just stay with the feelings you currently have, feelings you have in each moment, and work with them, leaving future feelings to take care of themselves. Certainly you can think about your relationship with your parents and whether you are angry or not, comparing yourself with other people, but really so far as actually doing your Healing goes, you don't even need to do that, because all you need are the feelings you are feeling now, expressing them, and if they are to lead you deeper or into other unexpressed parts of yourself, they will, and you don't actually have to do anything about it to make that happen. All you have to do is try to bring out each feeling, and long hard, really want to know the truth of why you're feeling it, and in time that truth will come and you'll be led along your Healing path.

What your brother did was wrong in the context of doing your Feeling-Healing, as I understand it to be. You don't need to confront the person making you feel bad, trying to elicit an apology and admission of guilt from them, because that's all just mind power-play stuff. You are wanting to be the winner and they the loser, and when you are in the top power position you will no longer feel bad and can even magnanimously forgive them - so you hope and want to believe.

However having said that, if through your Feeling-Healing, if part of your feeling expression leads you to wanting to 'have it out with your parents' or whatever, then you might have to do that, all to see what other feelings come up; but mostly you won't have to confront them directly because it's all really only about you attending to your own feelings, expressing them and seeking what truth about yourself and your relationship with your parents that is causing you to feel that way. So as I understand it, we can do all our Healing by staying on our side of the fence, which some people will do should their parents have died and they can't have contact with them.

When a parent says: "I did what I knew how to. That was how parenting was done in those times. I have no regrets", I think when he/she comes to do his/her Healing they'll have to eat those words. That is just a cop out, it's not actually facing the truth of all the dreaded bad feelings that do exist between the two of you. However he/she will have to come to that truth himself in his/her own time, and it's not fair to demand he/she does ahead of that time, which your brother was setting out to make him have to admit.

And for a lot of us, we've been made to believe our parents are not wrong and can't be blamed, they only did what they did for what they believed was for our best, and sure, times might have changed and some of what they did was not so good, but still, that's how it was and we were ignorant of other ways. So let's all shake hands, let bygones be bygones, no hard feelings, forgive and forget, brush it all under the carpet, so we don't

have to speak about it anymore, end of story, now let's all get on and be friends.

Which is all very well if we were able to live with our minds in control of our feelings. And for a lot of people they can do that, and will keep doing it until their soul says that's enough of that falsity. And when your feelings start demanding the truth of them is to be seen, then all that 'being nice' goes out the window and up comes the suppressed hatred, and before you know it you're fuming with rage at all the injustices you've suffered at the hands of your so-called 'loving' parents.

For me Graham, what you said about getting the 'tick of approval' I relate to as I did it too, even feeling a great love for in particular my grandmother, which was before I met Marion and started my Healing. And now I look back on that, understanding why I did that believing she did care about me, at least more than my mother, only to have discovered through my feelings how controlling and uncaring she really was.

It seems to me, that for a lot of people, and particularly if you don't already feel that much anger or self-hatred, the first major hurdle or barrier to be worked through, is that which you've presented and currently feel, which is saying that you don't want to go deeper into yourself because you don't want to find out that you might actually hate your parents and yourself, and that will ruin everything. And it might. But if that is to happen for you, and your feelings will lead you into that, by the time they do, you'll be ready for and able to accept such truth about yourself, and so understand everything was already ruined by them all those years ago. And that you've only been keeping up the pretence that it wasn't. And it's actually the false way of being you are afraid of letting go.

A post by Graham on the Divine Love Spirituality and Childhood Repression forum (see links below)

Currently I work as a carpet cleaner. Sometimes I undertake what is referred to over here in Queensland as "bond cleaning". It is where a tenant ends a lease and needs to clean the house to the extreme. The work is inspected by the property manager and most likely rejected.

So this week I did a bond clean and got the rejection. As usual, I was angry with the property manager for sending the list of things I had to re-clean. How dare they say my work wasn't good enough. I looked for the truth of the anger I was feeling towards the property manager. I had to "always be right and perfect" was the feeling that came up. Searching again into the truth of that feeling and I came up with the feeling of "small".

Well that threw me. How can small be a feeling? Looking for the truth of "small" and I felt and saw myself cowering, crouched behind a door. Now I can tell you I have no

memory of this sort of thing happening to me as a child, but the feeling was very strong. Looking into the truth of that vision/feeling and it came to me that when I was young, I was asked to do lots of chores around the house. If I didn't do them properly first time, well there was a strong possibility of a thong (in Australia that is footwear) being wrapped around my arse.

So then the truth of the situation came up. All through the bond cleaning job, I am stressed/fear of being judged not perfect. In fact my whole working life I have subjected myself to fear of not doing a job perfectly. To the stage it is often easier not to do anything for fear of not doing it perfectly.

And it was at this point I first got an understanding of how my mother had brought us up in a constant state of fear. Expecting us to perform always to her "perfect" standards. For the first time I really understood how wrong and unloving my mother's actions were. How unloving it is for a parent to have their children in a constant state of fear. I am angry at my mother for bringing me up this way. And I am angry at myself for subjecting my children to exactly the same state of fear and un-lovingness.

I thank The Heavenly Mother & Father for helping me to see the truth of my feelings and acknowledge that all these feelings are who I truly am.

And from Graham:

Today I feel so flat. It is Monday and I don't have any jobs on. The one I had has been re-scheduled to tomorrow. This should be a good thing. I have plenty of bookkeeping to catch up on and having the extra time to do that is a blessing. The sun is shining now after several days of dull and rainy weather. There are several potential jobs for me to schedule and so having some spare time today to ring them is fantastic.

But I struggle to do these relatively simple chores. And have for many, many years. I am an impostor pretending to run a good business. I was an impostor pretending to be a good employee. A high potential non-performer. In all my life I still haven't found what I am looking for. Haha. Those are the words of a U2 song. I was in a "spiritual" conference 10 years ago. The presenter put this song on. I just burst into tears. Nothing has changed.

It's not that I have no jobs to do that is making me flat. It is that I don't have something urgent and pressing to keep me busy. If I am busy, I can hide from the life I am living. Always looking for a diversion. I don't address what I need to in the business world, I don't address what I need to in my personal world. Perhaps I should leave this post for later and go and play golf. That's a good diversion.

So my options today are three. 1. Gee myself up. Deny my feelings. Hop into a positive

mental attitude and build a screaming hot business. 2. Sit on the lounge and watch TV hiding from the truth and justifying it by saying I need a good rest. (I just had 2 days of that). 3. Long to the Mother and Father for the truth of why I feel this way almost every day.

How does the feeling of "flat" feel? It makes me feel hollow and empty, worthless, a pretender. Which in turn makes me feel quite sad. Please show me the truth of feeling "sad".

It now makes me angry that I have been like this for so many years. I am now taken back to my secondary school years. I hated going to school, except for days where sport was on. What was the relevance? Why is it so imperative that everyone must get a Uni degree to get on in life? What if you don't want to? Why is it so important to both my parents that they can say their son is a professional? Is that the only way we can be accepted by them? The only way we can live to their standards?

Well fuck 'em. I never wanted to get a degree. Which is probably why I didn't in the end. A Uni dropout.

When Dad said he would support me financially through Uni only if I went straight to Uni and didn't have a gap year, he was only providing conditional support, conditional love. If I conformed to his way of living, his vision of whom he wanted me to be, his desire to be judged favourably by his peers if his son had a degree.

So I feel pretty angry towards Dad for the way he refused to support how I wanted to live my life. My ideas were never discussed. I was never able to canvass them and seek different ideas. It was his way or the highway.

And Mum wasn't any more loving. I would have been in my early 20s. Living in a small far north town experiencing my life as I wanted to. And in a phone call she told me it was time to come home and start living properly. That still pisses me off.

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Feeling-Healing

Feeling-Healing is about healing your relationship with yourself, other people, nature and God.

Through your feelings you will Heal all that's wrong with you.

It's desiring to be perfect, and using your feelings and the truth they will bring to light to become perfect.

Currently you are wrong, imperfect, evil, as shown by you not wanting to feel bad and pushing all bad feelings aside and not wanting to deal with them.

Currently because of your feeling denial you are also denying yourself the truth your soul

and God want to show you about yourself, and that's not self-loving.
 Being self-hating and unloving is denying yourself truth through the denial of feelings.
 Your Feeling-Healing is wanting to deal with every feeling - both bad and good.

Your Feeling-Healing is also being the most spiritual you can be.
 Truly loving yourself begins with accepting all your feelings.
 Being truly spiritual is looking for the truth your feelings are to show you.
 Being spiritual is accepting all the truth revealed by your feelings.
 Being spiritual is living all the truth revealed by your feelings.

Live true to your feelings - live true to yourself.
 Your truth is contained within your feelings.
 Your feelings will lead you to the truth of yourself.

Uncover the truth of your feelings, and you are free!

You can only spiritually grow through your feelings.
 You can't spiritually grow by using your mind.
 You can transcend using your mind, but you can only ascend using your feelings.

Transcending involves denying your bad feelings - 'rising above' them. This is very unloving. Denying anything is conditional, wrong, it hurts and is evil.

Ascending involves complete unconditional self-acceptance, beginning with accepting all your feelings. It's very loving, feels good and is right - it is being true.

If you want a very personal relationship with God, then it's through your feelings and with feeling you will have it. You can't get that from your mind. A mental relationship is devoid of feelings, so a dead relationship - it can't go anywhere. A feeling relationship is alive and can go everywhere.

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Feeling-Healing

If you want a true relationship
 If you want to meet your soulmate
 Then you'll need to heal yourself through your feelings

You can't have a truly loving soulmate relationship until you're Healed

You will first need to see how untrue and unloving your relationship is

How unloving you are

And why

And then when you've uncovered the whole truth of your unloving relationships using your feelings you have in them, then you'll be ready to move onto having true relationships.

Then you'll be ready to have a truly loving relationship with your soulmate.

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Healing using feelings

Healing using feelings is presented as an alternative or complementary to healing using mainstream medicine or alternative/complementary holistic approaches. It can be used with both or by itself. And for the individual to choose which way to go and why, through their feelings.

It is possible some people will be able to completely eliminate the need for regular or alternative medicine by looking only to their feelings to help them uncover the causes of all their problems. And other people might want to rely increasingly more on their feelings periodically requiring the support from traditional or alternative systems.

The premise of using your feelings to heal yourself - Feeling-Healing - has various levels within it. It ranges from setting out to heal everything that's wrong with you through your feelings, which means, everything that is stopping you living true to yourself, feeling completely happy, self-loving, and accepting of yourself and other people. And so looking to heal everything on all levels, with the ultimate focus being on the soul. To become perfect like God. To live with a perfect soul and not caring then what happens to the physical body, as it will no longer be the source of love and happiness. And then there might be people wanting to focus more on specific trauma, emotional, mental and spiritual states or condition of mind, even problems with the physical.

The truth of Feeling-Healing is only newly being made available to humanity, and so one

can't generalise too much about how people might live it. However essentially if you choose to embrace it, it will become the basis of your spiritual growth, as you use your feelings to uncover the hidden truth of yourself. And there will be a progression to your spiritual evolution, one that will take you deeper into yourself, understanding all the reasons why you are the way that you are, and seeing whether those aspects of yourself are right and true, whether they are hurting you or are good for you. It will bring to light over years, a very personal and intimate understanding of yourself as you come to see the origin of all your beliefs and behaviours, and again, whether or not these are good for you or working against you. You will see how they were put in place, how you took them on, how you've worked and evolved them as an adult, and how they are interfering with your true spiritual growth.

Living true to your feelings is more than a holistic approach to live, it is a wholly spiritual one, you can't be more spiritual in fact; and by not living true to your feelings you are not being as spiritual as you can be.

Living true to your feelings means fully embracing them all, allowing yourself to feel them, and not doing anything to deny or reject any of them, and in particular your bad ones. And then when you are feeling them, allowing them to have their say, expressing them the best you can, and longing to know the truth of them they want you to see about yourself.

If doing your Feeling-Healing appeals to you, then it will be for you to understand that should you want to do it, it will take you back, and all through your feelings, to your early childhood helping you see if your early relationships were loving or not. And if not, how they negatively affected you, causing trauma and injuries on all levels. So you will need to be prepared, and want, to see all the bad bits about your relationship with your family and parents, and anyone else influentially associated with your upbringing. And it's to be prepared, and to want to spend a lot of very painful time focused on accepting and expressing your bad feelings, seeing why you have them and what they tell you about your early relationships.

Doing your Feeling-Healing will make you confront all the yuk within you, all the pain, all you are doing to run away from it. It is saying to yourself that you are not going to run away any longer because by doing so you are only making things worse for you and prolonging the day before you have to stop and face the truth of your unlovingness. It's taking full responsibility for your life, for your actions, for your feelings.

By rejecting any feeling you are not loving yourself. If you are not fully accepting and expressing and wanting to see the truth of your feelings, then you are being unloving. Being loving - which is truly self-loving, is going the opposite way to what you've been going.

So it's a commitment you are making to yourself to truly love yourself through your feelings, and once you have healed yourself, then you'll be truly loving. And so, until you are fully feeling-accepting, you will never be truly loving. To deny any feelings is to deny yourself the love you could have, were you living true to them. And this is what it all revolves around, working on yourself through your ongoing feeling-acceptance, all so you can heal all imperfection within you, all that's stopping you from being fully loving.

And so all your illness, pain, all your tragedies and trauma, anything that makes you feel bad, is doing so all to help you feel feelings which you can then use to see why you are in such pain, why you are sick, why bad things happen to you. And you only have such bad things happen because it's your soul trying to alert you to the fact that things are not right in you, something is wrong, you feel bad, and so with that bad feeling you can go into yourself and find out what it is. And once you see what it is, understanding the whole truth of it, then you'll no longer need it and so that part of yourself will be healed.

This is a Feeling-Healing example I recently had. I've been doing my Healing for many years so have gained through my feelings quite an understanding as to how my parents unlovingly treated me that caused me so many problems in life. I had seen a lot of what they had done to me, but there was still a question of how really was it with my mother after I was born and during the first couple of years.

During the night I woke up with a very bad pain in my head and a picture in my mind like a thick red bolt had been driven into it. I fell back asleep and there was no pain in the morning.

For the next two days masses of repressed anger keep surging up inside me. I've been working on, bring out, and accepting just how much anger I have in me for years. I am not an angry person, so I used to believe, because I learnt through force that it wasn't in my best interests to be angry. So I stopped myself from feeling it, using my mind to make myself believe I was nice, evenly balanced and mostly not angry. Which was the complete opposite of how I am, which I now understand because of feeling it all, being a very angry person, but one that's not allowed to express it for fear of punishment, all of which my

Healing has been helping me to see and accept about myself.

After the second day my raging starting to leave me with a sore throat, which quickly grew into a cold. I didn't want to go to the doctor, wanting instead to try and express all the bad feelings of the cold, all so I could uncover yet more truth about myself.

A bad wrenching cough then settled in which every time I coughed hurt the back of head. The pressure would pound into my brain, feeling at times like someone was hitting me over the back of the head with a hammer. And after a day of this, I started to feel very knocked around, weakening, feeling very bad indeed.

That night my coughing was keeping me awake. It was awful, a coughing fit would bring a little respite to the pushing up tickle in my throat, but just as I was about to drop off more coughing. And this in turn brought up more fury, I'd rage in my mind, as I didn't want to wake Marion anymore than I was with my restlessness, about whatever came to mind. I'd be praying to God to help me, to take the pain away, to help me sleep, to help me see what truth all these feelings were trying to show me; and then I'd be raging at God for not loving me, for being such horrible Parents to me, for making me feel hated by Them, spinning off in my rage as driven by my anger. I relate to God as my Mother and Father.

Then during one of my respites, instead of raging I went the other way and found I could accept the fierce tickle that was making me cough. And I sort of went into it, as if into the energy of it, and then I saw a baby being slammed down on a hard bench, heavily banging the back of its head. Then I knew I was that baby, and it was mum slamming me down. Then a voice said to me in my mind: "You nearly died numerous times." I spent another couple of terrible hours re-feeling in a sense, just how bad it was for me with mum, the two of us alone together, me crying, so much crying, and she having no capacity for dealing with me. She was too quick to anger, not wanting the burden and restrictions imposed by a demanding baby, I was the first, and copped the worst.

And I saw how she kept it secret, and then one day Gran saw the swelling and bruising and said, no, you can't do this, it must stop. And they would never talk about it again. She and my grandfather then coming more to take me away from mum, giving her some relief from the pressure of being trapped with me.

All of this understanding came to me as it does, resulting from my accepting and expressing my feelings wanting to see the truth of them. And it all fitted in perfectly with

what I already knew about mum and her volatility and her having no loving capacity when she feels trapped. And it filled in the missing part of the puzzle, giving me within all the bad feelings, a good feeling of finally, now I get it, now I can see the whole lot. Then I managed to sleep the rest of the night.

The next day, feeling even worse, but understanding about my pounded head and feeling a bit better at least about that, and talking about it all with Marion, I felt I'd had enough, well and truly, back then as a baby before I even really got going. And suddenly I started crying: "She hurt me, she hurt me too much, I couldn't cope with it, too much abuse, I feel like I'm going, dying, fading away..." And crying is something I've found extremely difficult to do through my Healing. But I felt completely fucked, she pounded me into the ground, I just wanted to crawl up inside something and hide. And then on one severe pounding memory that surfaced through my crying, I saw how we both got a shock that she might have gone too far. So that was it, I was never going to cry again if I could help it. That might stop her bashing me into the table. So I also saw the truth of when and why I stopped myself from crying. Crying only meant worse treatment.

And I have no way of proving whether all I was seeing and feeling about myself back then was true, both of my parents are dead and I'd cut off all communication with them and my family long before they died, when I started my Healing. But my truth from feelings, it coming like this, has consistently been proved right, so I have no reason to doubt this latest insight. And it all makes perfect sense. It explains so much of my behaviour, things Marion and I haven't been able to work out as to how they came about, why I am as I am, all of which we've deduced, but it wasn't until during the night that I was back there in it again, albeit in a small way, as for me such memories are never really clear. But the important thing about them for me is, that they just came up of their own accord and in response to my feeling so very bad and expressing those feelings the best I could. I didn't go fishing for them with my mind, and was even shocked by what I saw and felt. I'd gone easy on mum, for as I grew older and with my brother and sister to deflect some of her rage, she was able to control her fury more, and even to such an extent that I only saw one example of it later in my life, in which I was astounded that she could be so angry, and so masterful within it, and so unfeeling about it. And I wouldn't have wanted to be on the receiving end of it... and yet now I understand, I was, and many times.

During the next night my feet got so cold, they were freezing ice-blocks, whereas the rest of me, as I was sleeping with most of my clothes on, was feeling almost feverish. I was again in my mind, railing at the injustice of it to God: Why have You done this to me, why

have You subjected me to such unlovingness, what did I do to deserve it, it's not fair, I HATE YOU! And on and on I raged, and at the same time, instead of wanting my feet to warm up, I decided that, fuck it, I'd had enough, the cold could come up and cool me down, I wanted all of me to be a frozen ice-block! And next thing they were burning, and oh what a relief, they were HOT! However along with the sudden change in them came a huge upwelling of tickle-scratchy-cough causing me to burst from my bed, race to the bathroom and cough my guts almost out. I was dry reaching, wrenching the annoying cough from me, and at the same time seeing in my mind a bright red angry rod pushing its way up inside me out of my lungs up my throat, and I was hurking it out.

And fuck it was hard, I felt like I'd almost turned myself inside out, and possibly done some real damage to my throat or whatever is down there; but luckily no, it all settled down, and lying back in bed the voice of my Heavenly Mother said: "It's Over!" I cried some more, and again was able to sleep the rest of the night.

Then the next day, thinking I'd get better - wrong, She just meant seeing what I needed to see and feel concerning my early life was over, so far as what the cold could show me. I spent the most miserable day coughing and feeling my head being pounded, and could hardly talk anymore. There wasn't anymore anger, hardly even misery, I felt like I was spent. Once again feeling like I'd been pushed too far, I wished I could just go to sleep and block it all out - forever. I didn't want to participate in life if this was the shit that was going to happen to me; I felt too bad, could hardly think - too damaged. And I thought, fuck it, I need to get some help with this cold, it wasn't going to get any better even though I'd done my best at expressing all that pain out of me. I had hoped that it would end having once uncovered the truth of how badly mum treated me, but no, so I went to the health food shop and bought some capsules.

It might have been the alternative capsules that then caused my fever to flare up again, but that night I didn't sleep at all, just lying in the dark feeling completely fucked, having to get up and cough my guts out every so often, and feeling like I was burning up all over.

Then next day I couldn't face more of those capsules, and decided, fuck it, I'm giving in and going to the doctor. My head pounding from my coughing was too much and it was taking longer for the pressure to ease, I would go onto antibiotics and get something to ease the cough so I might at least be able to sleep and give my poor head a break.

Having to go to the doctor then brought up more issues and bad feelings, and even

surprisingly, some good feelings, all to do with past childhood experiences. The Medical Centre managed to squeeze me in and I met a very nice competent doctor who said I had acute Bronchitis and gave me what I wanted, and explained my head pain.

And the experience over all has helped me understand that in the context of Feeling-Healing, anything and everything gives rise to feelings. And all feelings are what we want, so we can use them to go into the truth of ourselves. And so whatever we feel to do is what we need to do, all whilst we continue paying attention to all we feel, expressing those feelings as much as we can, and longing for their truth. So it's not so much about whether one can use only their feelings to heal everything within them that's wrong without needing to use regular or alternative/complementary medicine or therapy, but how one is feeling at the time and finding the deeper reasons for those feelings.

Feeling-Healing is a new way of looking at ourselves, looking with our feelings being the most important part of ourselves. And understanding that since conception we have felt feelings, and since then many bad things (and good) might have been done to us causing us to deny those feelings. And until we go back by using our feelings to bring to light and so correct all the wrong, we'll continue to never make sense of life, never understanding why bad things happen to us, always missing the point of our feelings, continuing to deny ourselves the truth and love that will come as we truly heal all that's wrong with us.

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By living true to yourself, true to your feelings, you are living true to God. It's that simple.

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Some more Healing examples:

These are tremendous examples by Samantha (Sam) of how willing she is to go into all her pain, expressing it whilst seeking its truth; and then finding the truth, with the pain going. A perfect Healing example. The truth coming to her, as it will to us all, if we do our Healing truly.

A post by Sam on the Divine Love Spirituality and Childhood Repression forum

26 November 2016 (see [link below](#))

I have woken up to the fact that my whole life and what I do in it is all addiction. I am

feeling my feelings but I woke up the other day to feeling how pointless it all is when my whole life is just one big addiction, still avoiding the pain I really need to get to and going for the compulsions, the errors that drive me. How hopeless am I feeling!!!! Like there is no hope for me at all, it all started off so well, feeling after feeling coming up and a realisation being felt, but it was all only the tip of the iceberg, it was all just an intellectual awareness with a bit of feeling thrown in, but the real stuff, the grief I need to get to, hasn't even been touched yet and I feel bloody hopeless about it all. I am blocked to getting to the truth and causes of my deepest pain that all of my addictions are covering over, I am choosing them instead of feeling and I am so disappointed with myself, so let down at how rubbish I am. I thought I was doing good, feeling all my feelings but that is bull shit. I feel so powerless to feel anything at the moment and then I realise that I am very powerful, just in the wrong direction, in the direction of not feeling. I am using my will to not feel because I am choosing all of my addictions and compulsions because I don't want to feel what would happen if I don't choose them and everything in my life is an addiction, it's all so hopeless to live like this. What I have been doing has only scratched the surface of my pain and I am selecting what I want to feel and what I don't, and my addictions are showing me this is what I do. I am so scared of being overwhelmed by emotion that I am now blocked to so much feeling at the depth I need to heal for good and I know this is true, because just when I feel I have felt something fully to its cause, my law of attraction hasn't changed at all, I get the same event or compulsion arise in me again for me to feel about and it is so despairing. There is so much that I just can't reach and I pray to God to help me, but I don't get much of an answer because I have now worked out that God only answers me when I am in truth and I am not being true about wanting to feel the pain I need to feel because I am scared. I feel I am kidding myself and God knows this is true, I am getting what I truly desire and that is not to feel the depths of my pain and being very safe and selective about my healing so I am still comfortable to a certain degree, I can almost feel my cut off point when I am in an emotion, like, that will do Sam, that's enough now, you don't want to go too far, because there is a place in me that I feel is beyond return and I am scared of that place and God knows that truth about me and wants me to go there but I am too afraid.

Please God help me, help me find the desire, courage, and will to go into the unknown places within me to heal. I am so scared, I feel so alone and so abandoned to do this on my own. I feel like I want Mummy and Daddy to do it all for me, make it all okay, take the pain away for me so I don't have to do it and be terrified, what will happen to me God? Will I survive?

I have reached a point in my healing, where to go to the next level I have to cross this bridge within myself and all I can see is darkness and I am scared of it. I am terrified of 'Nothing', being nothing, seeing nothing, hearing nothing, what if there is just nothing, and I have to go and see for myself if this is true.

I am an ADDICT, I have created a life of addiction so I don't have to feel fear, and now that is all going, it's got to go and I am terrified: what does the drinker do without his drink, what does the smoker do without his smoke, what does the druggie do without his drugs, what does the coffee drinker do when there is no coffee? I feel like that, in that desperation, but with every aspect of my life, and it all has to go because it all is what I have created so I don't have to feel my childhood pain. I have created a life of safety through my addictions and I have only just awakened to just how bad I am, I am an ADDICT and I feel so fucking hopeless because I do these things without even being aware of them, and slowly I have become awakened to all of them and I feel hopeless because without them all that is left is PAIN and that is the pain I have to feel to heal. I can't choose them and choose God, and there was me thinking I want a relationship with God when really I want a relationship with my addictions. Get fucking real Sam.

I have come to a state of hitting the spiritual wall, I can't go any further until I use my will in a different direction. I am very powerful at using my will in the wrong direction and that is keeping me from God and in my compulsive addictions; I want them more, and while I am choosing them, I have to be honest with myself about where my desires lay and I am gutted at that fact, that truth, totally gutted and feeling very sick inside that my addictions control me and I let them, by me choosing them instead of not and then feeling the feelings of not having them, that's the real pain that the addictions keep me from.

I am feeling very bad, worse than I have ever felt, so let down and very deceived by myself not wanting to face and accept the truth, I am delusional if I believe I can have a relationship with God and continue in my addictive life that is so against feeling and God. That is my block to God, I am using my will not to feel, not to go to the depths I need to go to so I can release my deepest pain and God knows that, God sends me back a feeling that says "Sam, these are just words you are saying to me, I cannot feel truth in them, when you are in a state of truth I can help you, but your feelings are telling me you don't want to feel and I cannot go against what you truly desire and your desire is not to heal in this instance. I cannot go against and break my own laws of love and free will by helping you when you don't truly desire it, that would not be loving of me. Be true Sam, tell me how you truly feel, tell me that you don't want to heal in this instance and then I can help

you find out why. I respond to truth Sam, be true with me and you will have all that you need."

I am in a real confused mess, on a precipice of truth and I can't go back, but I am too scared to go over into the void of my feelings and the depths I need to fall into, I pray for faith and I am feeling all of my feelings about my lack of it. It goes on and on and on James, as you know. I fuck it all up then have a realisation about how I have fucked up and the truth comes to me, it's a constant up and down like this, up and down, up and down. But I am fucked up, in a real mess and that is the truth so I will feel all I need to feel in this space of shitty, fucked up mess.

Another post by Sam: (28 November 2016)

I have had an amazing night, feeling unblocked and able to move again. I have realised how much I needed to treat myself in such a unloving way because I had to see that was how mum and dad treated me, I had to awaken and become aware of that through my denial of myself through my feelings. I had to follow the punishment of my mind's denial to show me the truth of how I was treated and why I treat myself this way and I see it all so clearly today and all night I was waking up and having revelations going on inside me and writing them down and it was like, "Oh course Sam, this is amazing, this is the truth".

I had to go to the state where I could no longer go on like that and I did, I had hit my wall and done all you said, collapsed, and said I can't go on, I felt in despair and of course that had to happen because that was how I felt as a child, I can't go on like this living against my will, doing mum and dad's will, I was so ill and unhappy and all of this experience has taken me back so I can feel all of that despair again and heal it, and I am so totally amazed by how clever Mother and Father are at wanting this for me, it's genius.

Now I see the truth and have felt the depths of the denial of my parents, I had to be it to myself. All that pain I caused myself by denying my wants and needs and compulsions, it was Mum and Dad. Sorry if I keep repeating myself but I am so amazed, astonished at the lesson I have been through and what it has opened up in me to see - God it is all so amazing. They programmed and brainwashed me so well to do their will not mine, that they made sure I would still do it as an adult and even after their death, I would continue their legacy through denial of myself and living their lives through me. Brainwashed to treat myself as they did, punished and denied of what I want to do and have. No acceptance of myself at all.

Now I want to turn it around, I cried so much yesterday at how much rejection I had for myself, I now want to accept my wants and needs and compulsions. I am Allowed them, I can have them all if I want, they are in me as part of me, so accept them and stop denying myself of them and this makes me feel free. This denial of what I want has stopped my whole abundant life, I don't believe I can have anything because I have mum and dad saying "No Sam, you can't have it, it's not for you, we can't afford it, put it back". I have stopped my own abundance by not letting myself have the things I want because that is the truth of how it was for me. Denial of everything I want, denial of my own desires, so now I believe I can not desire and am not worthy of anything I want but every one else is, Mum and Dad are the only ones who can have what they want, not me, I am not worthy and this is a true feeling in me but I don't have to feel like that any more, and you have helped me see that, along with how I was coming round to it myself. Also, I couldn't go on in that denial, but I was being shown the truth of how I was treated so had to experience it all. The guilt and pain I was feeling has lifted now and I can accept that I want this thing and that thing even if it is 'Bad' for me, I am still allowed to have it if I want it, Mum and Dad have now lost their power over me as I regain it through acceptance of myself.

This is all brilliant for me James, and I will go with the revelations I am feeling inside and work further on how accepting I feel of myself because with that comes a softness, a compassion for myself and that brings me to tears for how much denial I have been forced to feel for myself, I feel sorry for me and sadness for me at how restricted I have been in life all because of the voices inside me from my parents telling me "No Sam".

Thank you James and Marion for saying what you have. The whole lack and loss I have felt in my life is because of Mum and Dad driving it into me that I can't have, my whole lack of abundance has been because of this and I believed it, I believed I couldn't have in my life and all I had to do was feel the pain of that which my whole denial experience of late has led me to do. When I turned it around and told myself I can have, when I accepted and allowed myself to have because I can, it all changed inside me, all the pain lifted, all the guilt lifted when I went with and stopped fighting my feelings with my mind, Me against Mum and Dad.

And another post by Sam: (22 December 2016)

Please God help me, I am in so much pain, ripping indigestion in my body hurting every

part of me. Trapped ripping gas that is burning me inside and can't escape, it has nowhere to go except inside me, hurting me as it tries to escape but can't. It is trapped inside me like my emotions, all trapped inside me without expression. I have had enough of the pain, I woke up with it and it is relentless, I can't move, I can't stand up, I can't sit down, I can't escape from this pain, there is nothing I can take to get rid of it because that would just be more denial of the causal emotion that is causing this pain, it would just be treating the effects not the cause. I am in an inferno of pain.

Mother and Father, I am so scared of feeling so much pain in my body, please help me reveal the truth of why I am feeling so much pain, the thoughts that go through my mind are, oh my god what is happening to me, I am ill, I will have to go to hospital, I might die. What is happening to me, I am in so much pain. I am so scared of something being really seriously wrong with me; I always blow it all out of proportion because of my fear.

I am out of control with pain, it has control over me, there is nothing I can do about it, I have to let it hurt me, I have to submit to its control and strength over my weakness. This pain is a bully controlling me; it's my Dad. The fear of it is always with me so I don't step out of line because it will come back if I do, it threatens me constantly.

I am filled with dread because I can't do anything when I am in such pain, Pain stops all of my experiences; it keeps me in a safe place of not doing, not feeling. I just want to stay in my shell, it's too scary out there, I might have to feel. My guts are on fire, burning inside of me like I am going to burst into flames from the inside, the flames are burning my stomach, the lining of my stomach is melting away as the fire burns and nothing will put it out except feeling it all, accepting it all and expressing it all out of me.

I have a brief relief from the pain and sit in fear waiting for it to come back, like the bully it is. Every time I move I can feel it still with me. Why do you want to hurt me? I sit being good for it, not annoying it just being in fear of it, appeasing it, pleasing it, being a good girl and not annoying it, the pain is my Dad. I am scared to move in case the pain comes back, if I just sit perfectly still I will not feel it, not anger it, not annoy it, just be perfectly still like I am not here, like I don't exist and then I won't feel pain. If I don't do anything I won't feel pain, pain has me in fear of growing, experiencing, moving, doing anything, I can't move because of fear, if I do anything I will feel pain and I don't want to so I don't do anything to trigger it as I didn't do anything to trigger dad's anger directed towards me. I might do something he doesn't like and then he will get angry at me, so I don't do anything, I don't even try, I don't exist, that is the best way Sam, then you can't

anger him or anyone else. I am safe when I don't exist to anyone. Existing is to terrifying, I can be attacked so just don't exist Sam. Don't exist to this pain I am feeling, deny yourself Sam.

As I am expressing all of my pain I am feeling the relief come into me, I am beginning to feel better, less pain, more comfort, less burning, it is dissipating, I am feeling so much relief and joy at the pain leaving me the more of it I express. I am terrified of pain. I can't believe I am now totally free of the pain now. I can do this; I can heal myself through my feelings, through accepting, expressing and finding the truth of my feelings. It amazes me every time because the pain is so severe and then it is gone.

I have cried and felt so bad throughout this experience but it is the only way for me to heal. I am now completely free of pain that a few minutes ago was crippling me and now there is no trace of it and I am at peace. I have felt it fully out of me, let it cripple me and take over and overwhelm me, as Mum and Dad did.

Sam's email reply to a message written by the Celestial spirit Nanna Beth:

(13 August 2017)

I loved that James. The celestials are so clever and know exactly what we need all the time. It has put me into a feeling of even deeper, not being able to trust myself or anyone else. That whatever I do I am going to be disappointed with the outcome. Getting my hopes up only to be crushed with reality because of a future imagining that will never come to be. I live in a fantasy world and what Nanna Beth has said has woken me up to seeing that even more as I plan all these false future outcomes for myself and the world, as I let my mind carry me away into fantasies. Shit I have lived my whole life in that fantasy only to be let down and the Celestials will help us do that, if its what we need to feel, the Fall when nothing transpires. What a crushing blow and all letting us feel the truth of how we were parented and it's so true, that's the truth and I can feel it.

I want to know the ending before we have taken the journey just so I can avoid feeling bad when it all goes tits up. I do it myself, I get out my tarot cards and ask the questions for my spirit friends to help me understand and show me what's happening, what's my future outcome because I am so shit scared of feeling the truth. My mind will take me to all the places I want to go to deny any pain but when I come back to my feelings, it's heavy, one is floating in the clouds in Lala land and the other is real, down to earth, the truth, I can feel the switch of mind and feelings, lies and truth.

I feel I can't trust anyone, that is what came up whilst reading this, I can't trust what anyone says, I can't trust what I say, what my mind says, all I can trust is my feelings, that is all there is, nothing else but how I feel right now in this very second. It has to come back to me every time and how I feel and heal that feeling. Anything I may ask a Celestial being is going to take me further into my evilness, even going along with it all until It doesn't happen and I get all broken down about it and have to scream and shout and hate them for lying to me as I have lied to myself, as my parents lied to me, the Celestials will take me back to how it was for me as a child taking me back to how I was parented so I can heal. It's fucking brilliant, so clever that you could miss it if you didn't see what they are trying to help us do, to heal.

I am feeling that I have been so stupid, living in such a fantasy of future expectations that will and have never occurred because I can't trust my mind, it's all full of bullshit leading me further away from my feelings. I can't be trusted and will always be let down when I am living in hope of a better future or great things happening to me, it's all a dreamers path of the mind's untruth. It is so amazing when you can see it so clearly how the mind will deceive me like mum and dad did, keeping me living in hope and such anxiety this brings to me in the waiting and waiting and waiting only to have nothing at the end of it, such huge let down and this explains so much for me in my life. My mum's famous words "Wait and see" saying it to me like there would be something good at the end of it all but just hoping that I would forget about what had been promised knowing that the answer was No and just not telling me that I can't have it or it won't happen. Wouldn't it have been good to tell me No Sam, that won't happen, instead of "Wait and See". I could have made decisions based upon truth instead of going off into my mind and creating these fantasy outcomes for myself based upon anticipation of what could or might occur for me and dreaming up so many false fantasies for myself only to be disillusioned time after time.

I understand what you have written with Nanna Beth, James, and it is having a huge impact on me at the reality of how much of a fantasy life I have led, all in my mind, a whole universe of fantasy and lies that never came true. All that did come true was what my feelings were telling me, but I hated them and wanted to deny them in favour of the lies of my parent created mind's fantasy. Oh my God, the anxiety this has caused me, the out of body feelings through not being connected with any truth, I can feel it all now just where this imagined life in my head has taken me and the pain it has caused when all I had to do was come back to my feelings, the reality. I never wanted to live in the reality of my life, I wanted the fantasy and I can feel that so much after reading what you have written,

it has helped me so much that I just need to cry at the deception I have been living, and I know it is true because I am feeling the child like feelings I get when it is true, it happened to me as a child and I am feeling like I am 5 or 6 being given all of these promises that never materialised, so I carried on doing to myself what mum and dad did to me, lying to myself. I have a lot to feel about with this and I feel very emotional as the truth hits home so deeply about the waste of living in my minds false fantasies.

Thank you James and Nanna Beth, I felt angry at first for being so misled but I get it now, I really do and it is incredible how you get us to see how we have trusted the lies of our parents and believed them and trusted them more that we could ever trust ourselves or God, we have trusted them to fuck us up well and good and it has worked completely on me. It's all brilliant and has woken me up to something so clear in me now and it always has to come back to how I feel, I can trust them to show me the way to my own healing, it's always got to be through my feelings, nothing else.

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James: 'End of my Healing' - one of my healing experiences (15 August 2017)

Yesterday, Marion asked me what I thought about speaking with any of my family who are in spirit, as I've been speaking with some of John's dead family lately. And up rushed the anger, and: NO WAY, NEVER!!! I don't want to have anything to do with them ever again! And even if they are doing their Healing - NO!

This morning as I left to go shopping, one of my new plants I'd put in which had just woken up after its winter rest and was looking so good, was lying in pieces, with the longest stem laid neatly over what remained of the little trunk, as if to say, FUCK YOU! You are not going to get what you want!

All the way into town I was expressing my rage out loud at not getting what I want. I get some of it, the other plants haven't been touched, only my favourite was chewed by the rabbit. I get a little, but then it's the same old thing, I have to give the rest away to my brother and sister: "Don't be mean, let them have some."

I've been over this before many times over the years, expressing my anger at not being the main important one, always having to put myself aside for someone else, and then being made to vicariously have my fun through their fun. So I raged all the way into town, and then just as I got to where I park, my feelings moved to massive hatred of them, and of them all, all my family including both grandparents.

I've never felt such hatred before. It was bursting out of me. I got out of the car and felt like I couldn't walk, I was so stiff, ceased up with the hatred, which explained why my

body has packed it in, over the years, to where I can hardly do anything with it. I am so full of hatred, hating being with them in every moment, I could feel it, any nice feelings of enjoying mucking around with my brother vanished, all was erased with only hatred remaining - so much for all my so-called love I had for them when I first started my Healing! Ha, that is well and truly long gone. And now if any tiny morsel of 'love' had been hiding anywhere, it was annihilated by my hatred.

And it was pure hatred, not just anger like it has been before. And I felt no way could I even begin to express it, if it all came out of me there'd be nothing left of me. My chest was aching at the pressure building in it, like a volcano wanting to explode, I longed to be able to get it all out of me.

So I went with it as I shopped, raging in my mind, hating as much as I could, and eventually it fizzed out and I came back to my normal state. However I was changed, I now know that I hate them, once and for all, so there's no point remembering the times that I thought were okay, for they are all false good feelings over the top of this deep soul-hatred of them.

And I am saturated with it, and yesterday all I felt was negativity, being saturated with it too, as well as being saturated with misery, anger and fear. God, where does it all fit inside me? So even though I've expressed masses of these bad feelings over the years, really one of the things my Healing has done is open me up so I feel all those feelings more intensely, so I can express even more of them!

I feel like I've put my toe on the tip of my iceberg of hatred. And I feel good that at least I've got there. Everything, how I relate to people in the world, to Marion at home, it all points to, as she's helped me to see over the years, that I hate everyone including her, that I am projecting the hatred of my parents and family onto her and the world, yet I've not been able to really connect with it, so now I have.

And along with these feelings, lately I've been feeling more at ease with all my wrongness, no longer fighting it, accepting Marion's help to keep showing me how it is, working at why I am that way, seeing more of the truth of it as my feelings bring it up, and feeling that I can't do anything about it, God is keeping me as I am, so I will just be true to it. So feeling as I can't change any of it, just being it, feeling it, because I am it, allowing it to come out more, not resisting - accepting. And understanding that I will keep going this way until I do change, until I no longer need to keep uncovering such truth, which I imagine will be when I've seen all I need to see. And I also imagine that when that happens, I will make the transition into being of Celestial truth. And then be able to experience all my faults and wrongness, all my unloving ways of being that I am now, going, so I can then experience the opposite loving ways, bringing out all those parts of

myself that have been denied and neglected. This being the end of my Healing.

With Nanna Beth, talking about what it's like for her in spirit having finished her Healing (15 August 2017)

James: Nanna Beth, Marion and I were talking about the male/female approach, with my needing a picture in my mind upon which to base my feeling expression, truth and understanding, whereas Marion only needs her feelings, she herself is, if anything, the picture, just by being herself - all she feels, and her being is the base from which she expresses all her feelings. She doesn't need the mental pictures as much as I do.

So an example of our difference is, I ask you about life in the Celestial spheres wanting to know what it's like over there, what it looks like, where you live, the set up with your soulgroups, and so on; whereas Marion would want to know, how you communicate with each other, what you feel with each other, how your relationships are different to how they were in the Healing worlds. Marion is intently focused on the people together, the interaction, all the feelings involved, not where they are and what they are doing, those things being only the props for people (and spirits) to express themselves to each other.

So I want to ask you, how is it between you and your soulmate on the relating and connecting to each side of things, compared to how it was in your relationships in your wrongness?

Nanna Beth: It is as Marion was saying. We are true and perfect in our self-expression upon entering the Celestial spheres, we are granted that, we have to be in that condition to live here, and it will be same for you on Earth when your Healing ends. So our whole focus is on expressing ourselves, and it's easy to do, we are like how a young child is, you constantly want to express your feelings, you can't not do it. You can't help yourself. It just happens naturally because that it is the light in your soul, it's all that you are, it's how you live, and with everyone around you in the same state, so you express all you feel all the time to each other.

And you do it without thought, just like a child does. You have to make a great effort, because to express yourselves, you James, are still living against yourself, against expressing all you feel, you are no longer a true child, you're a rebellious adult, living against the natural flow of your soul, against your own true love. So your relationships are built around the limitations of your self-expression.

We feel a feeling and want to convey it to the other person (spirit), our heart opens to them, we feel our will activated at wanting to connect with them, and when we see they are ready, willing and open to receive us, we speak, we will our feelings and thoughts to

them, and they readily receive them; and if they feel too, will respond in kind, that being what they think and feel. Just look at little children how effortlessly they communicate with each other if they are free to do so. And we are just as free only we are adults too, so we're fully aware of what we are feeling and mostly why we are, and what we are doing in wanting to be with and fully connect with the other person - or spirit, in our case; and knowing, because we feel it, how the other person (spirit) should respond to us. And if they don't, then why, what is wrong, we feel bad, they feel bad, and we work to immediately sort it out; and we do, the truth coming to light very quickly. But such miscommunications are rare, and rarer still the higher you go. In the early times of our life here in the Celestial spheres having finished our Healing, we are still bringing into being a lot of what was denied us, so all our retarded and repressed attributes and self-expression. So we have a few rough patches we need to bring up to scratch, and that happens all very quickly because everything, our whole way of life and how we express ourselves, the light of the sphere we live in, is supportive of that. Everything naturally resonates to perfection over here, unlike in the mansion worlds and on Earth where everything is resonating to imperfection because of the Rebellion and Default. So all you are finding very hard in your own self-expression James, and all those parts of yourself you are coming to accept are wrong and you can't do anything about them other than keep expressing what you feel, are sorted out and healed and your whole being works for you instead of with your mind against you, as you currently are.

And our whole interaction, as I said the other day, is loving. We feel such love. You don't feel any love, so you can't begin to understand what feeling so much love would feel like. And you're not to know until you are fully Healed, that too you are coming to understand and accept currently. You can't feel loved in your unloving, love-rejecting states, it's impossible, other than the corrupted mind-influenced love you all know. But true pure unadulterated love, the real true love from your very own soul, you, the love that you are, that your Heavenly Parents made you of, that is what we express all the time; and so being so loving, you are always lovingly reaching out to your soulmate, to the others in your soulgroup, to everyone you have anything to do with. And naturally, they respond to you with their love, and so love compounds, and at the end of the day we have to rest simply to integrate all the love and good feelings we're feeling, unlike you and Marion having to crash at the end of the day feeling so bad as a result of how unloved and alone you've felt all day.

James: The main point for me at the moment is what you said in not thinking I should be any other way than what I am. I am unloving, so I am, and it's for me to be it. I did think my Healing as I progressed, should make me come out of myself, make me loving, more

expressive, more feeling, more wanting to reach out and connect with Marion and everyone else, and it has to a little degree, yet that I can see is only to help me see more truly how I'm not all those things, and how I'm closed off, hateful, unloving and rejecting of myself, Marion and everyone else - completely negative. And so instead of fighting that, accepting it, yet only accepting it as I naturally feel to, I can't make myself accept how I am when I hate being as I am, I can only express my bad feelings and grow in truth of how fucked I am to the point of feeling naturally self-accepting of my unlovingness, and that is what I feel is happening to me now.

Nanna Beth: It is James, that is what happens as you move toward the end of your Healing, for your bad feelings have given rise to the truth of your unloving self-denying state and now you are accepting that truth. And as you say, it's not about you trying to change yourself, that is all lower stuff, what you were wanting your mind to do because that was how it was trained to be. You believed - wrongly - that you could change yourself using your mind, however as you now understand, you can't, and no one actually can. You can delude yourself that you can, yet once your childhood is finished, you can't work your mind like that. And all you are doing is only outworking your childhood. So all you can do as an adult is work to accept all that is the truth of your childhood. And when that's seen, so then you will end your rebellious ways, your soul unites with your Indwelling Spirit, and you become divine from all the Divine Love you have longed for and received, and you become a different being, (morontial, as The Urantia Book says) you are immortal, you will always be, your survival has been assured, and as a consequence you do change into the first level or stage of perfection, which is that of the first Celestial sphere. And then you can express yourself free of the Rebellion and Default, and that is all-loving, and so that's what happens. And it takes a little while getting used to it, it's a huge change in us, which is why Kevin is not wanting to come rushing to make contact with John, because having just come over here into the first Celestial sphere, he is still getting used to the new light within himself. And in a way it feels as if you've been ill for a very long time, which in fact you have, the whole of your rebellious anti-love life, and suddenly you are fully healed - a miracle of sorts, and you are a bit wobbly on your new spirit feet as you get used to all the good feelings, all the love you feel from everyone, and even the love you feel for them! When you've never really felt true love, and suddenly you start to, it takes you by surprise at first, and you think, wow, this is love, this is really what it feels like, oh my God, it feels so nice, what lovely feelings, I love these feelings, I want more of them, they make me feel good and I don't even have to do anything to make myself feel them, I am just feeling them. Which is again the very opposite of how it's been for you James, and really for everyone if they were able to be true to their unloving states.

I know it's very difficult, but the big mistake people make in their Healing is thinking they should be loving, and the more they progress, believing love should come, they should feel it because isn't that what Healing yourself of being unloving is all about?

However, although that is true, it doesn't work like that. So you'd be much better not expecting yourself to feel love, express all your bad feelings about not feeling it, and of course everything else you feel: wanting it, and how much do you want it, being angry that you can't have it, demanding to have it, and so on; whatever you feel, yet knowing that you are working to fully embrace and accept your state of no-love, the state of the Rebellion against love, and so in that state, there IS NO LOVE.

So by the end of your Healing, you should be actually feeling fully unloving, the whole truth of your unlovingness, and not fully of love. You should be true to how it was for you through your early life, and the real truth, on a feelings and soul level, and not that of your mind which might have believed it felt love from and for your parents and siblings. And to further understand that real true love won't actually come until your Healing has finished, then when you are of a Celestial truth, then you'll feel love and be all-loving.

And I know it's been a long time in coming for us to reveal such truth to you, but you've had to get there yourself James, you've had to work your way into this state or level of truth before we've been able to discuss it with you.

James: Yes Nanna Beth, I understand that, I can see how you've matched me each step of the way. And now I get it, for here I am feeling it, so I'm glad you can tell me about it.

Nanna Beth: As are we James. However that is all we can do, as we can't help you become loving, no one can, not even the angels will cross that line, because that's all between you and your Mother and Father.

James: I understand that Nanna Beth. And I am feeling closer to Them, not more loving as I can't feel love, and rarely does any Divine Love come into my soul these days, however that too I am not fussed about, feeling I probably have all I need from the days when it did freely flow into me, so I am just focusing on being true to what I feel and nothing else. For I do understand They will change me when the time is right, and I'm even feeling good, I even got a bit teary eyed about it earlier today, about all I've been through and how fucked I am. I'm glad I'm so fucked, because I do feel I am getting to know quite thoroughly my version of feeling unloved. So I see this as all part of my self-acceptance, no longer rejecting my yuk bad parts as they come to light, even just going along with biting my nails, overeating, just doing what I feel, and if I feel bad, expressing those feelings. And I'm longing for the truth all the time in one way or another; meaning,

when I feel bad, or just any time when I feel stable or even good, but again not forcing it with my mind making myself remember to long, just doing it all when I feel I want to do it. And if I don't want to do, hey, that's fine, I don't feel bad not longing more than I am. And it feels good finally giving up so much of my controlling mind.

Nanna Beth: And it feels absolutely wonderful giving it all up, you have no idea James, to actually feel free of the controlling tentacles of your mind. And to be able to reflect back and understand just how much mind you were, how little feelings you lived and expressed in life, even though you felt all the way through it. But feelings without truth are meaningless, letting of steam as you have written, and all just mind generated. So to feel completely your feelings, you are feelings, and then your mind is there to totally support them and not get in the way, no longer stepping in and taking over, and you are no longer living unconsciously expressing your beliefs without any understanding or feeling that you are, oh it's just so, so good James, and so worth it all, so worth going through such hardship when finally you do feel so, so, good.

James: I just realised as you were saying that Nanna Beth, our fusion with our Indwelling Spirit that takes us into the Celestial level, the fusion really signifies making right all that's wrong within us. Our Indwelling Spirit is perfect, and so to fuse with it in our soul, means all that we are has to be of that perfection too. So that is why it's so significant, it being a state in our growth for people and spirits subjected to rebellion, like we all are, with fusion meaning it's the end of it, we can be purified once and for all of it, left untainted by it, FREE! Almost like a spiritual fire that purges us of all impurity, all rebellion, that being, once we've seen the truth of how rebellious we are. Yes, so that makes even more sense, we are to uncover the whole truth of our wrongness, feeling it, knowing it inside and out, and THEN when we attained that level, being aware of and fully accepting of our unlovingness, then fusion takes place, a real full-on super-spiritual experience that shifts us from the imperfect to the perfect. And then we can have perfect and true relationships with everyone, with ourselves, nature, each other, and with our Mother and Father, which we can't have before our Healing is finished because we're unloving and imperfect. And I'm sorry to keep going over and over these points, but I'm working it into all the different ways I see it, it all coming together, slowly painting the picture I need.

And I guess a lot of people understanding the theory of this will try and jump the gun by using their mind and believing they are true and perfect and all-loving and are fused with their Indwelling Spirit, before they actually are?

Nanna Beth: Which is what the high mind spirits are trying to fabricate for themselves

using their mind claiming to be Enlightened. And yet they have no idea what they are talking about.

And yes, it is possible James, as you know you did it yourself early on in your Healing, you have a big spiritual experience as part of your awakening in your Healing, and you quickly bring in your mind making yourself believe your Healing is finished, you've done it, you've even fused with your Indwelling Spirit, you've made it, you are true and pure and all-loving and at-one with God. But if you are still longing sincerely for the truth, then you'll soon move past that mental aberration, feeling yet more bad feelings coming up swamping your vainglorious mind, and you'll have to admit that you're not as progressed as you believed you were, that you jumped the gun, got a bit ahead of yourself, made it all up, are not yet Healed, and seek the truth of why you did that, through your feelings.

James: Yes, I can laugh now Nanna Beth at myself, for I think I finished my Healing about three times, with Marion saying I was full of shit, that I hadn't even started it properly, she being proved right of course.

Nanna Beth: I think we all do it James. We all want it to end quickly, and no one really appreciates just how much truth is involved, and so how long it's going to take to work yourself steadily along releasing your repressed feelings into uncovering the whole extent of your unlovingness. It's not something you can apply a few simple steps to, say a few mantras, have a few meditations about, pray and long a bit, it's a long drawn out process of coming to terms with yourself, or coming to understand in just how bad a state you are in. It's seven mansion worlds worth of untruth that you have to ascend and bring to light within yourself, and that involves an enormous amount of bad feelings. And then to realise that all that enormous amount of bad feelings were what you felt through your early life - well, it's amazing you didn't just perish with the pain of it all.

James: Yes, it is. I'm going to leave it there Nanna Beth. Thank you again for talking with me, that's helped me understand myself and our Healing even more. I think I might have got it, I think it might have sunk in now... however I know the danger in making such a claim, so I'll probably want to talk more about it with you sometime soon.

Nanna Beth: It's my pleasure James, speak to again soon - good bye now, love Nanna Beth.

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A post by Sam on the Divine Love Spirituality and Childhood Repression forum

(22 June 2017)

Faye has had a bad toothache for a while now so she asked me to take her to the dentist. It has been awful for her and awful for me, she won't let them inject her to do the work so they have referred her to another place that will put her to sleep to do the work all in one hit but that still means a needle in the hand to put her to sleep and she won't let them do it. I have been feeling such despair and hopelessness about this, feeling like there is nothing anyone can do for her.

We got home and I sat with her as she cried about it all and how she felt so terrified and slowly the memories came up in me of when I was the same and would not let the dentist inject me when I was 11, he threw me out. I began to remember the terror of having something done to me against my will, More pain to get rid of pain. It all hurts so much, I don't want pain, I have to consent to someone stabbing me with something sharp and it's going to really hurt me, this man is going to hurt me and I have to let him. What are you doing to me, why are you hurting me? All the feeling came up in me to feel.

I was having so many feelings that were so overwhelming, I didn't know what to do about Faye, she won't have it done, I feel so helpless and out of control, I can do nothing for her, she will have to stay in such awful pain, what if it never ends for her, I will have to watch her suffer terribly, the pain will never end, she won't let me help her through feeling it and she won't let the dentist help her, all is hopeless. I feel in such deep despair and so full of confusion and anxiety, I am buzzing with anxiety almost going into panic as I lose control, I am terrified, totally terrified at the pain this is bringing up in me, endless pain, never ending pain and no one can help, it will never end and there is no one to help me, no one understands me. This will always be my life.

All of Faye's pain, I have been feeling because it is my pain, Faye is feeling my pain that I have passed on to her and I feel so helpless. I want to fix her, I want to take her pain away for her by making it more painful and forcing her against her will to go and have the treatment done and now I feel like my mum, as she forced me to go and have the same done against my will. I want to take the pain away so I don't have to feel bad any more, Faye is making me feel bad as I made mum feel bad and she wanted me to stop it! I had to go to the dentist as a child and have all of that awful stuff done to me because mum didn't want to feel or be true to any of her pain, so I had to suffer for it while she watched me in agony. I am my mum.

I was sitting outside with Faye after her dentist appointment and told her I wanted to understand more about how she was feeling because I want to heal it in myself and I was having trouble feeling. I asked her if she could tell me how her fear feels, she said "I feel weak and out of control, I don't want it, I don't want that needle near me and I won't have it, I can't let them even come near me and put that sharp thing into my body, it makes me cringe and no one can force me, it's up to me. Why do I have to go through so much pain all the time Mum?" I wrote this down and Faye began to cry as we spoke more, she felt like all of her choices were being taken from her and she had to make a decision that she didn't want.

She talked a lot to me about how she felt and I listened and wrote, she started to laugh about how weird I am writing things down, but to me, all she was saying is how I feel and it helped me access some deep feelings in me. I realised that I was being my mum and wanting her to just have the treatment done, I wanted to fix her so I didn't have to feel pain and she was saying, NO, NO WAY, which is what I would have wanted to say but couldn't. Faye was showing me that she will make her own choices and no one will be pushing her, if she wants to come to me to feel and heal or go to the dentist when it all gets to much, it's her choice, totally. I had to pull myself back and just deal with how I feel about it, mind my own business and leave Faye to mind hers and when she wants me she will say. Even talking about it in the time we had, Faye felt better, she got out of her how trapped she had felt by having her will taken and having to make a decision about her treatment when she didn't want to have to make one, it is all pain and she is sick of so much pain at her early age. Faye feels people instantly, she knows what they are feeling and said to me she could feel me pushing her to just get it done even without me saying anything and she was right, that was a feeling that I had to let go of and feel, the very same feeling that I felt from my mum, just get it done Sam and then we can all be happy again, you are making us feel bad and helpless because we don't know what to do with you, you are a pain Sam, so just do as you are told and go to the dentist and get it all fixed. Fix the tooth but deny the pain, and I was doing that to Faye. I am now still working through those feelings as we speak, even writing this is helping me see more about myself and the feelings in me that are from mum, I know they are from mum because I can see her and feel her in me as the feelings come up. When I feel dad's feelings I really feel and see dad, and when I feel mum's feelings I really see and feel mum, it's good, it helps me so much to feel who I am feeling, who created those feelings in me.

I am slowly feeling so much better about this, I don't feel like I have to fix Faye so much now but all I have to do is fix me by feeling all I feel, I have pulled my self right away from

Faye and took responsibility for how I am feeling and we both are feeling better, Faye has no more tooth pain and I feels much better than I did yesterday and the days running up to this when Faye was in pain, I no longer feel I have to fix her but just feel and ask Mother and Father to help me find the truth. I feel like when I accept, Express and find the Truth of my pain, it releases her from some of her pain to, that is how it felt this time, as I felt it all and where it comes from we both got better, felt better. I have more to go through with this, always more.

This is the hardest thing I have ever done, so hard, but it is also the greatest thing I will ever do.

Another post by Sam: (24 June 2017)

Even more pain is coming up in me about Faye and her tooth situation. I have been praying about it and I am now very distressed, feeling so panicky and out of control.

I have approached Faye about what she wants to do because the dental hospital wants to know. She can't say, she doesn't want any of it done and as I get into more feeling about this I am panicking at the lack of control I have. I am so scared about how much pain she will be in if she doesn't have it done, I am feeling the never ending pain I have always felt. I can't help her, I can't fix it. I am so sorry for repeating this over and over again but I have to get it out of me, I am so scared. I have to stand by and watch helplessly as she goes in and out of pain, feeling every bit of it as my own. I have no power, I am helpless, I am out of control. I can't fix this, I am so scared of pain and she is helping me feel this overpowering consuming pain in me. I feel so useless, so weak I want to just drop to the floor and never get up again as the life energy flows out of me, I feel like I am dying, I have no breath left.

I have no control I feel lost and confused because this is out of my hands, it is Faye's pain and I can't reach in and get to it. Please Faye go and get it sorted out, please stop me from dying, it is to much pain for me. Please Faye Go, stop the pain, stop me having to feel this torture I am feeling inside. I don't want to feel this way, sort it so I can feel better please. I don't want to have to feel any more dread and hopelessness, please get it sorted. I feel like I can't survive the longer this goes on, I just want to die it's all too painful.

I am so scared of this, it's so huge and won't let go of me until I sink into feeling it fully, I am terrified. I feel completely horrified at how helpless I am over this, I can do nothing to

help, what am I to do, please God help me, please, please, please I need you so much I am feeling so awful. There is nothing I can do for her and she is no longer in pain but I am, I am in torture at the helplessness I feel because I know the pain will come back and never stop I am just waiting for it to come back and I can do nothing about it. It is all so hopeless, I am so useless and pathetic I feel like a blob of nothing on the floor, so useless, helpless, hopeless and I have to just throw my hands up and now I am feeling a feeling of all I can do is give up, submit accept it all, accept I can do nothing, I can't DO ANYTHING, I can't FIX IT, I AM HELPLESS, I AM HOPELESS, I AM POWERLESS to do anything. I want to accept this, I feel better, I am changing as I accept this, I am really feeling the acceptance sinking into me, that is the only way I can describe it. The acceptance is filling me as I write. I want to give it up and let it go and it feels like it is draining out of me as I accept and submit and release all of the false power and control I had. I want to ask God to help me heal this, help me feel all of my false control and power leave me.

I am feeling so calm now, so incredible as I feel it all leave me, all of that poison drain out of me. All of the chaos I was in is now leaving and even my typing has calmed down and I am now not making mistakes in my erratic condition, it's amazing as I submit to God's help I am receiving it. I am seeing it in all its truth, all the false power and self reliance I have in me to control everything and fix it all without God, it can't be done, it's all the mind's control trying to over ride God and it can't be done, it just leads to this type of breakdown of the mind's control. As I have given it up, in that moment I felt a pure submission to God and I just want to cry and cry because I have made it so hard for myself for so long. God wants to help me with this through my feelings, through that acceptance of feeling the despair of my helplessness when doing it alone. I now feel like I want to bear it all to God and just be with them, let them have it all, let them help me with all of it as I accept and express it all to God it melts out of me. I am feeling a trust I have never felt before, never. I have never felt this feeling of complete acceptance, it's like they want it all from me, everything, I have to give it all up, they want it all and I am writing this as I am feeling it from them. It feels like they are beckoning me to give them more and more of my pain. I will leave now.

And another post by Sam: (26 June 2017)

A truly great outcome from all of my Feeling-Healing. Faye came to me today and said she wants to go to our local dentist and have the treatment like a normal patient instead of going to the Hospital to be knocked out. She was very calm and said she doesn't know

what all the fuss has been about now.

I am so pleased and know that this is an amazing outcome of all of our feeling Healing, we have talked about our feelings to each other and cried and felt the fear and I can feel it has lifted out of her, she can't even remember what the fear felt like, I am so pleased for her.

Today she also came to me with new feelings she wanted to talk about to do with her driving lessons and how scared she is lately of driving and I have also expressed my fears of driving and I never realised how scared I am of it, she is now bringing all of it up in me and I love it, she is helping me and I am healing her by listening and expressing my fears too.

I had to share that great outcome with everyone on here because it was such an overwhelming fear for us both. Feeling-Healing works, I love it.

An email from Sam: (1 September 2017)

I loved all of it James, to read how it is for the Celestials all seems so far away and makes me feel so dense, heavy and full of so much that needs healing, almost like I will never get there as more awareness of my untruth reveals itself to me.

The way they communicate their goings on with you, to each other, and just how many celestials are told of your thoughts and feelings, this all helping them grow further. I was visualising the great sharing Halls full of spirits, how wonderful to have this experience and being able to share and all talk about what you feel, I would love that so much, to be in the company of so many like minded spirits who all are so eager to know more and learn and grow together knowing that you all want the same thing instead of being so alone with all of my thoughts and feelings and having no discussions physically with anyone, thank God for internet.

I am so excited to see what its like in the spirit world, to actually experience it all yet scared also of my passing over, it's the pain I might go through, it really scares me as all pain does and my whole life has been about not wanting to feel it, doing all I can to avoid it and deny it but through my healing, it is all being addressed, all coming back for me to feel and the compensation of the pain I have caused others is so hard at the moment as I become aware of more and more of it. I have been going through with Faye and her dental treatment and today we had another session and it was really intensive and invasive for her

and so traumatic and she expressed it all very outwardly, the dentist was unsure of how to handle it but I told the dentist to just let her feel it all, leave her to cry and try to escape. All Faye wanted was for me to hold her through it, and I did, I was crying with what I have put her through and all of this could have been avoided if I had loved her enough to teach her to look after herself, eat and drink healthily and cut out the crap I had given her, as was given to me as a child and I saw it all so clearly today, just what I had been taught, I had passed on and now the pain was apparent.

Before we went to the dentist I explained all of this to Faye and how desperately sorry I was for being such a bad mother and causing her so much pain, this was all my fault and all of the toothache I had been experiencing was compensation for the pain I was putting her through, my tooth ache was in exactly the same tooth as Faye's and although I wasn't going through the treatment, I was feeling the pain that I have caused Faye, knowing it was my time to feel the results of what I had created in Faye and all of my unloving, uncaring parenting. Today we had a long talk and Faye agreed with me and understood what I was saying about what my useless parenting has caused. I felt so proud of her for expressing her fear today and she has been the same for the last three sessions, the fear just pours out of her, and the dentist and nurse don't know how to react so I have to ask them to just let her go with it and feel her fear fully then she will let them get near her, and she does, she can even let them inject her once she is fully emptied out of all the terror, it is quite amazing to watch it happen and I think the dentist has learnt something about how to deal with fear, just let them feel it. Faye said to me that there is no stopping it, she wants it all out of her and it is all so perfect and when we got home she expresses her humiliation to me about being so scared and showing it in such an uncontrollable way, but I told her it is all so good and it is the way to heal which she is beginning to get a feel for by experiencing it and letting her fear show. I told her she is being how we all feel at the dentist, shit scared of someone causing us more pain, we all should be resisting, shaking, crying, expressing our fear as she did instead of holding it in and pretending we are okay, it's not how we truly feel.

Another post by Sam on the DLS and CR forum: (22 September 2017)

This is me and my daughter and today she came to the end of her dental treatment and it has been such an ordeal for both of us but we got through it together, feeling all that needed to be felt in the moment. Faye could not do anything else but express how she felt, it just poured out of her naturally, all of her fear could not be held back, she let it all out and it is the only way she could have got through it all.

I held her like a baby until she said it was okay for me to sit down, I was just there for her and wanted it to be that way, I wanted to hold her, cry with her, kiss her, let her shake and encourage her to go on with her feelings no matter what anyone thought. The dentist even said she would miss us both and how we handled it, all being so different to what she is used to. When I think back to how I would have been before my healing, saying all sorts of crap to her like, behave yourself, You're embarrassing yourself, stop being a baby, let her do her job, just get on with it and so on, just like my mum said to me. But I was terrified and Faye has shown me the truth of how terrified I was, she acted it all out for me to feel the truth of which I had to deny and be a good girl and just suck up all of the pain and the fear, I was not aloud to show it. I can see how I would have been and how far I have come because I felt so much compassion for Faye, I just wanted to be there for her and listen to her, she was all I was worried about, I didn't care about what the dentist might be thinking, today I felt so completely there for Faye only. I felt my heart was really attached to her, it is hard to explain it but I felt like we were one, both having the same fears and feeling them together. I felt so much love pouring out of me to her, this is how it should have been all along, me wanting to be there for her wanting her to express all she felt to me because it is how I felt too, I have a second chance to feel all of my feelings through my children because I created their fear.

I am feeling so much intense love for her that it is almost beaming out of me, I put this photo up of us because I am feeling so much love for her. I am so in awe of how she just expressed all she felt, she just let her fear out for all to see without any reservations and once she had done that she was okay to go on with all of the awful invasive treatment, even the terrifying injections. She came out of there feeling so incredible about herself and didn't know why, so I told her it was because she had felt all of her feelings and emptied out, there was nothing left of the fear so she could then go on to have the treatment without the fear. I don't know if she really gets it but some of it she does, she is beginning to experience the expression of your feelings heals you. She expressed herself like she was a child and the dentist just wanted to get rid of her and refer her to a specialist who deals with this fear but Faye decided to go ahead with it all and the dentist gradually stopped dreading Faye's appointments, even saying she will miss us and she just let us deal with it our way, then she was free to begin the treatment. It has been amazing all round and maybe even the dentist has learnt something when future fearful clients come in to her, just let them scream and cry and let all of those adults go back to being scared children again when they are in her chair, just as Faye did. I am so happy for her.

I love this photo of us, Trevor took it and I love it, today I am celebrating my daughter.

And from Sam:

Since my last post things have got very emotional between me and Faye. I went up to her bedroom to see if she was okay and she wasn't, she was deeply depressed and very sad and needed to tell me all about it. The depths of how bad she is feeling and how bad she feels being treated by everyone, all of her friends, her family and me.

It is so hard to be told what you have done to someone you were supposed to love and as Faye told me how she felt, it came to me so deeply that I have never loved her as she needed to be loved and every one in her life is reflecting that back to her and to me. They are showing me what I have done to her and what was done to me that I have poured into her. I sat there as she was crying and I felt totally helpless to do anything or say anything, this pain is in her and all I could do is to not try to fix it all for her but to encourage her to talk more about how she feels, about me, her dad, her older sisters who she loved but now want nothing to do with her, every one has deserted her, abandoned her and take great pleasure in disappointing her constantly. She feels continually left out of everyone's life and let down by every one, neglected, rejected and not cared about unless there is something they want from her.

She said she feels worthless as that is how every one treats her so that is all she feels she is. Faye told me that she has never fitted in with anyone, never felt that she is a part of anything and feels so different inside like she isn't meant to be with anyone and will always be on her own and she said life feels so pointless. She is mirroring my feelings exactly showing me what I have created in her, showing me the denial and rebellion that is in me, shoving it right in my face for me to see, spelling it out to me "THIS IS WHAT YOU HAVE DONE TO ME, THIS IS HOW YOU HAVE FUCKED ME UP, THIS IS HOW MUCH YOU DIDN'T LOVE ME, YOU MOTHER, HAVE RUINED MY LIFE".

I am feeling very desperate inside, like I can't do anything for her, I have ruined her and just left her with it, I have poured every unloving inch of me into her and am watching it all replay in front of me and all I can do is listen to her, let her express it all to me how bad she is feeling, let her swear at me, hiss and spit at me about the anger she feels but can't get to it as she needs to, I feel so helpless like I have passed on a disease to her that there is no cure for her until she uses her will to want to heal it through her feelings and DLS. I

feel so helpless, to know the cure to all her pain but it is only through Faye's own will to want to heal it as I am, that she can heal herself. All I can do is to be there to listen to her and help her reach her pain when she asks me, to keep being open to her and to know that one wrong word from me will shut it all down, just with one wrong word or look it will all be over and I would have lost her again as she goes back into herself and believes that all she can do is repress her pain because there is no one she can trust to just be on her side and listen to her with out judgement, it is all so fragile and it can all be ruined in an instant.

And:

Faye and myself have had such a great breakthrough tonight with Feeling-Healing. She has been sinking down deeper over the last few weeks with depression and I have told her I am here for her and her only, when she feels ready to let it out. Tonight she was ready, it was so beautiful to see her change as she expressed all of the pain out of her. This has made her ill and all I could do was watch as she sunk deeper into the denial and repression of her feelings, I could not interfere with her will but I just kept letting her know I was here when she felt it was time for her to let it go.

Tonight we spent a few hours sitting on her bed as we both cried together as she expressed how unloved and lonely and uncared about she feels, not being special to anyone and how angry she is about being so denied and rejected by all of her friends and family. The truth that came out of her was beautiful as she told me how she felt suicidal and wanted to die because she is so lonely and abandoned by everyone in her life. This was so hard for her to do, especially with me, her mum, but once she begun to express, the pressure begun to release from inside her, she was crying and shaking and all I could do was encourage her to go on, continue with how she feels, it was a truly amazing healing experience for us both as all that she is going through, I went through at exactly the same age and with exactly the same experiences and it brought it all back to me, all of my unexpressed pain when I was 18 and being so alone and without hope.

All I wanted to do was to be there for her to express to, be a listener for her and help her to accept her bad feelings and tell her how important and special they are for her to heal. They are the truth of how she feels and I want to hear it all, I am there for her only, if that is all I do for the rest of my life then that is what I will do, be her listening friend, not her mum, but her listening friend who treasures every expressed bad feeling and every tear because I know this is the only way to heal. I want to be to Faye what I never had, someone to talk to and express myself to. It felt so good to be there for her as more and

more came up and out of her and to see the small change in her as she went on expressing her feelings of how terrifying her mind's control is and just what it is capable of creating in her, she was terrified of going mad.

By the end of our time together in her room she felt so much better, lighter in her self and saw how different expressing your bad feelings makes you feel, she could feel the difference and had proof that it works and this has given her so much more hope that she doesn't have to be a prisoner to her mind's controlling thoughts and that by shifting to her feelings she puts herself back in control of her life.

I am so happy that she has let me help her by just listening to her pain and taking her seriously, something I never felt I ever had with my parents. Our feelings are very serious, they are the tools given to us for our healing and Faye is beginning to see that it works, I sensed hope in her despair by the end of our healing session together and the 'mum' label was stripped away and instead I was someone who Faye could confide in, express herself to and begin to see the specialness of her bad feelings.

And again from Sam:

Hi Graham, great to have you here, and thank you for what you have written. It sounds so obvious to me now to just listen to my children whereas before I would have been trying to convince them that they are loved and cared about but now it is a complete U-Turn. I am in full support of them knowing the truth, to feel it fully when they ask and Faye is good at it but my son is 23 and more resistant than Faye to feeling his feelings as deeply as she does. She is accepting more that I haven't loved her as she needed but my son doesn't want to hear that, he doesn't want me to feel bad so tries to protect me which makes me see just what I have done to him, making him be the one to protect me and need me and to honour me above all else, which is what I wanted from my parents, for them to honour and love me above all else but never felt it from them so I made sure I got it from my children. When he defends and protects me it hurts me more because I see the depths of the manipulation I have used on him to make him be like this with me, to make me feel safe. What awful shit to put on your child making them responsible for me, my happiness and safety, all that pressure put on him/them to look after their helpless mum, God it is all so sick and vile and I feel so ashamed of what I have done.

My son really let rip at me about a year ago saying I have changed all of the rules, I have gone back on all I have ever taught them and they don't know where they stand now, what

should they do with how I am now which is the opposite of the mum I was and I have told them I was wrong, very, very wrong, I have been a terrible mum, a lie, a sham and I am so sorry for the trauma I have caused them both through my parenting, which was mum and dad's parenting skills, they were parenting my children through me but I believed it all. It has caused a lot of confusion in them as you can imagine but I have had to go through times of sitting down with them both and explaining myself when they have asked me to and they are getting it but they are still weirded out with being able to express themselves fully to me and don't know what just happened when we go through our talking sessions, I just lead them into expressing naturally by fully sympathising with how bad they feel, not telling them its all okay, they are loved and the rest of it. All I want to be is a 'listening Advocate' as I call it, for them both, to drop the 'mum' label completely, all I want to do is be there for them both when they need to rant, vent, rage, cry, scream whatever they need to do to get the shit I have put into them, out.

They have both had suicidal thoughts at times in their lives, wanting to die as I have written about lately with Faye and I also suffered with this at her age of 18, I was constantly like it and now they both have times of feeling it too but I could never have expressed it with my parents, never, they wouldn't have wanted to hear it from me but I want to hear it from my children and I have told them that having suicidal thoughts is fine, it's terrifying but in no way is it bad to have them, I felt guilty for having them but any feelings my children feel about suicidal thoughts, they can express to me because I have also been there and I want to hear it all if they want to tell me, its them leading the way not me. I am not scared to hear my children telling me they want to die because I wanted to and had no one to tell. I am wanting to be the parent to them that I wanted for myself and it feels good and caring for me too, inside I feel as I accept them and their feelings, I am accepting it in me too so by listening to them, they are telling me exactly how it was for me and I get a second chance to heal myself to, through them, because I created it in them.

I think we have always been quite open with each other anyway but not to this degree, it is changing for us now and it is happening so naturally because I don't push my healing down their throats, I just do it for me as a part of my every day life and they see what I do and ask me what and why I am doing it and I tell them, not saying this is what you have to do, but saying I do this to heal myself. When they come to me for help I give them as much as they want and I know when to leave it with them, I can feel when I have just lost them or it is too much too soon, the energy between us changes and I stop until they are ready to ask more, I want them to lead themselves into their own healing if they want it.

They may decide to go deeper into their own denial as I did for most of my life and that is fine, I feel they have a foot in both worlds at the moment while they are so young, the world's way and mums new way.

What you have said Graham about me expressing real love with my children when I am listening to them express to me, yes, I have felt that when we are deep in our emotions and expressing fully I have felt a very strong connection with them, like we are one and although what we are talking about is so painful I am filled with a good feeling of release and acceptance, like a melting inside as my children pour out to me but although it feels good inside me I am still confused about love and how it feels and if it is true, I don't trust myself at the moment, I am very confused even writing about it now, I am confused about what it is I am feeling, am I tricking myself, is it real, it did feel it was a loving feeling but it is too early for me to tell.

It felt good to be recognised by you Graham, thank you, that meant so much to me and is something I have been feeling about these last few days, not being recognised, feeling so insignificant and invisible in my family group.

Speak soon.

And from Sam:

Healing and our Children

What I have found with my children is that because they are older, 18 and 23, they now have their own ways and the damage has been done. They are living fully in the negative and playing it all out in front of me, everything I have feared, felt, thought has been poured into them and they are living it in front of my very eyes, just as I did and just as my parents did and my whole lineage of family. They are the product perfectly playing out the errors of my unhealed family line and I can know my whole family group from Adam and Eve, through them as they show me all of the Rebellion and Default of my family, they are it.

Because I have found my time to heal is now and I am doing it intensively and my children see it and know the change in me, it doesn't mean they have to do it too. In fact at their ages it is too late too as it hasn't been something they grew up with from conception, it now has to be a decision that they make to heal to turn it all around, to use their Will instead of it being a natural process they have been born into so do it naturally.

We have always been a very feeling family and they tell me so much of their pain but as to the intricacies of Feeling Healing and by that I mean Feeling your Feelings down to the core and bringing up all of our Childhood Repressed feelings, I can't make them do that, I can't make them do anything and I don't want to.

What I have found with my children is that I don't even have to talk about healing to them, I have done and they are interested at times but what I don't want is to push it on them in any way, I don't want to interfere with them and they might stop coming to me if they feel that I am going to force Feeling Healing on them every time they want to talk with me about their problems and pains, it could repel them so there is a very fine line and such a fragile undercurrent and line that mustn't be crossed with them, if I do cross that line with them, it is all over, I have lost them and they won't trust me to just be their for them without any other agenda to have them heal. They can feel it and they can't be pushed or it's all over.

It all has to be what they want and at their pace and they are both so different. They both know that all of their pain comes from Me and their Fathers, they both have different dads. We have talked about it all so they do know it with their minds, but putting what they know into a Feeling experience is a huge leap for them and they are both scared of not loving me any more, they don't want to blame me, they are not ready for that yet, although Faye has begun to shout at me and raise her voice in anger at me when she is deep in her pain and Alex has shown me so much truth in the way he has handled his Father and that side of the family, it was so hard for him. He was being controlled by them so much that he felt he had to end it with them and he told his dad that he no longer wanted to see him or his Nan, he was so honest with them and told them exactly why, that they controlled him, they depressed him, they didn't want him to live his own life and so much more and I thought he was so brave and honest with them and it was just what I wanted to do with my dad and I did, Alex showed me how to do it and how free he felt after without them in his life. They have both lost their dads and I am all they have left but all they need is one person, whoever that is and for them it is me, to be there for them, to be on their side.

What I am learning with my children is that all I have to do is to be someone they can trust, I don't even have to speak about Feeling Healing with them, in fact it is probably better not to as then it makes what I do with them a PROCESS, like therapy. It all has to be led by them, when they want me, when they want to talk and when they don't. I have to respect them completely, they don't have to tell me anything if they don't want to but

by not pushing them to tell me what's wrong I have found they come and find me.

Faye had been upstairs in her room for a long time the other day and I could feel something was wrong and it would have been easy to knock on her door and ask her what's wrong but even that, which most people would say was a caring thing to do, for me, would be interfering by me instigating the conversation and would have felt wrong of me. I waited for her to come to me and she came down stairs and into the kitchen and all I had to do was open my arms to her and she came to me and began crying and I felt her whole body sobbing as she let it all out and we didn't move from the kitchen. We didn't speak but she just needed to cry and when she was ready to speak about it she would do that, it all being how she wants to do it and all I have to do is be open to her and not drive it or force it and let her be in control of her own feelings.

What I have found, and am constantly finding out more, is that I don't have to do anything to help my children to heal, I do what I do for me and my healing but for them, they have to lead it all and all I have to do is be there, open to them whenever they want me and I don't even have to speak just let them talk as and when they want to. I have found that with Faye, if I break into her pain by speaking it can all end, she just wants me to listen to her, with my Son he likes me to help him more to bring it all out. It is so different with both of them and I have had to learn that and it is such a fragile and delicate thing, one word and it could all be over so I have to be guided by them and what it is they want from me and to be on their side fully.

It's going to be a slow ongoing process for us all, my children are doing it, healing, but they don't even realise it because it is all evolving through our feelings all so naturally and going with them. The words of Healing don't even have to be mentioned to them because all they are doing, and so naturally, is feeling and as a parent I can allow this and encourage it or I can just as quickly shut it down in them and shutting it down is what I used to do and that is called 'normal and even good parenting', to tell them it will all be okay, don't worry, don't cry, oh don't be silly, you're fine, have some sweets or cake, and all the other things I used to say to them when they were younger, all teaching them to deny themselves and how they feel, God it makes me twist to think of what I said to them and how that has damaged them and now it has all changed and they have told me about the massive U-Turn I have made in their lives, they have asked me where do they stand, they are confused because as I heal I am changing and they are seeing it, it's all different so what do they do stick or twist!!!!!! I have had to apologise for it all, I have done it all wrong, I have ruined their lives and all I can do is tell them how sorry and wrong I have

been as a Parent, so wrong and within this U-Turn is a HUGE messy stage as we all back up on each other and just stop what we are doing because we are going the wrong way and as this is happening in my little family of three, I can see how it will all be the same in the world and it is just starting to slow down and back up as the truth is revealed and as the U-Turn changes, the back up is going to get very messy, just like it is in my little family, it's no different, we have been living one way thinking it is the right way, even though it hurts! then a few begin to heal and as more join, the old way grinds to a sloooow halt and the mess I am going through, the world will also have to go through. All of us being like my daughter and my son, men and women grinding to a halt and feeling confused, angry and like we have been led astray by our parents as we are now being told we are going the wrong way, very sorry, but you might like to turn around, it's going to take a lot of Humility and a lot of mess and within that MESS, is our healing. Shit, I have really gone astray but it's all relevant.

I love the feeling of just being open emotionally to my children, all the pressure has come off for me feeling I have to help them. They feel the openness and will tell me what they want to do with no pressure to have too and not feeling like they can't be sad or angry. I allow them to express all they want to and if they don't want to they don't have to, they lead the way with their feelings and I am open to them if they want me. We are all still in the back up of the U-Turn in our family, in the messy part and sometimes it is awful, painful, confusing and all the other words I could use and sometimes it is wonderful as feelings are expressed and leave them bit by bit but the great thing is it's happening, in its slow, confusing, kicking and screaming, up and down and messy way it's happening and as it's happening for us in our family then it can happen in the world, I can see it.

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A post by Sam on the Divine Love Spirituality and Childhood Repression forum

(11 August 2017)

A lady knocked on my door this morning to pick up something I was getting rid of and she wanted it but she said she would be around at 2.30pm. Shit, the house was a mess, there was piles of ironing in the lounge waiting for me to put them away, just a general untidiness that I would have cleared up had she stuck to her time of 2.30pm, it would have all been perfect but she has caught me out. I showed her into the lounge where this item was and I could have died with embarrassment and humiliation as she entered and I felt her instantly judging me, so I began my usual apologising for the mess I am in the middle of ironing and all of that crap that just came pouring out of me pleading for her not to

judge me or think bad of me. I was so ashamed of myself. Inside I was blaming God for tricking me, catching me out by making this woman come at this time knowing I would be triggered to feel all of these feelings, God is making this happen, they want me to feel all of these things and it is bloody working.

I felt very ashamed and embarrassed, what must she have thought of me, a tramp, a filthy slut, a dirty cow, lazy disgusting skanky bitch and on and on and on..... She was seeing the truth of me, it was being forced upon me to feel. If she had come when she had said, then she wouldn't have seen the truth of me, a mess. She would have seen the tidy, neat me, the me that I want everyone to believe is true, I am neat and tidy and keep a good house, bullshit. I am none of those things and it has been shown to me today.

She left and I curled up and died inside, cringing at the truth she had seen and now I was really feeling it. I have spent my life tidying up, cleaning, being the good house wife but the truth is I hate it, I hate being that, I hate doing it all and I am exhausted with keeping up the pretence and today the truth was shown to me through my feelings when this woman caught me off guard, in my truth. Now I have all these feelings to feel, I am in shock, shocked about how I really am and how much I have denied that truth and anyone ever finding out the truth as she did today, she knows the truth and I feel awful at her projecting judgments, just what I have striven not to feel all my life. Now it has come up for me to feel, my soul has orchestrated this for me to feel today. I feel like God has planned for this woman to not let me know she was coming early so I could feel all of this, I feel caught out, like I am not in control of anything in my life, it is all happening for me, by God.

I am cringing inside but also full of amazement at the healing opportunity that I have been given today. I have worked so hard all of my life to not feel the truth of how messy and out of control I really am and not letting anyone know this truth about me but the truth is out, I don't want to do any of it, I hate doing all of it, I only do it so that I am still loved, accepted and thought well of by others, but the truth is I fucking hate it all and today I felt those feelings from that lady, the feelings I wanted to avoid feeling, her projections hit me hard.

Now I will see how I feel as it all mounts up around me and let my family throw their jibes at me, feel the projections of my daughter's friends as they come in and see the state. I am feeling the anxiety of that already, I want to clean up so I don't have to feel bad, but I want to feel bad more, so I will leave it all and see how it goes and just feel my way

through it. There is such an unbelievable pull in me to clean up, it is unbearably strong. I am in this duality of feelings which is so confusing but I want to feel all of the bad feelings that come up in me, such a strong compulsion to tidy up.

A post by Sam on the forum: (11 March 2017)

It's so inspirational to read about Marion and how she feels like she has really broken through 'Something' with her healing. I love to read about how it is for her, it gives me hope whilst feeling my hopelessness in all of this. Let's see where that leads her, you are so lucky being with her and having her to continually pick you up on things, I wish I had that although I would probably hate them all of the time because as I go on I can see how I am just like my Dad, hating to be wrong and feeling the rage that's behind that and powerlessness and humiliation. I am very eager to hear more of Marion's progress and of course yours James.

My Mum came over the other day and she is very angry with me and said that I never visit them any more and this is wrong of me. She said why is this, I replied with the truth and that is that I no longer feel drawn to visit them, there is nothing there for me, I don't feel love and the more I feel about them the more I cannot go or be around them. She was so upset and hurt by what I said, it just came spewing out of me. She told me I have broken Dad's heart and it is up to me to fix it, she laid the blame on me and could not understand why I am doing this, she asked me that, she said I will make myself so ill with all of this unloving behaviour. I told her I have never felt so clear and healthy since discovering the truth about how unloving my parents truly are. She is very hurt and made sure I know that it is all my fault and went on to tell me about my childhood and the fact I never let them near me, even at the age of three, if I was hurt I would never let them comfort me so I went on to tell her that was because I didn't want them near me, hurting me further, I was scared of the pain they would cause me and couldn't trust them to just let me feel my pain and taking my pain away just caused me further pain.

It went on and on and she always leaves by cuddling me and telling me how much she loves me but I have never been able to do it back, or if I did it was a lie. I felt obliged to return the feeling like it was expected of me and it has never felt right for me to do this, so wrong to lie like that so I didn't do it and she was devastated.

She left and I cried like I haven't done for a long time, I felt all the feelings she wants me to feel, Pain, deep guilt, like I am to blame, Like I have hurt them so much, I am such a

bad person, I literally felt like I had killed them both and I am damned to Hell for ever. I felt like I had ripped them apart which is how they are feeling, incredible pain. I have just had to feel how bad they have always wanted me to feel if I don't do what they want, if I don't love them and stay obedient to them, feeling the silent bribery that really went on for me as a child being forced against my will to love them how they want and expect to be loved by their children. If I dared ever stray from that, I will kill them emotionally, it will be the worst thing a child could do to their parents, stray and become true to themselves and tell their parents the truth about how they really feel, they don't ever want to hear this truth and I have told them and I have ruined everything, ruined their lives and squashed all their beliefs of being the best, loving parents to their children. I have ruined it all, ruined their lives and I am to blame because I was and still am unlovable. I am to blame and as she said it is for me to put it right.

I have been sick with the feelings that I have gone against them and told the truth, I have ruined it all, how could I do this to my parents who keep telling me they love me so much and don't understand what is happening to me, she said I am having a breakdown, am making myself mentally ill, and I know they believe this and talk about it regularly.

All I can do is carry on grieving how I feel, how they want me to feel, how bad and awful they want me to feel for doing this to them. All I can do is to feel the huge blanket of guilt they made sure I kept with me so I never strayed from them and their control. As I go on feeling I feel the truth that they do truly want to keep me like this, in their illusion and I am breaking free of it, I can see the cracks in it all. The more I feel about it all the more I can see how much they have had their foot on me, never wanting me to see the truth. It feels so poisonous. On minute I feel good and free, the next I feel like I have done the worst thing I could ever do to them and I feel sorry for them and it is all how they want me to feel, the guilt stops me hurting them so they made sure they filled me with it. I am very confused, very, very confused with so many conflicting and opposing feelings and I keep bringing myself back to the feeling I am feeling right now, just feel it Sam, GUILT. I am a bad child, I have been a bad girl to Mummy and Daddy, how could you.

I keep wanting to defend them and say they were not aware that they weren't being loving, don't blame them, it wasn't their fault, they were just doing what they had been taught to do. Keep on making them always right and me always wrong and that's the truth, I was always wrong and to blame and they were always right and blameless. There is so much to feel and this is the hardest thing I have ever had to do as my façade breaks down about my

parents and how it was all an illusion.

An email from Sam: (9 September 2017)

Referring to the new lady who has contacted you full of excitement, I can't see how it won't affect her relationship if she makes up her own mind to go ahead and do it properly, it will affect every relationship because, as you know, they are all false and anyone not wanting to do their healing won't be interested in what she is doing and won't understand it. That is how I have experienced it anyway, from everyone. Everything untrue is breaking down, there is not one area of my life that isn't affected by this but the truth means more to me than my untrue relationships and I want it all to break down so I can see the truth. It is going to be a very hard time for her, her husband and children if she does it fully.

I understand what you are saying about the enormity of it all, it's scary, and people deciding to undertake it and how this is going to change lives, but for me, it's the only way. I have the proof that it is working, I am living it and I am changing all the time, sometimes in such subtle ways but they are huge really, any change is. I have healed my Lupus, depression, anxiety, Anaemia, those are the big ones, which could have killed me and I was in a bad way but what turned it all around for me was finding your work, James, and to finally stop running away from feeling bad but go into it all head on, stop, turn around and walk into it all feeling every bit of it and it has worked. I haven't taken a pill for three and a half years now, not even a pain killer or Iron tablet or the severest drugs I was on, all stopped as soon as I began to feel instead of deny, so I see myself as proof of what you and Marion are doing. It's been incredible because I am healing on so many levels and I am no longer ill and as soon as I get a feeling I am straight into it, feeling it all the way back to my childhood because I know it works.

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Some of my Healing experiences from the DLS and CR forum: (9 October 2013)

We've decided to buy a new car. Our current one is old and starting to cost us too much money to repair. We've thought about getting a second hand car, but anything that is half decent is half the price of the new one; the new one is at a good discount on a special price. It's a European car. It might last us twenty years, and hopefully we won't need another car after that as we might be dead by then. Our current car we've had for seventeen years. I don't want a car, but where we live it's too hard without one.

I feel scared, overwhelmed with fear this morning. Why am I feeling so scared - I long for the truth. I express my fear to Marion, saying all I feel with all the emotion of my feeling scared.

'I'm so scared that when we've got the new car something bad will happen... bad, something very bad... I don't know what... bad, like out there, something outside will happen and I'm so scared of it. Someone will come and take it - steal it. It's all so new and a European car, and thieves want those cars, not the crappy ones like our car. That's what everyone used to say when I was growing up, if you have a BMW or Mercedes, someone will steal it. Or they will come and scratch it, damage it somehow, to stick it up the wealthy. We're not wealthy, but with the price it's at what we can afford, but I'm so scared someone will come and wreck it... scared, so fucking scared, shit I feel like I'm shitting myself with fear, as if I'm lying in bed and it's dark and I can hear someone at the car outside in the driveway - what are they doing, are they going to steal it, or scratch it... scared, so scared, I'm so scared.'

I'm sweating with panic, I can hardly speak, the fear is coming up in me, it's consuming me, I hate it, I hate feeling scared the worst of all, and I feel so scared so much of the time. I long again for the truth - why am I so scared. I ask the Mother and Father to please help me see the truth though my feelings why I'm feeling so scared.

I start saying to Marion how scared I feel again.

'I feel so scared, scared out of my wits, and now angry, angry that I'm so scared.' She asks me, 'Who are you so scared of?'

Instantly I know - who else could it be? I feel myself back with her when I was young. 'Mum, I'm so scared of her... she used to take everything, I'd want to play with it, but no, "stop it, you're making too much noise, I've told you, you can't have it, had you listened to what I said you could still have it, you have to learn, you can't have everything when you want it."' She took my things away. She gave them to me, then took them away. She stole them from me! She said, here have this, then would take it away. She'd take things and I'd ask where it was and she'd say "it's gone, the man took it, he took it away because you don't need it anymore". Some strange man came and took my toy away. Now he's going to come and take my new car away!'

But of course there was no strange man, it was mum, she was the strange man, she was the thief, she made me feel so scared. And still at 52, I am shitting myself that some strange man is going to come and take my new car away. 'Scared, I'm so scared, scared, he's going to come, he is, I just know it, because it's such a nice new car, and I'm so powerless to stop him. I was so powerless to stop her. I will come home and it will be gone, just like my toy was gone. I will wake up in the morning and it will be gone. I never want new things, this car is a big step for me. I never want anything much, because there's no point in my getting it. It's going to be taken, or wrecked, I can't have it, life is not for me. She didn't let me have a life, a new life of my own, only a life of fear - and fear of her, not fear of some strange man - this I'm slowly realising. I hate her. I'm now so angry with her for treating me that way, so uncaring, so unloving, all because she didn't like that noise or whatever it was at that moment. And she thought nothing of filling me with fear, and so much that I've been so unable to do anything in my life. More anger to express to Marion.

Now I've seen a little bit more truth about my relationship with mum; truth about myself - why I am feeling so scared.

And another Healing experience: (27 January 2014)

This is a Feeling-Healing example: how I use my bad feelings to uncover the truth of myself. It is true Self-Healing; self-therapy.

A family has arrived next door for the holidays. And so it starts.

The baby cries on and off all day and half the night. The three young boys fight and are crying on and off all day. The young puppy left outside all night cries on and off, and through the day when: "You have to stay at home, you can't come with us!"

Interspersed with the crying are the laughs, the running and chasing, the thumping in the house. It's only been two days... it's going to be yet another long week until hopefully they'll go. School starts next week.

I'm writing, and youngest boy is crying. His wailing goes up and down with intensity, I try to block it out. Then the bad feelings in me get too strong, interfering with my concentration. Time to start work on myself: Why is his crying affecting me so much; why is it making me feel bad?

As I accept that I am feeling bad, no longer wanting to try and block out his crying to stop myself from feeling bad, I put the computer to sleep and start to express my bad feelings to Marion.

‘Ah! I’m sick of it, I can’t stand it, his crying is driving me mad!’

I am also asking myself: How am I feeling? How does his crying really make me feel?

‘I feel so scared - his crying not stopping, and I feel so anxious. All tense in my chest, I’m dreading something worse is about to happen... scared... I feel so scared... so anxious, I’m shitting myself... what, why; why am I so scared?’

I long for truth, this being very important: I want to know why I’m feeling so scared and anxious, what really is it; which means, what went on during my early life in my family that made me feel the same way I’m now feeling, that which this young boy’s crying is triggering in me. Having longed, I keep expressing myself with all the scared emotion I feel to Marion. Waiting to see where my bad feelings take me.

‘I feel so anxious, so scared, so scared, really scared, like some really bad - the worst thing possible - is going to happen to me... I’m waiting... yes, waiting for something, the bad thing to happen. When I listen to him crying, oh I feel so nervous, I expect to hear his mother scream at him to SHUT UP! STOP THAT CRYING! Yes, that’s what I’m so scared of, that his mother, that my mother, will yell at me to stop crying, as I am the boy. I’m so scared of her, her raging at me, screaming at me: “Well go on then, leave, see if I care, go on, it would be good to be rid of you, then I can get some peace... go on LEAVE!”’

I feel like I’m about five. And I can’t leave. She has all power over me, she just yells and yells at me and I feel so scared. Where could I go; and I don’t want to go, I don’t want to be rejected by her. I want her to love me, to want me, not to push me away. I’m feeling so bad, and yet she only makes me feel worse.

The truth is coming to me now, this is what my bad feelings wanted me to see, what they have helped me uncover about myself: more about the truth of my unloving relationship with my mother.

I continue speaking with Marion about it all, as more comes to light. I can feel my fear

and anxiety easing as the truth comes up showing me this is what it's really all about. The boy next door has also stopped crying. I am no longer angry with the neighbours, understanding that it's all within me from my early life that they are stirring up. I'm only projecting onto them.

I now have new bad feelings coming up in me to express and uncover the truth of: How does seeing my mother in this way not loving me, make me feel? More to speak with Marion about...

And on it goes until I no longer feel bad, this being an example of how I'm using my bad feelings by accepting, expressing and seeking their truth to uncover what I am all about, all on a feeling level. This being my spiritual growth. I have grown more in the truth of myself. This being how I'm ending my mind's control over my feelings. This being how I'm becoming true to myself - true to my feelings: my true self.

I am grateful for the little boy for crying, as I've been able to discover more about myself. Yet I still wish they'd leave... more bad feelings to express and seek the truth of.

And another: (11 January 2015)

Is there a specific feeling called no-love?

Is there a specific feeling we call feeling love? Or is feeling loved and feeling not loved a composite of all good and bad feelings respectively?

Today, I feel the most no love or unloved I've felt. The most true to it. And what does it feel like? Mostly I feel very bad - but what does that feel like? I feel crushed, almost obliterated, ruined, fucked; I feel full of yuk, miserable, scared, angry, confused, frustrated, sad, powerless, pathetic, useless; despairing, distraught, desperate; despondent, down; nervous, anxious, terrified of worse bad feelings to come and of bad things happening to me. I feel rejected, unwanted, uncared about, and that no one cares what happens to me, I don't matter, I'm a nothing thing. I feel so unloved, devoid of any good feelings, just very bad. These being all my usual yuk feelings I feel, the ones I'm the most familiar with as I keep feeling them as I'm plunged down into my evilness and no-love state.

And I'm realising that I've never actually just felt loved, so I can't say what feeling loved feels like. I've felt good and what I thought was loved very occasionally and only for short

periods, yet all my bad feelings weren't too far away.

And so I used sex as something that made me momentarily feel good, something to take my mind off all my bad feelings, but something that couldn't be sustained, so my relationships being mostly sex-based, failed. I don't know how to properly reach out and connect with the other person, how to express myself into being, and feel good about that. I'm realising more so every day that that just never happened; I was stopped from being normally self- and feeling-expressive.

And lately my healing is taking me down into being able to feel/see, as I can't specifically remember actual experiences, why I do all the small odd behavioural things I do. Such as: why just before I sit down opposite Marion, I always look at her; why at that very moment do I bite my fingernail - and why that nail and not that other one; why I scratch myself the way I do and when I do. Why my hands go up trying to draw pictures to illustrate what I'm trying to say at certain times but not at others - why now as I'm trying to say this thing. Why I walk the way I do, why I stand in that position at that moment, why I sit the way I do. Why I react that way I do in that situation with Marion when she is close to me. Why I have such a problem saying goodbye and hello at this time but not that time. Why I forgot that thing and remembered that other thing. Why I forget that thing this time but not next time and then forget it again the next time. Why I feel that bad feeling suddenly now and not at other times. Why I make that grunt noise when Marion tells me something when at other times I don't. Why I don't react to her as she feels I should that shows I'm not right in that moment - what's going on in my mind, what am I feeling. Why I am the way I am in all that I do and say. And the truth is coming to me in all these little parts of myself, seeing how they've all come about during my forming, and all based on fear and not being loved. I am just moved into being the little person me when I felt these feelings that gave rise to my rejection and fear behaviour, as I'm doing and saying the thing now as an adult. So there is no time between the past little me and the now adult me. And I am seeing what I feel.

And further, the truth of myself is that: I don't know how to be at all in life. I don't know what to do, what to say, how to be in any situation, what work to do, nothing. Even to the point of not wanting to be here at all. They did it all, they controlled every aspect of me, right down to the nth degree, so my healing is showing me, and so none of how I am in life makes me feel good. I am always with them, always responding to them, never initiating and acting on my own inspiration and will. Even all my writing and talking with the spirits, my longing for the truth and wanting to be with the Mother and Father, all how

I go about it I can see is all part of the same - being under my parents and grandparents control. And none of it was loving, of course, for how can being controlled be loving and make you feel good. However, I've blocked it all out, pretended I am the one in control. But my life has shown me I'm full of shit and really I don't have a say at all about anything. I exist to be told what to do. I exist so they can gain power by having power over me. I don't exist to do as I please. And most of what I'm told to do I don't want to do. I resist in my pathetic way but still do it. I exist for them, not for myself. I don't know what existing for myself is like - I've never done it.

I don't love, I only feel unloved.

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A post by Sam on the Divine Love Spirituality and Childhood Repression forum

I just went out to get in the car and post something at the local post office, as I got in a young girl was coming home from school with her mum who was pushing a baby. The young girl was sobbing, in real distress and her cries touched me in such a painful way, right in that moment. I sat in the car listening to her cries and instantly wanted to cry myself as the image shot into my mind of when that very same thing happened to me as a young girl, it is so incredible how when triggered I am sent right to the time and place and the visual comes.

I had been to the dentist and had 5 teeth taken out under anaesthetic and all I remembered was coming round in the recovery room and I was crying. I had to walk all the way home with mum and I didn't stop crying with the shock of what had just happened to me, I was in complete shock. All the way home I was dragging myself home and mum was walking in front, Christ I just want to cry as I feel it all. I wasn't held or helped in any way, I was a pain making a row and mum just wanted to get home but I wanted help, I wanted to be held and needed her to explain to me what had just happened to me, I didn't understand. Where was the love and compassion, where was the supportive loving parent holding me up and cuddling me, that is what I wanted, that is what this little girl wanted from her mum.

I feel so sad for myself, so desperately sad for the unloving way I was treated. God I felt so alone with my pain, I have always felt so alone with it never being able to express it out of me because I was a Pain. I am feeling more and more devastated, I just want to hold myself and be the parent I never had to myself as I feel the grief of being so rejected.

That little girl I just saw felt the same and all her mum had to do was stop pushing the pram and hold her daughter (ME). That's all she wanted, to be loved and her pain taken seriously like she mattered. She will grow up never feeling her pain is worthy of any attention, she will push it all away because that is what her mum has just done as she walked past me. Shit I want to go back and hold her and tell her I want to listen to her pain, I want to know all about it as I want to know about my own now. I can't interfere though, all I can do is express my own pain and love myself as my mum didn't by accepting how this has hurt me and express it all. My beliefs about my mum have all been so wrong and God is showing me this more every day, showing me the truth I need to see and it is so painful. I can't believe the speed that it has all come to me today, as soon as I heard this little girl cry the vision came to me of where I was, when and how I felt, all I wanted was to be held by mum and for her to hear me instead of walking five paces ahead of me and looking behind at me dragging myself home behind her in floods of anaesthetised tears, drowsy and in confusion and shock. What the fuck was she thinking.

I am so hurt, the same hurt that I denied myself feeling fully back then when I was young, oh my fucking God I am so angry at her, I want to rage at her "What the fuck were you doing letting me suffer so much emotional pain at you not being there for me, where were you? I needed You!!!!!!). I am feeling so sad inside for myself, I can't believe how bad I am feeling right now and the fact I had my five teeth pulled is not the pain, it is the rejection of me, the dismissal of how I was feeling, how she made me feel like I was such a pain and being too loud with all of my crying, she was worried about others hearing me and embarrassing her, I didn't come anywhere in her priorities, just like this little girl who just walked passed me, that was me, every part of it was me and mum all laid bare for me to see, all reconstructed for me like an old crime scene re-enactment. Unbelievable how it works, so amazing to have been taken me back there at the exact time and place and how I felt and I don't think I have given it much thought in years.

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Marion expressing her feelings - from the Childhood Repression website (see link below)

Those birds, I am so annoyed with the mynahs (Indian mynahs), they won't go away, they stay there, nothing scares them off, they never give up, they make me so angry, I want to blast them, smash them, I wish I could go out there and rip their heads off, I wish I could get rid of every mynah, I hate them, they are so annoying.

You know, little Stumpy (a mother blackbird without a tail) was standing there at the door waiting for me to feed her, it was one of those rare times when there were no mynahs. So I opened the door and threw her, her ball, and then before she could even come forward to it, the bloody mynah had swooped in and taken it. Shit I hate them. I hate feeding the birds, I wish I could give it up, I wish I could end it all. But I can't, and I really hate having to feed the ones I don't want to feed. I like all the birds, even the mynahs, but not when they do things that stop me doing what I want to do.

They are always there, always so bossy, always taking over, always ruining it for everyone else, you can't do anything without them. It's just how it was with mum and dad, they were always there, I was never allowed to do anything on my own. And if I could, because they said I could, still they were always there, always ready, and they did many times, step in and take over, stopping me from doing what I wanted.

And then they'd be so angry with me because I'd not done it how they thought or said it should be done. They'd punish me, not allowing me to play with anyone, I never had any friends, not even with my sisters.

And I wish I could do to them what I want to do to the mynahs. I wish I could have stood up to them and said no, and leave or something. Of course I couldn't have, but I am so fed up with them, I wish they would stop taking all the meat, it's not for them, it's for the other birds. Every other bird, if you frighten it, keeps its distance, it stays away, but not the mynahs, they might back-off for a moment, but nothing keeps them away.

They don't take it personally, that I hate them. They don't feel those things. They just want the meat, and so whenever they get the chance, in they come. I hate them, I feel like ripping my hair out, I wish we could leave, I want to go now, I want to go away to where there are no mynahs, I want to go so I never feed the birds again. I ...

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Expressing my feelings - from the Childhood Repression website

I hate what they've done to that park, look, they've chopped down half the trees, what was wrong with them, there was nothing wrong with them, they looked so good.

Marion: Yes, but what are you feeling, talk about your feelings more. Why do you hate it?

It's the look, it doesn't look good anymore, and what about all the places the birds could go and all the other creatures, they've removed so many of those bushes, they were nice bushes, they weren't natives, but still.

Marion: Your feelings, you're still not expressing your feelings - talk about your feelings, how are you feeling, how does it make you feel?

It makes me feel angry, that they've done that -

Marion: Yes, but your *feelings*, what are your real feelings, deeper than the angry; why are you angry, what's happening to you by their chopping down the trees?

I feel sad, something I liked has gone. It's as if I'm a bird and that was my favourite tree and place to go, my own hideout, a place safe from the world and all the scary stuff, and now it's gone. Now I'm stuck out there all vulnerable and very scared, what will happen to me, I have nowhere to retreat to, no safe place, nowhere I feel secure.

I feel so insecure, that's how I feel in the world, I don't have a place that I feel safe in. I used to think I felt safe at home, but now I know through my Healing that home was just as scary with mum and dad. So now I have nowhere, which really is how I've always felt.

Yes, I can see that now, I've never felt safe, I've never felt like I have a safe retreat, I've got no home really. They said it was my home, but it wasn't, it wasn't there for me, all for me, all to do as I pleased in, it was their home, and I had to do what they said. And they hurt me so many times making me feel bad, sad and miserable, and so lonely...

And now I can see how I've had to retreat more into my mind, pretending that I'm safe in there, that they and no one who's mean and nasty can get me in there. Yes, if I hide in my mind then I'm away from them, from mum and dad, from those nasty men who chopped all those trees down and pulled out all those bushes.

I feel so scared, I'm just minding my own business, and what if I'd built a nest in one of those bushes, the men don't give a shit, they don't care, they just come along and rip it all out, they don't care how ugly it all looks now, and even if they plant new bushes that will still take years to come back to being how it was.

Mum and dad just came along and ripped me out, they didn't care about me, they just took all they wanted and gave me nothing back. That's how I feel, used, completely used by them. I was there for them, not for myself. They took me, all they wanted demanding I be how they want me to be, and I feel so hurt, so, so hurt. I feel hurt to the core of me, that my own parents treated me like that, how unfair, how unkind, so many bad feelings, they made me feel so bad so many times. I can't even remember feeling good with them. Always bad, just how it is in the world, there is always another bad thing. You hardly see anything that makes you feel good, always chopping more trees down and hardly replanting.

Everything makes me feel so miserable, miserable, miserable, miserable, right to my

core, nothing for me, it was all for them... that's how I feel.

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Marion angrily said: I told you not to put my hand-cream away, I need it right to the end before we go out. I might have to feed the birds one last time. I've told you four times now, why don't you remember? You make me feel like you don't care about me. You don't care how I like things, you don't even think about me.

And that's how my parents treated me. They made me feel like I didn't exist. They didn't take any notice of me unless they wanted me to do something for them. I was never allowed to have things how I wanted them. It was always as they wanted it and I just had to fit in.

(James: I would have got angry with Marion for making me feel bad by saying I didn't care about her, as I do. I would fight her - I do care about you, and she'd fight back saying, well if you did consider me, you'd remembering what I've told you and not take the cream in. Now, years into my healing, I've given up the fight, and I'm able to admit that the truth is I don't care about her. I treat her how I was treated. So now I can accept what she's saying, and work more on myself and how I feel about not caring about her.)

James: It's true, I'm sorry, I don't care. I don't remember you saying it - shit four times. I just see it there and take it in.

Marion: You're like some damn robot, don't you think for yourself, do I have to tell you everything what to do and when to do it!

James: Yes, you do, that is how I am. I hate it, but it's true. And yes, I can see that really I do expect and need you to tell me what to do in every second of my life. I can't do it. I don't remember, I erase it all immediately you've told me. I hate doing it, but I admit that's what I do.

Shit it's the first time I can actually accept that about myself, that I do such a bad thing, that I am in such a bad state. It's exactly how they treated me, they've made me be this way and I'm powerless to do anything about it.

And worse still, I don't want to do anything for them, I don't want to remember, I don't want to have any life with them. And as they didn't allow me to anyway, so it's easier for me to just forget it all, it didn't do me any good trying to remember as I also got that wrong too, they were always changing how they wanted it to be. I never knew what to do, it was better that I gave up, shit, leave it all to them, they can do it all, it's how they

want to be. 'They'd yell at me for not remembering to, for not doing what they said, and yet they didn't even allow me to do it, so what was the point in remembering.

Fuck, I feel so confused, so angry, so annoyed with myself being this way, but I also feel more accepting. I'm sorry, but I can't change, I've tried to be how you and they want me to be, but I can't, I just can't do it anymore. And I have to give up trying. I just have to fully admit that I'm a useless bastard in life, and I can't have a good relationship with you, it's never going to happen.

Marion: And that's okay, for at least you're admitting it and that's all you need to do. I don't mind really, I can deal with it all, all so long as you're being true to how you are. It's when you say you're not how you are that's what makes me angry, and that's what I've been trying to break down in you and trying to get you to see.

So at least you're being truer, and it's right what you're saying, I can see that, it is how you are. But I'm not going to tell you what to do all the time.

James: No, and I don't want you to. Keep telling me how bad I am by disrespecting you and your feelings, so I can see it too, so I can bring it all out. And although I'm feeling so fucked, I do feel better not trying to fight and resist you. Shit I can see it - feel it, I remember that's how it was, how it's always been, it's how I am, I can see more clearly for myself.

Oh, but I feel so fucked, I am fucked, just fucked. I can't do anything for myself. I'm useless in life, I can't be with another person, I can't. It's no use, I've tried to remember all the things as you want them to be, but I can't anymore, it's all too hard. And I know I'm not meant to use my mind even though that's what I've been trying to do, but I can't even do that anymore. I feel too tired, too weak, too pathetic - too bad. I am fucked, my head hurts over here on the left hand side, that's a good sign, possibly another break through into my fuckedness, but still I feel so bad.

And I do, I have to fully admit and accept that really the truth is I want you to do everything for me. I am still the little baby and I need you to look after me, it's safer that way, you just tell me how to be in every moment, then I don't have to think about it, I don't have to do anything, I will do all you say, go along with you and you won't get angry with me, you won't yell at me and make me feel unloved and bad.

And I can see, that's how it was with mum, really even though I have tried to resist and maintain my own independence, on another level in me I haven't. I've completely given up and in, I can't fight her, she's too powerful, too strong, too dominating. So I have given in. And Gran and dad always said to just do what you mother asks so she doesn't get angry, so I got no help from them. I had nowhere to go, no alternative but to just give

myself up, and wait for her to tell me what to do all the time. Her and Gran were always telling me what to do, and it was always as if I'd never been there before and it was only the first time. They needed absolute control, I couldn't take anything into my own hands and go with it knowing this is our life and this is what we do. I couldn't, I had to be their shadow or extension or something like that, some part of them which they believed they had to keep telling what to do all the time. They must have thought I was a complete idiot, and that's how I feel, like I'm completely stupid, not being able to think for myself, always needing them to control me. Shit I feel bad. I feel so bad, you have no idea how bad I feel. *(As the truth comes I feel more and more fucked. I can't even express these bad feelings - I can only be them. It being how I've always felt.)*

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Expressing more of my feelings - from the Childhood Repression website

Ah no! Not another one, another dead goose lying sprawled out on the side of the road. Who could do it, who could run one of them over? The Cape Barren geese are so lovely, so beautiful, and they do seem to like walking on the road. I wish it wouldn't happen, so many hoons driving around looking for something to run over and kill. I can't see that it was done by accident, not here in this place, it's not as if you couldn't see it, even though being mostly grey they do blend in at times with their surroundings being very difficult to see.

Marion: And how does it make me feel other than upset and sad? Go with your feelings deeper into yourself, what does it *really* make you feel?

I feel hit, as if it's me, that I've been hit. First I feel that it's something I like that's been taken away from me, I can't enjoy life, I can't have the things in life I love and want. All the nice things are taken from me and I feel so sad, I don't want to live in a life in which all the nice things I like are killed. I want them all to be there for me, and I don't want to have to worry about them.

I feel so hurt, as if I am the goose and I've been run over. They have killed me, they didn't care about me, they didn't see me, they just ran over me, possibly might have even enjoyed doing it. And that all makes me feel very bad.

No one cares about me, I don't mean anything to them. I'm a beautiful little person, but they don't care about me, they run me over, they rail-road me, they just bulldoze me aside, not caring about my feelings, about how I see and feel about things.

Everything has to be how they want it to be, and anything that's not, all those parts of

me that didn't fit in with them, all had to be killed. Just run over, squashed out of existence. They can all keep living their great and happy lives, but like the goose, my life is over, I can't live my life how I want to live it. The goose isn't allowed to be as it wants to be, it gets in the way, it's a nuisance slowly walking up the road with everyone having to wait for it to get off and out of the way, so it has to be told to get out of the way, and if it doesn't obey quickly enough, it's hit. And that's how they treated me, with absolutely no respect. They didn't give a shit about me, all their crap about loving me, and doing everything for me, and they existing for me their child, and yet the truth is I'm an inconvenience, something they wish they didn't have to deal with, something they could just run over and get out of their lives, something they didn't have to think about. Just kill it. I wish they'd just killed me, it would have been a lot easier on all of us.

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Marion expressing more of her feelings - from the CR website

I'm always so scared, that's how I am, in a perpetual state of fear. I'm scared of bad things happening to me all the time, at any moment the next bad thing is going to happen. I can't say what exactly it is, just everything. I've always felt this way, it was this way for me at home with mum and dad. I could never rest, I never had time to myself, I never felt safe and secure. At any moment they would be nasty to me, always getting me to do what they wanted, never allowing me to have my own life, to make up my own mind about things. They told me what to do all the time, and as I could never do what they asked very well, then they'd get angry and stop me doing it making me do something else, but I always had to do something.

I feel like I'm a horse that's been broken in, it can't have its own life, it always has to be there for everyone else, doing what everyone wants and when they want to do it. And I'm one of those poor old nag horses, not one that's loved and looked after well within its confined life.

I never got a say, I could never say no, and only now can I say no but that's nothing, that's only for a moments reprieve, when I have to rest, when I can't do all I'm told to do. And once I've rested I have to get back into it, into doing it all for them, never for myself. I don't have anything for myself, I don't know what that's like, I've never had anything I've done solely for myself. It's always been for everyone else. I'd pick relationships to be in so I could do things for the other person, it was always all for them, never all for me. It was always for mum and dad and I can't change it, and more and more I feel cemented into being this way.

It is how I am. I feed the birds as a job, nothing more. It's as if mum and dad have

told me to feed them, so that's what I do. As soon as a bird comes, and I always have to be on the look out and ready for them, I jump up to do my job. And every so often when too many of them come at once I have to rest or try and say no, but as soon as I've rested, up I get having to keep going with my job.

My life is a job, I hate it, I've never liked anything about it. So many other people at least enjoy their work but I've always hated it. I've had to work, but that's how it was, I had to always work at home, always right from the very beginning. I wasn't allowed to go off and play with friends, everything being asked and expected of me. I didn't have friends, how could I as I was always having to help mum and dad.

I feel so angry about it, I have a nothing life, I'm such a nothing person, I feel so bad, so useless, so scared all the time. Always so scared that they'll ask me to do something else, but I can't do anything else, I already can't do what they want me to do. It's too much for me, I wasn't like the Trojan person my mother was, they'd killed all the spirit in me and then they'd yell at me for not being like my mother. I'm so sick of being how I am, I hate myself, my life, and it's never been any different.

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And more of mine - from the CR website

The bloody smoke detector started to beep at three o'clock in the morning. I woke up with a fright, what was that noise? Then it beeped again, oh, the fucking thing, such a pointless thing we have to have in the house. One person dies and so everyone has to now have these horrible smoke detectors.

I got up to bang and blow on it once my eyes had adjusted to the light. The last time it was a baby huntsman spider that kept triggering it having found a nice home for himself. Nothing crawled out of it this time. Then suddenly it went off, the ear-piercing noise, enough to drive you mad. And what to do, it's wired into the roof, I wanted to rip it out, the fucking thing. I wanted to scream running away, I jammed it back in its slot and twisted it back into place and thankfully that shut it up. I got back into bed, and was just about asleep again, and BEEP!

I couldn't sleep. Marion got up, dawn was just breaking anyway, about her usual getting up time. I lay there feeling scared, scared of the alarm going off again at any moment, scared of life, scared of everything. There's always so many things to worry about. If you don't have the alarm then you're going to burn to death. I wish I could and just get it over with. It's such a moronic life we create for ourselves and I feel so powerless within it.

But it's more than just dealing with the smoke detector, it's much deeper fears in me it's triggering, what are they, I want to know, I'm sick of always feeling there are deeper fears

in me that need to surface but are mostly just out of reach.

I begged the Mother to show me the truth of them, to help me feel more of my repressed feelings. I lay there under the blankets balled up in a foetal position. I feel like that, like I'm in the womb being assailed on all sides by things scaring the shit out of me. I never feel settled, comfortable, like I can relax. I always feel scared, and even more scared now that I'm no longer trying to block out such fear.

I must have dosed off as suddenly as I was a little boy, and I was in a desperate state, crying my heart out for mum, just like those little boys I'd seen at the Fishing Park. I don't know why I was crying, I just wanted her. Then I woke up. I could feel/remember myself crying like that, many times when I was young. I don't know what had happened to me, and it doesn't matter, the problem was I was crying like that.

I focused on my feelings. I felt so miserable, distraught feeling so unloved, she wasn't there, she was never there as I needed her to be, and now I know it's her and dad that made me feel so unloved in the first place. The bad things that happened to me only stirred up how I was already feeling, for as I saw with the little children at the Fishing Park, the things they cried about wouldn't have upset them had they felt fully loved by their parents. The same things happened to other children and they didn't cry even relishing the situations, these children obviously feeling more secure with and loved by their parents.

I felt more sorry for myself. I feel so alone, so hurt, so afraid. I never feel anyone is there for me, no one ever has been. People, mum and dad have been around, but they weren't there for me. They'd not given themselves to me, and I feel so lost, so unwanted, so scared all the time. And never sure of myself, never knowing what I'm meant to do, and if what I'm doing is right. I feel so insecure, so afraid that I'm going to be left for good and no one will ever come back for me. Scared, scared, always so scared.

I get up having to speak all I feel to Marion. She's there for me, but it's still not the same thing, she's not mum and dad.

And more - there's always more bad feelings to express and seek their truth:

Will anyone ever love me?

I feel yukky. Just more of my yuk bad feelings. How many times have I felt this way over my healing years - throughout my whole life.

It's a feeling of feeling down, slightly depressed and miserable. I don't feel up and happy. It's as if I'm always struggling to keep my head above water. I struggle away, that being my life. I hardly ever feel like I'm flying along and lighter than air. I always feel everything is hard for me, always such a strain.

I sit on the couch, more bad feelings I've got to make the effort to try and express. Fuck this bad feeling expression stuff, I'm fed up with it. Marion says it's me, it's my life, it's me coming out into the life, the real and true me that's been locked away. And yeah, I know, but fuck it, it's too hard always having to try and drag my bad feelings out, as that's how I feel it is. With Marion, her feelings always seem to be bursting out of her, with me, they are nowhere to be seen, other than this usual all so familiar dull, drag, bored, nothing, yuk, bad feeling I have.

I try to express it, and I long for the truth of it. So here we go again, just the same old shit.

I feel yuk, it's my down, heavy, dull, I feel fucked, feeling. Nothing good ever happens for me, I don't have anything to look forward to, I feel so depressed. I can hardly get up off the couch to do anything, breathing is a struggle, fuck I wish I could get to the bottom of it - what is it, why do I always feel like this.

I feel drained of energy, like my spirit has been sapped out of me. I feel like it's been taken from me, and it's still being taken from me. I feel like it's not my own, I'm not free to have my own spirit and power and energy, it's all for them, they have brought me into the world to leech me dry, to use me, to tap into my own power and take it from me.

I feel sucked dry, drained of all life. What's the point - what's the fucking point? I feel so down, always so miserable, so little good ever happens and even if it does, the good feelings don't last long, it's as if I'm not allowed to have them.

'Now James, that's enough of that, too much and you'll overdo it, now settle down, you'll only hurt yourself, calm down', Gran's words come into my mind. And that's how it always was. I could never be happy and excited, she always put the dampener on everything. No James, stop being like that, stop feeling good and happy, stop feeling bad and unhappy, just be nothing, sit quietly, stay still, don't be like your mother always rushing here and there and for no reason. You stay here with me, that's right, you be still, good, that's how good little boys are, that's the right way for them to behave.

Fuck you Gran and your good little boy shit. Shit, to have had to grow up subjected to all that crap. It's no fucking wonder I feel like shit, so down and with no life in me. She didn't let me express any of my feelings, she was unfeeling, she sure didn't express any of her feelings. And what a dull boring life, she and Reg were so dull and boring, it was only that I liked what she cooked for me and I liked going fishing with Reg, that I enjoyed more than anything with them. But how fucked their relationship was, no wonder he died of cancer, and she saying after he'd died that she'd realised she didn't know how much pain he was actually in. They obviously never talked about it, you weren't to feel bad, you sure weren't to express bad feelings. So he was slowly dying for ten years going through all those agonising medical things and yet she, his wife, never knew in how much pain he

was in. They were both at fault, of course, but what a nothing dead relationship they had. And I spent so much time with them when I was young. No wonder I feel like I'm slowly dying and in so much pain and that no one wants to know about me. No wonder I can't express myself, no one wants me to, no one is interested in how I feel. Reg's mother didn't give a shit about him, so he couldn't come out and tell the world how fucking awful he felt, let alone his wife. Ah fuck, it's all so fucking bad, all our lives, such shit, such nothing, and what's it all for?

I feel miserable, I'm going to sit on this couch forever feeling the life being drained and sucked out of me. I'll probably die of cancer as well, and I won't be able to say how bad I feel, having to keep all the pain to myself. Dad was the same, he never said how bad he felt - never, even when he had a cold. And his body ate him away also, the same as Reg, so fuck the two major male influences in my life died the same horrible way. What fucking hope do I have, what do I have to look forward to, it all makes me feel so scared... oh shit - more bad feelings to try and talk about! Endless fucking bad feelings.

And more from me:

Bad, bad, bad, I feel bad again.

Marion: What sort of bad?

Bad, angry, very angry...

Marion: What about?

Just angry at everything.

Marion: Can you be more specific?

Angry at the world, I don't know, angry at everything, at everyone. I'm angry that they've chopped those trees down, I'm angry that all the houses are so ugly and so few people plant any trees. I'm angry that we don't love nature more and live for nature, it being the only good thing on the planet. I'm angry that so many people just love their things, their gadgets and don't give a shit about the birds and other creatures. That tree was where the magpies nested and now they've got to find another tree and trees are becoming scarce around here. Why can't we people love all the creatures, see them as part of our lives, treating them with care and affection. I hate it all, I hate all people, I hate everything.

Marion: Ok, but now make it personal, what is it that's really making you feel angry?

Oh I don't know, shit I hate it when you ask me that, how the fuck do I know, if I knew I'd be saying it. FUCK I FEEL SO FUCKING ANGRY - WHY DO I FEEL SO FUCKING ANGRY, WHAT IS IT THAT'S MAKING ME FEEL SO ANGRY? I WILL TELL YOU WHAT IT IS, IT'S THE FACT THAT I DON'T FEEL LOVED, MY PARENTS DIDN'T MAKE ME FEEL LOVED. ALL I HAVE THAT I LIKE IN THE WORLD IS A FEW TREES AND BIRDS AND BUGS AND CATERPILLARS AND MY FISH, THAT WAS ALL I HAD WHEN I WAS YOUNG - NATURE, AND I COULDN'T EVEN BE WITH THEM, I COULD ONLY WATCH THEM, I COULDN'T BE WITH MUM AND DAD, THEY WERE ALWAYS BUSYING DOING THEIR WORK OR WHATEVER IT WAS, THEY DIDN'T WANT TO BE WITH ME ALL THE TIME - THAT'S WHAT I'M FUCKING ANGRY ABOUT!

It's the same old thing, I'm fucking angry because I don't feel loved. I don't feel loved to the core of me, saturated with love, with love pouring into me and flooding out of me. I feel hated by them, just how these people feel about nature, chopping down the magpies nest-tree, the tree that all the bugs and native bees and beetles and wasps and spiders, all the little creatures need. That they have no feeling for it, such a beautiful tree, just as they had no feelings for me. I was a beautiful little boy, all children are, and yet they cut me down, they didn't care what I felt or cared about, what I needed and wanted. That's what's making me feel so angry - THAT THEY DIDN'T FUCKING LOVE ME!

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And more from Marion - from the Childhood Repression website

What am I going to do, what am I going to do? I'm so bored, I have a nothing life, I've only ever done what everyone else wants, what other people have wanted me to do, I've never done anything for myself.

I'm such a useless person, I don't do anything, everyone else does their things, they all have a purpose in their lives, but I don't, I don't have any.

I'm bad, bad, bad, bad, I'm a bad person. I feed the birds and can't stop, it's probably not good for them, I mess up and ruin their lives, but I can't stop. And I don't even do it for myself, it's not even that I'm doing it just because I want to do it. I'm doing it for them, they only have to look at me and I have to give them some more.

And that's how it was with mum and dad. Nothing was for me, it was all for them, I only did what they told me, they only had to look at me and I had to respond doing what

they wanted. I never did what I wanted.

Oh, what's going to happen to me, I'm so useless, sitting here doing nothing but reading about other people's lives, I don't have a life, they all have one, they can all write books about their lives, I've got nothing to write about - I don't have a life!

I feel so miserable, so bad, I'm such a bad person, I'm so untrue, so far away from my true self, and I feel so bad. Bad, bad, bad, I'm bad and I feel bad. Bad - I'm just one big bad. What is going to happen to me, would you please hit me on the head and put my body in a hole and that will be the end of me. Just throw my body over there under those trees, that's all you need to do, I'm nothing anyway, just a bag of bones and flesh, nothing more, there's no real me... Miserable, I feel so miserable, sixty-one years feeling exactly the same, nothing's ever changed, I've tried lots of things, but it's only been what other people want me to do - nothing that I've genuinely wanted to do myself.

I feel so awful, all I've got is the birds to feed and I know it's all wrong, and I know I shouldn't give it to them, but I feel bad because I want to give it to them, I feel such a mess, I feel so bad, I feel so horrible, I don't know what to do, I feel so horrible, I want to feed them and I don't, I wish I could stop but I can't. I don't know what to do, horrible, I feel so bad, so horrible, and they love it so much but it's so bad for them, and I can't stop, I feel so miserable, I never knew it could be like this, they love it so much, always wanting it, but it gets too much for me, why do they keep coming, it's not their natural food. I feel so confused, I don't understand, I feel so mad, so demented, it's all too much, I wish it would end, I wish you'd kill me, or someone would take me away, put in an institution, stop me from doing it.

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Q/A from the main Divine Love Spirituality website (see link below)

These are some of the things I've read on various spiritual forums that concern people; and how they relate to Divine Love Spirituality.

Q: Reincarnation - it's a huge area of belief, including karma. Is it true?

A: No, there is no such thing, it's all a mental delusion, all made up to help us avoid dealing with our feelings and looking into the truth our feelings want us to see. So there's no need trying to answer questions about it, as the answers will do nothing for your true spiritual growth. If you want to expand your negative state taking yourself further into your truth-denial, then reincarnation and all that's to do with it will certainly help you.

Q: Crystals - do they help you with your healing or spiritual growth?

A: No, they don't help you with your spiritual growth. Only fully acknowledging, accepting, expressing and longing for the truth of your feelings will help you with your spiritual growth. YOUR TRUE SPIRITUAL GROWTH WILL ONLY COME ABOUT AS YOU DO YOUR FEELING- OR SOUL-HEALING. All else will only serve to help you move deeper into the control of your mind. The doing of your healing IS your spiritual growth. All else is only a figment of your imagination.

Crystals can be used as a tool in certain healing situations, however one has to ask oneself, what is one trying to heal? ALL OUR TRUE HEALING CAN ONLY COME AS WE USE OUR FEELINGS TO UNCOVER THE TRUTH OF OURSELF. All other healing is just bandaid stuff.

Q: Can alternative healing modalities help you?

A: They can help you to further your negative state, to advance your mind's control over yourself. Also they can help you become more aware of the control your mind has over you. They can also help push you into your bad feelings and confront and even break barriers preventing you from moving deeper into yourself. However they should be used in conjunction with doing your Feeling- or Soul-Healing. Use them, and if you feel bad, use those bad feelings to take you deeper into the truth of yourself.

Q: Can regular medicine help you?

A: Once again use it to augment your Feeling- or Soul-Healing. If you need to use it, do so, all the whilst embracing your bad feelings, expressing them and seeking the truth they are wanting to show you.

Q: Is the Eastern or Western - as in Christian - way (or any other religion for that matter), better for you, as in: helping you to get to know God and grow spiritually?

A: Everything has the potential to help you feel bad. And feeling bad is your gateway to embracing your true spiritual potential. Because we exist in a negative, so self- and feeling-denying state of mind and will, it's our bad feelings we need to look to for such help. Such systems are designed to keep you in your negative state, to maintain or increase your mind's control over you, to keep you avoiding and denying your bad feelings so you won't move with them deeper into your childhood repression.

Q: Does the Bible contain any real truth or spiritual value?

A: Yes, it contains some truths, however nothing that will lead you into healing your negative and evil state. It will only help you move deeper into your untrue state. It won't lead you to doing your Feeling- or Soul-Healing. It might, like everything help you to feel

bad, then you can use those bad feelings to grow in truth.

Q: How do you know what is right or wrong, and what is the right way to go?

A: You can't know, you can only use the feelings you have at any one time. If you use them to help you do your Feeling- or Soul-Healing, as you uncover the hidden truth of yourself, in time you will just feel what is right and wrong for you.

Q: How do you morally perfect yourself?

A: By doing your Feeling- or Soul-Healing. Through your feelings you will bring to light all the unloving behavioural patterns and beliefs that are causing you to be immoral. You will see how you are being unloving, to yourself, nature, other people and God - and why you are, that being how your parents didn't respect you. As you progress through your Healing you will become increasingly righteous as you break down those evil patterns replacing them with loving ones. As you learn how to respect yourself, so too will you respect other people, nature and God.

Q: How do I make myself be a better person?

A: You do your Healing. We can't actually make ourselves be anything, even though we believe we can. All we're doing is adding yet more unloving beliefs to our already negative mind. You might feel you're a better person and even be more loving outwardly, but it's all still over the top of all your hidden unloving yuk that is kept in place by your mind.

Q: How do I give up things, and how do I know which are the right things - attachments - to give up? And it is wrong to have things?

A: In doing your Feeling-Healing or Soul-Healing you are setting out to become true: true to yourself, to nature and to God. So if through your feelings you come to see that you are being untrue by having the things you have, you will also through your feelings uncover the truth of why you need to have them or do what you do; and when you've seen ALL of the truth God wants you to see about such attachments, addictions or afflictions, then they will go - being taken from you, or you'll easily just give them up no longer wanting them.

For example: what if you are attached, even addicted to, television, masturbation, drugs, work and certain foods. How do you give them up? First through your feelings you come to realise if you don't already know, you are addicted to them, and that actually having or doing them makes you feel bad instead of good. You might still feel good doing or having them, but the after effects make you feel bad. And gradually those after effects make you feel worse than the good feelings make you feel. And all along the way you are working

on such things to uncover the truth of why you need to have them or do them. And this can take years of embracing and expressing and longing for the truth of all your bad feelings to do with them.

Then when you've uncovered all the truth to do with them, so you'll know why you need them: what happened during your early life to make them be the false comforters you believe they are; how you're using them for power to stop you feeling powerless - so how you're using them to deny bad feelings by making you feel good; how you feel not doing or not having them; and when you no longer need them for any reason; and if they are not to be part of your evolving true self, then they will go.

You might find you no longer want to give your time to the television instead feeling better about speaking to your partner or friend with the aim of working more on your bad feeling expression. You might find gradually you no longer feel like you need to masturbate or have sex, that terrible feeling you had that drove you to keep doing it, simply no longer being there. You might just know you can stop taking drugs or drinking, something within you has changed, you just don't need them anymore. You might come to the end of your job, you know it's time for a change, you feel you don't want to work so much, instead giving more time to your relationship so you can work on your feeling expression; and suddenly you're sacked or the business goes through and your work is taken away from you. But it all happens when you've uncovered all the truth you need to see. It's not about giving up all your material possessions because a guru said you have to so as to attain enlightenment, or give them up because you believe it's wrong to have them as Jesus didn't have any. You might find God wants you to have even more of them as you progress in your Healing. It's all about giving up having the control through your mind and just seeing where your feelings lead you as you grow in truth.

Q: Should I try to live like Jesus did, and be more like he is?

A: You can wish and long to be more like Jesus and even live like him, remembering you are not him and nor is your life anything like his. We are to all find out the truth of ourselves for ourselves and through ourselves - our own feelings, and so too the truth of our own lives, and all through our feelings as we grow in the truth that comes from them. In the end you will be of perfect Natural love like Jesus (and you can also become divine as he is, through partaking of the Divine Love), however, as to how you will express that love in life you will not know until you are fully healed. It would be better to strive to be like yourself - want to be your true self, and to live the life God has planned for you as you grow in truth through the doing of your Healing.

Q: I feel jealous and envious; how can I stop feeling this way as I think it's bad to be like

this?

A: You can only really stop by doing your Feeling- or Soul-Healing. As you accept such bad feelings, expressing them and all you feel about having them, and longing for the truth of why you feel them, you'll progressively, over years, work your way down into your early childhood seeing why you are jealous and envious now as an adult. All that you are as an adult has resulted from all how you were treated during your childhood. And when you've seen the whole truth of why you are as you are, you'll no longer be those bad things.

To try and stop yourself being these things using your mind and other mental techniques, like prayer, will not help you uncover the truth of their root causes, it will only help you bury them even more.

Q: Does meditation help you grow spiritually?

A: The only true spiritual growth comes from uncovering the truth of your feelings. So mediation and even prayer can help you become more aware of your feelings - it can also help you block them out more. It's up to you as to how you use such mind techniques.

Q: Does praying for someone else help them?

A: It is all about yourself, and no, it doesn't help them, not so far as helping them do their Healing. We can only help ourselves, through the doing of our own Healing. So it would be far better to look to your feelings to help you uncover the truth of why you want to pray for someone else. Your prayers won't actually harm another person, but they might help you deny your bad feelings even more.

Q: Can I ask God, the Holy Spirit, or my spirit guides or angelic helpers to help someone else?

A: You can ask them, you can do whatever you like. However once again it's why you want to ask, and are you trying to do such things to make yourself feel better, when you should be using your bad feelings you are trying to avoid to uncover more truth of yourself?

Q: It is wrong to have pets?

A: It's for you to uncover that truth and all your truth for yourself through your feelings. It's for us to uncover the truth of what's right and wrong for ourselves through our feelings. For myself I have uncovered the truth that, yes it's wrong, however through my Healing we had a bird and lovely cat who helped me no end to feel bad and uncover the truth of such bad feelings. We gave the bird away and our little cat had to be put to sleep, the whole experience making us feel so bad - so many bad feelings to express and look for

the truth of. And as the truth came, so Marion and I came to understand that FOR OURSELVES it is wrong to have a pet. We don't want to subject anything to our will against its will. But like all these things, we followed our feelings as we looked to them to grow in truth and they led us initially to get the bird and cat, all so we could grow more with their help. We need to have experiences to help bring up our bad feelings, all so we can uncover the truth of them.

Q: Should I be a vegetarian; and is being one being more spiritual?

A: You shouldn't be anything. You should only live true to your feelings. You be what you feel you want to be all the while looking to express all your good and bad feelings so as to uncover the truth of them. And as you progress in your healing you will change your diet - you will change everything, so you will find your feelings leading you to do so. And in the end you might become a vegetarian, and you might not, it's all up to how God will want you to be when you are perfectly living true to yourself.

Q: Can I use symbology to analyse my dreams, and will that help me spiritually grow?

A: You can use it, however, only looking to your feelings for the truth is what helps you grow spiritually. So it would be better to focus on any feelings your dreams make you feel having dreamt them or feelings you feel whilst you are dreaming them, or feelings you feel afterwards, and then using those feelings as part of your Feeling-Healing or Soul-Healing - talking about and expressing them all in the morning or whenever you can, so as to help you uncover the hidden truth your dreams are trying to show you about yourself, your life, and your relationships with your parents and early carers, all through your feelings.

Q: Can I find God through my mind?

A: No, only through your feelings. It's a relationship with God we are in and are looking to evolve; and relationships, even with yourself, only grow and evolve through and with feelings. Many people mistake the good feelings they have from expanding their intellectual mind when they come to understand something mentally, as being spiritual growth. But it's only mind expansion - for example, taking on the belief of reincarnation. It's all only mind - belief - expansion, not true spiritual feeling and truth expansion - or growth.

And whilst your mind is of a negative state, it's all only leading you further astray, further from the source of your real feelings - your soul. When you come to know God through your feelings as you come to know yourself, then your mind can come in and support such feelings, then it can help to provide a mental structure upon which you can base your beliefs and build your behaviour so as to express all you know to be true

through and with your feelings.

Q: Will I go to hell if I'm bad?

A: You're already in hell, so far as having all the pain you're not wishing to acknowledge from your early childhood hidden away inside you. And if you transgress the Laws of Will too much, then yes, you will need to spend time in what is called hell, time to experience all the pain you've inflicted on the other person or creature. However if you choose to do your Healing, then through your Healing you'll come to terms with such pain as you fully embrace, express and uncover its truth.

Q: Is pornography bad?

A: Not of itself, it is just what it is. It's one's motivations of why one needs it that needs to be looked into. All one feels about it, and how one feels about all aspects of it: how one feels needing it - wanting to look; how one feels when one is indulging in it; how one feels afterwards - all the good and bad feelings, they all need to be fully embraced and their truth sort, so one can understand why one needs it in one's life. And like everything, when one has uncovered all the truth to do with it, if it's then no longer needed as a part of your soul growth, it will go, your desire to look will leave you.

Q: Is it helpful to speak with angels or spirits, even nature spirits and God, assuming one can do it?

A: Yes, it can all be helpful, as with anything and everything in life. However again it's why you want to speak with them, and are you doing it to help yourself block out bad feelings? Such outside influences can all be greatly beneficial to helping your mind understand what's going on, all so long as you don't allow your mind to use them to maintain its control over you, should you want to live true to yourself and true to your feelings. And if this is the case, such influences might also help you to feel bad, giving you yet more feelings to express and seek the truth of.

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Waking up to the truth of ourselves

We're to wake up to the truth that we are. We are to realise how fucked we are and accept it.

We can't change ourselves - we're not meant to change ourselves, that's using our mind. We're simply to allow ourselves to be as we are, whilst waking up to the whole truth of what that really is. And when we do, then our soul and God will change us.

But what happens when what you see about yourself you don't like - hate? What do you do then? And what happens when you're so angry about being fucked and wrong and false and not a nice true and perfect person? How can you accept that that's how you are when you're so angry about it and don't want to be that way? Am I to be angry about being so fucked and scared forever? Yet being angry hasn't helped me change myself - it's not worked. However expressing my anger and uncovering the truth of it has worked, as I have changed.

And being angry, all you can do is keep expressing that anger and longing to the Mother and Father to show you the truth of yourself, of your feelings - of your anger. And perhaps one day you'll express all the anger out of you, and you'll give up being angry because you no longer feel it, and then you can fully accept your miserable, scared, pathetic self.

Our Healing is accepting ourselves how we are in our falseness. Finding out all about it through our feelings and coming to terms with how we are, that we're a product of being unloved - this is me, fucked and all. We're to uncover the whole truth of all that's wrong with us, and allow ourselves to be it, to stop fighting against it and trying to change and stop ourselves being it. And when we fully accept it, which is being fully self-loving by accepting all our wrongness, then we'll change, no longer needing to be it. Then our soul will let go of our needing to be wrong and transform us into being right. This happening all the way through our Healing, however mostly at the end of it.

AND THEN WHAT HAPPENS? Are we to stay the product and in the truth of our unloved states forevermore?

Well God - what about it?

And we have to wait and see what happens when we are fully true and fully accepting of our unloved state. And we believe, hope, that at some point our full transformation occurs enabling us to give it up completely as we become Celestial - of a Celestial level of truth if we're still on Earth.

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James & Marion: our two differing approaches - we've been doing our Healing

for a long time.

Feeling slaughtered

I was sitting forward resting my arm on my knee. I felt the seam of my shirt uncomfortably pushing into my knee. I moved my arm to ease the pressure and suddenly felt a stabbing pain as if a wasp had stung me.

I feel slaughtered, hurt to the core of my being, I want to cry, I am crying deep inside, it's all too much, I can't cope, can't go on, don't want to be here. I feel too unloved, slaughtered, no one likes me, I'm only hated, it's too horrible to keep going; and what's the point when everyone is against me and all they do is tell me off, criticise and punish me, telling me I'm a mean and nasty bully.

I'm only small, and feeling devastated, crushed, crippled with the pain, really such a small pain, and yet it has hurt me to the core, and so much so that I am all but wiped from existence. I remember bees and wasps stinging me, I want to cry with the pain, with this creature venting its hatred of me, when I didn't mean to do what I did to get stung - I wasn't intending to hurt it.

I am fucked, screaming with the pain of feeling so unwanted and uncared about. It's too much, too overwhelming, I don't know what to do or how to be. And I feel so scared, and like my left side has suddenly caved in. What is going to happen to me, I can't even bear such a tiny pain, any pain slaughters me, I have no resistance, no ability to cope.

And God doesn't care, God doesn't like me, no one does because all these painfully bad things keep happening to me. I wish I could end, just cease to be, no more pain, no more feeling so unloved. I can't write how bad I feel, it's too much, I want to crawl up and hide somewhere, but what good will that do, they'll still find me, drag me out and make me keep going; but what for, what's the point, I don't want to keep going. I used to want to because I feared I'd miss out on something, they always said and promised the good things, but now I've given that up too, there is never a good thing, what could be so good to take my feeling slaughtered away? Nothing good, only bad. Marion said I have to accept it, I try, yet I don't want to. Secretly I hope it will end and be over and then I might feel good, but when, and when never comes, and so I'm giving up the future hope too.

I am to accept that I am a useless nothing who cries his eyes out because the nasty bee stung him - that's me. The bee doesn't care about me - they don't care about me, dad just laughs, it's not fair, what's so funny, I'm dying, and no one cares!

Marion is so accepting that she doesn't know anything, it's just what she feels. I am resisting such feelings by pretending I know what it's all about. I think I know how it should be, I've always got the brakes on, I can't let go and be taken along. I think my pain

should be easy now this far into my Healing, instead of getting worse. And there I go again thinking I know how it should be. Marion thinks her pain should just be there until it's not, or if anything, it should keep getting worse. She doesn't condition her Healing using her mind. And lately she's feeling surprised that she doesn't feel as much pain as she used to. I think, well it's about damn time she doesn't after all the pain-expressing she's done, shit it surely must come to an end at some point! I can't see it, yet I hope, we're not to live in pain for all eternity. There's surely got to be an end to our Healing. Marion doesn't care either way, as she says there's nothing she can do about it, the pain is there or it's not, and if it is, then she expresses it, that's all there is to do about it. And now she's feeling better and better about herself, she is changing so much each day, no longer are all her terrible self-esteem problems hurting her and making her feel bad. They are simply not there, she no longer feels them, they are leaving - gone. She's becoming more her true self, how she should have been had she been fully loved. Now she feels she's loving herself more, doing for herself what her parents should have done for her.

Marion says she doesn't have to actually work at expressing her good or bad feelings anymore like she used to. She just acknowledges that's how she feels in her mind and that is enough, mostly the bad feeling goes away.

She says that over the years she's expressed it all, has articulated all she's felt, seen what it's all about, and now if any new truth comes, it does and without her having to work at expressing her feelings as hard as she did. She's broken through all her blocks and barriers to her self- and feeling-expression, so now much of what she had to express outwardly, she can do within.

I still have to work hard at expressing by feelings because of the entanglement of my mind against my feelings.

Marion has to just realise what she's feeling in her mind, she no longer feels she needs to bring them all out as much as she did. Only the stronger more urgent feelings that demand to be expressed, she expresses. And she still feels bad, yet nowhere near as much or for as long. She'll express her bad feeling and then almost instantly it's gone and she feels good again.

Marion's conflict between looking good and feeling good is ending. Her parents were all about her looking good and not how she felt. It's been a big struggle and now she feels it's ending with her caring more about how she feels than how she actually looks. She puts her clothes on, snips a bit of hair, and it feels good. She hardly looks in the mirror anymore, whereas she'd look first and then snip.

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My mind kills my feeling expression.
Every pain is a locked up unexpressed feeling.

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Feeling-Healing

We are untrue.
We are unloving.
We are to find the truth of our unloving state.
We are to be true to being unloving.
We are to understand why we are unloving.
We are to understand how unloving all our relationships are.
We are to feel as unloved as we feel we are.
We are not to push any of these bad feelings aside.
We are to fully accept our unlovingness.
And when we do, then we're be loving. Then we will lovingly accept our unlovingness.
And then we won't be unloving anymore. And we'll be true and so only loving.
We will then be true.
We will then be loving.

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Feeling-Healing

You were a hated child, not loved.
Your parents hated you; God hated you - everyone hated you.
You hate yourself.
You hate yourself more than anyone else hates you, more than your parents even hated you, more than God hates you.
And that's okay.
And you can end all your self-hatred and feelings of being hated by everyone else.
By uncovering the truth of your hatred through your feelings.
And by feeling your feelings are right, you are hated, you do hate yourself, and that's okay.
Your feelings are the key. They are the way to salvation. They are to way to love.
Your feelings will show you why you feel hated, because you have to know why.
You have to know if indeed there really was any justifiable reason for you to be so hated.

And your feelings will tell you.

And you will come to understand that it wasn't your fault, none of it was. That it didn't even have anything to do with you. And that they hated you because they hated themselves. That it wasn't actually you they hated but a fantasy you they were projecting their own hatred onto.

And you come to see that God doesn't hate you, that you've only been made to believe that They do, even though it is God that has wanted you and made you experience being so hated.

And when you fully accept all the bad feelings of your hatred, and long for the truth of it, and have revealed to yourself all that is true, then you'll no longer feel hated.

You will heal hating yourself, and feeling hated by everyone else.

You'll work your way through it all.

You'll come to the end.

And then it will all turn around.

And you'll start to love yourself - truly love yourself, not some false mind-contrived love.

And you'll be able to love that you hate yourself.

And the hate will fade away.

And love will come in its place.

And one day you will completely understand what it was all about, and why you were made to hate yourself and feel hated by others.

Fully accepting your hate by embracing and expressing all the bad feelings, whilst wanting to know the truth of them, will lead you out of your prison of pain and self-hate.

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Being the child we are

Our Feeling-Healing takes us back to being the child we were and still are. We've done all we can to not be it, to run away from it, to block it out, because we didn't like being it.

Not feeling as completely loved as we needed to feel means we don't completely love ourselves, so part of that self-rejection is the rejection of our childhood, of how we were in the womb, as a baby, a toddler, a young child, an adolescent.

So we have turned away from our child selves, making ourselves by using our mind to be something we wrongly believe is more acceptable to our parents, family and the world. We have believed that we've grown up the right way and now we are right, and that we don't need to change because what's there to change. Yet this is what is wrong, as we are

false.

We continue to live deluding ourselves that we are not the unloved child that we still are. So our Feeling-Healing strips away such self-imposed delusion. It breaks us back down to being the child we were, that which we still are, feeling all the pain of feeling so unloved.

God gave us the childhood we had for very good reasons. It was for us, it was us, it was what we developed from, and it will remain ourselves forevermore. So why then do we do all we can to change the reality, to block out that God-given childhood, turning it into something more acceptable for our parents? And why we did that, was because we had no choice, our parents insisting and forcing us to go that way, which could also be said what God wanted, yet still at some point we are to feel that how we are in our untrue false state does not actually make us feel good, and in fact makes us feel bad. And then naturally want to do something about feeling bad. So we begin by fully accepting we feel bad, allowing ourselves to feel all our bad feelings. And we want to know all about them - the truth of why we're feeling them, why we are the way we are, even if we can't change or do anything about being them.

And instead of trying to simply remove the bad feelings, we need to go with them, honour and accept them, bring them up and allow them to have their say, all so we can uncover the truth of what we are feeling. We need to be the child we were and still are, and feel the truth of the pain we feel, the truth of all the bad feelings we felt, the truth of why we felt them, what happened to us that caused them. We need to see it all. And it all does come to us, the truth of our feelings will give rise to the knowing of how it was for us, and if it was unloving, then just how unloving it was. And if it was loving, or if any part of it was, then why it was and how that compares to those unloving parts.

We have to become the child we are so we can set ourselves free of the pain of not accepting that we feel that way. It's our non-acceptance that hurts us, for once we accept all the bad feelings, fully expressing them and seeing the truth they want us to see about ourselves, then the acceptance of that hurt means it will no longer hurt us, it will have been loved so we will feel good for having it.

Our Feeling-Healing is not about trying to rid ourselves of our pain so we no longer feel bad. That is the same as taking a pill to make it go away, praying to God to magically take the pain away, doing whatever we can to stop it. Instead we need to work with it, allowing ourselves to feel it as much as we can, and expressing all the bad feelings and madness that

surfaces along the way, all whilst we yearn and long to see the whole truth of our bad feelings - the whole truth of ourselves.

We can take pills and do whatever needs to be done to ease the pain whilst we're trying to work with it, you can only take so much at one time, yet all the while longing for the truth of it. And gradually more of the pain you will express out of yourself, and so more of the pain you'll be able to accept, and gradually you won't feel so bad.

We are to be the child we are. We are to see and so feel, the whole truth of being that child. We are to feel ourselves as that child, knowing the truth of those feelings. We are to know all we went through on the feeling level through our childhood. And it will all come to light as you work to accept, express and long for the truth of your feelings. This is doing your Feeling-Healing.

And at any time throughout it, you can also long for the Divine Love. You can reach out to God yearning and longing to Them to fill your heart and soul with Their Divine Love. And in doing so, in receiving Their Divine Love, you'll find this will add yet another dimension to your Healing, taking you deeper into having to face the truth of your relationship with God. This being your Soul-Healing (which is inclusive of your Feeling-Healing) with the Divine Love.

You are a child of God. God wanted you to experience what it feels like not to be loved. And as to why God wanted you to experience this, God will tell you through your Healing. But to heal yourself, you have to live true to being that unloved child. Because you were, and so are, not loved. That's where it begins... and ends. It's how you are, so why not stop running away from such truth, as bad as it is? That is what your Feeling-Healing will help you achieve. And then when you are ready for God to love you, then you can ask God for Their Divine Love.

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FREE BOOKS

FEELING-HEALING with DIVINE LOVE is SOUL-HEALING

First, consider discovering the truth of your emotional pain through Feeling-Healing. Second, consider longing for our Heavenly Parents' Divine Love, as you progress with your Healing. This is the highest and truest spiritual life you can live.

Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.

James Moncrief publications: all FREE pdf downloads:
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

Please consider the following, found at the above link:

These books provide the essence of James' work and are 'suggested' reading by him.

Sage – and the Healing Angels of Light

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

Feeling-Healing - you can heal yourself through your feelings

A brief introduction to Feeling-Healing, including people's personal experiences of doing it by expressing their feelings, whilst longing for the truth of them.

The Rejected Ones

James' first series of 'messages' from women spirits, introducing Mary Magdalene and our Heavenly Mother, and why we need to do our Feeling-Healing or Soul-Healing with the Divine Love.

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul - City of Light

A romantic introduction to the Divine Love and Healing, being James' first novel.

Feeling Bad? Bad feelings are GOOD!

More understanding about the denial of our feelings and why we shouldn't deny them, including how it all came about for James, using himself as an example.

Feeling bad will make you feel BETTER – Eventually!

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

Ann and Terry

Ann and Terry are doing their Healing. An example for people who might want to immediately start working on themselves doing their Feeling-Healing. A novel.

The Religion of Feelings

Welcome to LOVE - the Religion of Feelings.

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

at:

DIVINE LOVE SPIRITUALITY – DLS

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

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

James Moncrief		Pages
The Rejected Ones – the Feminine Aspect of God	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages - book 1	Aug 2007	164
(Messages from 31 May 1914 – 12 January 1915)		
Mary Magdalene and Jesus' comments on the Padgett Messages - book 2	Sep 2010	177
(Messages from 13 January 1915 – 29 August 1915)		
Speaking with Mary Magdalene and Jesus blog – book 1	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	Jan – May 2014	191

Mary Magdalene comments on Revelation from the Bible KJV (Dec 2013 – Jan 2014) 84
 This group being pages of 1,825

Paul - City of Light	2005	149
Ann and Terry	2013	235
Feeling bad? Bad Feelings are GOOD! feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually! feeling-healing book 2	2006	159
Breaking the Golden Rule. feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider	2009	175
Cathy and Mark – a novel introducing Feeling-Healing	2010	151
Introduction course to Divine Love Spirituality	2006	139
Speaking with the Dead Death and dying	2009	173
Spirits and their Childhood Repression Healing	2010	179
with Verna - a nature spirit	2008	279
Course: Communication with spirits - meet a spirit friend	2010	37
Introduction to Divine Love Spirituality website		362
Sage – and the Healing Angels of Light	2017	260
Divine Love Spirituality	2017	250
Feeling-Healing - you can heal yourself through your feelings	2017	160
The Religion of Feelings	2017	43
This group being pages of		3,098

WEBSITES

The Religion of Feelings	http://religionoffeelings.weebly.com/
Introduction to Divine Love Spirituality	http://dlspirituality.weebly.com/
Main website of DLS	http://divinelovesp.weebly.com/
Childhood Repression website	http://childhoodrepression.weebly.com/
DLS and CR forum	http://dlscr.freeforums.net/

Other reading to consider may include:

Condensed versions of The Padgett Messages being published as:

The True Gospel Revealed Anew by Jesus volumes 1 – 4

<https://www.amazon.com/True-Gospel-Revealed-anew-Jesus/dp/1291958665>

Book of Truths by Joseph Babinsky

<http://www.lulu.com/shop/joseph-babinsky-compiler-and-james-e-padgett-recorder/book-of-truths-large-format-paperback-edition/paperback/product-12297372.html>

Suggested essential papers of The Urantia Book as an introduction to the book:

see post dated: 10 December 2016 <http://dlscr.freeforums.net/thread/158/urantia-book>

The Pascas Papers

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

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

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

A downloadable index to all Pascas Papers. [PASCAS - document schedule.pdf](#)

(FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling healing with the Divine Love;

DL denotes Divine Love – living with the Love.)

PASCAS INTRODUCTION NOTES:

(All the papers below can be found at the Library Downloads link above.)

Pascas Care Letters A Huge Upturn

Pascas Care Letters Big Revelation

Pascas Care Letters Feeling Healing Benefits Children

Pascas Care Letters Feeling Healing Way

Pascas Care Letters Little Children

Pascas Care Letters Women’s Liberation and Mother

MEDICAL – EMOTIONS:

Pascas Care – Feeling Healing

Pascas Care – Feeling Healing All is Within

Pascas Care – Feeling Healing and Health

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

Religion of Feelings

Feeling-Healing

Soul-Healing with Divine Love

Divine Love Spirituality

Pascas Care