

Introduction course to ***Divine Love Spirituality***

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Hello. Welcome to *Divine Love Spirituality*.

I'm James, and this is where you can begin living spiritually with Divine Love. And I'm afraid it's straight into the deep end if you aren't familiar a little with what *Divine Love Spirituality* is about. But don't worry, you don't have to understand all that's written in the introduction, as like everything in life: it will all come around again.

Introduction.

The aim of Divine Love Spirituality is to help you live with God as your Mother and Father by living true to yourself. And to help you live true to yourself by accepting Mary Magdalene and Jesus, and doing your soul-healing. So where it all begins is with your desire to have a true relationship with yourself and God.

The purpose of this course is to introduce you to God through *Divine Love Spirituality*. And it will (hopefully) achieve this, whether or not you have a relationship with God. (And even if you do have one that includes actively longing for and receiving the Divine Love.)

This course is ideally for people who like doing courses. Of course you don't need to do a course, or have any sort of official beginning to live *Divine Love Spirituality*, but the course is designed to help prompt you into thinking about things which ordinarily you might not have considered. All being done to help prepare your mind for the approach needed if you wish to push deep into uncovering the truth of yourself through the healing of your feeling-denial and childhood repression.

Part I of the course introduces you some of the concepts, ideas and truth that form the basis or premise of Divine Love Spirituality. Part II is the course itself: An introduction to *Divine Love Spirituality*.

I have written the course assuming you know very little or nothing about Divine Love Spirituality and the truths involved within it. If it so happens you are familiar with them, then please excuse the repetition. However...

Repetition, if you have not discovered already, is actually a big part of my writing. Over and over, time and time again to where I'll bore you to tears, the same truths are presented, and so the same will happen here in the course. And the reason for this, which is also the purpose of Part I, is to start to condition and familiarise your mind with the information you will need to understand so as to do your soul-healing and live true to yourself and God.

So if you read through Part I and you're new to it and it's all a bit beyond you, don't worry as all the key elements will be worked through during the course itself. It's part of your mental programming and conditioning, acclimatising you to seeing things differently in preparation for what could end up being a different way of life. And as you probably know, learning things with

your mind is one thing, but when you actually learn them for yourself, in your own way, relating personally to them through your experiences, is something entirely different. So by the time your mind is saturated with all I have said, you should then be also well on your way to learning about such things for yourself... and then you'll really understand about them, then they will make sense. But at least by then, your mind will have a frame of reference into which to put all that you come to know as being true.

Some terms and broad definitions.

Before you begin Part I, here are some broad definitions of words and terms used in *Divine Love Spirituality*. Many of these have other or similar meanings in other spiritual or religious systems.

You – are a soul, a spirit, a person, have an aura, and a physical and spirit body. You are a unique personality, and an ascending daughter or son of God. You are a child of your Heavenly Parents – God, your Mother and Father.

Soul – that deepest part of you that is expressing you, its personality, in Creation. It is in *soul-land*, somewhere without time and space. It never moves from where it is, and it is not in Creation. When you die your soul stays put, it is always with you, as you *are* it. A lost soul really is only metaphorically saying you are untrue to yourself: dishonouring yourself, denying yourself, out of touch with your feelings. You can't ever loose your soul as that would be the same as losing yourself.

Spirit – you have a spirit body which is in existence now only usually you are unaware of it. So as you are a person in your physical body so too are you a spirit. And when you die giving up your physical, you will resume life as the spirit that you are. You will live consciously aware of your spirit in your spirit body after you die. Spirit, is where spirits live. Spirit, is also the innate spirit energy within you, that which drives the whole of Creation. So when you die you wake up in spirit as a spirit in your spirit body, expressing yourself with your spirit.

Personality – that part of you, of your soul, that is expressed, or exists, in Creation. It is composed of many attributes, of which your physical body, mind, feeling-system, red hair, little toe, smile, gene, spirit body are such things. It has been given to you by your Mother and Father. And you have a specific name They call you, that which will come to you at some point during, or when you have finished, your soul-healing.

Creation – all that exists to allow personalities to relate to one another. Separate to, and derived from, Soul and soul-land. Experiential, whereas Soul and soul-land is existential.

Aura – comprised of all your experiential systems: your *will-line*, two real bodies, physical and spirit; subtle bodies, mind, emotional – feeling systems; and all that links them, etheric templates and so on.

God – Mother and Father of All. The First Great Source and Centre. There are also other God's – Deity being made up of other God-Personalities.

Soul-mate – we all have one. The Mother and Father are Soul-Mates, being One Soul. You and your soul-mate are one soul. Each soul expresses two unique *aspects*, or personalities, of itself. You'll find the truth of who your soul-mate is through your healing.

Healing – all that is achieved through full feeling acceptance. The healing of your Childhood Repression. Feeling-healing, that part working solely on and with our feelings. Soul-healing, inclusive of feeling-healing and including God – healing more than just your childhood repression,

healing your whole wrong, evil, negative mind and will existence.

Mansion worlds – seven in total. Where we wake up after death. Worlds 3,5 and 7 are most exclusively Divine Love worlds. 2,4 and 6 for spirits still wishing to live in their negative states and untrue to themselves and God; still wanting to live in rebellion to the Mother and Father. They are Rectification worlds. We live in them until we've completely healed ourselves of our evil condition. Then we move to live in higher Celestial spheres. We are also living in these worlds now, as represented by our state of mind and level of truth. When we die we simply go to live in the world and level we achieved during our Earth life.

Evil – we are all evil. Having been conceived into an evil world by evil parents, because they are living untrue to themselves in their negative minds, we, by default, have become of it too. You might not like it – being called and being evil – but your healing will help you admit it and face the truth of it.

Negative mind and will – that state of being imposed on us by our parents making us evil. Making us live against and untrue to ourselves and God. It is maintained by our feeling-denying. We take it on from our parents and become wholly of it. Our soul-healing is the only true way of healing ourselves of it.

Love – something you might think you know what it is, but through your healing you'll be shown it is not as you believe and feel it to be. Only once you are fully healed and of a Celestial level of truth will you know the truth of love and truly experience it.

Divine Love – that special love you can ONLY receive directly from your Mother and Father, via the Holy Spirit. It will transform your soul into the very essence of God from Their image – but ONLY if you allow it to. Only if you do our soul-healing.

Natural love – the love expressed in Creation. That which you will want to live truly and purely. Your self-love.

Truth – that which we can all share in common, that which we can know to be true. That which is real and everlasting. That which is unchanging. That which is true. That which Creation is built upon. That which will come to you as a result of your feeling acceptance and with a strong desire to know.

Spirits – personalities of Truth living in spirit. People when they die. Other higher universal truth sons and daughters of God.

Angles – personalities of Mind living in spirit. They are separate and different to us; and there are many different sorts of them. They don't incarnate on Earth. Celestial *angels*, the term of endearment Jesus used in his initial messages to James Padgett signifying a spirit that has achieved a Celestial level of truth. Not to be confused with a real angel.

Reincarnation – there is no such thing. It's a false belief no matter what anyone says. You have NO past or future lives on Earth. Only a continuation of life after death in spirit.

Karma – all you've lived during your life that is evil, which you will have to account for and see the

truth of through your soul-healing – healing your negative, evil, mind and will state.

New Age – mostly a lot of nonsense. Nothing that will help you progress your soul in truth. Only stuff to fill your mind with. As with other religions and spiritualities, all helping you to further your negative mind state and self-denial – to further deny your true self.

Mary Magdalene and Jesus - your true spiritual parents. You will need to accept them both – that they can help you and show you the true way to God (which you'll be doing through the course).

Mother Mary, Immaculate Conception, The Virgin Mary, Jesus and the Father being one – all false beliefs. Mary was Jesus' mother, nothing more, she conceived and gave birth to him naturally.

Divine Love Spirituality – a creation of mine based on all I have learnt from spirits and discovered through my healing.

Part I

An introduction to some of the concepts, truths and general things to understand within *Divine Love Spirituality*.

Two different loves. Two different ways to live.

We can live perfecting our natural or self-love, doing this by healing our childhood repression – all that happened to us during our early childhood that is causing us problems in our adult lives – through our feeling-healing. This way of healing our negative, unloved, state of self-denial that we all live in, does NOT directly or personally include God. God can be included as beliefs, but not as any true or real or actual experience of God loving you. The second way we can live IS with the inclusion of God's Divine Love in our soul, thereby giving us a direct and personal experience of God loving us as we do our feeling-healing, and more conclusively, our soul-healing.

To live only perfecting your natural love is limited, as we can only go so far in it. We are told by spirits that we can be very happy living this way, much happier than anything we would have experienced in our life, but we won't experience the extra happiness and wonder of a life that is full of God's love.

If you choose to live with God – your Heavenly Mother and Father, living with their Divine Love, then as you heal yourself – doing your soul-healing – so too will you heal and perfect your natural self love, thereby experiencing the joys of living with both loves – yours and God's. And there are no limits to this way of life.

Divine Love Spirituality is primarily focused on helping you to do your soul-healing. It tries to shed light on as much of it – what's involved and what it's all about – as possible. It also speaks openly about, and includes, all that would be involved in the doing of your feeling-healing, as this is a such a vital component in doing your soul-healing. And through this, by perfecting yourself and living true, so will you perfect all your relationships, and especially with God.

If you choose to fully embrace Divine Love Spirituality (and I truly believe it's the one true way to God, the way God has shown Marion and I how to live), then you will see there are two parts to it. Both of which you will need to do if you want to do your soul-healing. The first is the actual partaking of God's Love – called the Divine Love. It involves longing to the Mother and Father for Their Divine Love. A love that is very different from our natural love. And you can receive this Love into your soul and enjoy its benefits. It will make you feel much better in yourself and your life. However, it will not heal you of your deep childhood bad feelings and all that's involved with your childhood repression. It will certainly help shed light on many things about yourself, your life, and God.

The second part to it is to long for, and want to know, the truth: the truth of yourself, your life and of God. This is separate to longing to God and receiving Their Divine Love. And it's the part you

will need to do that will lead you into, and then drive, your childhood repression healing and the uncovering the truth of it.

I am presenting this way of living with God as something that has nothing to do with other ways to supposedly know God. Although many of the same words are used in other spiritual and religious systems, the overall way to God through Divine Love Spirituality has nothing to do with any of these existing organisations. It's a spiritual philosophy that is tailored to meeting the needs of the individual and not the system. It doesn't belong in any system, and if done properly won't be corrupted into becoming a negative power controlling organisation. It will help you grow in truth and develop your relationship with God free from any dogma and institutionalised error.

Irrespective of whether you choose to live with God and Their Divine Love or not, the healing of your childhood repression awaits you. However what it involves is very confrontational and difficult to do. And you may not be ready for such an undertaking. So for now you might want to concentrate beginning your relationship with God through the actual longing for and partaking of Their Divine Love, with the idea being to tackle your soul-healing at a later time – when you feel ready to do it. Which might not even be during your life on Earth, but sometime in spirit.

This course is designed to introduce you to God. To begin your personal relationship with Them, and give you a taste of what you might expect if you want to go further in your growth of truth.

With or without God.

If God was a part of your early childhood, then most probably you can't even conceive of life without including God unless you've had some sort of bad experience. But if it wasn't, like mine, God not really figuring as a main authority, then at some point in life God might become someone you want to get to know.

As to whether we live with God or not is for each of us to decide. And when the time is ready, like all things, it will happen. And if it happened when you were young, without you getting a say in it, then through your healing you'll be taken back to the beginning of your relationship with God to see if indeed it is something you want.

From my experiences of life without God, to now with God, I can't speak more highly of having Them in my life. When I look back to my pre-God days, I wonder what I was doing. And I was so alone. Now I feel I can say: my life has purpose, meaning and direction, and I feel more fulfilled, even enjoying it more – and it's true, I am! Still not all things make sense, and when my healing pressure is on, I have lots of days feeling the very opposite, but overall as I grow in truth, I love feeling I am also growing in my relationship with Them. As I get to know myself, so too am I getting to know my Mother and Father. And on my good days, it's all very exciting.

And love, isn't that what God's supposed to be all about? Throughout my healing I've been stripped of what I believed love to be. My beliefs of love being exposed as being false, unreal and untrue. So I haven't felt any great love or happiness – yet. The spirits tell me it's still to come. I did feel lots of God's Divine Love flowing into my soul when I first started to ask God for it, but that has eased back as my healing has progressed. I can feel its support and God unpinning and guiding me along, but as far as feeling wonderful about my life, overjoyed and very happy... we'll see. First I have to finish my healing, and as God tells me, then it's a whole new start. So whatever that means,

I figure I'll know when I get there.

If you have already had God in your life but you didn't like Him, then you have an opportunity of looking at these bad feelings, accepting them, and wanting to see the deeper truth of why. You might already know certain aspects of why you didn't like God but there will be more. There's always more when you're still living in your repressed childhood state.

If you want to start living with God or expand your existing relationship, then this course will introduce you to God as BOTH your Heavenly Mother and Father. It took me time to accept the Mother, but having done so, has quickly opened out my understanding of how my life is meant to be. It all makes sense now having filled in the missing feminine part.

If you started your relationship with God through the church, you will find *Divine Love Spirituality* is NOTHING like the Church. The Church (all churches) is an outworking of our negative denial minds and so most of what it says about God is wrong. If you're looking for a new relationship or way to become at-one with God, to live God's Will or to be as perfect as God is, then this course will offer you that.

It's not God of the Bible.

The God I will help you meet through the course in Part II is the Heavenly Mother and Father as spoken about by Mary Magdalene and Jesus. It is not God as presented in the Bible.

The God of the Bible, although said to be all-loving, is treated as a wrathful God who needs to be obeyed. And if you don't obey and follow His rules (the rules of the Church) then you can expect some form of punishment.

But this God is only an extension and projection of one's parents. We were made to obey our parents or we were punished. And when we were very little our parents were God. We looked to them as though they were gods and we believed all they told us. We had to because our survival required it. If our parents were to reject us and not look after us then we would die. And so even though they denied our soul its rightful expression, denying us their love, we still adhered to their ways no matter how harsh they were. And we adhered to such a degree that we adopted their ways believing them to be right thereby determining our adult lives. And so as adults we approach our relationship with God just as we lived (and still live) our relationship with our parents. The truth of which you'll uncover as you do your soul-healing.

Unfortunately for some people the Church has put them *off* God. But really this will turn out to be a blessing. You can't get to Paradise, or heal your childhood repression and live the truth of your soul, if you're a believer and adherent of the Church – any church. All of that is still adhering to the negative beliefs instilled in you from conception and through your forming years. And until you choose to get to the bottom of what really happens to you through these years, if you believe in the Church, it will only serve to keep you bound up in your wrong ways.

If you are a member of a church and you do your childhood repression healing, very quickly you'll be made to confront your beliefs, and unless you leave the church giving up its ways of power and control over you, you will not get very far with your healing. Your relationship with God will stay intellectual, based on beliefs, as you will not be able to truly KNOW God. You can

believe you do, but it won't be the same as when you surrender all mind control and reject all erroneous beliefs, and relate to God without any interfering middleman.

Living as a part of the church family is the same as still living within your own family. If you seriously want to heal yourself of all your self-denial, then your relationship with your family is going to come into question.

The Church is something that says it's there to help one get to know God leading one to God and the Promised land, but it's not, and it can't, fulfil that role. If you want a serious personal relationship with God as your Mother and Father of Heaven, then you will need to separate yourself from anything that restricts your relationship with Them. And anything that contains erroneous beliefs will restrict your relationship with Them. It will be only linking up with already existing erroneous beliefs within you, those given to you by your parents, and will serve no purpose other than to keep you rigidly bound up in your denial.

Following Jesus and Mary Magdalene.

Mary and Jesus tell us they have nothing to do with any church, nor with any other existing religious or spiritual organisations.

Mary and Jesus are separate spirits to God. And they are soul-mates. Together they help us become truly at-one with God. They tried with minimal success because we rejected them two thousand years ago, but they haven't given up on us. They've been helping people in spirit – spirits – who do truly want to follow and listen to them, establishing three mansion worlds to be used to assist spirits to get to know God as their Mother and Father and to do their soul-healing.

Mary – and it is Mary Magdalene and not Jesus' mother, Mary – and Jesus, are very approachable, and are helping various people on Earth understand about their way to God. They began this in earnest when Jesus, assisted by Celestial spirits, contacted Mr. James Padgett in America last century revealing to us that we can long to God our Father for His Divine Love. And although this truth, re-revealed to us via Mr Padgett's messages has been available for two thousand years, it has been omitted from Church doctrine. If we all were to do what Jesus said: to long to God for His Love, then the Church wouldn't have been able to be so influential maintaining its powerful hold over us. Humanity would have evolved entirely differently, eventually asking Mary Magdalene to introduce us to our Heavenly Mother. However it wasn't to be, and what we have is something that says it is the way to God and yet it doesn't even teach the vital and fundamental truths required to achieve this. It teaches how not to get to God, whereas thankfully Mary and Jesus are currently helping us to understand the true way.

The omission of the Feminine.

Now we all know what a male dominated society we live in. And we need only once again look no further than the Church to see who wants the power and how one goes about keeping it. You don't let women have a say, stick to the boys club, and evil will triumph over good.

What Mary and Jesus are offering to us is a balanced spirituality. One you can live by looking to them, both a man *and* a woman, to help us become at-one with the Two Aspects of God, our Father

and Mother.

We are born with two parents of opposite sex. We can then look to our spiritual parents, Mary and Jesus, to help us to get to know our Soul Parents – our Mother and Father. It all adds up. And by living this truth, as you proceed with your soul-healing, you'll see that it's absolutely vital for your uncovering the truth of your childhood repression, to include equally the feminine with the masculine.

And the duality is a wonderful thing. It gives you good feelings when you get used to the notion. It's not meant to be one-sided never making sense. It's meant to be so we can easily relate to everything. And it reflects how far we've been led astray, and how wrong such institutions like the Church are.

Speaking with spirits.

We can speak with spirits. Not all spirits are evil like the Church leads you to believe. There are universal laws the govern spirit-mortal rapport and communication, and if you abide by them you can experience spirits communicating with you in various ways.

I do it, and further on I will include some examples of my communicating with Mary Magdalene as she introduces living with God's Divine Love.

Humanity needs to speak with spirits as a necessary part of its spiritual development, because as life doesn't just stop once you die, neither should communication between Earth and spirit. Potentially spirits have a lot to offer us, as some with the Divine Love are very advanced in truth. But of course there are also those spirits not very advanced and living without the Divine Love, who are all very willing to pass onto anyone willing to listen on Earth, all their misguided beliefs and misunderstanding. Speaking with spirits is not the work of the Devil, but it is the work of evil to say it's all nonsense and to put fear into people stopping such honest communication taking place. *Divine Love Spirituality* wouldn't exist without direct communication with spirits.

However, opening oneself up to spirit communication doesn't necessarily mean that the spirit you might start communicating with is any more advanced than you. Just because we die and start living again in spirit doesn't mean that suddenly our minds and understanding of truth have greatly increased. And so because of this, much of what is received by people from spirits is really of no great importance, because the spirit is not very advanced or is severely limited in what it can say because of the mortal recipients beliefs, biases, prejudices, incorrect beliefs, and lack of understanding.

If you want to do your healing and deal with your childhood repression, then there is no point speaking with spirits who know nothing about it, having not done it themselves. Much of what is passed to us from spirit comes from those spirits as yet unaware of God's Divine Love, what Mary and Jesus teach, and the need to heal our childhood repression. Only certain spirits, just like people on Earth, are aware of these things – those who want to live true.

Jesus and Mary's Second Coming of Truth.

The new revelation that Mary and Jesus are passing through to us is collectively called by them their *Second Coming of Truth*. Jesus is not going to come in flesh again, nor is he going to sweep down from the heavens scooping up all the faithful and carrying them off to the Promised Land. That's all mind fantasy and a product of our negative condition and delusion.

Mary and he are however, coming again to re-reveal their truths – the Truths of Divine Love – and this is what we can use to help us become at-one with God through *Divine Love Spirituality*.

Mary and Jesus don't need to come again because we are quite capable of receiving their truths from spirit and acting on them. Were they to come again, the same debacle would no doubt occur, and nothing would be achieved. We might like to think that we are much further advanced than those of two thousand years ago, but are we?

Mary wasn't a prostitute.

Mary has told me something of her life on Earth. Briefly, she came from a wealthy merchant family in Malaga. Her father travelled a lot trading. When she came of age she didn't want to get married as she felt she had other things she wanted to do. She was asked for help by a woman who was in a bad situation. She agreed, which led her (with the help of funds from her father), to establish a woman's hostel in a disused warehouse. There she worked to help those women in need, some of whom were prostitutes.

When Jesus arrived in town she joined up with his band, and in private he told her about who she really was, and her true soul relationship with him.

Mary and Jesus spent as much time together as possible, but chose to honour the conventions of the day. She always took the submissive role and was never raised up into her full glory, being the Divine Daughter of God that she is. That would come later once she had died and moved into spirit.

She and Jesus were together as much as possible. During lots of private meetings, her and Jesus worked out their plans as to how to reveal the truths and information they did, all whilst keeping the men involved, onside. Had she, a woman, been said by Jesus to be his equal, then no one of any importance – men – would have listened to him.

After Jesus died, she went and lived in Egypt helping other women. She lived out the remainder of her life there, with some of the women understanding to quite a high degree, about honouring their bad feelings and seeking the truth of them, all whilst longing directly to God for Their Divine Love.

She didn't marry Jesus, nor did they even have sex together. There was no need for that as they were not going to procreate. And being of perfect mind and will, and not subjected to the negative self-denying condition we all are, didn't need to have sex trying to fill in the gaps brought about by not feeling loved.

They weren't conceived or born into the negative like we are. They always remained perfect and untainted by evil. Jesus' parents, Mary and Joseph, as with Mary's parents, were imperfect, and owing to the perfection of Mary and Jesus' soul, and who they are in relation to us and the universe we live in, they didn't partake of such untruth. Their minds were therefore not corrupted by the

Rebellion and Default we live in.

All the things we've made up about their relationship, are of course, being made up, false. They were only concerned about passing on the truths of Divine Love and stopping the universal Rebellion.

Jesus apparently visited Mary a lot in his spirit form after he died. Some of these accounts being on record as occurring soon after his death, and also whilst she was in Egypt.

Once they had reunited in spirit, they took time off for a well earned rest, and made ready to continue their revelation of truths to those living in the mansion worlds. Gradually enough spirits listened to what they said. They set aside three of the seven mansion worlds for those spirits who wanted to long to God for Their Divine Love, do their soul-healing, and ascend in truth finally reaching the Celestial spheres.

Achievement of the Celestial spheres is gained upon finishing ones soul-healing with the Mother and Father's Divine Love, thereby opening the way for ones further ascent to Paradise.

Divine Love Spirituality.

This is the name I have given to all I am presenting – all that Marion (my partner), spirits and God have helped me to understand about living my life with the Divine Love and the doing of my soul-healing.

As I've said, they have helped me no end to understand what is going on in my life. My life makes more sense very day.

Summary:

To summarise: there are the two parts to *Divine Love Spirituality*.

The first is to long directly to God for His and Her Divine Love. The course will show you how to do this.

The second part is the doing of your soul-healing. The course only briefly introduces you to this, and can begin whenever and in whatever capacity it suits you.

If you find you enjoy longing to God for Their Divine Love, but don't feel ready to go any further as in looking into your bad feelings, that is okay. You don't have to. There is no pressure on you to do your soul-healing. And it might be good that you take your time receiving Their Divine Love as you find out more about what's involved in doing your healing.

Our Childhood Repression.

Although beyond the scope of this course, I will introduce it here, as something to bear in mind.

What is it, and why do we have it?

We are all suffering. Because we weren't loved as fully as we needed to be during our forming years. And as a result many of our early bad feelings we had to suppress. We weren't allowed to freely express ourselves. This then led us, to what is called, our childhood repression. And our ongoing self-denial, as seen in our refusal to accept our bad feelings in our adult lives.

Everyone one of us was conceived into a negative mind and will state, that which our parents received from their parents. Certain negative spiritual influences way back in humanity's past contributed to humanity's *fall*, and since then we've lived bound up within ourselves in a rebellious mind. We are rebelling against ourselves; we are denying ourselves our souls full and true expression. We live denying many bad feelings. And we cannot be our true selves until we've healed ourselves of our rebellion. And it doesn't matter who you are or what spiritual or religious system you adhere to, you are still caught up in your negative mind and will state until it's healed through the ongoing acceptance of all your bad feelings. Feelings that are being denied by your feeling-denying mind. It is through your feeling acceptance that you will uncover the truth of your suffering state, why you feel bad, and why anything bad happens to you.

We have all been brought into this negative self-denying state against our wills – by default. This means our parents have done this too us without knowing what they are doing. Mostly they believed they were parenting us with all their love, affection and care, but they were completely ignorant of the actual harm they caused us. And this harm – trauma and pain – we've covered up. We were not allowed to speak about and express our bad feelings when our parents were making us feel bad, so consequently have learnt to keep our mouths such and bad feelings suppressed.

No one on Earth is parented with the full amount of love they need, so none of us feel completely happy and satisfied with life. Those that do have only learnt through their early childhood how to use other things to give them a false sense of happiness, love and fulfilment. However, should these things be taken from them, then they would be left only with their misery, sadness and hurt feelings about not feeling love, wanted or cared about.

The tragedy we all live is that we've suffered terribly as children, during our early formative years, and all this pain and trauma is still within us waiting to one day be expressed. This pain is a result of our childhood repression.

Because of how we develop as children, we learnt as we were forced to learn, how to do as our parents wanted, and because of this we too took on their negative mind states. We became unwittingly a part of the negative and evil state. So likewise will pass this onto our children.

The way you can tell something is not right is by not feeling right. Your feelings are the key. Our

adult lives are exactly what we experienced in our early childhood although on the surface of it might not seem so. If you want to see the truth of your life – how you're really feeling now, deeper within you, under the outer more superficial layers – through your soul-healing, you will be led into seeing how it is exactly all you were back then – nothing has changed. The patterns you established back then are still your patterns now. And far as changing them goes, you will need to do your soul-healing. Other healing will affect small changes in the surface layers but won't touch on what is really going on deeper within you.

Why bad things happen to you and why you feel bad, is because of all what happened to you during your early childhood. And this remains so until you heal it.

How can we heal ourselves of our childhood repression?

Our feelings are the key.

Most of us do all we can to dismiss our bad feelings. We don't want to know about them because they make us feel bad. And yet they are a part of us. To heal our childhood repression we have to first acknowledge and then accept that we do feel bad, and not ignore or reject our bad feelings.

When a bad feeling comes, STOP. Stop what you are doing and give it your full attention.

Acknowledge it. Allow it to be. It's hard to do, but try. Try not to dismiss it. Try not to rationalise it away.

If it's convenient, speak about it. If not, speak about it when it is. Speak about how bad you are feeling, and how feeling that way makes you feel. These two parts are very important. **HOW BAD ARE YOU FEELING:** speak about it, describe it, allow your bad feeling to speak for itself; and then when you've done this: **HOW DOES HAVING THIS BAD FEELING MAKE YOU FEEL?** Speak about this too.

Speak about them for as long as you feel them.

Long for the truth of your bad feelings. Ask and long for the Mother and Father to help you see the truth They want you to see. Ask Them to help you feel the truth, to show it to you so you know why you're feeling bad.

Long for the truth of your feelings, good and bad, as often as you can.

It's no use just speaking about your bad feelings if you're not sincerely wanting to uncover and know the truth of them – the truth of why you are feeling them.

You will need a friend to speak to, someone who wants you to express and focus on your bad feelings. If you have one go to them and tell them all about your bad feeling and how it's making you feel. Also speak out loud your longing for the truth to your friend.

If you don't have anyone to talk to, speak to God, the Mother and Father. Tell Them all you're feeling.

Be patient with yourself. The truth might not always immediately come. Keep speaking about your bad feelings. Keep allowing them to be. Keep allowing yourself to feel them.

If you get impatient and nothing seems to be happening, then this another bad feeling for you to accept and express.

Your healing is very difficult and takes a long time to do. And requires a total commitment to it, to yourself; to finding the whole truth.

Humanity's future lies in finally wanting to stop running away from itself. From it's bad feelings of not feeling loved. It's time to face the music. And when we do, we won't like what we see, but like puss being squeezed out of wound, until the infection comes out, we won't heal.

Your childhood repression is making you sick, no matter what sort of sick you are feeling. And if you can heal it by finding the truth of it, then you will heal yourself of your sickness.

Truth

It's the truth that is vital to your success in healing yourself – in doing your soul-healing. If you don't want to know the truth of all your bad feelings then don't even bother trying to begin. You have to want to know the exact true state of your relationship with your parents. And if they didn't love you, and you felt pain about that, this is what you have to see; this is what you have to own up to and respect about yourself. If you don't want to face the fact that your parents didn't love you as your soul needed to be loved – as you needed and longed for them to love you, then no truth will come to you.

You can spend years 'healing' various parts of yourself through regular medicine or alternative practices, but if you're not seeing the truth of what really happened to you: how your parents really treated you, and how you felt about that, then all you are gaining is merely a believe that you are healing. True healing only comes when you see the truth of your repressed childhood bad feelings. And when you finally work your way into them and start seeing them, you'll know what I mean. There is no other experience like it, and it explains so many things. As you find out the truth your life will start to make sense. And it's the beginning of your true spiritual life.

Many people believe they want to know the truth, but they are lying to themselves, as they are not working their way deeper into themselves by accepting their bad feelings and seeing the truth of them – of their childhood repression. Unless you are doing this you are only advancing your mind, and advancing your minds negative control over you.

The world and all you do in it.

Everything in the world is a product of our wrongness – our negative mind states. Everything you do in the world, in your life, is a product of your negative mind state – so it is wrong. It goes way beyond what is right or wrong or what is good or evil; everything we do is wrong, even the so called good, kind and loving acts. They are all wrong within the negative, however relative to each other within the negative, certainly some are *loving* acts of kindness compared to others that are obviously more evil and cruel.

I know it might be hard to accept all that I'm saying, but it's all true based on what Marion and I have been through and what Mary and Jesus have said. Thirteen years of slogging through our bad feelings, every day more of them surfacing, and everyday struggling to express them and find the truth of them.

The doing of your soul-healing will be the hardest thing you ever do. It is incredibly hard to face the truth, especially when everything within you is programmed to block it out, not face it, and to live in a fantasy that you are loved and loving. To stop it all, to have it broken down, is... I don't know how to describe it. All I know is, it's real – all too real! And when you are in the thick of it, it is so dementing that you'll question not only your sanity, but everything else about your life and yourself. It's gruelling, and I don't expect too many people will be willing to take it on and dedicate their lives to it, however for those that do and manage to work their way to the end of it, I am told by those spirits who have done it, that great true love and happiness awaits you.

We all want someone to take our bad feelings away. We feel bad and we run to the doctor. We want mummy and daddy to make us feel better. And yet it is mum and dad who are making us feel bad. We do all sorts of things to hopefully prevent us from feeling bad in the future, however the bottom line truth is, you feel bad now! It's already happened to you, and it's still happening, you've only learnt how to block it out. To stop taking the pain killers, to stop doing what you do to keep your bad feelings away is very testing, because what are you going to be faced with? – feeling bad! However, if you accept this and keep on expressing all your feel, speaking about it to someone who wants to listen and get to know this rotten ugly evil rebellious you, and all your bad feelings that go with it; and if you sincerely want to see the truth of it all, then one day you'll heal yourself of it. And if you choose to do it with God, even if you get to a part within you that hates God wanting nothing further to do with Them, you will still feel They are with you helping you every step of the way. And They are.

They love you no matter what you feel about Them or yourself. They love you so much that They have begun your life on, and as a part of, hell – your negative, evil, mind and will condition. With you wandering around lost, wondering what it is all about – what have you done wrong to deserve this? And why have They started your life in Creation in an unloved negative state of mind? Waiting until you start to long to Them for Their Divine Love and finding the truth of your childhood repression by doing your soul-healing. With the answers They will tell you, as you love yourself back to being at-one, true and perfect in love with Them.

Finding the Truth of your negative state.

To heal yourself by uncovering the whole truth of your negative condition, through your bad feeling acceptance, you will have to allow yourself to be all the negative you that you. Your healing puts you into your negative state by making you fully aware and conscious of it. And it does this so you can see for yourself all that is wrong, and why and how it's making you feel. So then you can choose to change yourself. And then you are healed.

We have to take full responsibility for your negative mind and will state – all through our feelings. Then we can be free of it.

It all begins with your bad feelings.

It all begins with your bad feelings – accepting them. It's the complete acceptance of your negative mind state through your bad feelings, all so you can see the truth of it. All so you can see and understand the truth of why you are wrong, bad and evil.

It's okay to feel bad.

Bad feelings are okay.

Your bad feelings are okay.

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

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.

ACCEPT THEM!

Bad feelings are good and they're your feelings!

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. 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're 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.

Want your bad feelings – want to feel bad. Then you speak about them and find the truth and reasons why you are feeling them.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this how you want to live?

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 – accept them!

Feeling bad is GOOD!

Mary Magdalene.

Here are four messages from Mary that she gave to me introducing the basic elements of *Divine Love Spirituality*; living life with Divine Love; living your spirituality with God's Love. The course will expand more on what she says.

I include these examples of her speaking to me because of the inequality of the feminine aspect of truth. We need to accept and honour both Mary and Jesus for who they are, so that their Spirits of Truth will help us to uncover the truth within us.

Message 1

Longing for God's Divine Love.

Hello, I am here Mary.

Yes, it's me, Mary Magdalene of the Bible, and I want to write these four messages to you in response to James' request. I want to appeal to those people, both women and men, who are sincerely looking and longing to know the truth of themselves, their lives, and God.

I intend to write four messages covering certain aspects of truth.

But before I begin, I want to write about this method of spirit communication. I am currently in the third Celestial sphere conveying this message to James through mental transference techniques that one learns to do as a spirit. The preciseness and quality of information and truth I can pass through him to you all depends on the condition of his mind, and the beliefs it contains, and the level of truth he is living. Naturally the higher the level of truth he, or anyone wishing to communicate with spirits is living, the more in harmony will he or their beliefs be with the higher levels of truth, so the more true will be the message. If you are familiar with spirit-mortal communication then you might have noticed that the same spirit can be speaking to a number of different people and yet their messages seem to vary in content and truth. And this is because of the differing minds and their beliefs, and the differing levels of truth those people are on in relation to the spirit. And just because it is a spirit speaking to a mortal doesn't necessarily mean that the spirit is advanced in truth and universal understanding. There are many lower level spirits actively communicating with people and being given far too much credit for the information they are conveying, as it is not of a high level and does not adhere to the truths of God.

What are the Truths of God?

Each of you can decide to live with or without God in your lives. If you choose to live without God then you are setting out to advance your mind and spirit if you are interested in spiritual matters, but you will only be able to attain a certain level of advancement and it will be only a relatively low level. The reason for this is because you will not be able to evolve or 'spiritualise' your mind

beyond a certain point without advancing your soul. Spiritualising your mind and ascending in truth with your soul are two very different things. And you can only advance your soul with the inclusion of God's Divine Love in your soul.

If you want to advance your soul then you will need to include God. However, you will need to include God in accordance with what Jesus and I are revealing to you. If you don't then you are still only advancing your mind, but with God included in it, and that will have no affect on your soul growth – your true advancement of truth.

How you include God in your life the correct way, as this is what Jesus and I want you to understand, is for you to want to partake of God's love – the Divine Love; to want God to love you with His and Her Love. Simply, for you to want God's Divine Love to be in your soul. So how do you achieve this? It is with a sincere and earnest longing, a real and true wanting to have God's Divine Love in your soul, that you come before God and yearn with all your heart and soul for God to give it to you. God is offering you Their Divine Love, but it is up to you to take Them up on Their offer. They will not force Their Love on you. You have to really want it, want it more than anything else; and if you do then you long to God for it.

How do you long?

No doubt you have longed for things in your life: a glass of water when you're very thirsty. Can you feel your longing in this situation? You really want, almost desperately want the water, nothing else will suffice and nothing else matters. Your longing for the water is expressed without words in the instant you want it. It's as though something within you is calling out for the water, and if you were to express this longing with your mind then you might say 'I'd love a glass of water', or more truly, 'I want a glass of water', and then you'd act on your want and go and get yourself a glass to satisfy your longing.

Your longing for God's love is to satisfy a need, a need and desire from deep within your soul; a deep need to be loved, and to be loved by God. If you can feel this need then you will also be able to feel you want God's Love. And if you want it then you can long to God specifically for it. And you long to God wanting Their Divine Love in a moments inspiration, just as in a moment you suddenly became aware that you were thirsty and wanted water.

You long to God for Their Divine Love without the need for words. You allow your heart to long. You allow yourself to want Their Love and with your longing you are going to Them, telling Them you want it, and asking Them for it. You can support your longing with words, such as: 'Please God give me your Divine Love. God I understand You are offering me Your Divine Love, and, yes, I want it. Please will You fill my heart and soul with Your Divine Love.' But in asking Them for Their Love understand that it's your longing that does the actual asking, not your mind. It takes a moment to long, and in that silent calling out and telling God what you want, God will answer your prayer and give you Their Divine Love. And you can feel it coming into your soul being brought to you by the Holy Spirit. Once you have longed, do nothing, wait and see if you can feel Them loving you. You can long in prayer or meditation, or anytime the feel you want to. But once you have longed, allow yourself time to receive Their Love. Give yourself some moments of peace allowing Them to love you, to respond to your longing. You can sit for one or ten minutes, or half an hour, or as long as you feel Their Love coming into you. And you don't have to sit at all.

So to summarise: you can long to God for Their Divine Love. This starts a soul to Soul relationship with Them. You, Their child, longing to Them, your Soul Parents, for Their Love. Your wilful longing takes but a moment's inspiration, and is all that is needed to invoke Their Divine Love. And you can support your longing with your mind by asking Them with words for Their Love, and telling Them why you want it. But remember, God responds to your souls longing, not to words. Prayers of words fall only on deaf ears. If your words truly convey your longing, then it might seem like your words are influencing God, but it's always your longing.

Mary M.

Message 2

God, who are They?

God is your Heavenly Father AND Mother. But what does this mean?

God is a Soul, One Great Soul, and that Soul has two main Aspects to it. Two aspects that can be manifested as two Personalities who you can personally get to know as your Heavenly Mother and Father.

Soul is Soul, and that is that. What is soul? That is the great unknown question of the universe. That is what the whole of Creation is discovering as it comes into being. As it is brought into existence by Soul.

As Soul, the Mother and Father just ARE. But They want to experience who They are and so have brought us into being to help Them do so. You, as I am, are a soul like They are. You and I are manifestations of one aspect of our souls dual personality – hence soul-mates. Crudely speaking, the Mother and Father are Soul-Mates. You have a soul-mate – the other ‘half’ of you, and Jesus is my soul-mate. The Mother and Father’s Soul, and your soul, and my soul, and everyone’s soul, are separate creations, and yet also on other levels we are all apart of the One Great Soul. Your soul begins its life in Creation by manifesting both a woman and a man who will continue to live in spirit; and are one day, be it on Earth or in spirit, destined to meet with each other and live the rest of eternity together becoming ever more closer to being one. The one true and full expression of their soul.

Upon our Mother and Father’s say so, our souls manifest us in Creation. They create for us our spirit from – body – and the physical whilst you’re on Earth, and your other subtle bodies used to experience life and connect each of your two main forms. When you die you leave your physical form and wake up in your spirit form. Your spirit form is with you now, as really you are living life more through it than you are your physical. Your soul always stays where it is – in soul-reality – it never goes anywhere. You don’t die and your soul goes into spirit, it’s your consciousness, mind, feelings and will, that wake up with in your spirit form – body – after death.

God, your, our, Mother and Father, live on Paradise, a place at the centre of Creation, or in the highest heaven. And They have created us in Their image; hence your soul brings you and your other half into Creation. And you live experiencing life so as to learn the truth of it, yourself and

God, all being done with your own natural or self love. You are not brought into Creation already divine. You are bought into it in the image of God but with the potential to become of the essence of God, to become divine, just like They are – Perfect. And how you achieve this is by accepting their offer of Divine Love. You long to Them affirming that you do what to partake of Their Love; that you do want to become as They are, divine and perfect, and live as They do. And so in doing this you are setting out to transform yourself from living without Them, and in the image, to living at-one with Them, with Their Divine Love, and becoming of Their essence – divine. And if you choose this way of life then you are setting out on the grandest spiritual path of all, that being to steadily ascend all the spirit worlds of truth, all the way to Paradise. And when you arrive on Paradise there you will actually meet with God, with your Heavenly and Paradise Soul Parents.

If you don't want to live this way, with God and Their Divine Love, then you can set about trying to perfect your natural love, living in the image of God all being achieved through mind and spirit advancement – through the feeling-healing of your childhood repression. You can have a mental relationship with God, you can believe in God, but you can't get to know God directly as your Mother and Father, because you won't be longing for and receiving Their Love. And your soul won't be transforming itself into a state of being that will enable you to relate directly to Them, and to live how They are living, and how They want you to live.

If you sincerely want to live and do God's Will, then you can't achieve this level of harmony and perfection and at-onement with Them, unless you are actively partaking of Their Divine Love. You can believe whatever you want about living God's Will. You can say you are because you adhere to what the Bible says, but this is all still only relating to God with and through your mind.

If you want a true relationship with God then you can ONLY have it by partaking directly of Their Divine Love. And when you are longing to Them for Their Love, the Holy Spirit (Ghost) will bring it to your spirit heart from where it will move into your soul. As your soul receives the Divine Love it will give you the knowing feeling that They have answered your prayer. You will know that now you have Gods, your Heavenly Mother and Father's Divine Love, in your soul. And it will never leave your soul, forevermore affecting the *light* of your natural love. It will always be a part of you, and you can't give it to another soul.

Many people have longed (mostly unconscious of their longing) for and partaken of the Mother and Father's Divine Love, however are not aware they have it within their soul. They are not aware of the truth of consciously and actively longing to Them directly for it. And many other people believe they have God's Love within Their soul but are mistaken, having not partaken of the Love, only believing various things about it and their relationship with God.

If you want to live the highest and truest spiritual life, true to yourself and God, then you will at some point need to actively partake of Their Divine Love. Their Love is the key to it all, and this is the main message Jesus and I want to convey to you. Without Their Divine Love in your soul your spiritual growth will be limited to mind advancement only, and you will be restricted to living within the mansion worlds never entering the Celestial spirit spheres and beginning your ascent to Paradise.

Mary M.

Message 3

What happens once you've started to receive God's Divine Love?

You can long for and partake of our Mother and Father's Divine Love and do nothing more. What will happen is slowly you will acquire more of Their Love in your soul and it can make you feel better about your life and how you live it and your relationship with Them. It can provide you with a feeling that you are closer to God, that God is now in your life in a real sense, as you can feel God's Love within you. You will be able to live knowing that God does love you; that you are not alone; that you are Her and His child, and you are setting out on your discovery of what life with Them is all about.

You can live out the rest of your physical life this way. And when you come to spirit you can continue longing for Their Divine Love and gradually accumulating more of it in your soul. And in spirit it will make you feel even more loved by God and closer to Them as you won't have so many of the physical interferences.

You can live with the inclusion of God's Divine Love in your soul on Earth and in spirit, but unless you want to grow in truth, then this is all you will be doing, enjoying the feeling of Gods Love within you and knowing God loves you. You won't be setting out on your spiritual journey of truth to Paradise. You won't be advancing your soul in truth. And TRUTH, as you will discover, is all-important, almost as important as the Divine Love.

Many people say they want to know and live the truth, but they say this with only their minds. And to a very limited extent with your minds you can grow in truth and know certain things, but none of these things will be to do with your soul. You might believe they are, but they won't be.

The sincere truth seeker wants to know the whole truth of her or his soul, longing constantly for it. And once again it's the longing, your longing for the truth of your own soul, that will drive and determine the success of your growth of truth. Many people believe that they do long and want to know the truth, but they believe such things and are seeking the truth with their minds and through their beliefs, and this will not allow their soul to reveal to them what it is – what Truth it is that God wants them to know.

Once you are partaking of the Divine Love, if you then want to grow spiritually, that is grow in truth and advance your life to Paradise, then you will have to ensure that your longing for truth is sincere, and from and with your whole heart and soul, and not just your mind. And to do this is very difficult. Because it means you are then going to want to know the whole truth of you – of your life, of your life so far; and if you sincerely want to know this truth then ultimately it will lead you back into the truth of your early childhood. And it's seeing the truth of your childhood, and particularly your early childhood, that most people try to avoid. They are quite happy filling their minds with beliefs, information, knowledge, and all sorts of things claiming they are growing in truth, but it's all being done to keep themselves away from the truth of their early childhood.

When you start to look into the very depths of your being, that being what happened to you when you were very young; what happened to you from conception through your first six years, then you are going to find things that won't make you feel so good. And it's not feeling good, feeling bad,

that most people want to avoid. If discovering the whole truth of yourself makes you feel bad then few people will want to know about it. So it's then much easier to partake of the Divine Love and try to be all loving using your mind, refusing to accept your bad feelings, and refusing to allow them to help you see the truth of what you experienced, what you felt, while you were forming.

What you experienced during your formative years is how you are now, how you live your life as an adult, and it determines how you feel about yourself, life and God; and whether good or bad things happened to you. So if you want to know the truth of your life now as an adult: why you see yourself the way you do; why you say and do the things you do; why you behave as you do; why good or bad things happen to you, then you will need to look back into your early childhood for the answers.

If you want to know why you feel bad; why you feel pain; why you are sick; why things don't work out for you; why you can't get what you want; why you feel unfulfilled; why you don't know the true direction to take in your life; why you feel powerless; why you don't like yourself as perhaps you'd like to, then you will have to look into your early childhood to find the answers.

Most people spend a great amount of time doing things so as to avoid their bad feelings – avoiding feeling bad – and don't want to look into their childhood repression, into what they may call their denial.

If you sincerely want to grow in truth, then you will have to start to think more about accepting your bad feelings and wanting to see what they have to tell you about yourself and your early life. All of the unanswered mysteries about life and yourself can be answered by seeing the truth of your early childhood.

In these messages I don't want to go into too much depth as to what is required by you to see the whole truth of yourself. James will help you understand more about this if you are interested. For the time being I want you to understand that your spiritual growth is completely dependant on seeing the truth of your childhood, nothing else. You can read all sorts of spiritual books, you can sit for hours in meditation, you can pray all day, you can do all sorts of so called spiritual practices, and you can even long for the Divine Love, but unless you are determined to uncover the truth of what really went on during your early childhood, and how you felt through those forming years, you will NOT advance your soul in truth. You might advance your mind, if that is what you want, but it will all be at the expense of your soul.

Mary M.

Message 4

Accepting your bad feelings.

If you do want to advance your soul, then having longed for and received God's Divine Love, you will need to start to accept your bad feelings. Mostly you will be doing all sorts of things to ignore or reject them, to keep them away from yourself, because after all, who wants to feel bad?

And many of the spiritual practices are designed to help you further deny and avoid your bad feelings. Many of so-called healing practices including regular medicine and alternative are designed to help you keep your bad feelings suppressed trying and prevent you from feeling bad.

The truth is you were made to feel bad many times during your early childhood and much of what happened to make you feel bad caused some level of will-interference within you. You weren't allowed to express yourself as your soul wanted to, and every time you were stopped from doing this you suffered some level of trauma making you feel bad. And as you were then not allowed to complain and not allowed to express how bad you felt, you were made to deny and suppress, and then keep repressed, all these bad feelings. And they are still within you, within your soul, waiting for you to go back to them and allow them to have their say.

If you can accept your bad feelings and allow yourself to express them, all the while seeking the truth of them, then gradually you will come to see and understand and feel the whole truth all you felt and experienced back them. Gradually you will see the whole truth of yourself and all your pain will be healed.

This is your soul-healing, and it includes the healing of your negative mind and denial-of-will condition, and the liberation of all your repressed childhood feelings.

And this is the hard part facing you.

And this is where your true spiritual growth lies. Anything that's called spiritual yet is all about helping you to deny your bad feelings preventing you from seeing the truth of them, is not going to be any good for your soul development. It might advance your mind, but as I said, at the expense of your soul, and in the long run will only make you feel unhappy and more discontent.

The truth about your childhood repression is new to Earth. It is what people have been looking for down through the ages, but because they haven't want to confront and accept and look for the truth of their bad feelings, and why they feel bad and why bad things happen to them, it has never been presented to you from spirit.

Jesus has revealed the truth of longing for the Father's Divine Love in the *Padgett Messages*, however, he doesn't speak about the need to heal your childhood repression, nor does he introduce your Heavenly Mother. He can't reveal the Mother, as that is my role. I am your spiritual mother as he is your spiritual father, and together we are to reveal to you your Soul Parents.

If you want to advance your soul in truth then you will need to accept both Jesus and I, the longing for your Heavenly Mother and Father's Divine Love and the doing of your soul-healing – seeing the whole truth of your childhood repression. This is the true way to live with God, everything else, no matter what it is and what it says, is only at best, mind advancing.

The great confusion humanity exists under on a spiritual level is believing that all that is on offer to you through the mainstream religions and alternative spiritual philosophies offers something to help you advance your soul, when it doesn't. It is all only based around, and involves, advancing your mind. All because it doesn't honour Jesus and I and the truth we are teaching and revealing to you. And all because it doesn't include getting to know the Mother and Father.

Many people feel and believe that something is going on spiritually that is affecting humanity, something from spirit. However, that is not entirely correct. What is going on is your soul is making you look into other things in life; it's making you question yourself and society. It's stirring up unrest, pushing your repressed bad feelings to the surface, and you can either accept this and learn about it and then go with it, or try and fight against it.

As the truths Jesus and I are introducing to humanity are accepted, then those people accepting them will be able to ride along on this wave of light surging forth from within their soul. Those who are only interesting in pursuing spiritual matters with their minds will make up all sorts of explanations as to what they are feeling, and will do all sorts of things in the belief that they are tapping into this new light, but they are not truly honouring themselves. They will bind themselves more into their minds control, missing out on what really is going on within their soul.

There are many changes coming to humanity and on all levels, from the physical upwards and inwards. These changes will come in waves and are designed to put further pressure on you and society to make you question your intent in life. And ideally to help you to see that your bad feelings are very important – a very important part of you; and that instead of being denied, instead of you denying a fundamental and crucial part of yourself, you should go the other way and start to accept them – They are you.

With all my love and blessings to you, your sister of Truth – Mary Magdalene.

A Supplement.

This is a supplement for people who already know how to long for and receive the Divine Love.

If you don't know you can read this too, or go straight to Part II and the beginning of the course. However, I think you should read it – but I think you should read everything of mine!

Why I have included this supplement?

As you already know how to long for, and are therefore receiving, the Divine Love, I am including this supplement because some of the first four sessions of the course won't readily apply to you as you will already know what to do (However, I do still strongly recommend you read through them and answer the questions in the exercises). I am including this supplement, not as a replacement for these first four sessions, but as a supplement that is more directly focused on introducing you to *Divine Love Spirituality* taking into account the understanding that you already know how to long for the Love.

Please read and do the exercise of this supplement, then do the course.
So still do the first four sessions of the course, but skip those parts that you already know.

In this supplement I want to try and make you aware of some things I've experienced (they're also covered in the course), but which I feel are more important now I know that you're already praying for the Love. This will involve some repetitiveness, which at first might seem annoying, however, if you are sincere in your wanting to grow in truth with the Love, the repetition will become something needed, as we all need to hear the same things said over and over again as we progress. As we constantly change we can hear the same thing repetitively said but 'hear' and 'see' it in a new light each time. As you will find if you embrace *Divine Love Spirituality*, repetition is one important part of the whole. And when you come to do your soul-healing, and the Father and Mother work you around, time and time again, over and over the 'same old ground', each time extracting more bad feelings out of you, and each time helping you see more truth, if you're anything like me, you'll be all but driven mad by the repetition coming from within yourself.

And, if you can remember, at the end of the course, please add your comments to the evaluation form regarding how you found this supplement – was it relevant and helpful, or simply a waste of time?

You and Divine Love.

I am assuming you know how to long for the Love, and possibly have been doing so for some time. Isn't it the most amazing thing! And isn't it so incredible to feel the actual love of God flowing into your soul? Doesn't it make you feel like you've taken a step in life, one that not many have as yet taken, and one that in some way separates you from others – from those who are yet to take it? (I'm not saying this is a superior judgement, only a fact.)

Each of us, from what I've observed of people who've started receiving the Love, integrates it into our lives differently. Some of us seem to take it in our stride, long and pray regularly, feeling better for doing so, and simply get on loving their new found relationship with the Father. (I'm also assuming that the Heavenly Mother is foreign to you, meaning you don't as yet pray to Her as you do the Father.) Other people, however, seem to wrestle with their life as if they want something more to come from it now they are partaking of the Love. (I was one of these people).

(I haven't known too many people who've started to long for and receive God's Divine Love so I can't generalise too much, and most of what I will be telling you will be based on my own and my wife – Marion's, experiences. So please bear with me if I sound too subjective.)

I also would imagine that you most likely heard about longing for the Divine Love from Jesus' messages to Mr. James Padgett, and no doubt if you've read them and love them you feel very fond of them, even perhaps even somewhat possessive and protective of them. I was. What I'm going to be offering you with *Divine Love Spirituality* is an expansion of your mind to incorporate the understanding that I speak with Jesus and have received guidance and other truths and information from him, and I speak with Mary Magdalene whom I also receive information and truths from. And together they have completely broadened my outlook: the *Padgett Messages* becoming the foundation stone to a much broader understanding of truth. For example, I will be introducing you to Mary Magdalene as being Jesus' equal, and even more than that: his soul-mate, and the awareness that God is more than our Heavenly Father being also our Heavenly Mother, the Two being of the One Soul but having distinctive Personalities. As much as you, no doubt, currently love the Father and Jesus, so too can you love Mary and your Heavenly Mother. And as much as you have experiences with the Father, and Jesus' Spirit of Truth or even with Jesus himself, so too, can you have experiences with the Mother, Mary's Spirit of Truth, and even Mary herself.

So, as you can see, I am proposing to broaden your outlook and I know for some people this might not be exactly what they want. It might not be what they want at all; or it might be what they don't want initially but warm too; or it might be exactly what they want, and something that comes to them seemingly to slot into a place within them they haven't been quite aware of, but now that this new truth and information has arrived, it makes them feel good and explains a lot of things.

If what I say does conflict with you, but you still feel interested, give yourself time to adjust and think about it. When I started to communicate directly with Jesus and Mary and they started to expand my horizons, I had many resistance points, all of which I didn't know existed. I would even fight Jesus, wanting to stay with the 'Jesus' I'd come to know (within my imagination) through the *Padgett Messages*. I didn't want this other Jesus telling me that the *Padgett Messages* wasn't the be all and end all of the truth, and it was only the tip of the iceberg, and there was a lot more I had to understand. I fought him; I was afraid of him; I wrongly believed he was like my father telling me what to do, saying the way I did things was no good and I had to change; give up my old toys and move on and try new ones. This resistance within me all came to light as I was working my way through my soul-healing. Jesus and Mary, as they do, timed their communication with me to perfection helping to stir up repressed feelings and many issues to do with my parents. It was, as our soul-healing is, very difficult to see that I was transferring all my repression and fears and anger of my parents onto Mary and Jesus. But thankfully, and with their help, I've worked my way through this negative stuff opening out my relationship with them onto a new plane. And it's a very nice feeling. I'm now able to relate to them both equally and as two wonderful spirits, accepting

they want us to receive their understanding and the Truths of Divine Love so we can help ourselves.

I also accept that a lot of people are very passionate about the truths contained within *The Padgett Messages* and would love to see them distributed all over the world and becoming incorporated into mainstream life. I did, and I hoped that if this were to happen we would all certainly change and the world would become a better place. Before I understood about Mary's involvement, the Heavenly Mother, and the need to do my soul-healing, I tried to get others to accept the truths in the Angelics; I wanted them to feel the excitement and the truth and the love like I did. A minority did accept, but most simply weren't interested, and I gave up in the end. I decided to just get on with my own journey, as really I didn't have the right to push anything on anyone else. But my vision was one of a brother and sisterhood of men and women all living according to what Jesus revealed in the *Padgett Messages*, but what really did he reveal?

Jesus has told us that the Father is offering us His Love and if we want to accept His offer we can long to Him for it? This we can do and when we do it, it's a real experience. We actually feel something happening as a result of our effort. It's fantastic! And there is nothing else like it. And it does make your heart and soul feel good. But what about our lives? What does Jesus tell us about them? And this is where for me, I've discovered a whole new way of life, more than just living with the inclusion of praying for the Divine Love. And it's why I am framing and presenting what I know to you under the banner: *Divine Love Spirituality*.

It took me quite a bit of time to accept the fact that the *Padgett Messages* weren't the beginning, middle and end. To accept that Jesus' messages to us saying the Love will transform our souls into the divine essence of the Father are limited. He told me himself. He doesn't mention anything about our need to actually do our healing; to actually do our soul-healing, and what that involves in the *Padgett Messages*. I read these messages gaining the impression that the Love would heal me; make me perfect (and it will), but what I now know, is it will, but only when I do my healing longing to see the truth, THE WHOLE TRUTH, of myself. And I've been doing my soul-healing for over twelve years and, boy oh boy, is it complex and involved!

Jesus told me that he couldn't speak about our soul-healing in the *Padgett Messages* owing to various limitations and restrictions imposed on him. But, you might ask, can Jesus, the Master Son of Nebadon, have restrictions imposed on him? And the answer is, yes, the same way he had them imposed on him while he was on Earth. (These restrictions I only briefly mention during this introductory course as they are mostly outside its scope.) I briefly mention them now so you can see that Jesus' life, being heavily restricted on Earth, so much so that he was put to death before his natural time, has not all been completely free and easy since his arrival in spirit. Certainly, he has much more freedom, as he tells us he's been able to establish the Divine Love mansion worlds, and he has had Mary by his side, however he had to wait two thousand years before he could start to pass on the truths to us. Why did he have to wait so long? Surely there's more to it than finding a suitable channel. And so when he did find Mr. James Padgett he began his second coming of truth. And it's still coming. What I am presenting is more of it, and as he and Mary have told me, there will be others who they will work with to present even more. Their *Second Coming of the Truths of Divine Love* will occupy the greater part of humanity's next one thousand years. In one way or another humanity is moving into a new phase of existence, one in which those who want to, can have access to these truths helping themselves grow in truth – the truth of themselves, their lives, and of God.

One of the things I want to make you aware of in this supplement is that by embracing the Divine Love you are beginning; you are stepping out into a new way of life; a way that will lead you progressively up through the mansion worlds of truth and into the Celestial heavens. This I'm sure you're probably already aware of, but do you understand that to put this new life into action, or more truly said: to start to live this life, you need to long for the Truth? Longing for the Truth is covered in the course, and again you probably already understand that it's very important and that the truth is the way, but to actually start advancing your soul in truth requires you to start doing your soul-healing and facing the truth of your childhood repression (both of which are introduced in the course). You might feel you have made, and indeed you are making, progress in your truth advancement, however, unless you start to delve into your yuk from childhood, I assure you, your progress will be restricted. This understanding – the full significance of what's involved in doing your soul-healing, is what Mary has concentrated on with me, being followed, and fully supported by Jesus. And once I'd accepted Mary's words about my childhood repression, then Jesus was able to freely and openly speak about it to me. Now they both communicate with me from the basis of my healing. My soul-healing comes first and then everything else follows.

When I first embraced the Love I enjoyed two years of amazing insights and revelations; information seemed to rain down on me, and I couldn't get enough of it. I thought this was definitely the way to live and I wanted to know it all. I thought I was growing in truth. I was growing in understanding about all sorts of things, but I was mistaken: I wasn't growing in truth. I was only advancing my mind. I got caught up in the belief that mind advancement through knowledge and information was the same as soul advancement of truth. And since then I've seen others caught in this same trap. I speak more about it in the course, but from my observations, it can be a trap that limits your growth, stalling your growth of truth, while entertaining your mind. And when I read many peoples articles and questions about the Divine Love that are posted on the Internet I can see that they are in their minds believing that this is the way to live with God and Their Divine Love. But it's not, and what *Divine Love Spirituality* is presenting is a comprehensive approach so you can establish yourself with both Jesus and Mary's Spirits of Truth, communicate directly with the Mother and Father, and then ready yourself to tackle your true growth of truth – that which will come as a result of your doing your soul-healing.

I know it will be difficult for many people to change their mind sets, and there will be a lot of confusion as more people embrace the Love and try to do things with it. However, if you do want to live true, then I firmly believe you have to move into the uncovering of your childhood repression – it's absolutely crucial. We are all carrying around inside our soul the pain and trauma of many bad childhood experiences. And they are blocking your true ascent of truth; and no matter how much Divine Love you soak up, you will still have to do the hard yakka of seeing the whole truth of these bad experiences. If you don't, you will stay floating about in your mind with the Divine Love. Sure this might be all you want, and it might give you good feelings and make you feel like your life is a million percent better than it was prior to your partaking of the Love, but one day you won't feel so rosy. One day your soul will beckon you, and it will start to call you to account. It will want you to start focusing on yourself and asking yourself those hard penetrating questions you've been trying to avoid.

Quite a few years ago I read the transcripts of Jesus' communication with a group of people who were parking of the Divine Love. And judging by their questions, and Jesus', in a lot of cases, evasive answers, I could see that some of these people didn't understand why the Love wasn't making them feel good. Why were their lives still a mess, or why were they not feeling so good?

Why hadn't the promised miracle of having ones soul transformed happened? And I could detect an underlying rationalisation of these bad feelings along the lines of 'be patient', and, 'it will happen', and, 'perhaps we need to reinterpret the original messages, perhaps we don't really understand what Jesus is telling us and what's involved in the process'. I could relate to these questions, because I too had asked them. I had reached such an impasse some years after receiving the Love. One part of me felt great: my mind, the detached-from-my-feelings part. It loved me soaking up the Love and learning about all the things I was discovering, but the other part of me, the part I was hiding from myself and not respecting: my actual life living part, was going down the plug-hole, feeling worse every day. And when I reached a crisis point I got angry with the Father, and after I yelled at Him, telling Him I thought He was full of shit and the whole *Padgett Messages* thing was crap, I begged Him to help me to see the truth of what was going on. And He showed me. He led me into my soul-healing.

And some years into my healing I began to understand that those questions I had been asking, just like those people of the group, were the knocking at the door of something Jesus hadn't and couldn't reveal – the truths concerning our soul-healing. And so, he evades the questions, it was difficult for him as he couldn't just open up and come out and tell all. There are universal laws he had to abide by; laws concerning the imparting of the revelations of the Truths of Divine Love to humanity. I imagine those people in the group will, if they sincerely want the truth, become increasingly frustrated, like I did, and potentially, if they push it, they can (and some might have but I'm as yet unaware of them) move into the doing of their soul-healing.

As I mention in the course, you ARE meant to feel stirred up with the Divine Love. Sure you can feel good and wonderful as it comes into your soul, but if you sincerely want to be at-one with God and to live true to yourself and Their Universal Laws, then the Love will stir up all within you that is not right. And you can either go with this or try and fight it. I've seen some people fighting it, and although they paint a brave face saying the Love is wonderful, I can see that they are inwardly denying how bad they really feel. And if they were to open up and admit their true feelings, they'd have to confess that they felt terrible, and then go even further and admit that perhaps they weren't even receiving the Love when they thought they were. And to take this step, to give it all up, and start again, to admit you might be very wrong, is not to everyone's liking. To admit that your soul transformation might not be going ahead as you thought it was can be very humbling, and some people I would imagine would not be too inclined to take this step.

And other people I've observed, those who've accepted the Love and not wanted to use it in any way for self-gain, have carried on saying they don't pretend to understand what Jesus meant by ones soul transforming, and if it does happen, well and good, and if it doesn't, and they are doing something wrong, then some day they will amend their ways, but for now, they enjoy the Love coming in and that is all they can do. And they continue with their lives going through the ups and downs, dealing with the daily issues that arise, but at the same time, and in some cases, without even knowing what they are doing, are growing in truth. They are dealing with the issues that come up and not dismissing them. They are accepting something of their bad feelings. They are not penetrating too deep into their repressed childhood stuff, but they are nonetheless making progress. They are growing in their understanding of life and themselves. And for these people, I would imagine *Divine Love Spirituality* and the understanding about our need to do our soul-healing and all that's involved, will put a number of things into perspective, giving them a solid point to begin from, and a real goal to work towards.

Exercise:

Please write answers to all the questions. And if you can discuss them with someone who is also interested in you and the Divine Love, all the better.

- 1). Are you happy with how your prayers for the Divine Love are going? *Try to be as honest with yourself as you can.* If you have or have had the faintest negative feeling, please try and describe that feeling. Don't worry about trying to figure out why you might have had it.
- 2). If you have any negative feelings about your relationship with the Divine Love or the Father, please try to describe them. And by the way, it's okay to have them.
- 3). If you have lots of complaints and negative feelings, write them down and go for it – let out as much of your negative feelings as you can – don't hold back.
- 4). If your relationship with the Love and the Father is perfect, write about why and how it is.
- 5). Do you feel your expectations of the Love, of living with the Father and His Love, are being fulfilled? And if not, why not? *Try to be as honest with yourself as you can; honest about your feelings to do with it all.*
- 6). Does thinking about learning more about the Truths of Divine Love, excite you? Or, does it give you feelings of anxiousness even though you do want to learn? *Again try to be as honest as you can, it's okay to admit to negative feelings if you have them.*
- 7). Do you think you can accept Mary Magdalene as Jesus' soul-mate and equal?
- 8). Do you think you can accept the Heavenly Mother?
- 9). If you have any difficulties with Mary or the Mother, please write and express them as thoroughly as you can? Don't worry about why you have them at this stage, only admit that you do and describe them. And try to determine how having these negatives make you feel.
- 10). Do you seriously want to do this course? If you have any negative feelings write about them. Admitting to them doesn't mean not do the course. I only want you to be honest up front with yourself before you begin.
- 11). How do you think you might feel, if in doing this course you discover that all you've done thus far with the Divine Love has all been about arriving at this point to now take your first real steps, as you start to accept the Feminine Aspect of Truth as represented by Mary? If it's a negative feeling, write about it as much as you can.
- 12). How would you feel now praying to the Father and Mother for Their Divine Love? If it's a negative feeling, write about the feeling as much as can. Don't worry about why you might feel this way.

Summary:

The *Padgett Messages* in my mind, is something of a diving or spring board. The partaking of the Love is the driving mechanism, which, IF WE ALLOW IT, will drive us deep down into the murky depths of ourselves. Jesus has revealed the key that will open the door to the inner hidden parts of you. You will be opening that door with the Love and blessings of your Heavenly Parents. And They will guide you inside and help you're eyes become used to the murk. And as you see the truth of your childhood, gradually you'll begin to see the true light of day. Of *YOUR* day with your Mother and Father of Love,

Now the course.

As I said in the beginning of this supplement, please work your way through the course even though the focus of the first four sessions is on how to long for the Love. Many of the truths and information I cover you'll already know, but if you can still do all of the course, I hope it will give you a new sense about living with the Divine Love. And I hope it will introduce you to *Divine Love Spirituality*, and like it has done for me, broaden your horizons and centre you in love with Mary and Jesus and with your Heavenly Mother and Father. And most of all I hope it helps you like it's helped me, to make sense of something that is confusing, showing you that there is a Grand Plan, and its only a little bigger than perhaps what you first thought it was.

The feeling I want to convey is that as you progress with your growth of truth, in many ways you will be sinking below, or possibly under, or at least out of, your mind, 'down' into a new unexplored part of yourself – your soul. And as you sink out of your mind you will also in time start to feel your heart rising up illuminated by a new faith, and with a spiritual strength, all coming from a foundation and basis of feelings. Your feelings are your true source of power, not your mind and it's beliefs. Your thoughts and beliefs are 'up and out there', whereas your feelings are 'down and in here'.

And so please bear with me through those parts of the course you already know. With the supplement I wanted to acknowledge that you do already long and so have a relationship with God, but at the same time I want you to get a taste of *Divine Love Spirituality*. I wanted you to see where I'm coming from.

Please try and do all the exercises and the prayers, even if some of it is repetitive and perhaps boring for you. I hope that if you do it all the course it will have its desired effect on you – that being: building on the messages of, and your experiences resulting from, the *Padgett Messages* and introducing you to a greater perspective than what the Angelics offers, thereby introducing you to a greater perspective of yourself – helping you to get more in touch with your soul through your feelings.

**Be true to your soul.
Ask for and receive Our Divine Love.
Seek the truth of your heart.
Long for the Truth of your feelings.
Be true to your feelings – they are the key to your way;
your way to Us;
the true way of your soul.
Blessings from your Heavenly Mother and Father.
We love you.**

Part 2

Introduction course to *Divine Love Spirituality*

Our dear child,

We love you.

Long to Us for Our Divine Love.

Be true to the feelings from your soul.

Strive to see the whole truth We want you to see.

We are with You.

We have not forsaken you.

We love you.

**We are your Heavenly Parents,
Your Mother and Father of Love.**

**Welcome to *Divine Love Spirituality*
The Faith of Divine Love. The Religion of Light.**

Introduction.

What is Divine Love Spirituality?

Divine Love Spirituality is a new spirituality based on newly revealed truths and information from spirit. It is a spirituality that will introduce you personally to God enabling you to begin, or further evolve, your existing relationship with God. It will help you get to know God. To know God as the Parents of your soul: as your Heavenly Father and **Mother**, and as Two Personalities of the One Soul who love you very much. You will be able to love Them and feel Them Loving you. And as you get to know God so too will you get to know yourself. In fact, you will get to know God through getting to know yourself.

Divine Love Spirituality will introduce you to Jesus and **Mary Magdalene**. It will give you some idea of whom they really are and what their relationship with you is; and what they want you to know, and why.

Divine Love Spirituality will help you to get to know yourself – ALL OF YOURSELF. It will help you to free yourself from all levels of denial and restrictions you've placed on yourself. It will help you to freely express all you feel. It will help you to perfect your relationship with: yourself, your soul-mate, other people, nature, and God.

Divine Love Spirituality is a dynamic spirituality created to help you become self-revealing so you can experience the daily thrill of growing in truth. So you can 'see' and 'know' for yourself all about your life, its purpose, and how God has designed it for you. If you have been searching for the meaning and purpose of your life and existence, with help from *Divine Love Spirituality*, you will find what you've been looking for.

Divine Love Spirituality is not a Christian religion in the sense that, it does not honour or adhere to the Bible. (As far as I'm personally concerned, I have nothing to do with the Bible.) However, it can become your true religion and way of life, following Mary Magdalene and Jesus as you grow in your relationship with God. It is perhaps the only true 'Christian spirituality' – what the Christian religion might have become had its earlier adherents stayed true to what Jesus taught and fully honoured and accepted Mary Magdalene for whom she really is. It will include many 'Christian' words, but with new and true meaning.

God (our Heavenly Father and Mother) are offering us Their Love – Their **Divine Love**. We are free at any time to accept this offer of Love. As you do this introduction course, you will be accepting Their Love; learning how to long to Them for it, and feeling it come into your soul. The longing for and receiving of Their Divine Love is fundamental to *Divine Love Spirituality*. Without partaking of Their Divine Love you can't live *Divine Love Spirituality*. Nor will you grow in the Truths of Divine Love, and you won't get to know God as They want you to know Them. When Their Divine Love flows into your soul and you choose to live as They want you to – that being, living true to Their Will – you will be living spiritually with the Divine Love. *Divine Love*

Spirituality is a totally new liveable spiritual philosophy. It is the true way to live a spiritual life. You will be able to live a full spiritual life in a mostly non-spiritual world. It can become a whole new way of life. And a way of life that will constantly amaze you!

The main objectives of this course are twofold.

To introduce you to longing to God for Their Divine Love.

To introduce you to some of the **Truths of Divine Love**, which have recently been made available to us by Jesus and his **soul-mate**, Mary Magdalene.

By the end of the course I hope you have some understanding of what living with the Divine Love – *Divine Love Spirituality* – is all about; and that you feel reasonably confident about asking for and receiving God's Divine Love.

Praying for the Divine Love (prayer being the act of asking) is relatively simple. Everyone can do it. However, some people do at times experience a difficulty feeling the Love flowing into their soul when they first begin. This is because they are unfamiliar with the experience of it. If this is the case for you, all you need is patience. It can take time for your inner senses to awaken so you can feel the Divine Love coming into your soul.

Some people expect the Divine Love to rush into them giving them a huge experience, however, from my experiences and what people have told me, it's more of a subtle – gentle – experience. I want to tell you this up front because if you have any grandiose expectations please try to put them aside for the time being. The more you expect *nothing* to happen, the more chance you'll give yourself of feeling what is happening.

The layout of the course.

The course is divided up into eight (weekly) session based on an hour and a half to two hours for each session. (I've added more questions to this mail and email course, so if you answer all the questions as truly as you feel, then it will probably take you longer than this amount of time.) It is the course I teach to people who come to me to do it. However, as you are not coming to sit with me each week you can do it as it suits you. Personally, I would encourage you not to do it all in one go, but to try and give yourself days or even a week between each session. The reason for this is it will give yourself time to change with the Divine Love that will be coming into your soul, and time for your mind to adjust to the new information.

This course is not a correspondence course.

What you will need to do the course is: time, something to write (or type) with; and if possible, a person who is willing to listen as you tell them your experiences and your answers to the questions asked in the exercises. Not everyone will have such an attentive person, and they are not vital to doing the course, however, the more you can speak about what you're doing, feeling, and experiencing to someone, the more you will get out of it. You will also need somewhere you can long for the Divine Love without being disturbed, and a comfortable chair or cushion to sit on.

The course I have designed is for your soul development and not for your mind. Although it will include some mind stuff, this will all be focused on trying to help you to get more in touch with

what you're feeling – what you're feeling about your feelings, and about things. We grow in truth and so spiritually progress through and with our feelings. As you progress you will learn that living *Divine Love Spirituality* is all about living and expressing your feelings. Your feelings are very, Very, VERY important! **Your feelings are the true expression of your soul.** It's a case of feelings first – ALWAYS – with the mind supporting them, rather than having your mind in control of your feelings often denying them.

The course will include information, exercises and feedback. What I will ask of you in the exercises will help stimulate you to think and feel things. **THERE IS NO RIGHT OR WRONG ANSWER. THERE IS ONLY YOUR ANSWER.** This is very important because *Divine Love Spirituality* is all about YOU doing it for yourself. You are the one who will forge your way to **Paradise**. You are the one who will decide if and when you want to grow in truth. And you are the one who will choose to long to God for Their Divine Love – AND ALL WHEN YOU WANT TO. We have all been programmed to do things and behave in certain ways, all with lots of expectations (seen and unseen) placed on us. Some of us have trouble even doing new things for ourselves. *Divine Love Spirituality* is for YOU; it's what YOU want to make of it. I am only offering my help because I love living with God's Divine Love, and it (They) have helped me in so many ways. I want to make available to you some of what They've told me and helped me with.

The course is for your enjoyment. It's not about achievement. I won't be giving you a *certificate of completion*. It's not a competitive instrument. The course is for you to develop your own personal relationship with God, or to help further it if you already have one; and all in your own time.

At the end of the course.

What happens if by the end of the course you still don't feel like you are receiving the Divine Love and you still want to?

Tell me, and I will see if there is anything else I can help you with. I will try to point out through the course what receiving the Divine Love feels like, so you can get some idea of it, however, it's really up to you to know if you are receiving it or not. The beauty of the Love is that when do partake of it in your soul, because it is actually some of the very essence of God – Themselves, They will help you know you have received Their Love. They will help you to feel it, and to know that it is within your soul. The knowing, like all knowings of truth, will just come to you. **YOU WILL KNOW YOU HAVE RECEIVED GOD'S DIVINE LOVE.** There is no way of testing if you are receiving it or not. If you are doing the course by yourself and don't have anyone with whom you can share your experiences of feeling the Love flowing into your soul, please email me with what you do feel and if you have any worries or concerns. It can, as I said, be a subtle experience particularly to begin with, however, it will be a very real experience.

When you have finished the course I'd be most grateful if you could complete the feedback and evaluation form and return it to me.

About myself.

I came from a family who believed they knew what was 'right'. I was sent to the 'right' school, and I went to the 'right' university, and I got into the 'right' job. I went to London to work in the financial industry hoping to make my fortune. When I was about twenty-eight, all that I believed to

be 'right' wasn't working for me, and in fact, I felt all wrong. This led me to wanting to know what was wrong with my life: with myself, and what really was the right way to live.

I started longing for the Divine Love over fifteen years ago. It has completely changed my life. At first I loved doing it believing it was the answer to all my prayers and that it would magically heal me of all my fear and unhappiness. I believed it would make my life work better. However, back then, I was full of fantasies and delusions about my life and myself. I was very confused and ignorant about a lot of things, particularly about what actually living a true spiritual life entailed.

Over these years with the Divine Love, the Mother and Father, along with Jesus and Mary 'M' (to differentiate her from Mary, Jesus' mother), other Celestial spirits, and most significantly my wife Marion, have helped me to see that living a TRUE spiritual life involves two things. One: developing a very personal relationship with the Ones who created me. Getting to know Them and how They would like me to live my life. And Two: healing all that's wrong within me, all that I am that is functioning inharmoniously and untrue to God's (Their) Universal Laws. So invariably, as you too will find out, as I choose to progress living with the Divine Love, my focus became centred on fixing myself – healing everything within me that was making me feel bad. And the healing process of inner transformation brought about by the inclusion of Divine Love in our soul is called our **Soul-Healing**.

I love speaking with the Spirits. They've helped me understand the **negative mind state** I've been living in and what's involved conceptually in doing my soul-healing. They've also helped me to understand the bigger picture of my spiritual growth of truth; about my Heavenly Mother and Father, and about other spiritual influences that have helped me since I started directly partaking of the Divine Love.

Mary and Jesus have helped me to see and understand the truths they want us to know. They are re-revealing much of what was lost to humanity all those years ago, this being their **Second Coming of Truth**. All of what I will be telling you has come to me from: the Mother and Father, from spirit (as in spirit personalities I communicate with), from my own and Marion's experiences, and from a few books that I will refer to later. It's all very exciting. The new information that's becoming available is helping us to finally see our way out of our spiritual confusion and darkness. It's helping us to at last take real steps on our journey to becoming at-one with God.

The inclusion of the Divine Love in my soul has helped me become self-revealing of truth. I love living each day seeing more truth. More truth about myself, my life, and God. It's a wonderful experience when suddenly the picture-of-knowing wells up from within me and another aspect of my life, and myself, suddenly makes sense. It is, I believe, the only way life can really be fulfilling. And through *Divine Love Spirituality* I want to help you too to become self-revealing. This means you will be able to grow in truth yourself; find out for yourself how God wants you to live, and what are the Truths of Divine Love to you. I don't want you to become reliant on me in any way. I am only a helping hand, nothing more. You are the true wonder. It's all contained within your very own soul. You are able to fully relate to God as your Heavenly Parents and enjoy living with Them. You don't need a Church, or any other formal institution to set goals or impose limitations. **YOU ARE A FREE CHILD OF GOD**. And God doesn't want you to *obey* Them. They want you to enjoy being free and loving with Them. They want you to **ONLY EVER** do what you want to do – what your feelings want you to do. And as you progress in your spiritual growth, living true to your feelings will become the single most important thing in your life aside from longing to Them for

Their Love. It certainly has for me.

Many words I use will be of a Christian origin, however, used in what I believe to be their correct way. I hated religion at school and although Jesus seemed like a good person I couldn't relate to God at all. Sure, I believed there must be some sort of almighty intelligence that created, oversaw and organised Creation, but I didn't care to personally get to know Them. If you have problems with Jesus and Mary, and even God being referred to as our Heavenly Mother and Father, I can sympathise with you, however, as you begin to partake of the Divine Love you will change, accepting the true meanings and feelings of these words. You will find that you do want to get to know Mary and Jesus, and God as your Heavenly Mother and Father. This happened to me, and now I find it the most natural part of living with the Divine Love.

Marion and I live trying to be true to our feelings, those feelings being generated by our soul in response to our daily life experiences. It's taken a lot of hard work to understand about our feelings: what really are the right ones we can honour and be true to so as to live life according to the Mother and Father's Will. All we want to do is live honouring our will and God's. We want to live the way They want us to live our lives. We want to live with Their Love, to feel so loved by Them, SO LOVED, so as to heal all our feelings of not feeling loved. We believe that living with the Father and Mother's Divine Love, according to the truths revealed by Mary and Jesus, is the correct and true way for us to live. It's definitely a way different to anything I've lived previously.

One of the wonderful things about living with the Divine Love, and understanding the truths that come to you, is that all the confusion about spiritual beliefs and 'ways' to live, ends. The Mother and Father help you to see with great clarity what is right and true, and what is false and untrue. Life does start to make sense: real sense. Everything begins to fit into place, and all those questions you always wanted answers to but had given up on, are answered. *Divine Love Spirituality* is our way of life.

Please feel free to correspond with me at anytime during the course (or after).

Our Child,

**Why do you run?
Why do you hide?
What are you afraid of?**

**Is it because you don't feel loved?
Is it because you don't know Us?**

**With Our Love in your soul, no longer will you need be afraid.
With Our Love in your heart all faith will be yours.
With Our Love in your life true happiness can begin.**

We are the wellspring of true love.

Eternal joy, peace and goodwill await you.

It is Our decree.

Accept Our Love and you shall be Free.

Your Father and Mother of all Heaven.

Session 1

IT ALL BEGINS WITH GOD.

Exercise:

Please write the answers to these questions. And if possible, tell your answers to, and discuss them with, another person.

(Please note: The more you can share your answers, thoughts, and feelings with someone, the more you will gain from the whole experience. Speaking is our main way of expressing ourselves. Many of us are repressed in our communication, we don't openly and freely express and share our thoughts and feelings, and, as you'll see, *Divine Love Spirituality* wants everyone to be able to freely express themselves. If you don't have someone who offers themselves as a willing listening-ear, then speaking your answers out loud as you write them (if it's not too embarrassing speaking to yourself) can also help you. Between speaking and writing your answers, what I am trying to get you to achieve by answering these questions is to hear for yourself what you think and feel about such things. *Divine Love Spirituality* wants you to get to know yourself and so these questions can help stimulate you in the areas relevant to this course.

You can of course, skip the question answering exercises by simply answer them in your mind, without writing or speaking about them, however, that's all too easy, and it only allows your mind to maintain its controlling grip on you. I am giving you these exercises as a means to stimulate your mind and feelings. I could just give you information to read, but as you know, how much of that would you retain? I want you to try to engage in the experience as much as possible. Were you to come and do the introduction course personally with me or in a group you would be doing a lot of speaking as I would want you to actively participate. I would want to hear what you think and feel about these things. So, as I can't be with you, this being the main limitation of doing the course this way, please try to interact: imagine you are sitting in a group and sharing your answers with everyone else.)

Try to answer all the questions as truthfully as you feel, and remember, there is no right or wrong answer. Don't answer the questions as if I'm the teacher and you want to say the correct thing to please me. Don't answer with what you expect should be the answer. Answer what you truly feel even if it sounds bad, or the wrong thing. Be as truthful with yourself as you can. Try not to judge yourself.

I will be mostly acknowledging God as both masculine and feminine. If you want to relate to God as a 'Him' – the Heavenly Father – please do so if that is what your most comfortable with. Relate to God how you want to.

How do you see God? Describe God. What do you *think* God is? What do you *feel* God is?

Is God a Person-Being or an impersonal something to you?

Do you want a relationship with a personal Being, someone you can relate to, speak to, and have Them speak back to you? Or, do you want an impersonal relationship, God being a Creator, or All There Is? Why do you want a relationship with God? Do you feel you are good at relationships? Why? And are there things about your relationships you would like improve?

If God materialised in front of you, what would you like to say to Him, or Her, or to Them both?

Do you want God's Love? Why? Do you want God to love you? Why? Do you want to feel God loving you? If yes, how much? Really how much? If no, why?

If you have an existing relationship with God, has it originated during your childhood? Can you briefly write about who helped bring it about and how they influenced you? Was it good or bad influence? How ingrained do you think these early childhood beliefs are within you? Do you think you could change them if you had to?

Do you want to actively communicate with God – speak to God – ask God questions and have God speak back to you? Does this make you feel bad, such as: scared, nervous or apprehensive in any way? If it does, be honest and write about what you're afraid of.

Are you scared of God? If you feel scared of God, or apprehensive about meeting Them personally, or feel you've been a bad person and that They will judge you in any way, please write in as much detail as you can about your fears. *Try to be as brutally honest with yourself as you can. If you are seeking God's forgiveness about anything, then write about what you want from God and why. Write to God telling Them all you feel. If you have to confess something try and be brave and tell God everything. And if you have a friend, tell them everything too. Bring out any hidden secrets and share them with God, and if possible, with your friend. Ask God for what you want from Them. Tell God about everything that is on your mind– EVERYTHING. Nothing bad will happen to you. YOU CAN ALWAYS SPEAK YOUR MIND AND FEELINGS TO GOD NO MATTER HOW BAD YOU THINK YOU ARE. God can only love you, and scary things, like going to hell because you've been bad and believing you'll be punished in some way, are only things people who want control have made up to keep you in line. Such things are nothing of God's doing.* If you are scared of God in any way try to see if such fear has originated from your early childhood. And who in your early childhood would have led you to believe such things as to make you afraid? Do you really agree within your heart, with such beliefs? And if you feel they will interfere with your longing for God's Divine Love, write about why?

If you have things within you that are just too bad to tell anyone even God, it's okay, don't force yourself to admit or share them. For now simply be aware that at some point when you're ready, when you feel more loving of yourself, you will need to bring them out and stop suppressing your bad feelings about them – but ONLY WHEN YOU'RE READY!

Do you love God? Do you feel God loves you, or do you believe God does? It's okay if you don't know the difference. Can you feel the difference between feeling (knowing with your heart) and

believing (with your mind)?

Remember: always write what you feel. Try not to judge your answers against what you believe is right or wrong. No one else need see what you write. You are not going to get punished. God doesn't care what you feel about Him, He and She will always love you. You can't hurt God, only yourself.

If you feel any hate or anger toward God, do you feel you could tell God the truth of what you feel? Do you think you can write it? Can you be as truthful as you can?

It's okay to hate God and to tell God so. God will still love you. GOD CAN ONLY LOVE YOU, NO MATTER WHAT YOU BELIEVE OR WHAT YOU'VE DONE – THAT'S WHY GOD IS SO WONDERFUL. If we hate God it's only because we hate ourselves. If we're angry with God it's only because we're angry with ourselves. But the more we can express our hatred, and the more truthful we can become with ourselves, the less we need to hide such bad feelings. If you really feel angry with God about anything, or if anger comes as you are writing and speaking about all you feel; and no matter how bad you might think you are for doing it: curse, swear, blame, yell, and hate God – tell Them what you feel. Be as true to your anger and bad feelings as you can. Go for it! Let God have it, if it's what you truly feel. Don't try to rationalise or justify away your bad feelings. All your hate, anger, and rage need to come out. If you feel such things, even if they are faint, buried away deep inside you, try to at least admit to yourself and acknowledge such feelings. I repeat: NOTHING BAD WILL HAPPEN TO YOU IF YOU RAGE AT GOD. You won't be struck down. Bad things won't happen – not how you expect them to anyway. And should they, it won't be because you have spoken up and vented some of your hatred and anger. And until you release all such repressed angry feelings you won't allow God to love you. God can take the worst of you and still love you. They will NEVER punish you – even if you believe They will.

Do you want to change? Are you afraid of change? If so, what are you afraid of? *Be honest* – what are you afraid of?

Do you want to ask God for His and Her Divine Love? Why?

Do you feel ready to ask? If not, why? What do you feel?

Information.

At this early stage in the course it doesn't matter how you relate to God. When I first started asking for and receiving the Divine Love I related to God as the Creator. I wasn't interested in getting to know God or seeing God as a personality; one I could get to know and interact with. I accepted what Jesus said, that God is my Heavenly Father and that I could ask Him for His Divine Love, but could only manage calling God, God. I couldn't relate to *Him* or long to *Him* personally for His Love calling Him my Heavenly Father. It wasn't until some months after I'd started receiving the Love that I found I suddenly could and did want to call God, my Heavenly Father. The words just came out of my mouth. I heard myself saying them and thought, yes, why not, and it felt good. And this is why I want you to answer the questions, to see what comes out of your mind and mouth when you write and speak about them.

It doesn't really matter what you call God so long as you truly desire His – Their – Love. If you are

intent on wanting God's Divine Love in your soul, then, as I will show you, when you long and pray for it, it will come. **It's with a sincere longing that we invoke God's Love – the Divine Love – into our soul.**

As you partake of the Divine Love your relationship with God will grow and change, as it will with everything. As you'll come to understand, nothing is ever static when you're growing in truth. By embracing the Divine Love you are embracing change.

As you partake of the Divine Love and accept Jesus and Mary Magdalene as the well-spring of the Truths of Divine Love; as you choose to follow them understanding they are showing you the way to live with God, then with help from their Spirits of Truth, you will begin to relate to God as your Heavenly Mother and Heavenly Father, just as they do. (Some of these terms, such as: Spirits of Truth, I will explain more about as we proceed through the course.) If you choose to follow them, then you will reveal to yourself the same truths they live, and you'll be able with such truth, to live the same way they do – perfectly.

Longing.

How we partake of the Divine Love – get it into our soul – is by sincere and earnest **LONGING**. We long to God for Their Divine Love. We long with all our heart and soul. We long because it is what we want: we want Their Love to come to us, to flow into our soul. We long for Their Love because we want Them to love us. To begin with you might long because you feel so bereft of love, but in time, when you've healed this love deficit, you'll long to Them because you love Them, want to be with Them, and feel so loved by Them. Love begets love.

According to Mary and Jesus, God who is our Heavenly Mother and Father, **One Soul** who is **Two**, is offering us Their Love: the Divine Love. The Divine Love is different from our love – natural or self love. And we are *not* born with Their Love. We are *not* born divine, because we are 'higher' than animals. No, Jesus and Mary tell us that when we want to have it in our souls; when we want to become divine, we have to long to Them for it. **WHEN WE ARE READY, WE GO TO GOD AND ASK THEM FOR THEIR LOVE.** This is a crowning moment in our souls journey because we are choosing to become of God's very Essence – divine. We are choosing to become like God is – Perfect. We are choosing to become more than just existing in our own natural love. We are born with a huge potential: to explore and perfect our natural love, and to at some stage, embrace God's Divine Love and welcome Them (it) into our soul.

If our longing is sincere, the Divine Love is conveyed into our soul by the **Holy Spirit**. This is **ALL** the Holy Spirit, contrary to what many want to believe, does. It does *not* heal us, nor allow us to speak in tongues, give us visions, or anything else. It *only* brings Their Love to us in response to our earnest desire and sincere aspirations for Their Love. And when we sincerely long we are truly praying to Them for Their Love. Prayer is the act of asking God for something and you are going to pray, long, and ask Them for Their Divine Love.

Mary and Jesus have revealed many truths about the Divine Love to us. All these truths are a part of what they say is their Second Coming of Truth. Jesus, together various chosen Celestial spirits, began it by channeling messages to Mr. James E. Padgett early last century. The *Padgett Messages* are freely offered by *Divine Love Spirituality* and I strongly recommend reading them. In fact, if you find you love the whole thing about partaking of the Father and Mother's Love and you love

Divine Love Spirituality, then the truths and information as revealed in the *Padgett Messages* will be crucial to your growth and understanding. All I'm now telling you has come about as a result of these messages. It's where I began. It is Jesus' re-revealing to us some of the fundamental truths about living with God and God's Divine Love. However, bear in mind that it is ONLY Jesus' revelation and doesn't include what Mary 'M' has to say. It doesn't, for example, include our Heavenly Mother or anything about our Soul-Healing. It all but excludes the feminine expression of truth.

Jesus and Mary tell us the Mother and Father are offering us Their Divine Love.

We are conceived and born of natural love. We can grow to perfect this love and live happily in it. However, evolving our natural or self-love is restricted. We can't use it to ascend in truth all the way to Paradise, the home of our beloved Soul-Parents. To do this we must partake of a greater love, Their Love, something that will raise us up beyond the limitations of our own love. As you partake of the Divine Love, it will not only help you to perfect your own natural love, but also transform your soul into becoming the very same essence of God – divine. We begin in the image of God: of natural love – a love generated by our minds; and by partaking of the Divine Love, we can live transformed by a Divine Love that then comes from within our souls and is expressed through our feelings. Living with God's Divine Love is a journey out of the mind and into the soul.

As you receive the Divine Love you will gradually 'divine' your soul and perfect and grow in your natural love. I currently see this 'divining' of our natural love in that we maintain our natural love but it somehow becomes 'imbued' with the *Light of Divine Love* – the Divine Love you will have in your soul.

How are you doing? Too much to take in at once? Don't worry if it goes in one eye and out the other, it will all come round again.

SO WE HAVE TO LONG FOR THE DIVINE LOVE.

How do we do this?

How do you long for something? Can you imagine yourself longing for something? A cool drink when you're very thirsty? Try to remember something you longed for. Can you feel how much you wanted it? HOW MUCH YOU REALLY WANTED IT!!! Like you'd almost die for it.

Can you feel from where your longing comes from within you? It's not your mind, is it? It's somewhere in the centre of you, deeper within you, almost like your heart yearning, aching for it. That's from where you will long for Their Divine Love. And if you can long with the same YEARNING as you're now remembering; with the same intensity, then you will receive Their Love. You will long for Their Love simply because you want it. You long for a glass of water when you're really thirsty because you want it. Your longing doesn't rationalise why you want it – you just WANT IT. We don't long for the Divine Love with our minds. Your mind can tell you, you want it, because you're thirsty, and if you don't get it you'll die, but this doesn't involve you're longing. So, can you feel the difference between longing for longing's sake, and longing because your mind is telling you it's a good idea?

Your mind might be telling you to do this course: it sounds like a good idea – God's Love and all that. But if you try to use your mind to invoke the Love nothing will happen. You can't 'think'

the Divine Love into your soul. No, you have to long, genuinely and sincerely, because you want it from your heart. You feel you want it and you long to Them for it; you long to Them to come and fill your soul with Their most precious Divine Love. You actually, in effect, will it into you, using your longing. It's with your sincere will that you want it and long for it, and that is what the Father and Mother respond to.

It might sound confusing but really it's not. I just want to make sure I convey the truth about how it works. Some people will find this more to their liking than others, but I have to try and cater for everyone.

If you can long for a glass of water when you're thirsty, you can long to Them for Their Love. And when you're thirsty, you long for water – everyone can do it! If your soul is thirsty for love, you will want to long for the Divine Love, and everyone can do that, too.

So we long spontaneously, no words are needed or are necessary. Speaking lots of words in your prayers to God is fine if that is what you want to do, but if you want those words to invoke the Divine Love, they won't. Our longing for the Divine Love is short and sweet. You can't long for anything for more than a few moments. Try it. How long can you long for something? Assuming water is what you really want and was available, your longing for it happens in a flash, YOU WANT IT, and then you act on this longing, you go and get a drink.

Our longing for the Father and Mother's Love is momentary. We can artificially long for a longer time but to do this you'll find you'll need to use your mind, and once again the mind doesn't invoke the Love.

So when you long, long with all your heart, will, and soul, but for only as long as your longing is there. Long and then stop. We'll go over this again before you do it.

Let's do it: Long to God for Their Divine Love.

(I'm writing this pretending I'm sitting with you in prayer)

Give yourself about 10 to 15 minutes minimum.

Sit in a comfortable chair. *(You can sit anywhere and long anywhere and any time. Again there is no right or wrong way, only what suits you and makes you feel good. I will tell you and advise you based on how I do it. Please feel free to experiment and don't think you have to follow what I say to the letter.)*

Sit with your back straight, your arms and legs uncrossed. *(This allows your spiritual energy to freely move while you're in prayer).*

When you're ready to begin, close your eyes. *(You can long with your eyes open. I suggest closing them to begin with to cut down distractions. You can have background music, candles, incense, etc., whatever you like to set the scene. However, none of these things are necessary to help you long. Your longing comes from within you. It has nothing to do with what's going on outside of you. You can long sitting on the toilet, driving your car, in the bath, in bed, in your dreams, or sitting in your favourite meditation and prayer chair. It's all up to you - how you want to do it.)*

Now as I'm not there speaking to you, you'll have to read this part before you do it (or you can try and do it as you go), as it is rather difficult to read with you eyes closed, but I'm sure you'll soon get the hang of it.

Ok, so you're sitting relaxed in your chair, with your eyes closed. Take a few deep breaths and think about what you're going to do – LONG TO GOD FOR THEIR DIVINE LOVE.

AND WHEN YOU FEEL READY, DO IT – LONG. LONG, AND ALLOW YOUR LONGING TO GO OUT TO THEM. REALLY WANT THEIR DIVINE LOVE. LONG TO THEM FOR THEIR LOVE... Once having longed, stop and do nothing. Simply experience whatever happens. Sit quietly and 'observe' what you feel; see what happens. See if anything happens. See if you can feel the Love come to you and into you...

Sit for a few minutes and then, when you feel ready, LONG FOR THEIR LOVE AGAIN... rest and receive... AND WHEN YOUR READY AGAIN, LONG... rest and receive. And when you feel ready again, LONG... rest and receive...

When you've had enough stop. Thank Them for Their Love. When you're ready, open your eyes.

Simple really, isn't it?

Don't worry if you didn't feel anything at this stage. Practice longing again when you feel you want to. It's a lot to take in all at once. Practice longing before you do the next session. Although I'm giving you a lot of background information and truths so as to paint a picture for you, it's only the LONGING FOR THE LOVE and the partaking of it in your soul that is important. Your longing, as you will see, drives everything: your relationship with God, your growth in truth, your whole spiritual life, and your receiving of Their Divine Love. If you don't long for and receive Their Divine Love, Divine Love Spirituality, won't appeal to you.

To summarise: Longing for God's Divine Love.

Sit relaxed, and when you feel ready, long (without your mind), and yearn, to God for Their Divine Love. Really want Them to give you Their Love. Really want Them to fill your soul with Their Divine Love.

Then relax and receive the Love.

When you feel ready again, long some more.

If you don't naturally feel ready, *make* yourself long. Focus on Them and 'call out to Them' with your longing for Their Love.

(If your mind does want to speak to Them, that's okay, however, remember that it's your longing that's important. In later sessions we'll be doing both, longing from your soul and speaking with our mind.)

So that's it!

How did you go? Did you feel anything? Did you feel the Love flow into your soul? Be honest with yourself. It's okay if you don't know, or didn't feel anything.

Exercise:

Write, and if possible, tell someone, what you felt. Write what you did, and summarise any thoughts and feelings you had during each stage.

How do you know you received the Divine Love?

How do you *know* anything? When you know something you just KNOW, it **IS**, what it is. You don't even have to know why or how you do, you just do. That is how it is with truth – you either know something to be true or you don't. You feel it to be true when you know it is true; you feel you know it, and you do. So if you feel you received the Divine Love, and you *know* you did, then you did.

What did it feel like?

This is what some people have told me of their experiences of experiencing the Divine Love coming into them.

Some say it came very strongly into them. There was no doubt about it. It was as if God turned on the tap as soon as they longed for the Love and in it came. It came from outside of them like a light or energy and it definitely flowed into them, down into their heart somewhere. These people have been uncommon.

For most it was a very gentle feeling. Very subtle. They even missed the feeling during their first prayers, and didn't realise that they did feel it until others spoke about it. It felt like a 'soft' gentle energy (a mist or a cloud – (the Holy Ghost – the Holy Spirit)) that seemed to come about them and then move into them. They weren't really aware of it until they focused on it. When they focused they could feel... something?

For others, as they began they felt expanded with light, as if they had been, sort of, blown up like a balloon – full of light. Then they longed and energy, or light, or something seemed to move into them, first into their face from above and in front of them, and then down through their throat and into the bottom of their chest. It flowed into them whether they were breathing in or out – all of its own accord. And it only lasted a short time, a few seconds, half a minute, a minute or two and then stopped. When they longed again, it flowed in again.

And others felt it smoothly come about them in response to their longing, and then it seemed to permeate them, moving into them of its own accord, and they felt like they could have sat there forever, soaking it up.

Most people, when they get the hang of it, tend to find their head wants to rise up of its own accord, as if they are praying to heaven. Sometimes their head wants to arch back quite severely. Go with

it, but bring your head back forward if your neck starts to ache. Do what's comfortable for you.

Other's find they enjoy sitting in an obvious 'column of light'. It seems to hold them up, keeps their head looking straight ahead and from this position they long for the Love and it flows in. At first in small amounts, but as they get more used to it and their longing grows, it comes in stronger and for longer periods of time. Some people begin with short regular prayers and then lengthen out. Some indulge, as if their soul can't get enough, and they sit in prayer receiving the Love for half to one or two hours. Some people pray – long – a lot of times each day but only for short periods, others make regular lengthy times to pray, once a day or once a week, and others do it simply whenever and wherever they feel like it. It's up to you how often you want to do it. You can't long too much.

There are also some people who sort-of know they're receiving the Love, but as the days, months, even years pass, still don't really know for sure if they are receiving it. They say they don't feel it coming into them – they don't know for sure. (They don't allow themselves to believe it – that It is flowing into their soul, so they don't believe they feel it coming in; so don't know if it is, as their belief is stronger than their knowing blocking it out. It is very confusing and they feel very confused about how they do feel.) They can tell other people to ask for it; tell them how great it is to long for and receive it, even help them to do it, but when they're confronted with the bottom line: 'How do you know you're receiving it?' they feel they have to be honest and admit that they don't really know, and that perhaps they might not even be receiving it. They are always in a constant state of flux: doubting they are actually receiving it and doing their prayer properly, and yet feeling that they are also receiving it (in some way) and do have it in their soul. But as soon as they allow themselves to be positive about it and accept they are receiving it, the negative belief pattern jumps in taking over, plunging them back into doubting themselves (and everything – including their relationship with God) and being angry with themselves for being so pathetic, weak minded and confused. Their commitment to God is one hundred percent, but... It's an annoying, lingering, self-doubting, self-denying, lack of self-worth. They don't believe in themselves, that they could be doing anything right, and they believe they don't deserve it, and this blocks them off from feeling that it could actually be happening, real and true. They believe they're not worthy of good things so they can't recognise that they're receiving a good thing, even when they ARE. Such negative beliefs are buried very deep and often these people long for the Mother and Father to just blast them once and for all with Their Love so they can know without doubt that they are longing correctly for and partaking of the Love. These feelings of self-doubt will gradually lesson with more experiences of God, and with the healing of such repressed feelings and erroneous beliefs. But in the mean time, if you feel you are such a person, if you can accept that your longing is true and sincere (this you will have fleeting moments of) and simply go with that and carry on seeking the truth of such denial, in time, such blocks will be healed and you will know you are longing correctly and are receiving the Divine Love. It's a very hard road, full of perpetual never-ending self-doubt and self-criticism, but the Father and Mother, from what I've seen, will usually provide such people with someone else in their lives (in one way or another) who will keep affirming to them that they're on the right track and to keep going. The acid test, as to whether they are or are not partaking of the Love, comes when they start their soul-healing, being proved by their seeing of truth. If these people are seeing more truth daily about themselves; having insights; expressing their bad feelings, and feeling that their life over-all is changing and that they are in some way being guided along, then that is the sign that their prayers for the Divine Love are, not only being heard, but are being acted upon. This is the sign that they ARE doing it right and ARE receiving the Love.

And some people don't feel or experience anything. If you found you didn't feel anything or don't

relate to any of the above experiences, don't worry as that is also a common experience. Sometimes it can take time for your inner system to adjust to the new sensations, for your *soul-perceptions* to awaken so you can feel – *perceive* – it flowing into you. Just because you didn't feel it immediately doesn't necessarily mean you didn't receive it. Keep trying to long when you feel or want to do so, and keep doing the course and see what happens.

And other people said their minds wouldn't stop chatting. That they couldn't concentrate on longing. It was all too passive and not active enough for them. They wanted visualisations to help them. Or they had to do other meditation or prayer techniques they'd learnt. In short, they didn't want the Love. They didn't want to long. They didn't want to give up anything and change. They didn't want to allow themselves a new experience of the Mother and Father loving them. If this happens to be you, but you still do want the Love, then I suggest you re-consider what you do really want. Read again through the information at the beginning of this session and the introduction, and think and feel deeply over the next few days if partaking of the Divine Love and getting to know your Heavenly Parents is REALLY what you do want. Write or speak as much as you can about what you are feeling. If you feel you have any blocks write about them, and if you can, speak about them to someone willing to listen to you. And speak to God about what you want – try to be as honest as you can with yourself: with what you're feeling. Tell God about any fears or blocks you're aware of, and ask Them to help you to see why you have these fears and blocks. And ask Them if They will help you to see the truth of them so they can be removed. And if you do discover that really you don't want the Divine Love, then accept this and be honest about it – write about it, even tell God about it. Get it all out and then leave it for a day or two and come back and see what you then feel and think about longing to God for Their Divine Love. And if still you don't feel you are ready then leave it until you feel you are. Give it up, let it go completely and perhaps one day you will feel the time is right. You can always begin longing for the Divine Love when your earth life is over and you're living in spirit. God will always be there for when you are ready.

When people long and pray in a group, the group dynamics do amplify the intensity of everyone's feelings. When I pray by myself I don't feel the Love come into me as strongly as when I do when I'm with other people. I also find being in a group can help focus ones intent more. However, contrary to this, many people don't like groups and do very well on their own. As always, it's about what you want and what you like.

If you're feeling despondent.

If you were attending the course in person and feeling bad because you didn't experience the Love, I would suggest you keep going, doing at least the first four sessions of the course. Keep trying to long each day between sessions and keep writing or telling someone about everything you think and feel about it. If you keep feeling bad about it, try to express these bad feelings. Fully acknowledge them and accept you feel bad. For example: if you feel you can't do it or it won't happen to you because you can't ever do anything as you're such a hopeless case and a total failure, write about all these negative feelings and how they make you feel. It's perfectly fine to have such feelings. We all have them even if we don't choose to admit and accept them. If you were attending the course in person I would help you to focus on all your bad feelings encouraging you to express them; to speak about all your fears, worries, anxieties, guilt – any and all bad feelings. All the bad feelings you felt when you tried to long, when you did long, and after you longed. And I would try to help you to see the truth of why you were feeling these things. From my experiences, all you can do is keep building your desire to partake of the Love, and keep trying to express and see the truth of all

that makes you feel bad about not being able to do it.

If you didn't feel the Love during your first attempt, I really wouldn't worry too much at this point. Be patient and keep going with the course and see what happens. Often people don't feel anything during their first few times – and I'm not just saying this to make you feel better!

Having longed for and received the Divine Love, what happens next?

Now you can practice doing this for a few days. Try to just concentrate on longing and allowing yourself to receive the Love. See what you feel each time. If you want, write down your experiences as this will help you become more familiar with the whole experience. And once you've got used to longing for it and receiving the Love, don't be surprised if God comes to you with Their Love at times when you haven't formally longed for it! They will knock on the door to your soul.

Between this session and the next, try to build your longing. Remind yourself as often as you can during the day about longing for Divine Love even if you can't actually do it. This will help your mind get used to the idea of your soul longing. A lot of people when they come back the next week to the group to do session two, say they had difficulty remembering to long; their lives being so busy and filled up with other things. But it's all up to you. If you really want to include the Love in your life then you will remember and will find the time to do it. It will become a part of your life and other things will take second place. It's all an individual experience; it's your relationship with yourself and God. It's what you want to make it.

Evil spirits in prayer and meditation.

Before we finish this session, I want to say something about prayer and meditation in relation to evil spirits. Some people, particularly in meditation, believe if they 'open' themselves up as in doing the prayer I've shown you, they could become vulnerable and exposed to evil spirits or negative influences. And they believe that to ward against such malevolent influences one needs to do all sorts of things (often visualisations or saying a mantra or incantation of some sort) to protect themselves. However, as you're longing for God's Love, the Father and Mother have assured me that no harm or evil will come to you or anyone who is sincerely praying/longing for Their Love. And if something 'bad' were to happen it would be because the person themselves wanted it to (albeit probably unconsciously), and this would provide that person with a golden opportunity to express their fears seeking the truth of them.

Bad things – no matter what they are – *only* ever happen to us because bad things happened to us during our early childhood. Should a so-called evil spirit (and they do exist just as 'evil' people on earth do) present a problem, it will be doing so because of negative 'evil' influences that happened to you during your childhood brought about by your own parents or carers. And so to rid yourself of such negativity – as I will explain later in the course – you will need to want to know the truth of why such a thing is happening to you – the truth being found in your early formative years. When you've found the truth, the bad things or evil spirits will no longer happen to, or bother you, so you won't need to worry about trying to protect or insure yourself against them.

I have never had a bad prayer or meditation experience with the Divine Love. Other's who've come to my groups have had – only because they weren't serious about God and wanting Their Divine Love, and wanted to indulge in the 'darker' things. They brought it all on themselves and didn't last long in the group. They invariably found the Divine Love: 'Too boring'.

If you are still worried about anything, tell all your worries to the Mother and Father. Write them down or speak about them with a friend. And ask the Mother and Father to help you to see the truth of them. And ask Them to protect you: to look after you. You don't need to: 'surround yourself with white light', or 'close down' after you've finished your meditation, or do anything else. Ask Them for Their Love and protection – They are after all, your loving Parents. Go to Them as Their child asking Them for Their help.

You might be interested to know that universal priority is given to those people and spirits who want help and are longing to live with the Divine Love and be true to themselves. You always have with you a Celestial soul-group – a team of healed spirits, many of who will have (no doubt) been through much of what you are going through. They are always on hand and helping you in unseen ways. You've also a pair of angels (seraphim) with you – your guardian angels, and all of their helpers. Although you might not be able to see them, you do have lots of spiritual help with you. And of course the Mother and Father are controlling everything.

(But if that's so, you might ask: Why would They let the evil spirits come to me, and why would They let bad things happen to me? And They do because of the complications of your will denial. This is outside the parameters of this course, however, the truth is (and in the beginning it can be difficult to accept and understand) these bad things happen to you because you believe they should and even *want* them to. You want them to happen because of the negative controlling patterns within you that you established during your early childhood. The conditioning your parents subjected you to has made you accept that bad things are a necessary part of your life. Your will and mind patterns formed (based on these negative behaviours, beliefs and expectations) and so your will continues to manifest these bad things happening to you. As bizarre as it might seem, we are all living anti our self, fighting against our self and making our lives very difficult for our self. And as the Mother and Father allow you to have these negative patterns, so too do They allow bad things to happen to you – all because on deeper levels of yourself, which you're not in touch with, you're wanting and willing these things to happen to you. I know it might be hard to understand, however, the Mother and Father ALWAYS love us, and so ALWAYS HONOUR our will, therefore if our will is functioning in the negative; that is, against us, They will not only allow it to do so, but even help bring about the bad things that happen to us all because They love us so much and allow us to manifest whatever it is we want. If we want to live in the negative we can, if we want to live in the positive we can. They will help us with either. But it's for us to wake up to the truth of which state we are living in now and why. The fact that as adults we are unconsciously living in a negative mind and will condition, and so doing bad things to ourselves is irrelevant, because the truth is our wills can only manifest our early childhood patterns, and being negative, that is what we'll manifest in our lives. And the only way to rid ourselves of this predicament; of having these unconscious parts of ourselves existing in denial of our well being, is to long to see the truth of the these negative patterns thereby healing them. All of this is what you will come to understand and uncover within yourself as you do your soul-healing.)

However, even with all of this help, I do empathise with you if you feel scared of such spirits or unseen forces and feel alone and vulnerable. All I can suggest is to keep praying to the Mother and Father for Their help and Love. Keep trying to express just how scared, terrified, or bad you feel.

Keep writing down or speaking about everything that makes you feel bad, and keep longing to Them to help you to see the truth of why you feel this way. Ask Them to show you the causes of your bad feelings. When you see the truth you will no longer feel bad. Really want to know why you feel bad or why the bad things are happening to you.

To summarise the first session.

It's your relationship with God. It's what you want it to be, and where you want it to go.

Longing invokes Their Divine Love.

Think about how much you do want God and God's Love in your life – in your soul.

If there is someone you can speak about your longing to, share with them all you think and feel about it.

The more you can focus your mind on longing, on wanting to long, the easier it will become.

It's always up to you. It's your relationship with God, I can't emphasise and repeat this enough. Like all relationships it will grow and evolve depending on how much time and effort you put into it. You are setting out to get to know Them as you get to know yourself.

**Our heart is always open to you.
Our Love we are offering to you.**

**Choose wisely our child of Earth.
Choose what makes you feel good.**

Your Mother and Father of ALL.

Session 2

MORE ABOUT PRAYER FOR DIVINE LOVE.

How was your week or time between sessions? Did you long for the Love? How many times? Did you have difficulties remembering to long? Did you think about what you want in regards to your relationship with God? Are you finding it's getting easier to long and feel the Love coming into you?

Did you feel any bad feelings about it all? If so, I would like you to write them down. Try to describe the feelings and why you think you felt that way. Take a moment to think back over the week (or the time between sessions). Try to be honest with yourself. Did you feel bad about *anything* associated with the course and your longing for the Love?

If you felt bad because you didn't have enough time to long, write about this too. Why didn't you have enough time? How did it make you feel: angry, frustrated... Can you speak to anyone about these feelings? Can you tell them what you felt? If not, how does this make you feel – not having anyone to talk about such feelings with? If you had any fears, concerns, or worries at all, no matter how irrelevant you might think them to be, write them down or speak to someone about them. I can't stress enough how important it is to not let your bad feelings escape you (I'll be speaking more about this later in the course). We automatically rationalise them away and suppress them, as we don't want to feel bad, but try to bring them back and be honest with yourself by admitting that you felt them. At this stage you don't have to do any further, simply admit and accept them: bring them up and express them – write or speak about them. (As you will see *Divine Love Spirituality* is all about you, honouring the true you, and that means eventually honouring all your bad feelings, even if you don't want them or wish you didn't have them; they are still a part of you that needs to be loved, honoured and allowed to exist.)

Exercise:

More questions to answer. (*Write and speak about your answers to someone if you can.*)

Do you know what a spiritual life is? What sort of a spiritual life do you want? Can you imagine how it would be? Let your imagination run wild and see what you come up with. What would you feel if I told you that all you think being spiritual is, and all you want as your spiritual life, is wrong? And how does this make you feel? *Be honest.* What if God wants to show you how to live a true spiritual life with Their Love and it's very different from what you imagine one to be?

Do you have controlling influences (fantasies, beliefs, wishes and desires) as to how you see yourself as a spiritual person? For example: do you see yourself as a teacher, a healer, a priest, a guru, an angel, a pure person, a fighter for truth, a king or queen? Do you want to be like Jesus or

Mary, or like someone who is materially poor yet given themselves to God? Do you want to be a Saint; a perfect and true person, someone who's always right and only does good – someone who is self-less and of service to mankind? Do you want to be anything other than yourself? Why? What do you feel you'll get from being any of these things? And why do you want these things? *Be as honest as you can.* Do you want them to cover up deficiencies, bad things you think and feel about yourself? If so, what bad things?

In regards to the above questions, why do you think you see yourself being influenced this way? Can you see it originating in your early childhood? Who put such things for you to be like in your mind? What did they say to make you believe and want to be such a person? What's wrong with you – just plain you?

Why do you want to live a spiritual life? What's wrong with your life as it is now?

Write a list of all the things you'd like to change about yourself, and your life.

If you could ask God to grant you a wish, what would you ask Them for? Would you ask the Father for one thing and the Mother for another? *(Try not to answer with you mind. Try to feel your answers.)*

If I told you that with the Divine Love you will give up all your current ideas about what being spiritual is and heal all your fantasies, and simply become just a happy normal person living daily doing the Father and Mother's Will, how would you feel?

Are you hoping that by parking of the Divine Love you might rise up in your full glory and live happily ever after? What do you want God's Love to help you become?

Are you hoping God will tell you what to do with yourself and your life now you are receiving Their Love?

Or, do you simply want to integrate the Divine Love in your life and see what happens?

Are you prepared to let go of ALL prior religious and spiritual beliefs if that is what God wants you to do? How does thinking about giving up all such beliefs make you feel? And why do you think you feel this way?

Do you believe you have to give up everything in life to live with God? Do you think you have to be poor to truly live with God? Why? Do you believe you have to live as Jesus did, without any material things or wealth, walking about helping others to live the Truths of Divine Love? Why? Do you believe God will give you everything you need as you need it? Why?

Remember, I'm not asking these questions for you to feel judged in anyway. I only want to stimulate your mind and feelings. In time, if you choose to continue with Divine Love Spirituality, all such things will get focused on again as you proceed with your growth of truth and your soul-healing. For now, I want to help bring things out into the open, things you can admit and accept about yourself, so as to gain a better picture of where you are and what you want.

Information: Prayer.

I used to hate the word prayer. I went to a Church of England grammar school that thankfully bored me to tears when anything to do with the Church, God, Jesus, or the Bible was mentioned. I was anti the lot by the time I left school. However, I still occasionally worried that some 'bad' things I did I might have to suffer for when, or if, I ever met my Maker, but I figured I'd worry about that if it ever happened.

I first stated speaking with spirits through the New Age during my late twenties. I loved the fact that people could speak directly with them and get, what I hoped was, some inside information on how to live a better life: how to get ahead of the next bloke. My upbringing was competitive, but I never really felt like I was properly in the race.

As I said, God didn't exist for me as a Person. There was of course something incredible that created me, nature, and everything else, that much I could attribute to God, but as far as wanting to get to know Him that was Christian or religious stuff, and forget it!

My wanting to investigate all the newly channeled information from spirits led me to the *Padgett Messages*. I had to swallow hard to accept that it was Jesus doing most of the speaking, but I thought, well, if it is truly him, then he of anyone should know what it – life – is all about, so I gave him a go. Gracious of me, wasn't it!

When I read his messages in the *Padgett Messages* I realised that they were far beyond anything I'd previously read. They were true. They just resounded perfectly with me. I was ready and they hit home. I wanted the truth and didn't need any further convincing. I sat on my meditation chair, longed for the Love, and in it came. That was proof! What Jesus said would happen, did happen! I crossed over then, into living the **Truths of Divine Love**. But still the word 'prayer' was a bit of a sore point.

I wanted the Divine Love. I even wanted to get to know our/my Heavenly Father, but I didn't want to get all 'churchy'. I wanted to 'meditate' for the Divine Love, not pray for it. But gradually, as I now realise, the truth grew in me and I started to appreciate the word pray. I began to love it for what it was. Simply asking God for something. That wasn't too bad after all.

Now I ask the Mother and Father for whatever I feel I want to ask Them for. The Love is the most important thing, then the truth, and then I ask Them to help me (with whatever I feel I need help with), and to give me, this, that, and the other thing. Over these years, most of what I have asked for They've given to me. As time's gone on, less and less do I find I need to ask Them for specific material or spiritual things, and all I ask for is to see the truth of my bad feelings and for Their Love.

Of course you should feel free to follow your feelings and ask Them for whatever it is you want. Some people have trouble asking for things, let alone asking God for things, I did. And I also had problems wondering what sort of things I could or could not ask God for. I just wanted God to look after me and take care of everything. Trying to work out what I wanted, and if I really needed it, was all too hard.

What your soul needs in accordance with your **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They will give you as required. The only way we can know truly what we need is to

honour and follow our true feelings. They, springing from our soul, literally tell us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if your feelings are true, and until you've done your whole soul-healing, they won't be. I suffered great confusion trying to work out (with my mind) what it was God wanted me to have. Finally I realised God wants me to have everything I want. So I had to work out what I really and truly wanted. This has become clearer as I've done my soul-healing.

Don't try to work out if you should or shouldn't ask God for this or that. Ask for what you want (and tell Them what you don't want). As you progress, and if you choose to do your soul-healing, what you'll want will change, and gradually what you'll want will become exactly what your soul, and They, want you to have. For the time being; whilst you're more controlled by your mind, ask Them for what you want, when you want it, and no matter what it is. Ask with your mind and long for it with your heart. It doesn't matter if you don't get what you asked for immediately, or ever, it's the asking; the wanting, the longing, that's important. If what you asked for doesn't come it will mean you don't actually need it now, however, it might come later when you do need it. Anyway, the point is getting used to going to Them as your soul-Parents, as your Mother and Father who love you, and telling Them what you are feeling and thinking, and asking Them for the things you want. If you haven't done so already try and start to think of Them as your Unseen Parents, ones who only love you and know what you want. Go to Them, express yourself to Them, start to get used to speaking to Them, in your mind and out loud, during your prayers or meditations, any time during your life. Bring Them into being close with you, like a little child does with it's parents. Don't see Them as these huge way-off-somewhere-out-there Beings. Start to personalise Them in your mind and with your feelings. Think about Them, speak to Them, ask Them questions, share your good and bad feelings with Them, bring Them into your life, ask Them for what you want, and tell Them what you don't want. Pray to Them for what you want.

Also, if you feel your faith or trust is not as great as you'd like it to be, don't worry. If you want Them close and to be more real in your life, but you feel you can't always connect with Them, don't worry. Simply keep going, speaking to Them about what you want. In time, faith and a knowing that They *are* there and *are* real will come. It takes time, years, as you need to have lots of experiences with Them, and you'll have to heal everything within you that's denying Them – everything you're denying about yourself.

As I said, you can pray for Their Divine Love anywhere, anytime. You don't need to go to Church, but you can even do it in church. You are the Church: you are the place that is now starting to house Their Love, and you are becoming a living **Paradise House** – the true home of your soul.

Prayer for Divine Love.

This time when I ask you to long for the Love, I want you to use your mind as well. I want you to say a prayer with your mind. I want you to speak to God, to your Heavenly Mother and Father, and tell Them whatever it is you feel you want to say.

Lets do it:

Spend a moment thinking about what you'd like to say to Them. If you want to ask Them some questions, or if you have anything to speak specifically about with Them but worry you might forget

it when you are in prayer; write it down beforehand.

Okay, make yourself comfortable. Take a few deep breaths and when you're ready: long to Them for Their Divine Love...now rest and receive...

... Now, when you feel ready, tell Them you want to speak to Them. And ask Them if that is okay with Them? *(Usually when you speak to Them you don't have to be this formal, but I find it helps in the beginning to set the scene. Be how you naturally are with Them; how it suits and feels best for you. You can even swear at Them if that is your way or you feel it's what you want to do. It's always up to you, for you to be as true to Them as you can. You don't have to change your behaviour and 'speak nicely' when you're speaking to God. That was all the wrong stuff you were taught as a child. And that will all one day have to come out of you. BE YOURSELF WITH THEM.)*... So say now whatever it is you want to say... If nothing comes; if you can't think of anything to say, tell Them that. Tell Them about how much you want Their Love and why you want it...

... How did you go? Now I want you to long to Them for Their Divine Love and also use your mind to ask Them for Their Divine Love...

... If you had problems try something like this: Speak the words with your mind, say them out loud if you want, and at the same time long with your heart for Their Love: 'Heavenly Father and Mother, here I am again longing to you for Your Divine Love. James says that I should practice speaking to you, but I find I don't have anything to say. Anyway, as I do want Your Love, can you please fill my soul with it. Please, my Heavenly Mother and Father, fill my soul until it's overflowing with Your Divine Love. I want Your Love more than anything else in the world. Please give it to me. I want it. I want You both to Love me, and I want to feel loved by You! Please help open my heart so I can feel your Love flowing into me. Thank You, my Mother and Father of Heaven...' Now rest and receive, allow Them to Love you...

... Continue with your prayer, longing and speaking – asking – then relaxing and receiving as you feel to do...

I'm not going to give you examples of prayers other than what I've said above, because it's better if you can express your own feelings. I change what I say to Them; how I ask with my mind, all the time. But I always long the same way. Sometimes I like saying 'please' and 'thank you'.

So, can you feel the difference, speaking to Them with your mind and longing to Them with your heart? And you can now long and speak to Them any time you want to. You don't have to always do both at the same time either. And you don't have to sit in a chair or do it formally. You can do it wherever and whenever the inspiration takes you. And again, I repeat: always do what you feel to do, and what you want to do; what makes you feel good. Never do it because you think you should, or must, or ...

Can you see how simple it all is? All the fuss the Church makes is not needed. In fact saying prayers by rote and by following a formula imposed on you by someone else will only inhibit your true relationship with Them. Your Heavenly Father and Mother want to get to know YOU, the real YOU, not the well trained you that can say his or her prayers the Church or parents taught them.

All of that stuff is mind controlling and it all helps to make your mind assert itself over your heart and feelings. From what spirits have told me, many people of the various religions and churches on Earth, go into spirit at the end of their life and expect to be welcomed by God because of their obedience to their Faith. But nothing like that happens. God is not there to greet them, nor is Jesus, only members of their church. They are told a whole lot of new stuff to keep them in the church in spirit and they carry on learning new prayers still waiting for the *One Great Day*, which will never come. It's all terribly sad that the GREAT TRUTHS OF THE DIVINE LOVE AS TAUGHT BY JESUS were rejected and replaced with a whole lot of nonsense from the mind, all of which does nothing to advance ones soul to Paradise. (Paradise, by the way, is a real place: The Centre of all Creation, the wellspring of all Light: Truth, Spirit (and Mind), and Love. The material home of our beloved Heavenly Parents, the gateway to Their Soul; the centre of Creation, and a very long way from Earth.)

Longing for the Divine Love and receiving it is so simple and easy to do that you might find you can't believe that: that's it! But it is. God didn't intend to make it difficult for us; we've done that to ourselves.

Longing for the Love is easy. It's the beginning, middle, and end. It's something, I understand, we will be doing forever. The hard part comes when you want to start living true, when you start doing your soul-healing. But I'll speak more about that later.

Prayer for Divine Love.

Do it again:

Now long – pray – and also speak again with your mind to God. Say whatever comes into your mind. Try to say what you are feeling. Try to let your heart – your feelings speak. Ask Them for what you want. How do you feel speaking to someone you can't see? Try speaking out loud to Them; speak in the silence of your mind: experiment; try things, and see how you feel...

And again, if you're having difficulties, try to write or tell your friend about your bad feelings. Always when you come to a hard bit, speak about it, or try to express it in some way. Even speak to the Mother and Father about it. Speak to Them in your mind and speak to Them out loud. Write to Them about it. Tell all you feel; how bad you feel and how feeling these bad feelings makes you feel. And ask Them for help to see what's wrong; the truth of your bad feelings or problems.

Summary:

Pray anywhere, anytime. Do what feels best for you.

Pray/ask with your mind, speak to Them. Long with your heart.

Think about including Them in your life. Tell Them what you think and feel; what you want.

Longing for Divine Love *is* you being with Them. They are always with you.

**Yes it is true, We are always with you.
And We can speak freely to you.
It's really no big deal. It's how We want it to be.
We don't want to live separately from you.
We want you to welcome Us into your lives.
You are Our child and We want you to freely express who you are.
We want to get to know you. And We want you to get to know Us.
We want you to know that we love you.
We want you to feel Our Love, as We want to feel your love.
We don't want you to live alone in the darkness of night.
We want to you come and be with Us, to step out into the fullness of
Light.
Our Divine Love.**

Your Father and Mother of Soul.

Session 3

THE MOTHER AND FATHER – GOD. THE TWO WHO ARE ONE.

Prayer for Divine Love.

Before you begin this session have a short prayer. (5-10 minutes)

Long to Them for Their Love and ask Them to be with you as you do this session; to help you to understand what They want you to. Ask Them to show you the way *They* would like you to long and pray to Them for Their Divine Love.

Information: Who is God?

God is Soul. A soul comprised of **Two Personalities – the Two Aspects of Soul.**

This is my current understanding of God. Current, meaning, like everything, I too am always growing and evolving my understanding. It is how They currently relate to me and what They want me to tell you. It might not be all God is, and I seriously doubt God is *only* this, but it's a starting point I feel good about. It's a good balance of the masculine and feminine, a Great Union of Two who are One to whom we can look and model our relationships on: relationships of the masculine and feminine within ourselves; our relationships with each other, and with our parents and children. We need a Heavenly Father and MOTHER. We need God to be Both, and we need to be able to relate to, and communicate directly with, each of Them. We do not need any middlemen. We don't need anyone to intercede on our behalf. We need a very deep, true, intimate, private, and personal relationship with Them.

These Two Personalities we can relate to separately as our Heavenly Mother and Heavenly Father. However, They are not separate as in each having a separate Soul. They are of the One Same Soul – God. Soul is **duplex** in nature. Our souls are the same: we being created in Their image, and that's why we have a soul-mate. You could say the Mother and Father are Soul-Mates, and perhaps one day we'll be as They are with our soul-mate. (Yes, we do have a true soul-partner, however, you will only really know whom it is as you do or complete your soul-healing. You might like to think you know or feel otherwise before you've completed your soul-healing, but this will be only what you want to believe with your mind – it may not be the truth of your soul.)

Because **God is Personality**, as we too are personalities, we can relate to one another. That's why God gave us personality so we can get to know each other. Parent can get to know child, as child gets to know Parent. So we can have a very personal and loving relationship with Them. You can

Speak to Them and They can speak back to you. You'll be trying to do this during your next prayer.

I speak to God. The Mother and Father are just there. Where? I don't know to be exact, but *there*. I 'see' Them 'up' and 'out there' in my mind, but with and within me, in my heart. Anyway, I love to speak to Them. I can't hold long conversations with Them as what They say always carries so much light and has such an impact on me that I have to stop and think and feel about what They've said, but still I have lots of brief chats with Them (often just consisting of one or two words). Sometimes I speak more: other times less. Currently, I usually speak with Them just before I go to sleep. (I used to do it in every spare moment I got during the day, however I had many negative beliefs and behaviours as to why I did this, and as I've healed them I now mostly speak with Them before I go to sleep. But like everything, this too will change.) I ask Them for what I want – what truth I want to see to do with my healing, and speak about whatever else comes to mind.

When I first spoke to God (or rather when God, the Heavenly Father, first spoke to me), I got a shock, and thought I must really be deluding myself, but then I read in *The Urantia Book* (I'll speak more about this book later), how God can speak to us, via what's called the **Indwelling Spirit of God**, and it all made sense.

We all receive in our higher mind, at a certain point in our childhood, a spirit fragment of God. What that is exactly I don't know, but *The Urantia Book* says the Indwelling Spirit of God is literally a spirit part or fragment of God, if you can imagine that, and it comes to us when our minds are fully formed and up and running; when we are about six years old. Our minds get plugged into the universal mind circuits coming under the ward of the **Divine Minister** (She too is in *The Urantia Book* – She being the local universal Mother mind spirit), and together with our Indwelling Spirits, give us a direct and inner 'on line' link to God. The Mother and Father can speak to our minds directly via our Indwelling Spirit. They can also speak directly to our soul, but this level of communication is much more sublime. When it's said 'God dwells within us', this is referring to our Indwelling Spirit of God. The Father and Mother in person dwell on Paradise.

Speaking with God is something all wanting-to-know-God people should do. Because, how better to get to know someone than speak with Them. And if you proceed with *Divine Love Spirituality* you'll see that you are always, in one way or another, communicating with and relating to Them and They, you. It's all quite extraordinary and beyond the scope of this introductory course, but now I'm introducing you to the notion that you can easily communicate to God, that is, you speak to Them and They speak to you, just as easily as you can partake of Their Love.

We can speak to the Mother separately from the Father, and vice versa, or with both of Them at once.

Our Heavenly Parents are 'out there' domicile on Paradise, and our Indwelling Spirit of God is 'in there' inside our own being. So literally God is within and without. (By the way, God is *not* in nature or simply everywhere as 'light'. Nature and all things in Creation are of God, created by God; God's doing, and even an attribute of God's Personality, but they are not God. I mean you can't go to a tree and worship it as God. Of course, you can if you want to, but it won't do anything for your soul. And Earth as the 'mother' is not the Heavenly Mother, nor is the 'mother' Church!)

We are Their children. They created you. They have designed a life for you. Currently you're living something of a deviation from that true life, but if you embrace Their Love and go on to do

your soul-healing, you'll be able to get back on track. I'll be speaking more about that later. The life They've planned for you is encoded in your soul, and if you can live true to your soul, then you will live your true life-plan and will naturally be living Their Will using your will to do so. And how you can do all this is by living true to your feelings.

Our Heavenly Parents are ALL LOVING AND NOT CONTROLLING. The God of the Church is controlling, you have to obey. This is *not* the God whom we can get to know as our unconditional loving Mother and Father. The God of the Church, whom so many obey; and have been *made* to obey when very young, is nothing more than ones parents, and I'll speak more about that during the session to do with your soul-healing. Ironically the Church is only worshipping and obeying human parents as god, and not our true Soul-Parents – our Mother and Father in Heaven, whom Mary and Jesus are helping us to get to know.

How do you now feel about God? God as your Heavenly Mother and Father?

(As I've mentioned *The Urantia Book* I will pause for a moment to speak more about it. It was a channeled or 'materialised' book, so I believe, although, how it actually came into being is held secret by those in America who control its copyright. And that is if anyone does actually now the secret. It is a great piece of work: a series of papers authored by various universal spirit identities, none of whom have lived, or ever will live, on Earth (Urantia). It certainly opens up ones mind to many far reaching ideas and concepts, but it's not everyone's cup of tea. And it's not essential to living your life with the Divine Love. If you do look at it, bear in mind that it had to be written with certain restrictions imposed on it. It couldn't, for example, speak openly about the **Feminine aspect of God** our Heavenly Mother, because Mary Magdalene's truth was still repressed at the time of the books inception on Earth. It is therefore heavily weighted in the masculine. But as you read knowing, as you soon will, that the Heavenly Mother is indeed very real, you can take Her and the feminine side of things into consideration. Mary is also not spoken about in her true light within the book.)

Living Their Will.

Many people want to live God's Will. Many believe they are, but how does one know that one is? How do you *know* you are really living God's Will rather than only believing you are?

From my experiences I've found that living God's Will is a personal feeling. What I mean is there's no acid test to say you are or you aren't. However, there are some parameters I've become aware of and some guidelines. And it's a lot easier to do than I thought it was.

I used to think that I had to somehow give up or submit (surrender) my will to God and in doing so would somehow find I was doing God's Will. I'd read about doing the Will of God and I wanted to live that way. However, nothing I read seemed to mention how you actually, in a practical sense, did it, but I wanted to. I read numerous Christian peoples accounts of what they believed was living God's Will; however, these ways didn't sit well with me. I didn't want to give myself to the Church and have to 'believe' to live God's Will, because I didn't believe in what the Church taught.

When I read Jesus' messages in the *Padgett Messages*, and understood about the significance of living with the Divine Love of God in ones life, and started to long to God for and receive it, then living God's Will seemed a more real thing, something potentially I could do and understand what I

was doing.

As I've progressed in my *Divine Love Spirituality*, the Father and Mother have shown me what living and doing Their Will is all about.

First of all I came to realise as I was doing my soul-healing that my will was dysfunctional. It was not that it didn't work properly as we all have will, and full will at that, but it was focused in the wrong direction. I was wilfully keeping myself in my bad 'negative' condition, one that was in denial of God and myself. I don't want to go too much into this just yet, as I'll be covering soul-healing and childhood repression later, however, all I discovered about myself led me to understand and feel that I was anti-God. I wasn't living the Truth's of Divine Love, so I wasn't honouring God's Universal Laws: in short, I wasn't living how God wanted me to – and I could feel it. I longed to live otherwise. I desperately wanted to heal myself, and not be anti and unloving of God and myself. I wanted to fix my will and get it focused in the right direction so I could use it to live true to myself, honouring all my feelings, and then with a 'positive' will, focus it on doing God's Will.

The Mother and Father, along with Marion, and Mary and Jesus, showed me how I was living in a **negative mind and will state** prior to doing my soul-healing. And my soul-healing has largely been focused on healing this state. As I've done so and liberated my will and mind into the positive, I've begun to feel that I can choose in each and every experience to live true to myself, true to my feelings, and by doing so, I can also choose to live true to God and Their Will.

I can't describe exactly what this feels like, but I've never felt anything like it before. At certain points in my healing and growth I've felt like I've arrived at a place in which I've needed to make a choice and a commitment to myself – to live God's Way. And as I've made these choices I've felt that something inside me has changed. I've grown in truth and have, sort-of, moved more into living with the Father and Mother and with Their Love. It's a lovely feeling, giving me feelings of being secure in myself. And best of all, feelings that I am becoming more real, more true to myself, and true to Them. I can FEEL ME!

I guess this might sound hard to understand, I know if someone had tried to explain it to me I might have thought I'd understood what they were saying, but it's not until you experience it for yourself that you'll really get my meaning.

This doesn't matter too much at this stage and what I can say is that for me living God's Will means living true to my feelings, acting on my feelings in the moment, doing what I feel I want to do, while all the time longing for the Divine Love, the Truth, and wanting to live God's Will.

I know a lot of people, and so-called spiritual systems, speak about living true themselves and following their feelings, but what they don't understand is that whilst you are living in a negative mind and will state those feelings you are feeling and trying to live are not true. Ones negative mind, in accordance with ones negative beliefs, are generating 'false' feelings; that is, feelings you believe are true but aren't, being based on erroneous beliefs. And it's only through the process of healing your soul of all that is not true that you can begin to live feelings that are being generated with support from a positive mind and will. As you heal from one state (the negative) to the other (the positive) you will feel yourself changing, and will know you are becoming progressively truer. You feel your will truly becoming empowered, and its not an artificial empowerment like many

people try to achieve by positive thinking and trying to be positive and wilful using their minds, it's real feelings of yourself, your will, and your wanting to live with God.

In the end as you complete your soul-healing with a completely healed and self-focused positive will and mind you will know that you are doing God's Will as you live truly honouring all your feelings. The Father and Mother inspire us through our soul. They don't speak to us in our minds and say do this and do that. They generate feelings, true feelings, to come up in us, feelings we can only know are true when we've healed all that's untrue within us, and it's these feelings that we act on because doing so makes us feel good and happy, and then we are living God's Will. Also you can't live God's Will without the inclusion of Their Divine Love in your soul. You can only live, at best, in a perfected self-willed natural love state. So the partaking of the Divine Love is fundamental to living God's Will, and if you want to live it, if you want God to help you, then They will help you do your soul-healing so eventually you can cross over from being wholly self-willed (without God) to being still wholly self-willed – but with God, and therefore also God-Willed: with your will focused completely on living Their Will.

We don't give up or submit our will to Their Will, as in our will somehow vanishing and Theirs taking over. We need our will perfected and not in denial so with all of it we can choose to live Their Will. We wilfully choose with a fully positive will that we want to live with Them. That we want to be at-one with Them. That we want to live the life They have created us to live and we tell Them this is what we want. And the wonderful thing about being able to partake of Their Love is you feel your relationship growing with Them; They become real, 'alive', and so you know, as you are choosing to live Their Will, why you want to do so. And that is because you feel so much love for Them. You want to give something back to Them. You want to live Their Will as a demonstration of your love for Them. They make you feel good, They heal you, They make your life the wonderful thing it should be, and all of this makes you so overwhelmingly grateful to Them that all you want to do is live how They want you to. And besides, by that time you arrive at this point of knowing through your feelings, you also know that living without – denying – Them; living totally self-willed and with a negative mind and negatively focused will, is no fun. It hurts: it makes you feel bad and causes you great pain, and who'd ever want to do it. It's only that our negative states have been forced on us in our very early childhood that we don't know a different way to be, but again I'll speak more about this later.

So the first step in living God's Will is longing for and receiving Their Love. The next step is the rectification of your will – doing your **Soul-Healing**. To heal yourself so you're living in a positive mind state rather than a negative one. And then once this has happened you will no doubt wilfully choose with all your heart and soul to live God's Will, and you'll be naturally doing this as you simply follow your feelings throughout the day doing what makes you feel good. It's incredible how They've designed it so we can do all we feel we want to; live with complete freedom of will, and yet still do all They want us to do: live fully honouring Their Love and Will always being happy.

I will add here, hoping not to confuse you too much, but it's possible to partake of the Divine Love and *NOT* allow Them to help you to do your soul-healing and re-focus your will. You can in effect partake of Their Divine Love and then use it – Them – to further try and gain what you want using your own will, seeking to gratify yourself at Their expense and not do your soul-healing. You can use Them to help you to further feather your nest in your negative mind state. I did this until I came to understand about the need to do my soul-healing. The revelation of our need to heal our soul is

new. Understandably without it's knowledge and what is involves one might think that all you have to do is partake of the Divine Love and magically the Father and Mother will heal all that's wrong within you, and you'll be doing and living Their Will. But it doesn't happen like that. We have to want to work through our soul-healing. We have to use Their Love to help us use our natural (self) love to heal all that's wrong and imperfect within us. Because we are using our will to maintain our negative state, we have to choose to let go of it and give it all up. And to do that, we have to see the truth of all the bits that we're holding onto: all the bits keeping it in place. And there are a lot of bits. And we have to work through each of these bits: seeing why they are in us; how they came to be put into us, and how we've agreed to take them on and so live using our will to maintain them, before we can be healed of them. **WE HAVE TO SEE THE WHOLE TRUTH OF OUR NEGATIVE OR SELF-DENIAL STATE BEFORE WE CAN HEAL IT AND BE FREE OF IT.**

Again I will speak more about this later. Don't worry if you don't understand it all at this stage. The beauty of living with the Father and Mother's Love is that They will help you understand it all when you are ready to. I'm only introducing you to these ideas and concepts at this point.

Knowing God.

Divine Love Spirituality is all about helping you to KNOW God. To get to know the Mother and Father; to have a personal and intimate relationship with Them. It's a real thing: you'll have real experiences of God. They'll make you feel loved by Them. And you'll see for yourself that They are real. That They do exist and can be a part of your life. And not only your life now, but for ever more. For the whole of eternity you will be living with Them getting to know Them more each day.

Many of the Christian faiths teach, from what I understand, that all you need do is 'believe'. Believe in Jesus, and you are saved. Believe, and you will have bestowed on you all God's love and glory, and if not now, when you get to heaven. But what is a belief? It's only something you can choose to believe with your mind or choose not to believe. You can believe in God one day and not the next. You can change your beliefs. Setting out to have a relationship with God and Jesus based on beliefs, is setting out to have only a mental relationship with them. Because your mind is functioning in a negative state, and you don't feel happy with your life or yourself, then all the Church is doing is helping you to believe in other things adding them to your negative mind. It's not wanting to help you heal your negative mind state. I guess they believe if you 'believe' then you will be healed, all your worries will go. If you 'put your faith in Jesus' then everything will be okay, and it might be for them, but from what I know it only appears like they're okay, whilst totally refusing to acknowledge their denial, bad feelings, and negative mind condition. It's just another way to sweep aside all your yuk and bad feelings, and try to be 'positive' – it's all a contrivance of the mind. You can believe anything, even that Jesus and God loves you and you love them, however, it doesn't mean it's true. And ultimately denying your negative mind condition with 'positive' beliefs doesn't work. In the long run your self-denial and yuk is with you forever until you do your soul-healing, that I do know.

As you will see, as you receive more Divine Love into your soul, you will not need to 'believe' because you will **KNOW** God and Jesus and Mary are real. You will **KNOW** because you experience Them. And when you **KNOW** something to be true and real, it is true and real. You can't ever change a knowing like you can a belief, it's **TRUTH**. Truth is always constant and unchanging. It's the one and only thing we can rely on in life. Truth supersedes all belief. You can

still believe what you know to be true, however such beliefs are nothing compared to the **TRUTH** you **KNOW**. You can **KNOW** God to be real and so too can you believe in God. The truth of your soul always comes first, then can come beliefs of your mind. Many people mistakenly believe that their beliefs are what they know to be true. They believe things to be true and try to live them like they *know* they are real and true when they are not. This level of fundamentalist belief is a very false and an extremely unloving way to live. It is severely self-denying because you're putting all your eggs in one basket – your mind. You are giving your negative mind free reign and it will keep you so locked into your self-denial that you will not allow anything into your mind that threatens your belief system. You will have to remain always locked up in what you believe never being able to take a fresh look at anything, and never being able to live freely in life acting on your true feelings. You'll be so out of touch with your feelings never allowing yourself to be free to KNOW through your feelings what is true.

As you'll see with the Divine Love, you'll live a free, dynamic and fluid life. You can't lock anything down with your mind. Your mind is stripped systematically of its control over you through your soul-healing and you end up only living and knowing the Truth. Your beliefs become inconsequential because you live with the faith of what you know to be true, so you don't need to rely on your beliefs to keep you afloat. And living the truth, based on your own experiences of life, is all you can do. It's the best and only way to live. It's the way that makes us feel happy and secure and fully loving. It is truly living from and with your heart, not with your mind. We are conceived into a mind-led state of being, and a negative one at that. If you choose to live *Divine Love Spirituality* (which is only a fancy of way of saying – living with God's Love and the Truths of Their Love) you will not only heal your mind of it's negative state, but also bring yourself into the condition of living life from and with the truth of all you know: from your heart. And each day as you progress you'll actually feel yourself growing in truth, knowing more about yourself, life, and God. It's a fantastic way to live, nothing is ever dull, repetitive, and boring (so I'm told by spirits, not having finished my healing yet, which is at times extremely dull, repetitive and hellishly boring, just as I am discovering was my early childhood). Even if you had to do the same mundane work that never altered, somehow each day would still present you with new experiences from which you'd grow in truth.

Living with the Divine Love enables you to become self-revealing. By this I mean *you* are able to reveal to *yourself* all the truths of yourself, life, and God that are contained within your soul. You won't need me, or the Church, or anyone else to tell you what to do: what you should do, or where your path is. You will be self-governing, self-determining, and self-loving, all based on following your own true feelings. You will know what your life with God is all about for you. And it will have nothing to do with anyone else. All during your childhood you've been told what to do by others – your parents and carers. Now as an adult, if you don't already know it, you'll discover during your soul-healing that you are still being told what to do by yourself, having taken over from them. You're still doing the same things. Someone, even if it's yourself, is still telling you what to do: how to live, how to behave – all what you've learnt from your childhood. As you heal and grow in truth and start honouring your true feelings, they will lead you out into a whole new way of life – the way God wants you to live. The way, in which no one tells you what to do or how to be, you just know it from within yourself. You simply know what to do and how to be. So if you want to know your true life's purpose, and what is the meaning of life for you, then it will come. Believe me, as you progress and grow in truth, you will eventually be shown everything about yourself, and more than you could have ever dreamed existed. God will help you to reveal to yourself, all through your feelings, what your purpose is, and what is the meaning of your life. You will find it

out for yourself. No one can tell you, and it's such a thrill when you start to *SEE*.

Living with God's Divine Love will heal everything within you *if you want AND ALLOW it to*, and it will make you feel happy and loved. You will reveal to yourself how you want to live – God's Way. No one can tell you how that will be. And you will choose to live in God's creation in love with Them. You become your own Church, your own Paradise, your own universe with Them. You can pray with other people, even in a church, and you can even call yourself a member of a faith or religion, but still you will know this really doesn't matter because what you're doing is living your life wholly self-fulfilling with God. You'll know what is true for yourself and living accordingly. You'll be living God's Will your way because you know it is right for you to do what you are doing as your feelings are guiding you. You are getting to know Them in your own time and in the best way for you. Life becomes your own. You will become real and true.

Prayer for Divine Love – speaking with God.

I'd like you to have another prayer.

This time you are going to try and speak directly to God and see if you can 'hear' Them speak back to you. Speak to each of Them in turn if you don't already do so.

It's a very simple exercise I'll ask you to do in your prayer, but before we begin, I want you to do another exercise.

Exercise:

Please answer these questions. Write the answers, and if possible tell them to your friend.

If you could speak to God, what would you say to Them?

Do you naturally speak to God in your prayers, through the day? When things get tough? I'm assuming God doesn't speak back to you, so now there is a chance of Them doing so, how does this make you feel?

Imagine that God, your Heavenly Mother and Father are standing in front of you – that They are real Beings, like real people, what would you say to Them? Do you feel a difference in speaking to each of Them. Would you speak about different things?

If you feel any negative or bad feelings regarding communicating with Them (particularly having Them speak back to you), such as: nervousness, apprehension, worries, guilt, fear, anger... please write or express to your friend, as much of these negative feelings as you can feel. *Try to be very honest with yourself, search hard and deep within your feelings to see if there aren't any bad feelings you're hiding from yourself, or any that are floating out on the periphery of yourself and you're trying to ignore them. To get yourself started you might find it helpful to write or say something like: 'Yes, I do feel slightly nervous about speaking to God because...' See if anything comes.*

Do you believe God can speak to us – to you?

Do you believe God can speak to some people, but not you? Why?

Would you fall down in a dead faint if God actually spoke to you? If so, why? Express all your negative feelings about this.

Do you believe or just know God won't speak to you so there's no point trying? If so, why do you feel that way? If you do feel like this, try and write out as much of your negative feelings about yourself as possible. If you feel: unworthy, useless, hopeless, a good-for-nothing, someone God wouldn't be interested in, a failure, full of guilt... write it all out. *Try to be as honest as you can. And by the way, it's OK that you feel like this. And by admitting and accepting that you do feel like this is also OK – it's good, and it won't make even more bad things happen to you, even if you believe it will. Being negative when you want to see the truth of it, is okay. In fact whilst we're entrenched in our negative mind condition it is essential.*

Are you excited about speaking directly with God and seeing what They have to say back to you? If so, why?

Have I now stirred you up and you're more apprehensive now having had to deal with these questions than you were before? If so, why do you think you are? Could it mean you weren't being honest or weren't in touch with what you were really feeling to begin with, and these worries and negative feelings might have been lurking somewhere within you all along?

Finally, think of one question you'd like to ask God. If you are okay about calling God the Mother and Father, think of a question to ask each of Them in turn, or you can ask Them the same question. You might also like to write the question down so you can look at it during your prayer in case you forget it. Some people's minds (including mine) seem to go blank at times in prayer. This apparently, is quite normal, so you might need to prompt yourself to remember the question.

Now pray for the Divine Love.

Read this section before you actually begin your prayer so you know what you're to do. I'm going to ask you, first of all, to ask Them to tell you one word, and then after this exercise you're going to ask Them your question from above.

... When you feel ready, happily settled in your prayer and receiving Their Love, tell Them that you would like to speak to Them, that you are going to ask them some questions, and could They please speak back to you...

... Now take a deep breath, and again when you feel ready, ask Them if They will tell you a word, one word, a word that has relevance and meaning to you about Their relationship with you, and ask if They will help you to hear it in your mind.... Ask Them to tell you the word...

... Now ask Them for another word... Can you hear it? Did a word pop, or gently come into your mind? It might sound and feel like it's your own mind speaking to you, but it will be Them. If you're unsure ask Them if it was Them who gave you the word... (Take the first word that comes into your mind when you ask Them. The word/s might come to you really fast, an instant answer, almost, or even, before you've finished asking Them the question. If nothing quickly comes, wait, if still nothing, stop, clear your mind, and try again – ask, and speak out loud the first word that

comes into your mind... and then the next... and the next...)

... Did the words have meaning for you? If they didn't, or you not sure, ask Them to show/tell you why They spoke that word to you... Be patient and see if anything comes. If nothing comes ask Them if They will show you later, after your prayer; and ask Them if They will make you know it was Them showing you about the word.

... Okay now, when you feel ready again, ask Them your question and listen for Their reply. If words come into your mind, you might find that speaking the words under your breath or out loud helps them to flow or become clearer. You might also find your answer comes not so much as a series of spoken words, but perhaps with a few words and a 'picture', a sense of Them showing you what They want you to see. If you only get pictures, and insights, and understandings from Them, but would still like to hear Them actually speaking to you, ask Them to please speak to in words, and 'listen' for them... (If a picture comes and only a few words, don't stop speaking the words in your mind or out loud, getting side-tracked by it, keep going until you know They've finished. You can look at the picture afterwards. You can also do this exercise when not in prayer, speaking or writing Their reply – Their words to you.)

... Finish your prayer. Do you thank Them for Their Love? Do you feel you want to? Do you tell them all you feel?

Listening for Their words in your mind is not hard. Usually it's the very first word that comes into your mind, however, this is not a golden rule. Often your mind might impersonate Them and this is where only practice and familiarity with speaking with Them will help you see when your mind jumps in and takes over. When They speak to you, you should feel a deeper sense of knowing accompanying what They tell you. You might only get one word or two in reply, but you'll get a lot of meaning, insight and understanding. You may feel this meaning coming to you like a 'flash' – a moment of revelation.

If you're still having difficulty, write, or speak aloud the first word no matter how strange it might seem, which comes to you when you ask Them for a word. Say, or write that word and see what follows. Some people can't believe it is God and think it's only their mind speaking to them, their own imagination and wishful thinking because it's so easy. Other people have problems because their mind never shuts up. But if you take a deep breath, ask, and then go with the first word, speaking it out loud or writing it, usually you can over-ride your mind and allow Them to communicate with you. Go with the first word even it seems very faint, like a cloud floating around on the perimeter of your mind. Catch it, focus on it, speak it or write it, and centre yourself with it, then ask Them to speak more to you – to give you some more words, or to shed light on other things you want to know. It will be up to you as to whether you want this word communication with Them in an ongoing way, or whether you are happy with their instantaneous flashes of understanding to you. Marion likes the flashes, and occasionally a word; I like both, however the words can at times get in the way of the flashes.

Now, if you want to, you can speak to Them during your prayers. If you can only manage one word at time, that's okay. Most people, to begin with, can do this but aren't able to speak freely with Them for some time. It all depends of whether or not you actually want to do it, and if it's going to a part of your relationship with Them – how you express yourself to Them and They to you – or whether you just need time for your system to open up. As your soul receives more of Their Love,

it will become easier to speak with Them, and Them with you (if it's want you want to do). A lot of people don't actually feel the need to have an open speaking relationship with Them. Currently, Marion doesn't. She can speak with Them, however, sometimes (less so now than she used to as she's healed stuff that was preventing her) she doubts what They say wondering if it's only her mind making it up. (I too often doubt as well, although now it's much easier than it used to be.) But when she really wants to she can, but mostly she prefers to keep focused on herself, on her feelings, and doesn't want to spend time 'chatting'. Her relationship with Them is through her feelings, in the moment with her feelings, whereas I enjoy engaging my mind having the occasional chat.

I love speaking with the spirits, Jesus and Mary, and the Mother and Father. Currently, Marion's not interested at all (but things can change). Initially she did want to, as she believed to be spiritual you needed to be able to do those sorts of things, but she's since healed such erroneous beliefs. In fact, speaking to Them as I do has made it harder for me to do my soul-healing because I would rather seek answers to my problems from Them through my mind, instead of trying to see the truth of my bad feelings by expressing them. It's a trap to easily fall into. I used the spirits and the Mother and Father as a big part of my bad feeling avoidance behaviour. I would want to escape the yuk realities of my life by pretending I had a nice fantasy life with all my friends in spirit who were only too willing to speak to me. In the beginning when the Father first started speaking to me (I didn't meet the Mother until years later), He was like a parrot on my shoulder telling me things all day long. I thought it was fantastic! But a year or two passed and my real state, how I was feeling, seemed to be getting worse, not better, even though He'd been telling me all about my fears, why I had them, where they came from and so on. I thought that this was all apart of the healing process and the transformation of my soul, and His pointing them out to me was my healing of them. But I was wrong. BIG WRONG! No, He was only doing what I wanted Him to do – to tell me about Them. I guess He could have gone on telling me about my fears and bad feelings forever, but His telling me about them wasn't me dealing with them. **I wasn't discovering the truth of them through my bad feelings. I wasn't expressing my bad feelings.** I was using Him to escape from them. He was complying with my denial patterns like the good and loving Father He is. He was giving me as They always do, exactly what I wanted. I wanted to rationalise with my mind all my bad feelings keeping the lid on them and not allowing myself to really FEEL them. And He was helping me out.

When I met Marion things changed. Under her influence and guidance she made me face up to my delusionary fantasy that I had this terrific relationship with the Father. She made me see what I was doing, that I was USING Him for my own selfish purposes. I can tell you seeing that was a terrible shock, *I was using God*, I felt so bad, so crushed and so guilty. And from then on I had to get serious about my bad feelings – owning them, honouring them, accepting them as a part of me, and longing to see the truth of them. Gradually I spoke less and less to the Father and my spirit friends as I spent more time trying to express what I felt. I couldn't run away any longer. And then, having made the change to want to accept my bad feelings instead of deny them, He totally supported me this way. When I would ask Him things He would say: 'Follow your feelings and seek the truth through them', He wouldn't just tell me the answers.

Now I only speak to Them when there is a need. Like everything else, I follow and respond to my feelings – at least try to! Occasionally the spirits chat to me, or I ask them questions. With Mary and Jesus, I might suddenly feel the need to write with them. I do whatever work with them I feel to do, mostly writing messages from them, and I speak to the Mother and Father when I want to.

I'm far more in balance, and like Marion, prefer to spend more time on and with myself, with my own feelings – me – rather than floating off into fantasy-land in my mind. The spirits will all be there when I get to spirit. And the Mother and Father, well, They are always with me. And Jesus and Mary are all about the business of their universe and what they want done, so when I need to speak with them or they with me, I just feel I want to, and it happens.

I wanted the power that I thought speaking to spirits would give me. I wanted the power because I felt so powerless in my life. Again, I don't want to say too much about this at this stage as this really is all about our soul-healing. However, I do believe that everyone should feel that they can communicate directly with the Mother and Father. It's very easy to do thanks to our Indwelling Spirits. It certainly has had a huge impact on my life and when I think back to living without Them, I wonder how I managed and what I thought life was all about.

If you're interested in speaking with spirits, or if you do already and want to meet your Celestial spirit helpers, then I have another course to help you to do this and understand what's involved. This course along with other courses all require this introduction course as a prerequisite, as everything revolves around and includes the Divine Love. Without it none of what I tell you will work. And if you can't wait to do the speaking with spirits course then all you need do is ask for your Celestial guides to introduce themselves to you. I'd suggest writing out a list of questions you might like to ask them, all designed about introducing yourselves to each other, and either: sit in prayer after you've longed for the Love and ask the Mother and Father if it's Their Will could your Celestial spirit guides be present so you can meet them and ask your questions. One will most likely come forward as your main contact and will later introduce you to others in the soul-group who will be assisting you. Or you can sit down have a short prayer, invoke the Love, ask the Mother and Father if it's okay with Them could They help you, then ask your questions and write the answers. Simply write what comes easily into your mind without judging it. See what comes. It will sound like your mind and they will use your words but with a slight difference. And then it's all about practice and familiarity. You can also, of course, write this way with the Mother and Father. Having prepared questions beforehand I find very helpful, because if you just sit and ask them to speak to you and hope they do, often in the beginning, either nothing happens, or it's harder to know if it is the spirits or if it's your own mind making things up. Also having your questions ready allows you to be free to receive the answers rather than worrying about what your next question will be.

Angels and nature spirits.

As I'm speaking briefly about speaking with Celestial spirits and the Mother and Father I want to also include something about angels and nature spirits, and speaking with them.

Angels and nature spirits are real beings but don't incarnate on Earth. The *The Urantia Book* will definitely open your mind to the existence of other universal personalities and all that it says about angels is mind-boggling.

So far as our immediate and personal relationship with them goes, once you start actively longing for and receiving the Love you will be assigned a pair of angelic seraphim guardians. I won't go into how they work with you (because I have to admit I don't really know), but you can communicate with them if it's within your soul-plan. Ask the Mother and Father if it be Their Will, and then introduce yourself to your angels in prayer or writing with them. Ask them to introduce

themselves to you. You might find they present themselves as a ‘man’ and a ‘woman’, however they can present themselves to you in whatever way they know will be best for you – for your soul growth.

I speak far less to ‘my’ angles, mostly to the Celestials. However, occasionally they have come and relating to them is a very different experience than relating to other ascending spirits. The angles are a creation of the Universal Mind Spirit (Ultimately the Divine Minister or the Infinite Daughter Spirit: *re: The Urantia Book*); they are of light, and when they speak to you they can really move the light into you. I have to watch I don’t speed up too much by keeping the light that’s coming into me under control, and I can become tired very quickly. When the higher spirits speak to me, I also receive their light, but being more like them, that is, a **soul of truth**, unlike an angel, which is a **soul of mind**, I can deal with it better and it doesn’t tire me as much. Jesus and Mary when they ‘turn their light on’ almost makes me feel like I’m being *roasted* by the light.

Many of the things people attribute to angels, particularly in a lot of the ‘angel books’, are not actually done by angels but by natural love mind spirits. (Spirits who are living in the natural love mind mansion (or sometimes called spirit worlds), who are yet to long for and receive the Divine Love.) However, that is not to say that the angels can and do affect our lives in many unseen, and at times, seen ways.

The angels, although known by number, will readily (if you ask them) give you names with which you can relate more easily to them with.

As for the nature spirits, or the elementals, or ‘little people of light’, as they are sometimes called, they are a creation of angels, so too, creations of the Universal Mind Spirit, but are endemic to Earth. They live in the third Earth plane (the fourth Earth plane being for that of the angels), and they work mostly with nature and occasionally people. You can, as stories of people’s experiences testify, communicate with them, and as they’ve told me, they will assume the role in your relationship with them that your soul wants them to take. What I mean is that they are (little) beings of light, just like the angels, and don’t manifest a form we can relate to on Earth, however they will readily take on a form with which you will be able to relate to them, hence the many and varied accounts of what they look like. They will more than likely relate to you depending on how your beliefs and imagination want them to be. And if you do feel you want to speak to them, again I would suggest asking the Mother and Father if They can help you do it, and if it be Their Will, if you feel yes you’d like to seriously give it a go, and if it’s what you need to further your soul growth of truth, then see what happens.

How I pray.

To finish this session I thought I’d include some of my prayers to the Mother and Father, just as examples of what someone else might say. As I said, it’s entirely up to you to express yourself to Them: how you want to. **REMEMBER, THERE IS NO RIGHT OR WRONG WAY – THERE IS ONLY YOUR WAY.**

Usually I sit with my eyes closed when I want to do a more formal prayer and long to Them for Their Love. I may or may not use words to accompany my longing.

These are some examples of things I might say when I do use words with my longing, and as you

can see, please, figures very strongly at the moment with me:

Please Mother and Father will you fill my soul with your Divine Love.

*

Father and Mother I want your Divine Love.

Please will you give It to me; please will you put it in my soul.

Please love me.

*

Father and Mother I love you and I want to feel loved by you.

Please fill my soul with your Divine Love.

Please help me to see the truth you want me to see.

Please, Please Father and Mother.

Please help me.

*

Mother and Father I'm sick and tired of feeling miserable.

I hate feeling bad.

Please help me to see the truth of all my repressed bad feelings.

Please can you bring them up within me so I can see them.

Please I want to know, I really do.

I want to know everything, the whole true of all my wrongness.

Please help me to see.

Please help me to see it ALL.

Please...

*

My Heavenly Father and Heavenly Mother:

Please help me to see the TRUTH You want me to see.

Please help me to live true to You.

Please help me to do what You want.

Please help me to heal my soul.

Please give me Your Love.

*

Mother and Father, why do I always say or do that same thing? The thing I hate saying or doing and don't mean to or want to.

Why can't I heal it? Why can't I see the truth of it?

I want to know, I want to see.

I don't want to do it anymore.

I'm sick of it. I've had enough.

Please, please, please help me.

Please help me to see the truth of it.

*Why I'm doing it, what went on during my childhood to make me do it.
 I just don't get it.
 I seem to do or say it without even thinking, I just respond without thinking.
 Please help me to stop doing it.
 I want to give it up, all of it.
 Please help me to...*

*

*Mother and Father, please give me Your Love. I want your Divine Love.
 Please help me to live according to Your Love – the Truths of Divine Love.
 Please help me to see the truth of myself.
 Please help me to live true.
 Please help me to stay true to my feelings and to see the truth of all the wrongness within me.
 Please help me to express my bad feelings and see the truth of them.
 Please help me to do my healing.
 Please help to see the truth of my delusion, fantasy and lies.
 Please help me to give up all that is wrong with me.
 Please help me to let go the control of my mind.
 Please help me to be as perfect as You are.
 I want to do Your Will, will you help me?.*

Currently, when I ask Them for Their Love, I want to say: 'I WANT YOUR LOVE' – as a demand. This is because I'm getting more in touch with this part of myself in relationship to my parents; I wanted, and still want, their love. And so as I'm accepting all that I feel about not getting my mother and father's love, it's making me go to the Mother and Father as Their little child and telling Them 'I want Your Love'; then I long to Them for it. This will, no doubt, go on for as long as I need to relate to Them like this whilst I'm healing these aspects of my negative relationship with my parents. And then it will change, and I will feel to ask or speak to Them using different words. But for now my heart and soul is crying out to Them (and my mother and father) for Their Love.

*

*I WANT YOUR LOVE TO COME AND FILL MY SOUL.
 I WANT YOU TO LOVE ME!
 I NEED YOUR LOVE!
 I DEMAND IT!
 GIVE IT TO ME - PLEASE!
 PLEASE FILL ME UP WITH YOUR LOVE.
 I WANT IT ALL.
 I WANT YOU TO LOVE ME UNTIL I BURST.
 LOVE ME MY FATHER AND MOTHER OF PARADISE!
 PLEASE LOVE ME AND MAKE ME FEEL YOUR LOVE.
 PLEASE LOVE ME SO I CAN FEEL BETTER AND GOOD.
 THANK YOU MY HEAVNLY MOTHER AND FATHER.
 THANK YOU FOR EVERYTHING.
 THANK YOU FOR YOUR DIVINE LOVE.*

Summary:

God is Soul and two Personalities, our Father and Mother of Heaven – Two who are One.

We can speak to Them via our Indwelling Spirit of God.

We can choose to live and do Their Will.

The doing of Their Will occurs naturally as we do our soul-healing, as we heal our will and relinquish control of our mind.

Knowing with your heart and feelings verses believing with your mind.

Living true to your feelings is the key to living true to God.

Speaking with God is easy.

**Have fun with Our Love.
We offer it freely.
We don't ask anything in return.
Enjoy it.**

Session 4

YOUR RELATIONSHIP WITH GOD, HAVING LONGED FOR THEIR LOVE.

Prayer for Divine Love.

Have a short prayer (5-10mins), and ask Them to give you a word (Or spend some time speaking with Them). Ask Them to help you to understand what you need to know this session.

Exercise:

Please answer these questions, write, and if possible, speak the answers to a friend.

What is your relationship with God like now? Has it changed since you began the course? Can you describe how?

What does God mean to you now?

Do you feel you're receiving the Divine Love?

Do you feel like continuing with the rest of the course?

Are you happy with your progress? Why? What are your feelings about it?

Do you think you're getting what you wanted from the course or are you about to give up because you feel it's a waste of time? If so, why? Try to write about all your negativity.

What do you want now? Write a short list. And why do you want these things?

Are the above things (in answer to question 7) spiritual or material things? If they are spiritual, write a list of material things you now want. If they were material, write a list of spiritual things. Can you add some emotional things to your list if you haven't already got any, i.e., how you'd like to feel?

How do you want to live with God? Do you know? Do you have any feelings about it? Where do you want your relationship with God to go?

How much do you want the Divine Love? LOW 1 2 3 4 5 HIGH. Why that much?

Do you feel you know how to long to God for Their Divine Love?

Summarise how YOU long for the Love (not how you've learnt to do it). Describe what you feel and how it makes you feel.

Are you happy with your relationship with Them? If not, why aren't you?

Do you have any doubts, fears, and concerns regarding what you've been doing with God through the course? If you do, try to write or express them as much as you. Describe them and see if you can feel what these negatives make you feel, i.e., angry, miserable, like a failure because you don't get it, confused, etc.

Has all I've been saying been too heavy going for you? Would you like my presentation to be simpler? If so, why?

Has my presentation not been challenging enough for you? If so, why?

So, how are you doing?

At this stage of the course I would like to hope you're feeling competent about longing to God for Their Divine Love. It's the first part of the course and the beginning of *Divine Love Spirituality*.

Of course I can't gauge how you're going as you're not with me in a group, so please, if you feel it's not happening for you but you still want it to, email me (the current email address you'll find on the DLS website at Contact Me). Try to describe what you are doing and why you don't feel like you are getting anywhere.

In the group at this point we usually have a general discussion about all that we've been through and whatever else might be on peoples minds. As I can't have that with you it will be a shorter session. Please email me if you do have any questions or comments.

The remainder of the course introduces you to some of the main principles of *Divine Love Spirituality*.

I will briefly summarise what I consider are the main points covered so far:

Divine Love Spirituality is about you living with God, longing for God's Divine Love, and living the truths as they come to you as your soul progresses.

Divine Love Spirituality is a new way to live with God. A way revealed by Mary Magdalene and Jesus, and one in which the whole focus is on you developing a personal relationship with God. One in which you can actually speak directly with Them. This being made possible by the presence of your Indwelling Spirit of God.

Your relationship with Them begins with your accepting Their offer of Love. You do this by

longing to Them for it.

When you long using your soul and heart, and not your mind; and if your longing is sincere and earnest, then you're longing because you genuinely want Their Love, and it will come to you. It's brought to your soul by the Holy Spirit.

The great thing about receiving the Divine Love is it gives you a real – a very real – experience of Them, of your Heavenly Parents loving you. It shows you that They do love you, that They do care about you. Feelings and a knowing of truth you will need to sustain you through the rigorous doing of your soul-healing.

You can long for Their Love anywhere and anytime. And you can say anything you want to Them. And the fun part is it's all between you and Them and no one else. IT'S YOUR RELATIONSHIP WITH THEM.

And it's all very simple. So simple, you wonder why humanity hasn't known about until now.

And although you are only just starting out with it, if it's to your liking, it can become the whole focus of your life. It is the ONE TRUE SPIRITUAL WAY TO LIVE WITH GOD.

And finally, **it's all about love.**

Prayer for Divine Love.

Have a prayer now and if you haven't done so before, and if it's possible, say everything out loud. Long and speak out loud to Them for Their Love. And when you ask Them for your word, ask out loud. See how you feel about speaking out loud to Them. Practice it, if it appeals to you. During the course in the group, from this point on, I encourage everyone to speak their prayers out loud. Taking it in turns in the group so they can hear themselves and hear other people. And of course if you feel too silly or stupid or embarrassed doing it, don't. However, take a moment to write about why you do feel stupid, how it makes you feel. **YOU ONLY EVER DO WHAT YOU WANT TO DO. AS I'VE SAID, THERE IS NO RIGHT OR WRONG WAY TO DO IT. THERE IS ONLY ONE WAY – YOUR WAY. AND EVENTUALLY YOUR WAY WILL BECOME GOD'S WAY.** All I'm offering you are things to try so you can have different experiences. (Marion loves speaking out loud her spontaneous longings and what she wants from the Mother and Father. I find it more difficult. I have a greater problem about speaking out. I can do it in front of a group – put on the show – but when I'm with her or by myself it feels strange. However, I'm getting better at it, and I'm beginning to like my own voice and like my own feelings of inspirations. For ages nothing would come.)

As to how often you pray for the Love, no doubt you understand, that it's when you want to do it, when your inspiration and longing takes you. Now I want to tell you how it's changed for me over the years.

How my longings have changed.

In the beginning when I first longed, I loved it so much. The Love poured into me, and I couldn't

get enough. I would sit for half an hour to an hour about four or five times a day. I was fortunate that I had the time to do so. Then as the years passed I asked less often and did shorter prayers. I got down to at least once a day, usually before I went to sleep at night. Periodically I'd pray during the day no matter where I was, for long or short times when the inspiration took me. Often the Holy Spirit would come when I hadn't longed – and occasionally it still does. It comes when my soul needs another dose of Divine Love.

As my soul-healing progressed I prayed even less, concentrating on trying to express my bad feelings more. I felt so bad so often that I didn't have any inspiration to pray. I even wondered many times if I was losing the plot and straying off the path. I didn't feel inspired to pray, I didn't want the Love. I wondered if I was doing something wrong. The Father and Mother always reassured me that everything was okay and I didn't need as much Love as I did when I began, and to keep longing for the Truth.

And now I hardly formally pray at all. I am, however, fully committed to life with Them. In a way I feel like I'm always longing. Occasionally I do feel inspired and so I long, but I receive a fraction of what I felt like I used to (although because of my soul development They have told me I can receive more Love in a shorter time than I used to). And many times I don't receive any that I'm aware of. I went for a year or two longing but not receiving any Love. This too was very disconcerting, but again the Mother and Father reassured me it was all in keeping with what I needed to be doing in regards to my healing. And it was. When I got down deep into my childhood repression and was having to deal with my issues and millions of bad feelings about not feeling loved or wanted by mum and dad, I had to feel the whole pain of feeling unloved, rejected, and dismissed by them. I couldn't use the Mother and Father, praying for Their Love as a 'feel-good' crutch and as an escape from feeling bad. I couldn't do anything to try and deny my bad feelings pushing them away, because I wanted to see the truth of them – I wanted to bring them up and experience them.

After my healing finishes I'm looking forward to seeing where my relationship with the Mother and Father goes. Will I feel inspired to long for Their Love more often once I've healed all my feelings of being unloved? What They have told me is that once we finish our soul-healing, the first major step in our spiritual life with Them, then it's a whole new ball game. Then we can live in perfect harmony with Them and Their Love.

So that is something of my path, but you'll have to find what your own path is with Them. The one thing I do know about our paths is they are all taking us to Paradise. As to what happens to each of us along the way is between us and Them. And that makes life all the more special.

Examples of Marion's Prayers:

*FATHER and MOTHER,
All I want is the inflowing of Your Divine Love,
Your Divine Essence,
into my soul...
in great abundance...
until my soul becomes at-one with You.*

*

*MY HEAVENLY MOTHER AND FATHER, PLEASE MAY I HAVE YOUR
DIVINE LOVE.*

(Repeat it: cry out from your soul as many times as you can. Wait, and expect a warm feeling to come in the centre of your chest. If it does... Thank Them. If it doesn't, try again, now, or later. It will come. It is subtle and you may hardly notice it at first, but you will eventually realise it.)

*PLEASE FATHER AND MOTHER,
HELP ME TO SEE THE TRUTH OF MYSELF THAT YOU WANT ME TO SEE.
HELP ME TO SEE THE TRUTH OF MY PROBLEM.
HELP ME RELEASE ALL OF MY REPRESSED FEELINGS AND THOUGHTS IN THE WAY YOU
WANT ME TO.
HELP ME TO BE RID OF ALL MY PROBLEMS.*

*

Mother and Father, please help me to see and release the cause of all my suffering.

*Mother and Father, please help me release the repressed feelings that are preventing me from being
my true self.*

*Mother and Father, please help me release all my repressed feelings that are the cause of all my
suffering.*

Father and Mother, please help me to always be true.

*Father and Mother, I realise it is me who makes me suffer, I'm working my will against myself...
please help me stop. I don't want to anymore.*

*Father and Mother, now I believe I only deserve love and happiness... Please fill my soul with Your
Divine Love.*

*Mother and Father, please help me to see the truth You want me to see so that I will stop making
myself suffer.*

Mother and Father, please help me to stop making myself suffer.

*Mother and Father, please don't make me (have this pain) ... Please help me to see the truth of it...
Please help me to express all my repressed feelings that are causing it... Please help me...*

*

*Mother and Father, please help me:
See the truth of everything that's wrong with me.
See the truth of all my wrong beliefs.
Release all my wrong beliefs.
Release everything I'm holding onto.*

*

Ask for, to see:

*The truth of your problem.
What's wrong in you?
Release all repressed feelings.
What is it really?
What am I doing wrong?
Why won't it go?*

*Please take it away. I don't want it.
Help me to see what to do!
Help me to see how I see it wrongly.
Help me see the truth of myself.*

*Please help me to see where and how I'm wrong.
Please my Heavenly Father and Mother, please.*

I thank You and I love You.

Summary:

Now you now how to long to God for Their Divine Love.

And you know what it feels like receiving Their Love.

And hopefully you know what it's like to communicate with Them.

Now you've taken your first major step in living *Divine Love Spirituality*.

Congratulations. You've completed the first half of the course.

We are your Heavenly Parents.

We live on Paradise and desire you to be at-one with Us.

We want you to join Us in our home.

We want you to love Us as We love you.

**Open your heart – pray with all your love for the inflowing of Our
Divine Love.**

We want you to be as Perfect, as Our Love is Perfect.

We want you to live the true essence of your soul.

Long to Us for Our Divine Love and Our Soul Essence will be yours.

This is the Way.

This is what We want.

This is what We long for.

Your Mother and Father.

Session 5

MARY AND JESUS.

Prayer for Divine Love.

Please have a short prayer. And ask Them for a word. And to help you understand what They want you to this session.

Exercise:

Write, or speak to a friend the answers to these questions.

Who are Jesus and Mary Magdalene to you? How do you see them, and why do you see them that way? And how do your parents compare to them – do you see your parents in the same light as Mary and Jesus? If not: why not? What are some differences you think, and some differences you feel?

Are you scared of Jesus or Mary?

Do you have any bad feelings about them? If so, what are they, and how does having these feelings make you feel?

Do you have good feelings about them? Do you think these feelings are realistic?

If you were to speak face to face to them, would you feel nervous, shy, scared – you just couldn't. Why?

Do you have Jesus on a pedestal and worship him? If so, why? And do you think this is right? And what if Jesus doesn't want to be worshipped, especially as God, how would you feel about that?

Do you believe Jesus and Mary did come to Earth? If not, why? What if what's in the Bible is wrong? What do you feel about them in your heart? How would you feel if you found out they never came to Earth. That they don't exist, that it's – they – are all a fantasy?

Do you believe that they have come to tell us how we can live with God? What do you think their message to you is?

Why do you think Jesus died on the cross? And if it wasn't to save us from our sins, what do you

think it might have been for?

If Mary is as I'm telling you, Jesus' soul-mate and equal, why do you think humanity rejected her back in those days, and why are we still rejecting her?

Do you feel you can accept them as two spirits who were once people, and who can show you the way to live true to yourself, and how to live at-one with God and God's Love?

Do you want to include Mary and Jesus in your life? Do you want to accept the truths they reveal?

How do you feel about inviting their Spirits of Truth into your life to help you see the truth as they would see it? How would you feel about inviting them now? And why do you feel this way? Can you open your heart and invite them in now? *And if you want to do it, simply imagine telling them that you want to follow them, that you want their Spirits of Truth to help you see the whole truth of yourself, the truth the Mother and Father want you to see.*

Do you want to follow them? If not, why not? If you have any negative feelings about this please be as honest as you can and write about them.

Can you accept Mary and Jesus as your spiritual parents? If not, why not?

Information: Mary and Jesus.

The truths of what you are setting out to live all come from Jesus and Mary. I'm passing them onto you as they have helped me understand them.

Mary and Jesus – who are they?

Jesus and Mary are called the Creator Son and Creator Daughter of Nebadon. (I'm not going to explain too much about this. You can read about Jesus in *The Urantia Book* if you're interested.)

They were sent out from Paradise to this region of space (of Creation) to help create, to some extent, and then oversee, the coming into being of spiritual life in their universe, Nebadon.

We live in their *local* universe. They are the Son and Daughter of Truth. When they were on Earth (as they do now in spirit), they represented the Feminine Aspect of Truth (Mary), and the Masculine Aspect of Truth (Jesus). They are our spiritual parents as the Mother and Father are our Soul Parents.

We are to evolve our lives learning the truths of life beginning with mortal parents, then moving onto our spiritual parents, and ultimately to our Soul-Parents. However, our mortal parents have failed us. More on that later.

So Mary and Jesus are the living personification of truth in this, their universe (see: *The Urantia Book*). We have been sent here by the Mother and Father to live under their influence. And if we choose to accept them and acknowledge them as our spiritual parents, we will be helped by their Spirits of Truth as we long for the Divine Love, to see the truth: of life, of spirit, and of soul, as they

see it. They are our true guardians; their Spirits of Truth our true comforters. They are the ones who can teach us about the Mother and Father and show us the way to have a true and real relationship with Them. And this is what *Divine Love Spirituality* can help you with. They have helped me to see the way, and so I am passing onto you what I know.

If you are serious about living true to yourself; about developing a relationship with God; about doing your soul-healing, and ascending in truth to Paradise, then it's to them you need to look for help. They are the way – **The Living Truth**. No one else can show you. I can only point you to them. I can share with you my experiences and understandings, but for you to become wholly self-revealing of truth; for you to work it all out for yourself, you will need to accept them for who they are. This is really what the Church is trying to achieve when it says: by believing in Jesus you'll be saved, unfortunately however, it misses the point and is ignorant of the truth behind such words, and it continues to deny Mary 'M'. What being saved really means is, if you accept Mary and Jesus as your spiritual parents, the well-spring of truth, and the ones who can show you the **ONE TRUE WAY TO GOD, WITH GOD'S DIVINE LOVE**, then you will be able to *save yourself* – do your soul-healing – and heal all your negative mind and will state and imperfection. You'll be able to do this because you'll be allowing Mary and Jesus' Spirits of Truth to help you understand the truths you need to know to live true to yourself and God. By living the truths you'll know what is wrong within you. So you won't be standing in the way of these Spirits, and you won't deny yourself the truth and God.

For some of us Jesus and Mary will personally come and help us, speak to us, or do whatever they need to do. But for most of us, as they can't physically attend to everyone in person, it will be through and with the help of their unseen Spirits of Truth (which can come to us all simultaneously) that we'll receive their loving guidance, support, encouragement, and enlightenment of truth.

Jesus and Mary are TRUTH. THEY ARE THE LIVING TRUTH. That is why they are so extraordinary. They are as close to the truth as we can get in spirit form. And as you can read in *The Urantia Book*, they oversee a huge local universe with lots of *Earths* within it, and so for them to come to our **Rebellion** torn world has been a great honour. We have certainly been very privileged to have them here on Earth in flesh amongst us, and so we have to some degree a special *closer* relationship with them. We can know they are real because we (humanity) could see and touch and speak with them.

Mary Magdalene and Jesus are soul-mates. They are equal in all matters. This is very important because it reflects heavily on humanity when you consider how much we've denied Mary. We have completely denied ourselves the Feminine aspect of Truth. And in doing so we've shown how much we don't want to know women, that we don't consider them worthy for anything. It's a man's world. We accepted Jesus albeit to a very limited degree, but Mary didn't get a look in. And until we fully accept her and listen to what she has to say, humanity will never advance spiritually because it will never be able to live the truth that will re-unite men and women with love; healing the unloving relationship that has existed for so long. Women (as well as men) need to be liberated, feeling free to express all they feel so they can look deeper into themselves for the truth. However, with Mary being made out to be a whore, the bad one, a 'fallen' and disgraced woman, or a woman possessed – not in her right mind – shows us how far we have to come before she finds her right place in our hearts and minds, and before we can embrace the truth she teaches and use it to heal ourselves.

True women's liberation is not about trying to be men's equal in the negative mind state; it's about trying to honour the feminine aspect of truth and reunite it with the masculine aspect thereby finding a perfect union. And as we all have masculine and feminine aspects within us, we all need to liberate our feminine, humble our masculine, and seek to unite them as one. All of which naturally happens as we do our soul-healing with the Divine Love.

Mary told me she came from a wealthy merchant family in Magdala. She used her father's help to establish a hostel for wayward women. She freely came to Jesus and helped him with his work being seen as his favourite disciple. Jesus and Mary said they had to keep Mary's true soul-identity hidden, and she had to remain repressed if Jesus was to have any hope at all in achieving all that he did. Can you imagine if he had raised her up to be his equal? They would have been laughed out of town. We, humanity, certainly weren't ready for her, a woman, to be man's equal, but we are now. And so they are coming in various ways to make known the truths we need to know so we can live the true way of our Heavenly Mother and Father, as revealed anew by Mary Magdalene and her soul-partner, Jesus.

Had things been different Jesus would have revealed his Heavenly Father and Mary would have revealed her Heavenly Mother. Then we would have been given the truth that we have both a Heavenly Mother and Father, the One Same Soul, to whom we can approach for love. And humanity wouldn't be spiritually lost, soulless, and in the mess it's in.

So by longing to the Mother and Father for Their Divine Love, and then by longing for the whole truth of yourself, which involves the doing of your soul-healing, you will be accepting all that Jesus and Mary want you to. You will be living life according to the Truths of Divine Love, and in time, on completion of your healing, you too will become the living truth.

Jesus began his **Second Coming of Truth** with messages to Mr. James Padgett in the, early last century. Jesus says in these messages to us that they are his second coming. He has had to come again to re-reveal the truths that we (humanity) lost or chose to deny. He says that when he was on Earth he spoke to his followers about the Divine Love and longing to the Father for it. So, as it's not included in the Christian teachings as the primary and fundamental truth to live with God, it shows the extent to which we've denied him and God, and how we've made up this whole other thing we call a religion supposedly based on God and Jesus' love. It shows how much of a fantasy we've made for ourselves and how much we rejected him because we wanted the power. We wanted to have the control we believed he had, and we've used Jesus and some of his teachings for our own gain. Jesus died on the cross because we rejected him. And even though it was people back then, two thousand years ago, within each of us, nothing has changed and we are all the same. We are still rejecting him – the Truth. Until we do our soul-healing we are all living in rebellion against Jesus, Mary, and our Mother and Father. Until we do our soul-healing we are still rejecting them no matter what you believe. It might be hard to stomach this truth, but if you choose to go on and do your healing you'll understand it to be true. By rejecting them, by rejecting the TRUTH, you are evil and unloving.

Jesus didn't die for our sins, and by simply 'believing in him' doesn't automatically absolve you of them. Far from it. They're all still within you, and if you believe he died for your sins, you've now added to them by using Jesus to cover them over pretending to yourself you've been forgiven. True forgiveness only comes as you do your soul-healing. You learn that by seeing the truth of all your sin, evil, and wrongness – the truth of your negative mind state – and by expressing how bad you

feel about it, you are forgiving yourself. You are forgiving yourself as you admit to all your bad feelings, as you love yourself. 'Love heals all', it's true, and by partaking of the Divine Love and then doing your soul-healing you will be loving yourself both with God's Love and your own natural love, and in time you will be healed. True salvation comes from accepting the whole ugly, rotten truth of your bad self. All you are rejecting about yourself. All the bad feelings within you that you don't want to know about are what need to be accepted. We've done all the bad stuff to ourselves and so only we can undo it. We've taken it all on unconsciously and by default from our parents, but now as adults we can accept these new truths from Mary and Jesus, and by seeing the truth of what we've done to ourselves, set ourselves free. **Only the truth will set you free** – only by seeing the whole truth of your negative mind state. We save ourselves all with the help of our Heavenly Parents Love and the truths given to us by Mary and Jesus.

I do strongly suggest you read the *Padgett Messages*. But as I said previously, it's only one part of Their combined revelation.

My relationship with Them.

Reading the *Padgett Messages* inspired me to write with the Celestial spirits and even Jesus. As the years passed I've also got to know Mary. Early on I would think about her and her part in the whole Bible story, and as I started to understand about the Mother and the denial of the feminine, I started to think along the lines of Mary being more than she was said to be. And then one day she came to me. It sounds like a movie, but she literally seemed to descend out of the night sky and in through the glass back door in the house where I was living, and said she wanted to introduce herself and speak to me. I was used to spirits arriving like this. I vaguely saw them, but felt more of a presence with a name attached and a knowing as to whom it was visiting. And then their words would come into my head.

Anyway, she started to tell me about her part in it all, and over the years I focused more on her role from time to time. Then about two years ago, when I felt like I wanted to start writing again with spirits (having put it all aside while I concentrated on doing my healing), she wanted me to receive her messages. Mary wanted to write, along with other women spirits. The spirits wanted to tell me their stories: about how they found the Divine Love, what it meant to them, and Mary's role in their lives.

By this time I was convinced Mary was Jesus soul-mate and they were equal partners in all that they do. I had many issues with both of them because of my negative relationship with my parents. These issues, like everything, came to light as I did my healing, but gradually I could accept them both telling me who they were and what they did. Now they come to me when they want me to know something specifically, to write or speak, and they're always available if I want to ask them about anything. They have told me a lot about living with the Divine Love, and a lot of what I'm telling you has come from them. So I guess that by accepting what I say, indirectly you are on your way to accepting them, if you don't accept them already. By the time you've completed your soul-healing, like everything else, you will have completely accepted them as your universal and spiritual parents.

A part of what I want to do is help you to understand them as I now do. I want to help guide you to them by accepting the truths they have revealed to me. I see myself like something of a bridge (at least that is what they told me anyway), a bridge to them. And once crossed, they can lead you over

another bridge to your Mother and Father.

It's a great pity that we stuffed up our time with them when they were on Earth, however not all is lost, as their Spirits of Truth are always with us. So through them we can in effect, or in a sort of way, still get to know them.

They are the Way, the Truth, and the Life. Meaning, that if you accept their Spirits of Truth, if you long for the truth of your soul, then you will reveal to yourself *your* way, *your* truth, and you too will become the living truth in *your* life. And you will gradually grow in truth, evolve your soul, and ascend the spheres to Paradise.

TRUTH.

Truth is all-important. Your soul, according to *The Urantia Book* is, is what's called an ascending soul. What that means is, it's designed to ascend you up through all the different levels of truth to Paradise. As you ascend, as you evolve or grow, you will be doing so in truth. Truth is the only tangible thing that you have and that will determine what level you are at. Apparently in spirit this is more obvious than here on Earth, for over there, as I understand it, you will live in the sphere or world equal to the current levels of truth you are ascending through and learning about.

As you partake of the Divine Love, AND IF YOU WANT TO, you can long for the truth, and long to grow in truth. As with everything, it's up to you. If you want to grow in truth, then you need to tell the Mother and Father of your intention and long for it. Ask Them to help you to see the truth They want you to see.

As with longing for Their Love, longing for the Truth is the next biggest part you will need to do if you want to live according to Their Will, and the Truths of Divine Love. If you want to live following and according to Mary and Jesus, then it's the truth you will need to long for.

Truth is the only thing we all end up sharing in common. We can all have very varied and different lives coming from all backgrounds, rich or poor, black or white, all living during different times in history, but the only thing we will ever share in common no matter where we are in the universe is: truth. Truth is what binds us all as one. It's like the common language we will all speak and live. And through the truth we will all be able to relate to each other and live in harmony with one another. Why this world is so mixed up with everyone going off at tangents to each other, and so many wanting to carve their own little niche out of life; all striving for material wealth, is because we are not living wanting the truth. We are living denying the truth. We are living denying Mary and Jesus – the TRUTH, and our Mother and Father's Love. And until we stop living this way and start living the Truths of Their Love (as revealed by Mary and Jesus) we will never live peacefully on Earth because we will not be living with anything in common. Truth and only truth will unite mankind as one. Love only comes from a foundation of truth. And in truth we can all love each other as brothers and sisters of truth, and we can all love our Heavenly Parents as the true Parents of our soul.

So what is truth?

It's certainly hard to define. What is true? Yet when you know it to be so, you know it to be true

without exception. You just know it. You feel it. You can't explain why. It just IS. And that is what truth is – TRUTH! As you grow with the Divine Love and do your healing you will get to know what truth is for you. And as you meet people of the same level of truth you will instantly be able to relate to them, knowing from where they are coming from.

Truth is NOT knowledge. It is NOT information, and it is NOT belief. Truth is Truth and that is that!

Truth is what you know to be true based on experience.

Many people incorrectly believe that as they accumulate knowledge or information imparted from various sources they are growing in truth. But they are only advancing beliefs in their mind. True truth growth comes from within your soul, and has nothing to do with your mind. And to get in touch with your soul, no matter what others might say, can only happen as you partake of the Divine Love and long for and grow in truth. It can only happen as you start to honour and live true to your feelings – to ALL your feelings, good and bad.

When truth comes to you, it sort of wells up in you. In a flash of cognition you understand something about yourself, life, or God, and you know it to be true. There is no denying it. You simply know it is true with all your heart and soul and you feel very good about it. The light of recognition triggers a feeling that you have grown, that you are no longer the same as you were. And, as these *lights* all add up, in time you will feel you have literally ascended, moved ‘up’ or ‘in’ on your Paradise ascent. Your ascension of truth is a real thing. It is different from what some call their ascension into spirit or heaven when they die, as that is only a geographical relocation in time and space and has nothing directly to do with your souls growth of truth. And it is not transcendence, moving up above the material plane to some region in which you don’t have to deal with your bad feelings. This is only another way of avoiding your bad feelings: avoiding vital parts of yourself and your self-expression by furthering their suppression, and it will only cause yourself more problems in future. Living spiritually, truly, is not about trying to escape the material, but instead it’s about learning how to live fully expressively in your body, expressing all you feel. To try and escape your human reality is only denying your soul this current form of expression. You can be just as spiritual in flesh as you can in spirit.

Your soul is a part of you that exists in the *zone* or *realm* or *plane* or *sphere* or *dimension* or... of existentialism. It is not of time or space – not of Creation. And encoded within your soul is a plan of your life (Soul-Light-Print-of-Destiny) – of your growth in truth, and your soul masterly brings about all the life experiences you require so as to give you – your soul’s personality – those experiences you need so you can grow in truth from them. It’s through your experiences that you discover what is real. With your feelings, as you experience, you discover what is true and what is not true, hence your growth of truth.

Without truth you’ll go nowhere fast. You can fill your mind with all sorts of stuff and there are plenty of religious and spiritual systems available to help you do this, but that is all you’ll be doing no matter what they say. You’ll be adding to your beliefs, even possibly advancing your mind in certain ways, but doing nothing for your soul. To affect your soul you need to relate to Soul. That is why when we long for and receive the very essence of God’s Soul – Their Love – into our soul, we are affecting change within our soul. It only happens on the soul level, and then this follows through to our mental, feeling, will, and spiritual systems (but not in that order), if we allow it to.

(We can live partaking of the Love but not allowing it to affect change, or at least too much change, within us. We can prevent it and our growth of truth, if we choose not to do our soul-healing.)

Our soul IS. Our personality is unique to us. We are the living expression of our soul. Our soul expresses itself into Creation as you – your soul's personality. All of you; all your attributes from your little toe to how your mind thinks and how you feel and express yourself, I regard as the personality of your soul. And as you grow in truth your soul is able to express more of its light into Creation bringing more of you into being. And so you feel like you are growing, sort of expanding in light, as you grow in truth. It all happens from within with your consciousness being the last part to recognise the truth you have achieved. Your life is all driven from inside you, from your soul, not from outside of you no matter how extraordinary and out-of-the-blue things might seem that happen to you. If you want seriously to *truly* change your life, you can't to do it by changing our mind, only by changing your soul. You can in the short term superficially alter and adjust your mind, change beliefs, change behaviour, and appear to have 'grown', but if your interested in the long term – forever – then it's your soul and longing to grow in truth you need to pay attention to. To change and evolve your soul you need to long for and grow in truth, there is no other way. You have to want to grow in TRUTH, to evolve your soul. And you begin this by longing to Them for Their Love.

Many people I have observed invoke the Divine Love but don't long for the truth. They believe they are making progress in their soul's growth but they are deluding themselves. They're only moving around in their mind. It's very easy to delude yourself that you are growing in truth and advancing your soul. I know, as I did it. Until I started my soul-healing, until I understood what it involves, I longed for the Divine Love, received it, and as I said, asked the Father and spirits for information and received that too. I thought I was growing in truth and advancing my soul because I was learning and understanding about so many things, but I wasn't. I was only using the Divine Love to feed my mind. I've observed people who, like I was, are longing for the Love believing they are progressing up through the spheres. They say they are longing for the truth and that they want it, but from what I can see as to how they are living their lives, it's all still being done with only their mind. Some are speaking with spirits and receiving lots of information, but are not addressing their bad feelings. They still refuse to deal with their fundamental problems and the reasons why they are dismissing, rejecting, and refusing, to accept their bad feelings, and they aren't longing to see the truth of them. Longing for the truth will take you into the murky depths of yourself, into your bad feelings, and the causes of them, right into your **Childhood Repression** and will involve your soul-healing. There is no escape, because we have to see at some point in our soul growth, the whole truth of how we live our negative mind state – and we all are living in a negative mind and will condition.

I don't want to scare you too much at this stage, only introduce you to things. For the time being I wouldn't worry about whether you are deluding and denying yourself or not. Leave such concerns if you have them for later. But I do want you to think about this notion of truth, and of longing for it: of wanting it. Many people are happy to long for and receive the Divine Love and simply get on with their lives, believing the Love is making them feel better and helping them – the truth and their soul-healing being of little consequence. And if this is what they want then they are entitled to have it. However, I want you to understand that longing for and wanting the truth is something you can choose to do, **AND DO HAVE TO CHOOSE TO DO WITH THE FULL CONVICTION AND STRENGTH OF YOUR WILL**, and is very important if you seriously want to advance your soul. But as to when you want to long and put some effort into wanting to see the truth of yourself is of

course up to you. There is no hurry. You will feel what to do and when to do it.

And if you are serious about growing in truth then this will eventually lead you into wanting to know the whole truth of yourself. This means the truth of all you've experienced since your conception. And if you want to know this you will be led into doing your soul-healing. If you want to seriously commit yourself to the Mother and Father and live Their Truth, the Truth of Their Divine Love, then you will need to do your soul-healing, and we all at some point have to do it. We all need to do it if we want to liberate ourselves from our negative mind states – from all our bad feelings.

TRUTH, TRUTH, TRUTH. Truth is the key to everything. Truth is the way to grow, and as you grow and advance in truth, so too are you able to love, to love truly.

As I have progressed through my soul-healing and learning more about the significance of it, what really goes on and what it is really all about, longing for the truth has become my top priority. I now long more for the truth than the Love because I so desperately want to see the truth of all that was wrong within me. And by wanting to see the truth of it is the only way to heal it. As I said previously, the truth does set you free, and I can testify you to that, because, as I've seen the truth of my negative mind patterns; as I've expressed them and all the associated bad feelings, as they've been healed, I've been set free of them. This being yet another truth I've revealed to myself.

I love growing in truth. Everyday I see more truth and I love how it makes me feel. I love the feeling of making progress. It gives meaning and purpose to my life. It makes me feel fulfilled and gives reason to everything. It makes me feel real, like I am a true person and not something I don't understand. It defines by existence and makes me feel that all I feel about the Mother and Father is true.

So you can continue living with the Divine Love as you are. It will certainly benefit you and your life. And you can slowly allow it to take you along your path. Or, you can actively long for the truth and really want to grow in truth. You can want to see the truth of why everything that happens to you does. The truth of why you do everything you do, and the truth of why you say everything you say. It will show you the truth of your feelings: what you feel and why. The truth of your whole self, and all your life.

Some people I've known haven't wanted to long too hard for the truth because they don't want to face the changes it might bring in their life. They are comfortable with their life and love the addition of the Divine Love and the Father and Mother, but they don't want to rock the boat. Longing for the truth will certainly whip up a storm if you really want to go for it. The doing of your soul-healing is full-on if you commit all of yourself to it.

How I want to present *Divine Love Spirituality* is as a vehicle to share what I know. And then to provide a place where people can come in person, and if not, at least in heart and mind, and share their love of the Mother and Father. And then when they are ready, provide support based on my own and Marion's experiences of doing our soul-healing. Doing ones soul-healing might not appeal to some people straight away. They might want to gradually get into it and see what's involved. For others they might want to give it all they've got. It's all up to you. I repeat: there's plenty of time. What you don't achieve now in flesh you can continue on in spirit. Life carries on in spirit, so far as your ascent of truth is concerned, where you leave it when you die. Your involvement with

the Divine Love can be for the rest of your life, and then on into your spirit life, and forevermore if that is what you want. It can be your truth, your religion, your way of life.

Prayer for Divine Love.

Have a prayer now and if you feel you want to, long to the Mother and Father for the TRUTH. Tell Them what you want: to know the truth of yourself, of your life, and of Them, and ask Them to help you to see the truth They want you to see. As you can't know what truth you are to see next, you can only ask Them to help you see it as They want you to see and understand it. LONG FOR THE TRUTH, it's something you can long for as often as you want. Ask Them to make it plain as day, so you know it's the truth. And if at any time during the day or night something happens to you, or you want to know the truth of something, long to Them to help you to see it. You might not see it immediately, and there's more to growing in truth, some of which I will explain about further in the following sessions, however, for now, simply practice longing for the truth. Think about wanting it. Ask yourself if you do want it? And see if you can feel if you do, and why.

Like longing for the Love, you can strengthen your longing for the truth. And the more sincere and true your longing becomes the more the truth will come to you.

Ask Them for a word or words that will help you to see the truth of yourself. And if They tell you a word but you don't understand how it applies to you or your life, ask Them to help you see the truth of the word, what do They mean, and why did They give you that word. Ask Them to show you what They mean through your feelings. Tell Them you want to know, you want to know the Truth of everything. And long for it, just as you long for Their Love.

If the Mother and Father do show or tell you what They want You to see, be aware that They are still only communicating mostly with your mind, and when you start to reveal truth to yourself through your feelings, it's a completely different experience. **We only uncover the truth of ourselves through our feelings.** However this exercise will help awaken the inner you.

Jesus' prayer from the Padgett Messages.

Below is the prayer Jesus gave to Mr. James E. Padgett during one of their communications. Within the message containing the prayer Jesus says: 'This is the only prayer that men need offer to the Father', and it is a wonderfully comprehensive prayer with much written in the words that might not at first glance be understood. As with all things to do with the truth, there are levels within levels, and always a deeper meaning to be gleamed.

I won't go into these deeper interpretations during this course as I want you to relate to Jesus' prayer un-interfered with by me. But what I do want to say involves understanding that although Jesus says it is the *only* prayer we need offer the Father, this, so far as I'm concerned, needs to be taken within the context that he is speaking to Mr. Padgett and he might not *literally* mean it to be true. By this I mean, I don't believe that we are to ONLY say this prayer every time we long to the Mother and Father for Their Love. If we had to, then it dismisses our natural inspiration and yearnings to express ourselves to Them, and I know that Jesus and Mary won't tell us anything that will make us deny our own feelings and inspiration. They encourage us to go to the Mother and Father and say to Them what we want to say, not to robotically and dogmatically, repeat a prayer

given to us by someone else, even if it is Jesus.

We have all suffered for too long being unthinking and unfeeling robots. Our parents made us behave to their liking and the Church is full of *you must do and say things our way or else God will not be pleased and you will be punished*.

As far as I'm concerned, you can say the prayer every time you pray if you want to, so long as you also say what you naturally want to, to the Father and Mother. If you don't, because of your negative mind state (which Jesus doesn't speak openly about in the *Padgett Messages*) you run the terrible risk of using your mind to repeat the prayer at the expense of your longing. It can become all too easy to fall into the trap of relying on your mind, repeating the prayer, and slowly and subtly denying our own natural longings. And if you do this then you'll stop invoking the Love. You will be a *good* boy or girl, obediently doing what your parent (Jesus) has told you to do, but you will be no better off then obeying your parents and the authorities – dead to yourself.

By all means love the prayer and use it as you will, and look to see the deeper truths contained within it, but ALWAYS remember that it's YOUR PERSONAL RELATIONSHIP WITH GOD that is IMPORTANT. And to have any relationship you need to be constantly interacting; constantly expressing ALL your thoughts and feelings. You can't have a real and true relationship with the Mother and Father if you're only relying on repetition from your mind. Look at the Church and all those people who believe they're doing the right thing by God and the Church, endlessly praying but with not one prayer longing soulfully from their own inspiration to God for His and Her Love. These people are obedient well-trained people just like a good faithful family pet, nothing more. And from what I've been told by numerous spirits, so many of them arrive in spirit having been completely faithful to their duty all their life, arriving and expecting to receive their just rewards only to be let down suffering great disappointment when Jesus and God aren't there to meet them.

Jesus, when on Earth, as you probably know, never wrote anything that could be kept by humanity. One of the reasons he did this was so we wouldn't fall into this trap I'm speaking about. He wanted us to develop our own personal way of relating to the Father just as he had. He didn't want us to all blindly follow him copying everything he did. He doesn't want us to all live exactly the life he lived. He and Mary want us to live the *truths* they are living, and so are revealing them to us so we can find out for ourselves how to live them – how to live them the way GOD WANTS US TO.

Jesus wrote this prayer for Mr. Padgett and his friend Dr. Stone. Although Jesus gave them the messages for all of humanity he is still absolutely personal. We are very privileged to be able to 'look in' on something of Mr. Padgett's relationship with Jesus, and in doing so, let's try to keep things in the right perspective. The prayer is not meant to be owned by you. There is no need to possess it and make it yours to keep. It's there for guidance and inspiration, a prayer to help inspire you to long and to say your own prayers to your Mother and Father in Heaven.

Marion and I take the liberty, for our own personal use, of altering the prayer to include both the Mother and Father, and to say it in more contemporary language, making it we feel, more personal and easier to relate to.

This is the prayer in the *Padgett Messages* as Jesus said it to James Padgett:

The Prayer for Divine Love

OUR FATHER, WHO ART IN HEAVEN, WE RECOGNISE THAT THOU ART ALL HOLY AND LOVING AND MERCIFUL, AND THAT WE ARE THY CHILDREN, AND NOT THE SUBSERVIENT, SINFUL AND DEPRAVED CREATURES THAT OUR FALSE TEACHERS WOULD HAVE US BELIEVE. THAT WE ARE THE GREATEST OF THY CREATIONS, AND THE MOST WONDERFUL OF ALL THY HANDIWORKS, AND THE OBJECTS OF THY GREAT SOUL'S LOVE AND TENDEREST CARE.

THAT THY WILL IS THAT WE BECOME AT-ONE WITH THEE AND PARTAKE OF THY GREAT LOVE WHICH THOU HAST BESTOWED UPON US THROUGH THY MERCY, AND DESIRE THAT WE BECOME, IN TRUTH, THY CHILDREN THROUGH LOVE, AND NOT THROUGH THE SACRIFICE AND DEATH OF ANY OF THY CREATURES.

WE PRAY THAT THOU WILL OPEN UP OUR SOULS TO THE INFLOWING OF THY LOVE, AND THAT THEN WILL COME THY HOLY SPIRIT TO BRING INTO OUR SOULS THIS, THY DIVINE LOVE, IN GREAT ABUNDANCE, UNTIL OUR SOULS SHALL BE TRANSFORMED INTO THE VERY ESSENCE OF THYSELF; AND THAT THERE WILL COME TO US FAITH – SUCH FAITH AS WILL CAUSE US TO REALISE THAT WE ARE TRULY THY CHILDREN AND ONE WITH THEE IN VERY SUBSTANCE, AND NOT IN IMAGE ONLY.

LET US HAVE SUCH FAITH AS WILL CAUSE US TO KNOW THAT THOU ART OUR FATHER, AND THE BESTOWER OF EVERY GOOD AND PERFECT GIFT, AND THAT ONLY WE, OURSELVES, CAN PREVENT THY LOVE CHANGING US FROM THE MORTAL INTO THE IMMORTAL.

LET US NEVER CEASE TO REALISE THAT THY LOVE IS WAITING FOR EACH AND ALL OF US, AND, THAT WHEN WE COME TO THEE IN FAITH AND EARNEST ASPIRATION, THY LOVE WILL NEVER BE WITHHOLDEN FROM US.

KEEP US IN THE SHADOW OF THY LOVE EVERY HOUR AND MOMENT OF OUR LIVES, AND HELP US TO OVERCOME ALL TEMPTATIONS OF THE FLESH, AND THE INFLUENCE OF THE POWERS OF THE EVIL ONES WHO SO CONSTANTLY SURROUND US AND ENDEAVOUR TO TURN OUR THOUGHTS AWAY FROM THEE TO THE PLEASURES AND ALLUREMENTS OF THIS WORLD.

WE THANK THEE FOR THY LOVE AND THE PRIVILEGE OF RECEIVING IT, AND WE BELIEVE THAT THOU ART OUR FATHER – THE LOVING FATHER WHO SMILES UPON US IN OUR WEAKNESS, AND IS ALWAYS READY TO HELP US AND TAKE US TO THY ARMS OF LOVE.

WE PRAY THUS WITH ALL THE EARNESTNESS AND SINCERE LONGINGS OF OUR SOULS, AND, TRUSTING IN THY LOVE, GIVE THEE ALL THE GLORY AND HONOUR AND LOVE THAT OUR FINITE SOULS CAN GIVE.

AMEN.

Summary:

Mary and Jesus are the living Truth.

Following them is wanting to live the Truths of Divine Love.

Acknowledging them for who they are and what they are giving us – the Truths of Divine Love – will help invite the assistance of their Spirits of Truth.

We need their Spirits of Truth to help us see the truth of our own soul.

TRUTH – is all-important.

We can long for the Truth as we can long for the Divine Love.

It is up to us to want the truth. To long for it. Only we can deny ourselves of it.

If we don't want the truth immediately we can still live with the Divine Love, but the full effects of its transforming nature will not be felt on our soul.

We love you.

**If you don't feel that, ask yourself why.
Seek the truth of your feelings.
Want to know.**

**It's all within; all you need do is look inside.
Look at your feelings, feel what they are showing you.
Allow them to show you the way.**

**Be honest with yourself.
Don't lie.
And love will come.**

**Allow Our Divine Love to guide you,
to stimulate feelings from your soul.**

**And always do what you want.
What makes you feel good.**

Your true Mother and Father.

Session 6

MORE ABOUT TRUTH.

Prayer for Divine Love.

Have a short prayer longing for Their Love and longing for Them to help you to see the truth They want you to know.

Practice speaking with Them. (If you want to speak with Them, but can't think of any questions or anything to say, leave it for now and write a list of all the things that come to you which you'd like to say to Them or ask Them about between prayer sessions. I enjoyed jotting down questions between my prayers and it helped me to gradually remember them allowing me to dispense with the list.)

Exercise:

More questions to answer:

What does growing in truth mean to you?

Do you want to grow in truth? Why?

What do you think growing in truth will do for you?

Do you believe you have wrong things within you? And do you want to heal them?

Do you want to see the truth of all that is wrong within you?

How does it make you feel if I told you you'll have to give up everything that you are as you see the whole truth of yourself? If it's a negative, try to write or speak about why it makes you feel that way. For example: if it makes you feel scared, try to see if you can see the truth of why, ask the Mother and Father to help you see. Ask them to help you to see the truth *through* your bad feelings. That is, as you acknowledge to yourself that you do feel scared, ask Them if They can help you see the truth of why you feel this way – so scared.

Do you feel you have already grown in truth?

Do you have no idea about what truth is? And how does this make you feel if you have no idea?

Are you afraid of the truth? Are you afraid that if you start to really take a good truthful look at, or into yourself, you won't like what you see? If you feel this way, why do you think you do? And what are you afraid of. (*Try to be as honest with yourself as you can. Admit those things that are lurking down there within you, things you've never wanted to say – that is if you can be brave enough. If not, don't worry – be honest about this too.*)

Do you love the truth?

Do you want it? Do you want to live it?

Can you long for it?

**IF YOU WANT TO SEE THE WHOLE TRUTH OF YOURSELF YOU CAN,
BUT ONLY IF YOU WANT TO.**

Information.

Now I want to give you some more information, to help paint a picture about your current self and *Divine Love Spirituality*.

This is what I have been told by spirits and have come to know as being true for me as I've progressed in my *Divine Love Spirituality*.

There are seven immediate spirit worlds, called the **Mansion worlds**, which are directly related to Earth. These mansion worlds are usually what is called heaven. When we die, we all wake up in the receiving wards on mansion world one. This is called our *arrival* into spirit. We wake up just as we are now except without a physical body and with a spirit one. Our spirit looks just like our physical to begin with, but as time passes in spirit and we learn how to live there, we can begin to adjust it more to our liking.

Life in the spirit worlds, as I understand it, is almost as entirely as you want to make it. There are no survival pressures. You don't have to work to earn money to live; you can do wherever you want and have whatever you want. In many ways it appears we are freer over there than we are here.

Having arrived in the first mansion world, the beliefs of your mind and level of truth you have achieved on Earth will determine on which mansion world you will settle in and begin your new life. Lost souls are those who don't believe or accept they are dead; that their earth life has ended, and they usually also don't want to leave Earth. They can wander or stay fixed in one place, living in the two *Earth planes* associated with Earth (there are seven in total and separate to the mansion worlds), until they accept they are dead or wake up to the truth that there is a whole new life in spirit awaiting them. When they do they are taken back to world one to begin their true spirit life. When people astral travel or see spirits, it is mostly spirits in these planes they visit or see. Also higher spirits can descend into them visiting us.

Since Jesus and Mary's lives on Earth a division in the mansion worlds has existed. Those spirits who want to evolve life using their mind and their own will, excluding the Mother and Father and Their Divine Love, can advance their natural love perfection up through mansion worlds 2,4 and 6. If they want to spiritually grow they can strive to perfect their natural or self love; bring their will back into alignment with nature, and do whatever it is they want to do, and believe what they want to believe. They can ascend to the high planes and sectors of mansion world six but can't go any higher. These spirits are still choosing to be self-willed and no matter what they believe are NOT God-Willed. Many of them believe in God and believe they are living with God and even doing God's will, but they are mistaken. You can't live true to God and yourself, and do yours and God's Will, unless you partake of the Divine Love.

The spirits who therefore choose to embrace and partake of the Father and Mother's Love, and accept Jesus and Mary and follow their guidance, move to live in mansion worlds 3,5 and 7. They embark on healing their Childhood Repression and doing their Soul-Healing. They strive to know and live the whole Truth of Divine Love and want to heal all of themselves that is not in harmony with God and God's Universal Laws. And, by the time they have healed everything they will have perfected their natural love just like the spirits who are trying to do it with their mind, but they will have done it all through the inner transformation of their soul. They will have relinquished their negative minds control over themselves, and will have ascended in truth up through the mansion worlds and out beyond them into what are called the **Celestial spheres**. The Celestial worlds consist of many many spheres (as they are known instead of worlds to separate them from the mansion worlds) extending all the way to Paradise. And as these spirits continue to long for and receive the Divine Love they keep growing in truth and start out on their true universal journey, working their way up through the spheres of truth within Mary and Jesus' universe and then out beyond into the greater universal levels, all the way to Paradise, the actual home of our Mother and Father.

So you can see if you want to live according to your mind you are free to, however, your spiritual growth will be restricted to the sixth mansion world. If you want to live true to yourself and your soul then your soul growth of truth is unlimited. You can ascend all the way to Paradise.

As you can see, when the picture is presented like this there is a big incentive to live with Divine Love, long for the truth, and to do your soul-healing. And because of this, I can say there is only **One True Way to God**, and that is what *Divine Love Spirituality* is all about. I believe it, I'm trying to live it, and it is what I'm offering to you. However, like everything, you can't take everything I say on face value and you should long to see and know the truth of everything for yourself, so you know what and why you are doing everything you do. Always trust your own feelings. I am only a guide and I'm still growing and changing too. This is what I know and how I understand things to be up to this point now. Tomorrow I might know something more. So why should you bother listening to me? That is for you to answer and find the truth of.

All the existing religious and spiritual systems on Earth have a counterpart in spirit. And if they are not inclusive of the Divine Love; including what both Mary and Jesus are telling us, namely about the Mother and Father and our need to do our soul-healing, then they are only systems based on the mind no matter what beliefs and words are used. They all exist in the mind mansion worlds. All those people on Earth and in spirit who are actively living them are all striving to perfect their minds and not their souls. They are striving to perfect their negative mind-controlling and will-denial state. They will be able to move up, as some like the gurus of the East show us, and live in a

high state of mind perfection – control (equivalent to the sixth mansion world), but they will not go any further. They will say they are at-one with God but it will not be at-one with their Heavenly Mother and Father and they will not be longing to receive Their Divine Love in their soul. When you hear people speaking about becoming at-one with Spirit, Source, God the Creator, All-That-Is, the Cosmic Consciousness, the Supreme Being, the Enlightened One, the Light, and obtaining a State of Bliss, and so on, they are relating to God only through their minds. They are trying to be at-one with God of the mind, something their own mind has contrived. It's all a fantasy and yet so many follow and try to emulate them. It's all a product of our negative mind states and our denial of truth and our soul. To strive for enlightenment, as is spoken of, inclusive of a state of bliss, is only to achieve what I believe to be an exalted state of mind and has nothing whatsoever to do with your soul. Such people are actually continuing to deny their soul the Love of God by using their mind to stay in supreme and ultimate control. And because of this, no mind, which is in such control, is allowed higher than the sixth mansion world. Only those people and spirits choosing to live according to their soul and letting go of their minds control can move up higher beyond the sixth mansion world and into the Celestial spheres.

So if you choose to stay with the Divine Love don't expect to live how the guru's or higher religious and so-called spiritual figures do, because you will be going completely in the opposite direction, and there are currently no role models for you to follow. You will be setting out with the Mother and Father to discover what you and your soul will be like as you grow in truth; working your way up through the mansion world levels of truth to the Celestial levels. It is therefore, a whole new way of life with God you will be setting out to live and discover for yourself.

The Christian Churches (and all other religions) are only using their minds to control their spiritual growth. They use dogma, ritual, repetition, all things the mind loves so it can maintain it's controlling grip. They strive for power through the mind; not to surrender all power of the mind to the soul. They do not truly represent Jesus or God, let alone Mary Magdalene, and if they did they would be leading their followers in prayer to long for and receive the Divine Love, and helping people to understand about what their soul-healing involves.

The so called miracles that the Church attributes to God are not carried out by God, Jesus, or the Holy Spirit, but by spirits in the mind mansion worlds who still belong to the Church in spirit and who are, under certain circumstances, able to bring about these miracles all so they can keep their faithful with hope and belief in the Church. The Church is a contrivance of men. It has nothing whatsoever to do with God and Mary and Jesus, and living with the Divine Love. Mary and Jesus have told me they have nothing to do with it in spirit, as it doesn't want them to interfere with its power. It's very sad that so many put such faith in a system that is leading them further astray; deeper into the manipulative control of their mind and the mind of authority. These people are still living under the rule of their parents whose job has now been taken over by the Church.

All the New Age techniques and philosophies are all passed down from mind spirits. If you look closely at them you will see they're like everything else we do on Earth – they're all about mind control. The New Age is only an alternative approach of mind control. It has nothing to do with the true way to live life: true to your soul. Anything that includes 'positive thinking, or 'mind over your feelings'; anything that denies your bad feelings, is designed to further your minds control over yourself. You might do these things, learn and apply techniques, and experience material gain; and even feel better, but this is only adding further negative belief layers over your already repressed childhood state. To do something that makes you feel better about living in society and

the world as we know it, is not necessarily doing something that is favourable for your soul. Anything that helps you suppress your bad feelings will only make your soul-healing that much more difficult when you come to do it. Anything that helps you to 'overcome' or 'be empowered' over your bad feelings is only adding more controlling strength to your negative mind. It is locking you further into your denial state. Self-empowerment and positive thinking can be very damaging to your relationship with your soul. And as you will see through *Divine Love Spirituality*, if you want to honour your soul, you'll have a far better chance of doing this by knowing your bad feelings – by accepting them, by letting them have their say – by expressing them, and trying to see the truth of them, rather than trying to bury them deeper within you.

Unfortunately, in the existing religious and spiritual systems, many words are used in the wrong context causing great confusion. The Catholic Church attributes many miracles and good works to Mother Mary, The Holy Mother – the Blessed Virgin – Jesus' mother. However, Jesus' mother was simply a spirit like any other person on Earth. There was **NO** Immaculate Conception, and she is **not** Our Lady in all the things she can supposedly do. Mary, Jesus' mother, has embraced her son's and Mary Magdalene's truth, just like we all can, has done her soul-healing, and is ascending up through the Celestial spheres on her way to Paradise. She has nothing further to do with Earth.

Those spirits who pretend to be her – the Blessed Virgin – who manifest and speak to children telling them to pray and giving them messages, are simply women spirits who have been trained by the Church in spirit to play the role of Jesus' Holy mother. And it is those spirits who give the 'powers' to the Blessed Virgin, so she can do what does. It's all a trick, an illusion, a sham – a con. And it is all done because of those spirits need for power.

It's a complete fantasy, and as you will come to see as you do your soul-healing, we are all a part of it. Your mind, in your way, is filled with erroneous beliefs and fantasies causing you to live with much delusion and denial. But it can all be healed. You can see the whole truth of it all, and it will show you what is going on in your mind – that which is wrong. When you've seen the truth of it, it will be removed and your soul will be healed.

This might be hard to swallow at this stage, however, if you continue with *Divine Love Spirituality* you will come to understand it better and feel the truth of it for yourself – that you, me, all people on Earth, and all those in the mind mansion worlds in spirit are living in the negative. This means we are living denying ourselves the truth. We are living rebelliously. We are living against God, against Jesus and Mary, against the truths of Divine Love, and worst of all: against our very own soul. We were turned against them and ourselves during our early childhood, and we've learnt to repress all the bad feelings we felt when our parents and carers negative mind states were imposed on us.

The world is heading in the wrong direction because we are all living with our minds in control and existing in a rebellious and negative state. WE ARE heading in the wrong direction and the only thing we can do individually about it, is our own healing. We can only heal our own minds, and through your soul-healing, that is what you will be doing: bringing yourself and your mind out of its rebellion and out of having control over you and causing you to deny so much of yourself; out into its positive state allowing you to have the full freedom of self-expression so desired by your soul.

We are parented by negative minds and so can only grow up ourselves with them. Mary and Jesus didn't enter into the negative mind state; their minds were kept true and positive, and so perfect.

They are revealing the truths and information about our problem and what we can do to help ourselves fix it. This is more of what *Divine Love Spirituality* is about. It is what I am striving to do in my life with Marion. We both want to heal all the wrongness that's within us and become soul orientated, rather than mind led and dominated. In doing so we are healing ourselves of all our falseness, all our denial, all our negativity, all our bad repressed feelings; healing ourselves of feeling unloved, bringing ourselves back from the darkness and into the light. And there has sure been a lot to heal!

Long ago in humanity's past certain higher spirits (ones that don't incarnate and are not like anyone who has lived on Earth) chose to rebel against Jesus and Mary's way of things, against the universal Truth, and against the Mother and Father. They chose to take matters into their own hands and set about corrupting various mortal worlds (and angels) including all of us on Earth. Our ancestors were all brought under their spell. Our forebears have passed down our negative mind state to us unwittingly over many generations.

We feel so powerless, because we are. It is a product of being parented by parents who themselves felt powerless and so used us to gain power. It's a vicious circle and if you have had children you will have used them to gain power, and they too will grow up (or will have grown up) with a negative mind. Why you are doing this course is because you feel there is something innately not right within you. You are doing it to find out the truth of what is wrong with you and your life. Why you just don't feel great, 'alive', and happy all the time. We are all in it together and only by seeing and understanding the whole truth of our problem can humanity hope to heal itself and change course and get back onto it's true path. However, I doubt very much I'll see much positive change in the world during my lifetime, but at least I will be able to see a lot of change in myself and in my own life. It all depends on how much you want to heal yourself, how much you want to see the whole truth of yourself.

If what I've said interests you, more information can be found in the reference books listed at the end of the course, all of which I've found very helpful. Also I hope to be able to keep imparting what I know, what I have been told by spirits of Divine Love.

It is possible, that as more people choose to live with the Divine Love and do their soul-healing, that they will communicate directly with their Celestial spirit friends, and they too will have revealed to them understanding, truths, and information to add to what I've been saying. It is a whole new area of life waiting to be explored. And a whole different way to live compared to how it's all structured at the moment.

You might be wondering how the new you will live in the old negative mind world if you manage to do your healing, and the answer to that is: anything is possible because the Father and Mother are ultimately in control. Your relationship with the world will definitely change, as will your relationship with yourself. The best part is you get to really like, and then even, love yourself, as you discover and uncover the real and true you. And then how the new you relates to the wrong world will only help you to grow even more within yourself. It is actually a golden opportunity for you to grow. Invariably you'll find yourself far more amusing than the world. Your feelings will keep you busy.

The aim, from what I've been told from spirit, is for the Divine Love mansion worlds to, in effect, become manifest on Earth over the next one thousand years. This next spiritual age humanity is

soon to enter into will allow the Truths of Divine Love to flow out of these three worlds (and the Celestial spheres) onto Earth. Prior to now they have been forbidden to reveal themselves to us; how they as Divine Love spirits live in the Divine Love soul mansion worlds, and all the information they know about living the Truths of Divine Love. As to why this is, is beyond the scope of this course, however, with the re-revealing of Mary and Jesus' truths, the gateway is opening for the true Kingdom of Heaven to come to Earth – this being in the form of the Truths of Divine Love, which if people accept, will be lived within their own lives and within their own soul. It's a kingdom within not without. However if humanity ever fully embraces its true inner kingdom, perhaps one day *paradise* will be on Earth.

If enough people choose to live the Father and Mother's Way it is conceivable that those individuals will help to bring about great change to humanity. This is something future generations can look forward to.

As I've said, *Divine Love Spirituality* is a new way to live. It is for Marion and I, and everyone who chooses to partake of the Divine Love to find out for themselves what it means to live it. I don't know everything; I'm only shedding a bit of light, bringing together the information I know and presenting it to you. I love it and find it all very exciting, and I hope that if you choose to carry on with it, you will too.

Lastly, I want to say a little more about soul-mates. Contrary to what many people believe you will only know if you have found your soul-mate as a part of your growth in truth as you do your soul-healing. Who your soul-mate is becomes revealed to you. As to whether your soul-mate will be in flesh, I can't tell you. Neither can I say about your current partner if you have one. Many people do want to believe that their partner is their soul-mate, and they might be, however if they are living with only their mind and without the inclusion of the Divine Love in their soul, they will never really know for sure. You will know for sure when you are living with Father and Mother's Love. And if you choose to live the Truths of *Divine Love Spirituality* one day, whether it is on Earth or in spirit, you WILL find your soul-mate. You have to, as a necessary part of your soul development. The two of you being of the one-same-soul need to constantly be interacting, experiencing and expressing yourselves to one another, so as to maximise your growth of truth for the manifestation of your personality in Creation. We have not been created to be alone.

Divine Love Spirituality is among other things all about relationships. As you find the truth of yourself you are setting out to perfect your own inner relationship with yourself. Through your healing your masculine and feminine aspects will be healed and their right balance and harmony within you found. You will feel as if these two parts of yourself have found each other and are *soul-mates*. And as you heal the relationship within – with yourself, so too will you heal it with everyone else. You will end up knowing how to express yourself freely, living true to what you feel. All you will say, live, and do, will be true. And if you are living true then you will be living lovingly. You will love and be loved and you will know that love will be true. You will truly love yourself in the right way, not in an egocentric or in a self-deprecating way of one who does with a negative mind; and all that you've experienced in your life, and particularly in your early childhood that wasn't of love, will become known to you. Love, what it is, and what it means to you, will change. Everything in your life will change. It's a whole process: your inner soul transformation into becoming divine. It is something that we, humanity, don't as yet have any real idea about. How to live a true spiritual life according to Mary and Jesus and with your Mother and Father's Love is unknown. It will be something you will be discovering for yourself. If you want a spiritual

challenge I assure you, you won't be disappointed. The Mother and Father won't let you down.

So, as I've said, it begins with the partaking of Their Divine Love. This you can do and keep doing without wanting to grow in truth. Wanting to grow, to spiritually evolve your soul, to grow in truth, is something else you have to long for with all your heart and soul. And if you sincerely want the truth; want to know the *whole* truth of yourself, it will include all that has happened to you so far, since your first moment of conception. And it will involve you going back into your childhood and seeing the truth of what really went on in your relationships with those who influenced you, who helped you to develop yourself. It will help you to see any parts of your forming years that were not loving, not as your soul needed, and to see the whole truth, you will have to liberate all the repressed feelings that you felt about not being loved. This is the doing of your **Soul-Healing**.

Prayer for Divine Love.

Time for another prayer.

During your prayer you can contemplate what I've said. Ask the Mother and Father for Their thoughts and opinions. And if you speak with the spirits ask them as well. Remember; don't simply take my word for it all. You need to honour yourself and take responsibility for your own growth – you owe it to yourself. You are the one who is important, not me and what I say. You are the one who needs to find out what is TRUE for YOU.

Between sessions think about longing for the truth. Think about whether you do want to see the truth of yourself, and if so, why. And I mean the truth of yourself, your life and of God. Why, you say and do everything you do, and why good and bad things happen to you. And the truth of what you believe, that is: if you want to see the truth of all that is within your mind that might be wrong – the truth of all your beliefs.

The Truth or not the Truth.

Over the years I have seen people begin to long for and receive the Divine Love. They have done this easily. They have then said that they do want to live the truth, the truth according to God, but their actions in life belie such words. Their actions don't show that they really do what to know the truth. When you start to live true you are going to change. You don't know what will change, that is up to God and your soul. You might have many things you'd like to change about yourself and other things you are afraid to change, or don't want to because you like them as they are, however, if you sincerely do want to live the truth; the whole truth; and nothing but the truth, then you must be prepared to change EVERYTHING. At least for now try to accept this notion. It's a big statement: To change everything. The beauty of how the Mother and Father will help you change while you're doing your soul-healing, is when it's time to change something, you will feel *you* want to do it. You're never forced to change anything against your will. (NO ONE SHOULD EVER FORCE ANOTHER AGAINST THEIR WILL, ESPECIALLY WHEN THEY'RE VERY YOUNG AND WITHOUT THE WHEREWITHALL TO UNDERSTAND WHAT'S HAPPENING TO THEM.)

I wanted to live only the truth, and I still do. I was prepared to be stripped back to nothing, turned upside down and inside out, and it happened. It has been far more gruelling that I would have preferred, but who am I to know better than God. And the Mother and Father have shown me so much truth about myself all of which I've been astounded by. And every day I see more. It was

terribly difficult at times to let go of what I was so tenaciously hanging onto. I believed I had to hold on because I believed I needed the beliefs and behaviours as a necessary part of my survival. But it all had to go because it was all false and only keeping me in my denial and negative mind state. And when it became exposed I was led to see and realise that I didn't need such things for my survival after all.

Not everyone is prepared to go the whole way. It is scary. It is something like standing on one side of wide deep dark chasm knowing that your true life – and true you – are awaiting you on the other side, and to get to them you have to go down into the depths of darkness. However, if you take it one bad feeling at a time, over the years you will be able to do it. And it will take you years. You will be amazed how much there is within you that needs healing.

Wanting the truth, and then trying to live seeing it, is difficult because we have to first extract ourselves out of our negative mind condition, and we fight this each step of the way. And we have to do most of it blindly, trying to express our bad feelings while longing for the truth of them. It is hard to do. I want to make that quite clear. It will take all your determination to do so.

If you don't feel you are up to taking the bull by the horns and going for it, that's okay. I want you to know there is nothing wrong with that. You can long for the Love and the truth at your own pace. What I do want you to understand is that it will help you if you can be honest with yourself knowing what you want and what your limitations are. It won't do you any good if you say you're wanting the truth and pretend to long for it, believing it is the right thing to do because I told you to, but without your heart really in it. If you can say: 'I want the truth but I'm petrified of letting go', and, 'I can't do it', and, 'I don't want to do the hard work' – that is being honest and true and an important part of your journey. You have to be truthful with yourself. **IT'S OKAY TO FEEL BAD AND NEGATIVE ABOUT YOURSELF. IT'S GOOD TO FEEL BAD FEELINGS!** You don't have to put on a brave face. And the more you can be true to every feeling you have, the more you're on your way. It's only while you are hiding things from yourself, while you are denying yourself your true feelings, saying one thing but doing another, that you'll remain locked up in your negative mind state.

If you do want to live the truth and do your healing then long for it. Tell the Mother and Father, and ask Them to help you do whatever it is you need to do. They will help you. You might not realise it at first, but They will be helping you. And if you feel things start to go wrong, or you seem to be going in the wrong direction, then it's probably what you need to start stirring you up and helping you to confront things within yourself. You are going to feel bad as you start to really want the truth, because you need to feel the bad feelings come up so you can start expressing them and looking for the truth of them. Longing for the Divine Love and the truth, is not the same as taking a *everything-will-be-alright* pill and becoming instantly happy. It's about doing the hard work of seeing the truth of your negative mind condition. Eventually happiness will come when you've healed all that's within your soul that you are currently repressing. When you fully embark upon living *Divine Love Spirituality* you might feel like you're going down the hill rather than up it. But we all have to go down into our valleys of darkness before we can find the true light of our soul. Those people who want to only climb the highest mountain searching for the light are only moving further into the delusion and the control of their mind.

Longing for the truth and doing your healing is a bumpy road, very bumpy at times. It's not a case of longing for the Love and then everything falls into place and your life is a dream in the material world. If that happens then you're not honouring your feelings and are not longing truly for the truth. Really if you think about it, to want the truth means your life in the negative world must fail.

I know this might sound contrary to everything you want and believe life to be, and it might even put you off the truth and *Divine Love Spirituality* all together, however, at least you should know up front. I am not going to paint a rosy picture and play the pied piper leading you to the promised land, because living in the negative and healing it, is not fun, it is being led off the cliff. However, what you might experience during your healing will be no harder than what you've already experienced, especially what you've experienced during your very early formative years.

There is a lot more to say about your soul-healing and I am only introducing some of the things about it in this course. I am introducing it to prepare you if you do want to go further. Laying the foundations, so to speak. All I am asking of you at this stage in the course is to think about it all. To spend time thinking about what I've said when you have some free moments. Think about what you want and how much you want it. Ask the Mother and Father to give you some stimulating thoughts, things to consider, thoughts that will help you to think and feel things about it.

Summary:

There is a division in the seven mansion worlds in spirit: Self-willed and the mind, God-will and the soul.

Self-willed people and spirits live without the inclusion of the Truths of Divine Love, God-Willed live with God's Love, having completed their soul-healing.

As people choose to live the Truths of Divine Love, the gateway to the God-Willed mansion soul worlds and the higher Celestial spheres will open.

If you want the truth, it's a hard road. It will lead you through your bad feelings back into understanding what really went on during your early childhood and why you are repressing such feelings and awareness.

If you do want to live the truth, be honest with yourself. Be aware that your mind might be full of delusional beliefs you are unaware of. All you can do if you really do want the truth is to LONG for it. And to KEEP on longing for it.

**Be true to your feelings.
Be true to your soul.
Let go of your minds control.
Ask Us to help you.
Tell us ALL you feel.
We want to know.
We want to know you.
Your Mother and Father of Heaven.**

Session 7

SOUL-HEALING

You can't live a true spiritual life until you've done your Soul-Healing.

Prayer for Divine Love.

Have a short prayer and during it ask the Mother and Father to help you to see the truth They want you to see. When you ask, long for the truth: long, as you long for the Divine Love.

Exercise:

Yet more questions for you to answer.

How did you go thinking about the truth, and wanting to see the whole truth of yourself – does it sound appealing? Why? How does it make you feel?

Does it sound all too much, too hard? Does it make you feel bad in any way, i.e., scared? If so, try to write as much as you can or tell a friend why it does. Try to go as much into the fear as you can, trying to describe exactly what it is you're scared of and what your fear makes you feel.

If I said: Everything you did in your life, and all that you are is wrong, what would you say to me? And how does it make you feel? How does it *really* make you feel, try to be honest with yourself? Write as much about how it makes you feel as possible.

Remember, with all these questions I'm only giving them to you to try and stir up feelings. If you don't like the feelings that come up, then write about this too. If you are feeling stirred up, or have felt so during the course at any time this is good and it is to serve the purpose to show you what it will be like if you want to tackle your healing. It will be far more intense at times than anything I could stir up in you with questions. God is much better at it than I am. They know all the right buttons to press. You might have found that already since doing the course you are feeling more stirred up at times or more affected by things that normally you have under control. If this is true then write down some examples of these things too. Try to describe how you used to feel and how you do now. There is no reason why the Divine Love hasn't started to work on your soul right from your first prayer. If you want the truth, it is what's supposed to happen (get stirred up) when you partake of the Love and start to transform your soul. If you partake of the Love and don't feel stirred up then you're not wanting the truth and not allowing the Love to do its work on you. And this too is okay. Many people will need a long time of longing for and receiving the Divine Love, preparing themselves to embark upon their soul-healing.

What if I told you everything you believed is wrong? How does this make you feel? Does it

threaten you? And if it doesn't, why not? Describe how you feel.

What if I told you every spiritual belief you have is wrong? How does this make you feel? Angry? Angry at me? If not, why? And do you think you are being honest with yourself?

I know it's difficult being honest with yourself because it's hard to be objective with yourself. I've found that I lie all the time to myself about how I'm feeling. (You think you're being honest but you might be hiding other things from yourself and so lying about them to yourself that they don't exist.) I laugh when underneath I feel bad. I laugh because I don't know what else I should do. I laugh to cover up and keep repressed my bad feelings because I don't want to feel them. And as I was never allowed to openly feel bad, to express my bad feelings in my family (I felt bad a lot when I was young but had to keep it all inside) I didn't know how to sympathise with myself feeling bad. I wouldn't allow myself to admit and accept I felt bad feelings. I'm still not too good at it, much to Marion's annoyance and frustration.

Do all these questions about looking into yourself and examining your feelings annoy you? If so, why? Was it what you believed being spiritual was all about? If it wasn't, what did you believe or think it was about, and why?

Living *Divine Love Spirituality* is all about living with your feelings. Feeling, feelings, and more feelings. You won't hear the end of 'feelings', it will be repeated endlessly. How does this make you feel? Are you okay with feelings and value them, or can't you deal with them? (*Be honest*). If you can't, why not? And would you like to be able to – why?

If you move into doing your soul-healing, potentially if you commit yourself to knowing the whole truth of yourself and don't stop longing for the truth until you do, you will do endless psychoanalysis of yourself. You will be analysing yourself, getting to know each and everything little part of your personality. How does this make you feel? And why do you feel this way?

If you thought longing for the Love would get you in touch with spirits and other higher universal realities and all this feeling stuff is boring, try to write about why it bothers you. And why do you want to communicate with spirits – can you feel if you are trying to use them as some kind of escape from your bad feelings, a 'feel-good'? Are you after power, and why? Can you see other ways you're trying to avoid feeling bad?

(And if you do feel this way, consider that what you wanted was only stimulation for your mind. This is okay, but don't expect it to do anything for your soul. Remember the separation between the mind and soul worlds. In our negative mind condition the mind doesn't want to know about feelings. It wants knowledge and information, as it believes these things will give it more power. A mind seeking power is impersonal, feeling-less; a mind not seeking power is personal, supporting feelings. Your soul, however, is ONLY interested in what you feel, the truth of your feelings and not as much interest in knowledge and information. It should ALWAYS BE YOUR FEELINGS FIRST.)

Has anything I've said put your nose out of joint? If so, what and why? FEELINGS, FEELINGS AND MORE FEELINGS. What do you say to that?

Information: Soul–Healing: What is it?

Our soul-healing is the expressing of every part of us we have denied. What this means is that as

we've grown through our early development, starting at conception, if any part of us has been stopped from freely and truly expressing itself then it exists within us in a denial or negative state. And essentially that part of us is still waiting to be expressed. And our healing is the liberating of all these parts.

Our soul has a very specific life programmed within it. As I've said it's called (well anyway, it's what I call it) our Soul Light Print of Destiny. It has been created by the Mother and Father to bring itself – to express itself, you, into being, in Creation. The Mother and Father have given us all a unique personality. Our personality is the part of us that separates us from one another in Creation. And our soul is trying to express its personality in Creation. With every experience you have no matter how small it is, in each moment, your soul is literally expressing more of you, the whole personality you are – all your parts – in Creation. With each heart beat, each breath, more of you is being expressed, more of you is living, more of you experiencing, and so more of you is in effect here, existing in Creation. And so there's continually more of you, you can get to know.

We can't fathom the depths of our soul. But one of the goals of our existence is that the Mother and Father want us to fully express all of our soul in Creation. This will take the whole of eternity to do, but what a great adventure it will be. Look how it is already starting off for you, living fully entrenched in an evil state of mind!

When we start our incarnation, the first objective of our soul is to get us up and running, expressing all the vital parts (attributes) of us (our personality) that will allow us to maximise learning and growing in truth from our experiences. As we experience and grow in the truth of that experience (as we're experiencing it), the experience generates a *light*, which goes back into our soul telling it that we are ready for the next part of our life – our next experience – and so it brings about our next moment. This feedback loop is continually bringing us into being. Our whole life is orchestrated by our soul, from within – even what seems to happen to us out of the blue and from outside of us is all occurring in answer to our souls inherent patterns.

It is crucial in our formative years that we receive all the love, care, and acceptance our soul – us – needs, so we can be welcomed into life allowing all of our emerging personality attributes to be freely expressed. If something makes us feel bad we need to be allowed to express that pain. We need to be allowed to cry, and speak out about it as we grow – as our mind forms. We need to be able to say everything we feel we want to say. We want to grow into adults being freely able to express all our good and bad feelings. Because then we are whole and real people and will know how to live our lives in accordance with the needs of our soul and not being controlled by our minds. We will feel what we want to do, what our life is about, and do it believing and knowing that we can do anything we feel – anything that makes us feel good.

Life must be how you want it, and only you, not how someone else wants it. However, this is not how we've been parented. We've been made to suit what our parent's want thereby denying large parts of our own self-expression. To stop being how you want to be, and instead to make yourself be how your parents want you to be in any given situation, is major denial and has had serious traumatic effects on you.

We have been made to grow into adults with many aspects of our personality being denied. We have not been allowed to live our life the way our soul wants to. We've been forced to go against ourselves in many experiences. We've been forced to deny ourselves (many of our feelings),

thereby also denying the truth of these experiences resulting in us not growing true to our feelings and instead becoming more reliant on our minds to tell us what to do.

When you feel: out of touch with your feelings, looking for answers, unfulfilled, unhappy; not happy about your life or yourself in any way, you are sensing and feeling these denied aspects of yourself. Your soul is crying out to you that things are not right and you need to do something about it. And that something is to choose to live and honour it and end the negative control your mind now has over you, thereby giving you back to yourself.

Why your soul simply doesn't step in and fix you is because once it begins to incarnate you, your personality in Creation is then beholden to exist within the Laws of Creation – these being the **Laws of Will**. What this means is once your will starts to manifest, right from the first moment, your soul has to do what it (your will) wants. So if your will is negatively influenced, if you are made to turn your will against yourself, then that is what your soul has to honour. (Of course your soul has all of this, your induction into your negative state, within its plan, but effectively on the will level this is what it's like.) And this is what has happened to us all. Our parents have negatively influenced our wills and we have grown up mistakenly believing (and unconscious of these beliefs) that we have to live this way using our wills to keep our negative mind state in control of us. And so to reverse this situation (and become conscious of what's really going on), and to bring our wills back into positively helping us grow and express ourselves in Creation, we need to do our healing. We need to identify all the dysfunctional parts of our will. We need to see how these aspects of us are denying ourselves; how we are living against and untrue to ourselves, and we need to see how this all happened in the first place; what happened to us: to our wills, to screw us up. This is seeing the whole truth of yourself, the truth of all your self-denial, the truth of your repressed childhood. And as we see the truth then we can bring these denied aspects of ourselves out into the open, and in doing so can decide if we still want to live with them going against us or not. And in our moment of deciding that we don't want to deny and hurt ourselves, knowing and seeing the whole of truth of why we are, we are healed. We are literally making our will come back and be loving of us and on our side; working with us, rather than against us.

Our **will-healing** is inclusive of our soul-healing. We are setting out to rectify everything within us that is wrong: everything that exists out of harmony and is in rebellion against God's Universal Laws of Love. And to do this we begin by acknowledging our bad feelings. When you feel bad your bad feeling is the signal that something within is wrong and needs attention. By honouring these bad feelings, accepting rather than ignoring them or pretending they are not there because we don't want them and don't want to feel bad, we are using them to lead us into the truth of where they are coming from and why. By expressing our bad feelings and longing to see the truth of them, they can lead us back into our early childhood, so we can see what happened between our parents and us that caused our self-denial. And gradually as we focus on and express all our bad feelings, we will see the whole truth of what's caused them and how we're using our will to keep the denial going. And we'll eventually see the whole truth of ourselves, all we've been made to deny during our childhood, and how we've been made to suppress our feeling-denial keeping it all repressed within us.

So, our soul-healing is the healing of our childhood repression by seeing the truth of it though the honouring and expressing of all our bad feelings. And this is why our bad feelings are so important. It's why I've been focusing on them during this course: to get you used to the idea that they are vital and need to be accepted and not dismissed. Any bad feeling you: reject, push away, dismiss, don't

want to know about, is your minds learnt pattern of self-denial. To deny any bad feeling is to keep yourself trapped within your negative mind state. So when you say, 'it doesn't matter', or 'I'll get over it', or 'don't speak to me about those bad things', or 'I only want to feel good and be positive', and so on, you are keeping yourself locked up within your denial mind and associated negative behavioural patterns. And as you will discover, if you want to do your soul-healing, there will be many things you are doing to yourself (most of them unconsciously) that are keeping your whole negative mind state in control of you. To break down these controlling mental believe patterns and their associated negative behaviour is very difficult and requires a lot of will and longing-for-the-truth to do it, but it can be done. You created your negative patterns and set them in motion to begin with, so you can undo, break apart, and heal them.

EVERYTHING that is wrong with you in anyway is because of what you've been made to suffer and repress since your early childhood – EVERYTHING! And it all needs to be healed one day, either on Earth or in spirit. One day your soul will begin to pressurise you into addressing these inner problems. This usually is shown by things not happening in your life how you want them to. This is your soul trying to send you messages telling you that you are going the wrong way. It is trying to make you feel bad, so you will eventually have to face your bad feelings. So you will have to stop what you are doing and pay attention to your feelings. If you keep running away from feeling bad then you will only make things harder for you, and you'll feel worse. I'm sure you've experienced: feeling bad about something, being all knotted up about it, then speaking up and expressing all your bad feelings, to suddenly feel good, relieved and lighter, even declaring: 'What was so bad about it anyway' – this is an example of expressing your bad feelings. And can you see how much better it makes you feel?

One of the major 'spiritual' beliefs many people believe is true is reincarnation. They believe we carry stuff from one life to another being able to use our lives to work through the stuff growing and learning what we need to. But reincarnation doesn't exist. From all I feel and from what I've experienced during my healing, everything I've seen that is wrong within me all stems from my early childhood, NOTHING prior to that. Believe me, it will be hard enough healing all the stuff from this life, let alone having to worry about previous lives.

Reincarnation is just another belief to help deny bad feelings. It is easier to palm them off to other lives; it takes the pressure of us, but it's all an escape. And if you do believe in reincarnation and have even experienced past or future lives through some form of regression therapy or a visualisation technique then it will show you how amazing your mind is and to what extent it will go to create whatever it is you want so it can remain in control of you. If you want to believe in reincarnation, of course you can, and God will even help you via your Indwelling Spirit, to confirm such beliefs giving you past or future life experiences and visions. God helps us maintain our negative mind state because that is, how as very young children, we decided to live. The Mother and Father honour us, they give us what we want. If we want to live untrue to our soul, and ourselves living miserable lives full of grief and torture, then They will help us achieve that. It is incredible when you get down into the very deepest parts of yourself and find out how your will is actually placed; how it wants (how you want) to live in a bad state (the wrong way) all being chosen when you were very young. We have ended up believing that our parents are right and so have formed our behavioural and belief patterns this way, but it's not our true way, and many spiritual and religious beliefs (like reincarnation) are designed to keep us trapped within our untrue self-denying negative states. Belief in reincarnation will only maintain your minds control over you. If you won't allow it to be relinquished when you are longing for the truth, then your truth longing

will be ineffectual. So many so-called spiritual beliefs only serve to keep your mind rigidly in control. They all have to go if you want to be set free.

As you grow in truth you will feel and perceive your soul knowing you have never existed in Creation prior to your life now. And you'll come to understand that you chose to come to Earth (you – your soul, chose to honour the Mother and Father's plan for you) so you could experience living in a negative – denial of self and God – state. Apparently, experiencing a negative mind state like what we're currently living on Earth, is a rare opportunity and affords us many experiences we would not have if we were born onto a positive mind and will world. And perhaps this will be the compensation given to us for starting off in such an uncaring and unloving way. There has to be some reason why you feel so bad all the time, some good reason, and as you do your soul-healing you will find out what that reason is.

As I lay on a mattress and stepped of the pink cloud in my imagination, being told to focus on my feet, I saw the ground and then I saw I was wearing black Texan boots. I was told to look up the body, and I saw, looking at *myself* from behind, that I was wearing blue jeans and 'country shirt' and had long straight jet-black hair. This was okay, I was curious as to who I was in this past life. I was amazed I was seeing anything at all, and so clearly. Next, I sort of, rose up to look over my shoulder, and as I looked down the front on *myself*, did I get a shock – I had breasts! I was a woman! It hadn't occurred to me that I could be the opposite sex. Anyway, following the instructions given by the attentive past life expert person, I scrolled through this life seeing myself finally departing life on Earth as I graciously came to an end rocking in my rocking chair on the veranda of my ranch, my husband rocking beside me. Next life I saw I was an American Red Indian, then an Australian Aboriginal from long ago. Then I was back to more modern times. When I was asked the date it always flashed up in huge big red letters emblazoned across my past life screen. It was 1882 when I was the Texan woman. I also saw how everyone in my present life had been recycled through my past lives. Sometimes I was a parent; they the child, and vice versa; sometimes I was a boy or girl, as were they. When I got home I asked my brother to take me though the exercise (as he'd had a go too) and I went into my future lives. It was all very exciting and mind boggling. It was so easy to use the cloud visualisation to float up and come back into a past or future life.

I believed in past lives because of these experiences, but when I read in the *Padgett Messages* that there is no reincarnation, I was forced to confront and reassess all I believed. I longed to the Father to show me the truth. It was my experiences verses a book, but what if the book was right and my experiences weren't what I thought they were, as I knew they were only experiences of my mind. Gradually as I grew in truth and understood more, I could begin to feel within me that the reincarnation experiences had been given to me because I wanted them. When I accepted that they were false, suddenly my whole relationship with them changed, I no longer needed to hang onto them and they became nothing more than like an amazingly crafted movie I had watched. Some things within them didn't add up and as I questioned these doubts the more I could let go of them, and eventually I knew that I had not reincarnated. It was a knowing like I know all the things about me that have gradually come up within me as I've done my healing. I could perceive the very beginning of my life and knew how important that was, and how all that I am has stemmed from it. Past lives simply didn't figure anymore. Now I feel it as an absurdity: a mind controlling delusion. And my experiences of it, like so many 'spiritual' experiences I had before I really got into my healing, have faded away to mere memories and of little importance other than to show me how deluded and fanciful my mind was. How much I needed such things to believe in, all because I had

no truth of, and faith in, myself.

Now I feel strongly that ascension begins at conception and continues on to Paradise; there is no coming back to Earth or any other material world; there's no need for it. You can do all you need to do during your flesh life if you choose to do it with the Mother and Father and Their Divine Love. And if you choose to see and live the Truth of that Love.

The Rebellion and Default.

Briefly, I want to outline how I believe our (humanity's) negative mind state came about. Much of this I have gained from reading *The Urantia Book*.

Way back in humanity's history, spirits (The Evil Ones) higher than us and part of Nebadon's universal hierarchy, rebelled against Mary and Jesus and denied the existence of a loving Soul Mother and Father. They came to Earth, and other higher spirits who were already here and supposedly who's job it was to help humanity evolve and grow to love God joined them, and together they set about controlling us and corrupting our minds. They in effect turned our ancestor's minds and wills against themselves. They wanted humanity to serve them and not live loving free lives with God. Their influences were severe and we've lived many generations perfecting our negative mind controlled states of self-denial.

After the Rebellion and added to it, was what is called the Planetary Default of another two higher spirits who came to Earth to help us, Adam and Eve (or who they represent). These two spirits were corrupted by the other higher evil rebellious ones and unwittingly coerced into default. They didn't out-rightly and willingly accept the Rebellion choosing to join the rebels, but they were unconsciously led astray bringing about their Default. So what this means is: we are similar to them. Eve and Adam represented the perfect mother and father to whom all parents could have aspired to be like. But now all parents follow them, living the Rebellion by default – unconsciously parenting their children into the Rebellion by default. As adults we are ignorant of the negative influences we're living; what we're doing to ourselves, and how we are living in a whole society and culture of self-denial. Life is not good for us unless we are in a power position. We are all striving for power in some way, but this is an untrue way to live, because, as I'm sure as most of us can testify, power (what we think and believe it to be) doesn't actually make us feel good. In the end you still wonder why you feel bad even when you have all the power you do. So unconsciously we influence and subject our children to the same negative pressures and influences Adam and Eve were subjected to and with the same end result. Unwittingly we make our children deny themselves their full soul expression by default. We make them suppress many of their feelings when they are very young, and we make them join us in our negative states so they can continue repressing and denying themselves. We do this because we want to gain power (because we feel so powerless). We parent having power over our children making them feel powerless. And so the whole negative mind state has been passed down generation after generation. And humanity through all the ages has wondered why it feels bad and why life doesn't seem right, and has wondered endlessly how to fix it. But without Mary and Jesus' higher help (higher in truth than the original misleading rebellious spirits) we can't work it out and we never will. However, now with their help, we can.

My soul-healing.

I lived for two years longing for the Divine Love every chance I got and wanting to know what ‘it’ – everything: life, the universe, God, spiritualism, was all about. I wanted to know how to live the right way – that being according to God. It was reading Jesus’ messages in the *Padgett Messages* that started me on my way. Up until then I believed like many did in the New Age that by ‘being spiritual’, having alternative ideas, beliefs, and interests, was part way to becoming healed. The other part involved doing all sorts of things, mostly some sort of healing technique, with the aim of fixing up all those bad parts of myself so life could work for me and help me gain the success and power I wanted. It wasn’t until I read the *Padgett Messages* that I fully understood the significance of The Truth.

As I said above, for those two years I thought I was healing and progressing in my life with God. I thought I was healing my soul and ascending in truth. However, I was mistaken. When I started to understand what was involved with my soul-healing I began to see that all I had done previously was merely mind preparation (to prepare for my forth coming soul-healing) whilst developing my longing for the truth.

Initially, after receiving the Divine Love, I felt very good. I thought I had made a great break through and had taken a big step forward in my spiritual growth. I thought all my worries would end and the Love would transform my soul, healing me of all my negative and wrong qualities. I thought my new life as a ‘great teacher’ of these newly revealed truths would rush into being sweeping me up onto a crest of fame and good fortune. But as I’ve mentioned earlier in the course, instead of things starting to happen positively for me, particularly in my personal relationships, things went steadily down hill. I couldn’t understand why my life wasn’t getting better. I only wanted to live a happy and secure life (together with all my unacknowledged secret fantasies); surely this wasn’t too much to ask?

One day I had to admit things weren’t going according to *my* plan. I was longing to live God’s Will and asking the Father to show me how to, but unconsciously, I was still longing to live *my* will and to make *my* life how *I* wanted it to be. As I said, I was using God and Their Divine Love to help me do so, hoping I would gain power. I was using God to gain power!

When I got really serious about wanting to live the truth and crashed in my personal life to an all time low, I said to the Father: ‘I give up. I can’t make anything happen how I want it to. I’m in your hands now.’ And then I met Marion and she helped me to understand about my feelings.

Once the truth of our soul-healing started to be revealed, and I understood there was a whole other part to Jesus’ revelations missing: that consisting of what Mary has to say, I began to see between the lines in the *Padgett Messages* that Jesus does allude to the healing, but still nothing compared to what Mary told me.

My soul-healing began by being helped by Marion to see that things I said and did, didn’t match up. I would say I felt one way, but my actions contradicted my words. I would say I was fine and nothing was wrong, and yet I would be off hand with her, making her feel bad. I wouldn’t admit that I was angry, I didn’t even know I was back then, and it was only by her telling me truthfully how I was making her feel that I could begin to see into my own feelings and actions. When we analysed my actions and how they made her feel, I slowly began to see the connection in me, that I *was* angry, very angry, and I was taking it out on her. I believed I was being loving and caring and yet I was making her feel bad, so something wasn’t right.

As the picture unfolded, I began to see my family relationships were not actually what I thought they were. I had my parents on pedestals of love, people who cared for me and wanted me, but as I became more aware of my behaviour, which was unloving and uncaring towards Marion, I could then see how my parents and grandparents did the same to me. It made perfect sense that I then did to Marion what was done to me during my early childhood because that was all I knew – all I'd experienced and learnt. I believed it was how you were supposed to be in the world; how you related to other people. Marion helped me see how I was deluding myself, covering up the bad feelings I felt about my family relationships with a fantasy that we all loved each other. And as it's turned out, I've had to admit, as I've seen the truth of why I do feel bad, what I believed love and being loving to be, wasn't at all true. Unbelievably, I thought I was loving, when my actions were far from it. I could say, I felt love, when really all I felt was anger and hatred. I'd done such a good job on myself, denying myself my true feelings whilst fabricating false beliefs about them. Bizarre as it seems, but all I felt was love, hasn't been. I had to give up what I believed love to be and what I thought it felt like and admit and accept I was all screwed up and didn't know. I had to allow my healing to take its course so eventually the Father and Mother could show me through feelings what was true, and no longer based on fantasy, delusion and error.

It has been very hard to accept and admit that I'm not as loving and kind a person as I thought I was. I was full of erroneous beliefs and false opinions about myself. Full of anger and hate. The picture I had of myself in the world was very different from the one I've uncovered through my healing.

Over these past ten years I've been stripped back to nothing. Every part of me that has contained any wrongness has been opened up and the wrong revealed, helping me to accept that the way I was living was false. And through the process, countless bad feelings have been liberated, so many and yet I still struggle to believe I had such a bad early childhood, and yet all the evidence of truth that has come up in me is overwhelming to the point of having to accept it. And the more I face the truth of how I felt during my forming years, being so unloved and uncared about, and how often I was dismissed and rejected by my parents all under the pretence of loving me, the better I feel about myself. I feel better because I'm not lying or pretending to myself any longer that things are okay within me. Things are not okay. I feel bad, and the truth I've seen shows me why.

The Father and Mother have taken Marion and I through our healing step by step so we can understand what's involved – and there's a lot to it. I don't know all about our soul-healing as there are many unseen and unfelt things that have gone on within us, however I do feel I've experienced enough to at least inform other people as to something of what they might expect if they want to follow along these lines.

Our soul-healing is the liberation of, and seeing the truth of, all our repressed bad (and even good) childhood feelings. As we express them; as we accept them and allow them to speak, they can finally come out and we can see the truth of them. In some respects it's easy to write about soul-healing, however, looking back over my experiences when I think of the hard stuff: being desperately confused, and wondering what the fuck it is all about; feeling like I'm about to go screaming mad and climb the walls, it's another thing altogether, with all the theory and nice little concepts flying out the window.

If you can remember any bad times during your early childhood you might be able to feel

something of the trauma you suffered. If you can place yourself back in one of those bad times and allow yourself to feel just how bad you did feel: how unloved, alone, unwanted, and miserable you felt; and then if you can allow yourself to *really* feel what feeling unloved, rejected, and unwanted feels like – what the pain of these terrible gut wrenching and twisting feelings of nothingness feel like, then you will be getting close to what you will feel a lot during your healing.

I guess the severity of ones soul-healing might put a lot of people off. They might not want to do the hard stuff. You might enjoy life and don't feel like you're living on rock bottom just managing to scrape through each day. Okay, you might even feel like there's *too* much wrong with you, and where would you begin. I can completely empathise with you, and as I've said, you don't have to do it. If you don't want to disrupt your life as it is; if you don't want to change too much, but do want to keep praying for the Love, of course do so, and keep telling the Mother and Father what you want. Always communicate and share with Them your good and bad feelings, and all your wants, needs, and wishes. And if you do want to do your healing but are scared of all the bad feelings you might have to deal with, it's okay. Tell Them about your fear, long for the truth, and They will guide you. They won't give you anything you can't cope with, even though it may not feel like it when you're in the thick of it.

There is always plenty of time to do your healing. It doesn't have to all be done at once. It can't be done at once! You don't have to stop everything and try to do it. You can and should only do what you want to do in any moment. The Father and Mother will show you what you need to do through your feelings. Simply keep longing for Their Love and longing for the truth, and life will direct you as you express your feelings. And it might be that you do your healing when you get to spirit after your Earth life. No one can say how your life will be; it's for you to find out. All I want to do is make you aware that there is more to living life with the Father and Mother's Love, than believing like I did, that it would somehow magically cure me without me having to do anything more than long to Them for it.

We have to do the hard work if we want to heal ourselves. The Mother and Father do help us all the way, and I'm sure that without Their love and support our healing would be infinity more difficult and much longer.

The doing of our soul-healing is what Jesus means when he speaks about being born anew in the messages in the *Padgett Messages*. It's what the Church is trying to achieve when it says 'being born again', but it doesn't have any idea about what the truth is – what Jesus meant. When you've healed all of your negative denial mind, all of your will, and all of your childhood repression; when you've attained the truth of the Celestial level of life, then, AND ONLY THEN, will you feel like your *first* life is over. Then you'll feel like your beginning to head off into a whole new life as if you have been born afresh, but this time with your Heavenly Mother and Father as your real and true loving Parents.

What can you achieve doing your soul-healing?

You can heal EVERYTHING that is not right within you. That is: every part of your mind, every belief, all behaviour that stems from your erroneous beliefs, all your negativity, all your bad feelings, all of your dysfunctional will. Any illness and disease: physical, mental, emotional, or spiritual can be healed, because all of these things are only happening to you as a manifestation of your unexpressed repressed early childhood feelings. The only thing that makes you sick, whether

it be a common cold or cancer, and everything that makes you feel bad, all has its origin in your early childhood repressed feelings. Doctors and psychotherapists can search all day long for the causes of all that makes you feel bad, but unless they're looking into your childhood, they will always only be doing band aide work leaving you to wonder about what's really going on.

I believe you can heal everything through the doing of your soul-healing so that you never need to go to the doctor. I'm not saying you shouldn't go to the doctor because you've started to receive God's Love, you **SHOULD ALWAYS DO WHAT YOU FEEL TO DO**, but I am saying that I believe that if you do heal all your childhood repression then really there is no reason for you to get sick. Because by then you will be freely and truly expressing all you feel, and so, without ever denying any part of what you feel and who you are; without ever suppressing or repressing any part of yourself, you have no reason or need to get sick. I believe we only get sick to help show us there is something wrong – that we are not expressing ourselves – our soul – all our feelings, truly.

Through your soul-healing you'll be able to work out the truth of everything that is in your life: why it is; and the truth of everything that happens to you: why it does; and the truth of everything about yourself: why you think, feel, and behave how you do – everything. And by the end of it you'll have a greater appreciation about what and who you are: you, your personality – you, your soul. And you will marvel constantly at yourself: at what the Mother and Father have created – **YOU**.

Your healing is the first major step along your spiritual path to Paradise. You've had all these years playing around in your mind, seeing what life is like living in a negative mind state, and now you can start to give over to your soul. Once your healing is finished you are free to keep ascending in truth up through the higher or inner heavens all the way to Paradise, and then once there, it is said (as you can read in *The Urantia Book*) you will be able to *meet* Them.

The doing of your soul-healing will arrive you at the first and most bottom rung of your universal ascent. It will get you out of the sandpit (or perhaps bog?) of self-denial we call life on Earth, and then you'll begin to understand what living true to yourself and true to God is really all about.

Living in the negative is living in a no-love state. You might feel love in your life but this is only relative within your negative mind condition. What real love is and how it makes you feel awaits you when you've finished your soul-healing. Love, and the happiness that comes with it, is the feeling-aim of doing your healing. It is something, a state of mind and a way of life, yet to be seen on Earth as expressed by the mortal soul. Jesus and Mary did live it, however they didn't first have to do their soul-healing.

Your healing will help you see the truth of all your relationships. Again this might not be what some people want to see. Many people don't want anything to happen to their relationships, particularly with their parents, believing they did or do have a very loving relationship with them. And it's not for me to say they didn't. What I do want to say is that based on my own experiences, I'd advise anyone to do their healing first and then see what the truth of their relationship with their parents is. If you felt one bad thing during your childhood, and couldn't freely express all you felt about it, then this bad thing will need to be healed and its associated repressed bad feelings expressed. And until you do it, it will be affecting your relationships of love with yourself, other people, with nature, and with God.

Prayer for Divine Love.

Please have another prayer, longing for the Love and the Truth. Ask the Mother and Father to help you feel what They feel you are to feel concerning all I've just told you. Ask Them to help you to see the truth They want you to see.

When you sit with Them in your prayer simply allow your thoughts and feelings to come and go. This part I call meditation, or pondering, and observing what you feel. If you feel to speak to Them do so. If you want Their reply listen for it or ask Them to speak back to you. I can't sit with my mind blank in prayer or meditation. I always like to be thinking or feeling or speaking about something. This may be something I still need to heal, however, it's always been this way for me. I love speaking and thinking about things during my prayers and meditations. I love feeling all the sensations. I don't believe meditation should be an exercise of stilling the mind to the point of cancelling out everything you think and feel. I don't believe it reduces stress; for me that is using it simply as another tool to help keep the lid on all your bad feelings and what's really going on inside you. It's very easy to delude yourself into believing anything you want to, and particularly that things are 'good' for you when they aren't. From my experiences, most people who consider themselves authorities, giving out guidance about how you should live and what you should or shouldn't do, are only telling you things that will keep you bound up in your repressed mind controlled state.

If your prayers and meditations make you feel bad, then I would see that as a step in the right direction. It means they're stirring up stuff. If you don't want the stuff to be stirred up then I suggest you speak to a friend, and the Mother and Father about why you don't, even write about all you feel about it. And if you still don't want stuff to come up, but it is, tell Them about it, and ask Them if They will help stop it or show you what to do. But remember the stuff is rising within you because it wants you to do something about it. It wants you to pay attention to it, to start to want and long to see the truth of it. It is the beginning of your soul-healing. Bad stuff coming up is not necessary BAD! If you want to heal yourself it is GOOD.

Being in prayer and meditation is an active experience of being with Them. And as no doubt you've discovered for yourself, you don't need to do anything else. They will always keep you entertained.

Some more on Prayer and meditation.

In case you have other questions about prayer and meditation I will try and describe what I experience to give you something to compare with. But as always don't believe that my way is better or right compared to yours. If you do feel this, then you have another opportunity to try and express and see the truth of why you feel this way. Ultimately, I believe, what anyone says or does shouldn't make you ever feel bad. You should feel so happy and self-contained that they can do and say anything and it won't make you feel bad. But this state of mind, if it is to be so, will only come AFTER you've done your soul-healing.

During my prayers and meditations, as I said earlier, I currently say to the Mother and Father 'I want your Love', like a little child saying it to its parents, and I say it with as much longing, feeling, and conviction as I can.

Then I sit and wait, I love feeling the *light of spirit* that supports my body in prayer. I love feeling like I'm in another world. I then enjoy the Love when it comes; the feeling of the Holy Spirit bringing it into my soul. I am also usually speaking with the Mother and Father. Sometimes I sit quietly receiving Their Love, or if that's not happening, I think about whatever is in my mind, or speak with spirits. Rarely my mind is inactive.

I don't believe living life with Them is about sitting quietly in meditation for hours at a time in a nothing (so-called bliss) state of mind. We have a life to be actively lived through the interaction of our personality with other personalities, expressing – ALWAYS EXPRESSING – all we feel. When you shut yourself away from interaction during long hours of prayer or meditation you aren't actively contributing to life – you're not actively expressing your feelings. Such forms of prayer and meditation are only excuses to block out the world trying to stop it interfering with you and making you feel bad. It's more bad feeling avoidance and it will only keep you locked up in your childhood repression. Doing your *program* and trying to transcend your bad feelings with the allurements of accessing and gaining universal knowledge is only allowing the evil ones to gain more control over you. The evil ones, in this case, being those parts of your mind that are controlling you. And it's the same thing as spending hours in prayer using your prayers to God to block out your bad feelings. During my healing I've discovered that most of what I did in my life was helping me run away from my bad feelings. I didn't want to feel bad, who does? Anything was better than confronting and dealing with them. But it's no use, because everything you do is only momentary, and although you might believe you've successfully dealt with your bad feelings, sweeping them under the carpet and dismissing them for another day, they are still within you – THER IS NO ESCAPE!

God didn't mean for us to spend hours shut away in prayer and meditation. They made longing for Their love but a moment of heart felt inspiration. It couldn't be any easier; and then we can get on and continue expressing all that our soul wants us to.

Often the Mother and Father or Mary and Jesus or some of the Celestials I work with engage my mind and I speak with them or ask them specific questions. I love feeling their words come into my mind, and I love the pictures they flash to me as they pass their concepts and understandings to me.

When I feel like it again, I long for more Love. My meditation and prayer lasts anywhere from one minute to half an hour depending on how it goes and how I feel. It always seems to have a life of its own, and when its finished I know it's over and my eyes open and the spirit light diminishes and I return to 'normal'.

I've long since dispensed with visualisations or imagining imagery or colours or trying to do things in my meditations and prayers to help myself heal or stimulate certain experiences. I allow the Father and Mother through my Indwelling Spirit to orchestrate all my inner goings on, and I've never been bored – not once!.

I love the communication with spirits and God. And, as I said previously, other people like Marion aren't so interested in direct communication, but still don't find their meditations and prayers any less stimulating or enjoyable. She will often sit much longer than I do, feeling her feelings, pondering things, longing for the truth and Love, speaking to the Mother and Father expressing all she feels, or just being quite and content to be with Them in Their Love.

Sometimes you might find you go into a deeper state than at other times. This is natural and everything that happens to you will be done for your benefit. I have used techniques of meditation that artificially alter ones brain waves and induce certain levels of consciousness, however I don't like this, as once again I believe it's only using artificial means to alter your mind, which is already in an altered negative state. One is only adding more salt to the injury even though you might find it peaceful because you don't feel or think anything in these deeper states removing yourself further from your underlying bad feelings. Effectively, I believe, it's as though artificially you are putting yourself to sleep but remaining 'awake', and some people can apparently access the spirits or general universal knowledge in this state, but again it's all only to seek power and only adds to giving your mind more negative control over yourself.

If communication with spirits doesn't happen easily without any aids, then I'd seriously question your intent. You don't have to speak to anyone, not even the Mother and Father, during your prayers or meditations. I like the freedom of the prayers and meditations with the Mother and Father. You don't have to do anything other than long. No fancy techniques; no mind numbing mantras; no having to stop your life at certain times to religiously pray, and nothing laborious requiring years of dedication to achieve certain results. You don't have to use your mind to rigourously control your posture or point of focus. No, it's all straightforward and simple. It will be what your longing is for you, and that is good enough by my reckoning.

Ultimately I feel that we don't even have to formally spend time, as I've been teaching and advising you, to long for and receive the Divine Love. I feel the more you get into it the more it simply becomes your whole state of being, as though you're constantly in a state of longing. However for now, I would suggest doing some of your prayers in a formal way – giving yourself uninterrupted quiet time to pray, and long, and be with Them. I believe to begin with we all need this to help establish a relationship with Them, as with ourselves. And it's a very nice thing to do for yourself, to stop everything, and to pray and long for Their Divine Love.

Summary:

We ALL live in a negative rebellious mind condition. We are all evil. Are some people more evil than others? – I'll leave that one up to you to decide.

It all began with the Rebellion and became ingrained with the Default.

We pass it ignorantly and unconsciously (by default) to our children.

We are all suffering from repressed childhood feelings no matter how happy or 'in love' we may feel. Underneath it all, we feel bad.

We all need to heal our childhood repressed feelings if we are ever to be free, truly happy, and content with life, feeling like our life is somehow starting anew.

Doing your soul-healing with the Divine Love of God, is to my understanding, the only way to fully rectify ALL that's wrong within you.

Wanting to know the truth of all your bad feelings will heal all the pain within your soul

It's achieved by honouring and accepting and expressing your bad feelings. Always talking about how you feel and longing for the truth of those feelings. Your feelings are your key.

We all need to do it – our soul-healing – one day.

Be true to the Spirits of Our Daughter and Son.

**Invite them into your home and make them feel welcome.
Invite them into your heart and allow them to show you the truth of
Our Love.**

Love Mary and Jesus for whom they truly are.

**We have asked them to come to you.
We have asked them to show you the way.**

They will guide you to Us.

**We want you to listen to the truth of their soul.
And by doing so, so shall you find the truth of your soul.
And by finding the truth of your soul, so shall you find the Truth of
Our Soul.**

**Your feelings are the way. They need to be accepted with love.
Your bad feelings especially.**

**Long to liberate all your repressed childhood feelings.
Long to see and know the truth of them.
Long to heal your soul.**

**And when you are free,
together we will meet in a union of love.
Two loves combined – natural and Divine.**

This is Our Way, and the TRUE WAY of your soul.

Let Us Be One!

Your Heavenly Mother and Father of Love.

Session 8

COURSE SUMMARY, AND LIVING GOD'S WILL.

I assume that if you've got this far then you're happy with your prayers and are receiving the Divine Love, and have reasonably accepted most of what I've said. And if this is the case: Welcome to Divine Love Spirituality.

Prayer.

Pray for the Divine Love, long for the Truth. And ask for your word.

Exercise:

Questions:

How do you now see God?

How do you feel about the Divine Love? The Mother and Father? Your relationship with Them?

Do you have something of a feeling for whom God is? And a connection with Them?

Do you understand about Their Love being offered to you and your acceptance of Their offering?

Do you feel you know something about Mary and Jesus' role?

Do you feel happy with longing for the Truth? Do you understand its significance?

Do you feel you understand the difference between using your mind to communicate with God and using your heart and soul to long (without words) for Their Love?

Do you feel you have some idea about your soul-healing? What it might involve, and why you need to do it?

Do you understand something about your negative mind state and your childhood repression of unexpressed bad feelings?

Can you live with the Divine Love in your life?

Can you long for the Truth of all that you are?

Can you begin to do your soul-healing? Do you want to?

Information: Living God's Will.

I want to reiterate: what it is, and how you do it.

Many people want to live God's Will. However, without the inclusion of the Divine Love to begin with it can't and won't happen. In a perfected natural love state you can long and want to live God's Will, and you can do all you can to live true to your feelings and honour the laws of Creation, but if the Divine Love is not on offer and you can't or don't partake of it, you won't be able to transform your soul, and so won't be able to live and do God's Will.

We are very fortunate having God's Love available to us. We can, not only perfect our natural love: healing our self-willed negative condition, but can also partake of Their Love and transform our soul. As you do your soul-healing both things will be happening to you. You'll heal your mind and will, perfecting your natural or self-love, and you'll also choose to willingly live and do God's Will as your soul becomes progressively more divine. We use our natural love to do our soul-healing with the Divine Love acting as a catalyst and support.

Long, and want to do God's Will as much as you like, however, I would suggest not wrestling with your mind trying to figure out if you are or aren't doing it. Or what it is or is not. Don't worry about this as you do your soul-healing, simply concentrate on how you're feeling in each moment. By the time you complete your healing you will be living and doing God's Will.

It's not until you achieve a Celestial level of truth, that being, when you've finished your soul-healing, that you'll be wholly God-willed using your will to do so. In the mean time all you can do is want and long to live Their Will and ask Them to help you to. As you progress, and through your soul perceptions, They will show you the changes you're making and how you're crossing over to Their side. As you break down your mind and its negative control, you'll start to feel you're no longer trying to control things: life, and other people. You'll be more open and won't get all bound up in power plays, preferring to stay true to what you feel and acting on your own good feelings. You'll find yourself becoming progressively more inwardly focused – more interested in yourself, what you're feeling.

Neither the Church nor any other religious or spiritual organisation can show or teach you how to live and do God's Will. What they believe is doing God's Will is only doing the will of their parents. Our parents have forced us to live and do their wills by subjecting us to their negative mind states, and we've willingly (although begrudgingly) accepted the rules from them. By accepting Mary and Jesus' way you will be heading off on a new life path, one that will gradually help you to live the Mother and Father's Way.

When you've done most of your healing, living God's Will will cease to be an issue. You will *know* you *are* doing it. It will become simply a part of your truth, *how you are in life and what makes you feel good*. And it is with this truth, you will live as a spirit in flesh, being true to your own soul by honouring your feelings, and at the same time being true to the One Great Soul that is God, YOUR Mother and Father of Heaven.

A final word.

I want to say a final word about embracing the Love and then doing your soul-healing. Many people, having discovered the truths of Divine Love through the *Padgett Messages* appear very happy with the Divine Love in their life and don't want to entertain the notion of soul-healing as I'm presenting it. These people feel, from what I can gather, that they are doing their healing; they are transforming their soul, as Jesus said would happen upon receipt of the Divine Love into one's soul; and they feel they are growing in truth. And it's not for me to say that they aren't.

However, from observations of some of these people, what they call the doing of their soul-healing, or their healing, is not the same as what I've been speaking about – trying to express and liberate all your repressed childhood feelings and breaking down the associated behavioural patterns as you see the truth. From what I observe they are expanding their minds with understanding and information and, if at all, then in a very limited way, might be progressing in truth and doing their healing.

What I want to stress again here, at the end of the course, is that the doing of your soul-healing is paramount to the perfecting of your soul. Unless the Father and Mother show me another way of doing it, I'm convinced that what I'm conveying is the way we all will one day need to go.

If you read the *Padgett Messages*, or indeed have already done so, you do get the feeling that all you need to do is long for the Love and have faith that the Father will somehow magically transform your soul into divine perfection. And, if this can happen and does happen, well and good, however, I'm not as yet convinced that the people who are living with the Love this way are achieving anything along the lines of what I'm suggesting perfection is, and what I understand it to be. They're not doing the hard mind numbing work involved when actively doing your soul-healing, and I believe they will still have to do it one day.

Having said this, I do also understand and encourage you, if you don't want to immediately launch into your soul-healing, to give yourself plenty of time simply living with the experience and joy of partaking of the Divine Love. This may take months, years, even the rest of your earth life. But, so long as you continue to bear in mind that at some point, if you want to seriously start your Paradise ascent, and seriously start to tackle your imperfection, self-denial and negative mind state, you will need to start doing your soul-healing.

For most people from what I've seen, when they do initially embrace the Divine Love, they do experience a state of well being, even of their life suddenly getting better. They might gain financially, or achieve a career breakthrough; they might gain renewed health, even healing from some ailment. And naturally, because of gaining these benefits in their lives due to living with the Father and Mother and Their Love, might not be in too much of a hurry to start dealing with more bad feelings. And if bad feelings or bad things happen then the temptation (totally understandable) manifests to cling onto the Love and pray and beg the Mother and Father to help deal with the problem, resolve it, or simply take it away, without seeking the truth of its underlying causes.

To live with the Divine Love like this is okay, so long as you remember that you are using it to avoid your bad feelings and the doing of your soul-healing. And this is, I repeat, is ALL RIGHT, so long as you're aware of it, and that it's the choice you're consciously making. And why it's all right is because you're still taking responsibility for your life just as you will consciously be able to choose and take responsibility for one day setting off longing for the truth and healing your soul. If you want to use the Divine Love to help you remain blind to the real issues within you, not wanting

to look into your Pandora's Box, I totally understand – the doing of your soul-healing is very hard, but just so long as you're aware of what you're doing. The worst part is deceiving yourself, lying to yourself and living untrue, because this will only make things harder in the future.

A few people I've observed, have embraced the Divine Love moved straight into the doing of their soul-healing, but in some cases this has been all too much. They've eased back and given up longing for the truth giving themselves more time to get used to the Love itself and their life with it. Those who have carried on, have been the exception rather than the rule, finding it very confronting and a lot to deal with all at once: embracing the Love and launching straight into their soul-healing. And it's because of these people that I have structured *Divine Love Spirituality* with introduction courses, hopefully giving you time to adjust to living with the Divine Love, whilst you can think about your soul-healing and some of the deeper issues involved.

So to complete this course, as I said above, give yourself time to get used to all of this new information, feel what you feel about it. You will feel and know within you what you want to do when you want to do it. The soul-healing is how you heal all your yuk and pain, but it's only to be taken on when you're ready, and of course you can ease yourself into it. But at least you're now aware of its existence and the need within you to do it one day.

Summary of the course:

God is One Soul – our Heavenly Mother and Father.

They are offering Their Love to you – Their Divine Love.

If you accept Their offer of Love you can transform your soul from being mortal into being immortal, from being of only natural love and of Their image, to being natural love and Divine Love and of Their essence. Your soul becomes divine.

If you want, and with Their help, you can see the whole truth of your self.

To do this you need to do your soul-healing and heal all your childhood repression.

This you can do by accepting and honouring your feelings, and in particular your bad ones.

Your bad feelings, if you express them, will eventually lead you back into your early childhood so you can see the truth of your relationship with your parents and all those who negatively influenced you.

In seeing the truth you can choose to maintain your current negative state of mind, or you can give it up and live God's Way.

By choosing God's Way you want to live Their Will.

When you've completed your soul-healing you'll start living a *new* life, feeling as if you've been born anew.

And all your relationships will be perfect, as you'll be perfect. You'll be able to perfectly

communicate and express your feelings and thoughts to another person or spirit. You'll be living relationships in perfect harmony with all of Creation.

And you'll know what love is, real and true love.

And you'll have found your soul-mate.

Jesus and Mary are your spiritual parents. Your parents, if they were living true, would have led you to the Truths of Divine Love (given to you by your spiritual parents) and these truths would lead you to your Soul Parents, your Mother and Father.

Ascension is a step-by-step, growth-of-truth, process. Our world has been severely interrupted and negatively influenced by a Rebellion and Default of higher Spirits many years ago. Humanity having been subjected to wills of these spirits and having accepted their lead, is now living against itself and living untrue to God. We're living untrue to ourselves. You are living untrue to yourself. We are evil. You are evil.

The healing of your negative mind state of all that's wrong within you, of all your evilness, is the healing of your personal rebellion and default.

Divine Love Spirituality is being presented as a revelation of these new truths of Divine Love together with new information and understanding coming from spirit.

If you choose to live it, the Father and Mother will guide you. It is your life with Them.

Divine Love Spirituality will help you to heal all your relationships: with yourself, Them, and with everyone and everything else. It is about love – your loving Them and Their loving you. All to help you love yourself.

And how you achieve this love is through the truth. And how you live true is by being true to your feelings. And how you know you're being true to your feelings is by doing your soul-healing. And how you do your soul-healing is longing to Them for Their Love and longing to see the whole truth of yourself. And how this will eventually make you feel is: loving and loved.

***It all begins and ends with love.
Your love, and Our Divine Love Love.***

Prayer for Divine Love.

During your prayer thank the Mother and Father for helping you with the course. Thank Them, if you haven't already, for all you've experienced. Let your heart speak its feelings of gratitude to Them. Always tell Them how you're feeling and why you're feeling what you are. Remember your feelings are the key.

**Thank you for doing my course.
James.**

**The One True Way To Live With God.
*Divine Love Spirituality.***

Thank you our Heavenly Mother and Father for Your Divine Love.

**Thank you for helping us to long for and see the truth of all You
wanted us to see.**

**Please help us to continue to long for and receive Your Love.
Please continue to fill our souls with Your Divine Love.**

Thank You our Mother and Father.

We love You.

For Further Information.

Books:

The Padgett Messages by Mr. James. E. Padgett.

The *Padgett Messages* contain many messages received by Mr. James Padgett early last century from the Celestial spirits and Jesus himself. I can't recommend it highly enough! Everyone who embraces the Love should read it. It really is a MUST! It gives you a good reference point to start your relationship with Jesus and his Spirit of Truth.

The messages are available in various forms on the Internet. See also, **Books** on the DLS web site and **Links** page.

The Urantia Book www.urantia.org/

This is a huge book packed with information that will stretch your mind beyond its limits. It is unfortunately beyond some people. It is however, fantastic if you want to indulge yourself in universal matters and get a feel for what's 'out there' in a spiritual sense. It is however a book for the mind and not for feelings.

It was somehow given to humanity as something of a summary drawing upon humanity's historical spiritual understanding and adding a lot more. But it is *only* a book and it does have very severe limitations, namely: it doesn't include revelations about the feminine aspects of the universal hierarchy that relate directly to us. Nor does it speak about our Heavenly Mother or Mary Magdalene. These limitations were imposed on it by the Rebellion and Default.

Some of the papers I would suggest reading – those relevant to this course include:

The series of papers about the Indwelling Spirit of God – the thought adjuster.

Papers about God, and, the Father, and Paradise, depending on how much you can take. (If you find the going hard at the beginning of the book, skip and browse.)

Papers on Jesus – the Creator Son, and the other descending Paradise and local universal Sons.

Papers on the Lucifer Rebellion and the Default of the Planetary Adams.

The whole last section (IV) - The Life and Teachings of Jesus.

The book doesn't include the truths that Jesus has revealed in the Padgett Messages, nor does it include anything directly about our childhood repression, negative mind state, and our soul-healing as I'm presenting it. It only talks very generally about these subjects. It doesn't include Mary

Magdalene as I'm presenting her – as Jesus' soul-mate. This is, so I've been told, because of the restrictions imposed by the Rebellion. Only Mary can reveal the truth of herself so she's is not included in *The Urantia Book* as Jesus' equal partner. If you read the book and wonder why it doesn't include Jesus speaking about longing for and receiving the Divine Love, it's again because of restrictions imposed on it by the Rebellion, and it's truth he can only reveal.

If it's not to your liking don't feel you're missing out on anything vital. It's Jesus and Mary's truths that we need. In time you can find out about the wonders of the universe for yourself in spirit.

I also find most 'extensions' of the Urantia book revelations untrue, with natural love mind spirits pretending to be the higher spirits. Things such as: the 'Teaching Mission' and talk about the soon to arrive Avonal Son on a Magisterial mission.

Summerhill by A.S. Neill

A book about Neill's Free School in England last century. I found it very useful to read about a whole different approach to children. Much of it, and many of the issues covered by him, you'll find relevant if you choose to do your soul-healing. He helped give me a different perspective on a lot of things.

Alice Miller the Swiss psychotherapist

All of her books, including: *The Drama of the Child*, *The Truth Will Set You Free, For Your Own Good*, are focused on getting at the truth of your childhood repression. Marion and I found her very helpful. However, as far as I'm concerned, her limitation is she doesn't include God. Hers is a natural love self-willed approach to doing your healing and as a consequence I feel is limited. However, she is definitely showing us that many of the professionals are heading in the wrong direction and are not helping their clients to address (find the truth of) their childhood repression, and are only further helping them to cover up and keep repressed their childhood repressed trauma and bad feelings. She is a breath of fresh air – that's for sure! – and a confirmation through regular means that our state of well being is all about healing by seeing the truth of what really did go on during our early childhood and what we did really feel.

Barbara Ann Brennan

The Hands of Light and Light Emerging I found very useful, bearing in mind: she's not living with the Divine Love, believes in reincarnation, and is all apart of developing the mind and not the soul. Nevertheless, I found her pictures about our subtle body and spirit systems, and what goes on in them, very helpful seeing that there is far more to us than we realise. During my healing I often feel work going on in my subtle bodies, adjustments being made, things shifting and changing in these unseen areas of my aura. Her books helped to give me something of a picture I could relate to.

And my books

Without wanting to blow my own trumpet, I hope to one day be able to afford to publish them. I have various novels waiting in the wings, and lots of messages I've received from the Celestials and Mary and Jesus that show where I've got most of what I've been telling you throughout the course. I have also written about my soul-healing experiences.

I also imagine there are other good works out there. If you know of any that you feel are directly relevant, please add them to the feedback and evaluation sheet.

Feedback and Evaluation.

I want to evaluate what you think and feel about the course so I can continue to evolve and improve it. It's hard to know exactly what to say in the course (what information to give; and what level to give it at) because everyone comes from a different spiritual background and I can't tailor it specifically for everyone. But, from your feedback and assessment of the course, I can see if there are areas you are interested in that I can add more to or even subtract from, possibly helping other people.

So please, if it's not too much trouble to copy and paste it, answer the questions, and then email it back to me, I would very much appreciate it. Thank you.

Course: Introduction to *Divine Love Spirituality*

Feedback and Evaluation form.

Not more questions!

Name and email (These details are optional).

Did the course teach you how to long for the Divine Love? And do you have any comments you'd like to make about longing?

Do you feel the Divine Love coming into your soul when you pray? And would you like to comment on, or tell me about any experiences you've had with it? And what it feels like?

Do you feel you understand what it's all about?

Did you find my explanations about everything: clear or unclear?
What parts were unclear?

Did anything I said make you feel bad? If so, what parts, and what did you feel?

What parts would you like to know more about?

Did you think there was enough of my personal experience in the course?

Was there too much information for you to handle and understand? Would you have liked the course to be simpler? Or would you have liked it to be even more far reaching?

Did you enjoy doing it? And was the format satisfactory? Any suggestions about improving it you'd like to make?

Are there any other comments or questions you would like to make or ask?

Would you like to be kept informed of what else *Divine Love Spirituality* is offering?

Thank you for your feedback. I will keep all you've said in the strictest of confidence. Nothing will go beyond Marion or myself.

Divine Love Spirituality