

Messages from Mary and Jesus

Spirit messages from Mary Magdalene and Jesus

Book 2

(23/4/2003) - (10/10/2003)

Divine Love Spirituality

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Preface

(June 2009)

As can be seen, I wrote these messages back in 2003 but I didn't do anything with them – I didn't look at or re-read them – until more recently, it now being June 2009.

As my Soul-Healing was progressing and I was growing in understanding about my negative state and the bigger picture Mary and Jesus (and Marion) were helping me to see, I new what I had originally written with Mary and Jesus was limited by my lack of understanding.

So I held off looking at them until now feeling I have gained a better and more personal understanding of all they wanted me to know. And so accordingly, I have edited them (with a little help from the spirits) bringing them up to date.

It's taken me all of my now sixteen years living with the Divine Love (thirteen years of doing my Soul-Healing) to be in a position to feel good about offering them to you. And why I'm telling you this, is not to pat myself on the back, but to say that back in 2003 when I wrote them, were you to read what I wrote they'd probably read like a lot of gobbledegook – as they do when I first go back over them!

So, as they are now, was not how they first came to me. I have fixed them up. The process of inspirational writing is far from perfect. I don't just take perfect dictation from the spirits; it's not meant to work like that. It is meant to all be a part of, and to help me, evolve and grow in truth, that which I am highly indebted to the spirits for.

And so because of this, I offer my spirit messages as what they are: a snapshot in time of where I am up to in my soul growth and development. So they are not perfect. They are really something that is evolving. So please don't try to live what is said by Mary and Jesus as if it is the definitive truth. Instead strive to find out the truth for yourself through your own feelings, using what I have written as only a guide.

(And since then I have again 'updated' them, it now being April 2021. My Healing is still progressing and I am very happy that the continuity of the messages has been maintained throughout the years, there being very little I need to change about the truth and information. And I am even more grateful to all the time Mary and Jesus gave personally to me and all they helped me understand about everything.)

James.

(23/4/03)

Hello James, Mary.

I am pleased you managed to fix the problem you were experiencing with your computer, and you expressed all it brought up in you. Each of these difficulties you are experiencing are helping you to free

your mind of its confinements and fixed belief and behavioural patterns. So when a stumbling block comes your way, to express all that it makes you feel, will as you have been experiencing, free you, and the block gets fixed very simply and with little fuss, just as the Mother and Father do all things.

As we read your thoughts, Jesus and I see that you have more questions for us, so we will continue our 'messages' to you and I will begin by answering your questions.

So first of all I want to reiterate that the Bible is NOT the 'word' of God. God – our Heavenly Mother AND Father who are the One Same Soul that has Two distinct Personalities, have never spoken words – They do not need to. They simply communicate with us through our soul. However, They have designed Creation, and so us, with the ability to use various spirit agencies to be able to communicate in many ways with Them. The most you are familiar with is through Their Indwelling Spirit (re: The Urantia Book – the Thought Adjuster papers) that comes to you when young and helps to put Their desires for you into a form that you can interpret and very easily listen to with your inner ears and soul perceptions – provided you are living true. In this way it is therefore relatively easy for us all to communicate with the Mother and Father when we are of flesh or spirit. You can actually speak directly to them using your mind via the help of the Indwelling Spirit, who for all intents and purposes, is God, is They within you – the *God within*. It is that calm, distinct inner voice of God you can hear in your mind. They have given you all a Spirit fragment of Themselves that indwells your higher mind circuits to help aid you in having a very direct and personal relationship with Them. And with this help and through your own endeavours of truth discovery, you do not need anyone else to tell you anything about how your relationship with the Mother and Father should or should not be. The Bible, like any book, can be used to help you have experiences, but these experiences you should use to help reveal more truth to yourself about yourself and God; being done by expressing all you feel and longing for the truth of those feelings. Each of us, being daughters and sons of God, have the ability from within ourselves to reveal to ourselves the truth we need to know about how to live life. Each of us are meant to work out how to live life for ourselves. And this is very important. As soon as you look to another source or individual, giving it more importance than yourself, you are denying your own self-revelation and thereby blocking the true expression of your feelings that are being generated by your soul in response to your experiences; and you are giving way to your mind by allowing it to dominate you. We can all help one another by speaking about whatever we like, we can even encourage you to believe what we say, but still we can't make you believe us and we don't expect you to turn our writings into anything more than what they are – James' personal understandings and communications with us; with which you are free to do whatever you like, and should use to help you understand and relate to some of what you experience and feel through your experiences.

We are only writing this to help give you some mental pictures, not to tell you how you must live or else! We only want to show you another and different way than what you are currently living, a way we have seen many others experience to their benefit. And we certainly won't be making rules for you to follow, such as how you should attend church at least once a week on a specific day, to repetitively say certain words and perform certain rituals to achieve a desired result. All we will say is for you to long for the Divine Love and the Truth, and to try and accept, express, and seek the truth of your feelings, nothing more, as there is nothing more we need say. You can work out how best you long, what works for you, as you'll be able to feel and experience the Holy Spirit conveying the Divine Love to your soul, and so know you are longing correctly FOR YOU. And what suits you may not suit another; and the beauty is everything is so personal, so highly personal, as you will discover through your Healing and ascent of truth.

Jesus did not write or leave any instructions as to set up a church based on his teachings and words that preceded him. His whole life was to show you it is to be an open fresh-air relationship with God that one needs to live. That is not to say books about truth and experiences of living it aren't needed, but to rely on one book, even if it is a book composed solely of Jesus' new revelations to Mr. Padgett, is bad for the soul. The rules of life can't be contained in a book. The rules of life are contained within truth, and it is truth that one needs to live – to live the true and correct way. Books can help one understand how to uncover truth through one's own efforts, but should never be used to replace truth, or one's personal endeavours of seeking and finding it through one's experiences. If you decide that one book is *the* book then you will condition your experiences forcing your soul to comply with your mind's desire, therefore limiting your soul's ability of educating you and revealing truth to you from any source. As you grow in truth you will of course outgrow many things, books included, as they will hold no further experiences for you, and this too is what is meant to happen with you literally outgrowing whole worlds as you ascend to Paradise. And in time you will outgrow or ascend past all that you are reading now, as you will know for yourself all that I am conveying to you through James.

The Bible is a wholly contrived piece of work with its real authors unrevealed. It does contain a tiny amount of what Jesus said, but nothing of any consequence concerning what your soul needs to grow in truth. Mostly it has been written by people who wanted to use it for their own power gain, so contains much untruth and also a lot of just plain nonsense. And as you have found James, having never read it through, that in no way do you need it to long to the Mother and Father for Their Divine Love or to do your Soul-Healing. It serves no purpose to you, other than being simply just another book, one that you have long since outgrown. However, having said that, it does provide you with a good 'negative' purpose James, by confusing you when you do read it, by making you angry and frustrated with so many people believing all that's said within it, all of which are bad feelings you have used to express and long for the truth of, all helping you evolve your truth-loving soul helping you with your Healing.

You only need such books to *believe in* because you have been cut off and stopped from expressing your feelings as young children. Had you been allowed to be freely expressive, you would have quickly seen that through your feelings you could work out what is true and right and wrong for yourself. And you would have matured and developed through your experiences into being quite capable of revealing truth to yourself, understanding that it's all contained within your soul; and by living true to and honouring your feelings, and by expressing all you feel, the truth will come of its own accord as you require it. Then a whole extra dimension to life, living constantly revealing truth to yourself, would be simply a natural part of your day, providing you with the depth and fulfilment your truth-craving soul needs. Then you wouldn't feel unfulfilled and despondent, bored and wondering what life is all about. To feel these things only means you are not growing in truth, or if are doing your Healing and uncovering the truth, then it means you are getting more in touch with feelings you've repressed about how you felt during your childhood.

Humanity is completely retarded when it comes to truth. Over these past two thousand years very few people have managed to live higher than the equivalent of Mansion World two. And yet humanity should have people living at all different levels of truth, right through the seven Mansion Worlds and higher up through the Celestial spheres. Humanity is yet to begin its relationship with truth in a positive sense, because for all these years it has been learning the truth of what it's like to live denying truth, and denying feelings inhibiting its ascent of truth. And you only have to look at the Bible (as well as all other man-made and so-called divinely inspired religious and spiritual texts) to see their lack of truth, to see what the mind can produce when it's not founded on truth. Such texts so many people and mind spirits hold so dear are great examples of books that will do all they can to keep you away from the very truth you need

to uncover through your own feelings so you can truly spiritually grow and ascend to become at-one with God. And then to see just how many people believe that such books hold the key to God, or the way to live life, is very sad indeed. Most people don't even understand that the soul and your spirit and mind are all different things. You are a truth-less people living on a truth-less world; you are living in a desert of truth, all but devoid of its life giving sustenance.

Jesus didn't have the Bible to learn from, and yet he revealed his – our – Father in Heaven. So why do people or spirits need it? And just because Jesus isn't quite like ordinary people so far as his soul is concerned, that doesn't mean that ordinary people can't reveal the Mother and Father to themselves – they only need to use Jesus to give them a helping hand. What most people consider being religious or spiritual on Earth and in the mind worlds is nothing of the sort. It's all to do with playing in the mind and being controlled by it. People's spiritual longings are real and true, but as there is no truth to connect them with, that is not until now, the mind has had a ball making up whatever it wants and calling it spiritual or being religious. Humanity is meant to evolve out of making up its own spiritualities and religions into accepting a truly *revealed* spirituality and religion; and because of this there is only One True Way, and that way is the way Jesus and I and other high Daughters and Sons will reveal to you. In the Divine Love Mansion Worlds, everyone believes the same things and lives the same truth, and is approaching the Mother and Father in the same way, all because those spirits choose to live how Jesus and I have helped them to live. There are lots of books on the subject of growing in truth the *Jesus and Mary way*, and everyone lives the same Divine Love spirituality. There isn't a plethora of different religions, spiritual systems and ways to live, there is only a cohesive whole, all of which allows each individual to uncover and reveal to her and himself the truth of their own soul; the truth their soul wants them to live, and the truth God wants them to see, know and be.

The Mother and Father want humanity to continually be pushing on in their knowing of Them. They want all sorts of new understanding, insights and revelation to come to every person. They want each and every life to be a full revelation of Them, as Jesus showed it could be. They want everyone to live as fully a divine life as Jesus did. They don't want everyone to be a Christian or anything else, They just want you to be as fully expressed as you can be in love with Them and fully of Their Love.

You have been created to grow in truth through your experiences, all being conducted through your feelings, so if you are denying yourself any feelings, then you can't grow in truth. So whatever you might *think* you are doing, it's not growing in truth, only advancing your mind. You need all of yourself fully functional and with no self-denial to maximise your truth grow from your experiences. Any part of denial will deny you the full experience in each experience, denying you the truth you could have gained from it. When you start to live a life that is truth determined, that which will come as you do your Soul-Healing, you'll gradually begin to understand how valuable experience is, and how each experience is provided for you by your soul so you can gain the necessary truth and understanding from it. And as you do, you'll feel you are centred on your true life path, not something contrived by your mind, and you'll actually feel yourself taking steps in your ascension toward Paradise.

The goal of a fully enlightened humanity is for each individual person to have their own very unique relationship with the Mother and Father. There will be no ordered or set out religion. It is the *religion of love; religion founded on truth, the 'religion of feelings'*, highly personal, and based soundly and solely on one's relationship with all things – on one's relationship of Truth. There is no official universal religion, it is just life with the Mother and Father – a full life of Their love. A life of Truth. You are to evolve out of your mind-evolved evolutionary man-made religions.

The truth revealing Descending Daughters and Sons of God do not come down to planets of ascending mortal women and men to lay down the law. They come to inspire and to help the people see a higher example of living with the Mother and Father. They come to use what the humanity itself has

revealed so far as truth is concerned, and then live higher truth the Mother and Father want them to live as an example to all. The truth of the Descending Daughters and Sons of God is consistent with each other, yet separate – an individualised and personal expression of it. And the heritage of humanity's truth slowly builds with the succession of Divine Daughters and Sons showing it varying examples of what it too can be like. Jesus and I came to help save humanity from the Rebellion and now another Daughter and Son are required to save humanity from its after effects and the Default. And our revealing of such truths at this time is our preparation for such a pair to feel confident doing their work.

The saving of humanity is not about making sure all souls have received the Bible and become Christians, it is about helping each person to understand that they are living in a wrong way due to various negative influences all of which are passed on to them through the relationship with their parents. And you need to save yourself by healing yourself of these unloving influences. Nothing more. Saving souls does not include forcing the Bible on them, or threatening them with more fear and damnation in the afterlife if they do not do as the Bible, or the pusher of it, says. God doesn't say come to Me and ask Me for My Love and help, or else. They wait and allow us to come to Them when we want to – when we are ready. Anything else is not loving.

Jesus and I were only the beginning of Divine Descending Paradise Sons and Daughters to come to your world since Eve and Adam. Not all will manifest in flesh, but they will all be able to help further humanity's growth of truth. They are meant to build on the truth on each successive arrival whether they are seen or unseen, and they will. Our coming again in this *inspirational writing* method by communicating with various people from spirit (like our writing with you James), means you won't be able to use us to build yet another bible. Too much information will be revealed to you, and once people start living it, they will shed light on yet more information. And if you live correctly what Jesus and I are saying, you won't feel the need to make a new bible, as you will be giving up the need for such false power as you do your Healing. The Church only remains because it doesn't promote truth and the individual's ability to find the truth of her or himself. And those people who want to remain truth-less will continue to adhere faithfully to the teachings of their religions and spiritual systems; and those who do sincerely want it will find the Divine Love and begin to do their Healing.

In spirit those who are active in their church or religious ways take the longest to find the Divine Love and so it shall be the same on Earth. Those who are not using such established power belief systems to control themselves will be more open and free to seek the Mother and Father as a result of their normal inner processes.

Unfortunately the religions are flourishing in the mind worlds. They have huge numbers still supporting them and believing that there is nothing else, and that they are the closest to God they can get. And so many spirits have such a terrible time when they finally become disillusioned, being so scared that there is nothing else, fearing they'll be swallowed up by the evil and darkness of the lower planes.

The planes that are filled with the lowest and most darkened souls, the hells as they are called by the religious, are an actual reality that can be seen and visited in spirit, and so those of the Christian religion (and other religions) have their evil places to fear, and use this fear to maintain control over their members. To them, all they believe in the Bible about Hell is very real, and even more so than many actually dared to imagine and believe when on Earth. But all those who dwell in these dark places are there because of their wrong doings whilst on Earth, and so ironically many of them are Christians and members of all the religions. They are called the *fallen* and *dammed* and are pitied the most by those in the churches. They are the one's that obviously didn't follow their orders and obey, and now must pay the price. And there is a lot of work for the faithful to do trying to save these poor wretched souls. In spirit, there is no evangelising in new lands converting the ignorant savage, but there are plenty of fallen and dammed that need all the help they can get, so these *God-serving soul-savers* want to believe. The spirit

missionaries flock into these darkened *worlds* trying to get souls to repent and to see the error of their ways. They try to appeal to these souls to live a more moral and righteous life, and of course to return to the church. And then there are those in hell not formally of the church and they too need saving, so there is a lot of work to be done. Most God fearing spirit Christians involved in this work live almost despairing of the great work needing to be done as there are so many darkened spirits in the hell planes and more arriving from Earth all the time. There is an endless stream of new arrivals filling up the hell planes. And they believe the work has to be done, because who else will look after such poor lost souls? And that is another irony, because these souls are quite capable of looking after themselves. They can't die again, and most of them can't even become more evil than they already are; and the natural process of soul-rectification comes into operation – the Laws of Compensation apply. And if left alone, such dark spirits would do their hell-time and naturally seek the help they need when they need it. And many of these dark spirits hate the 'well-intentioned soul-saving' interference by these spirit Christians who just won't mind their own dam business and let the poor dark spirits get on suffering the pain they have caused another through their evil deeds. But of course such righteous spirits from the churches don't see or understand this, and any gains the dark soul makes to the light, they wrongly assume came about because of their good self-righteous loving attention, all of which was given so *unconditionally* to that wretched evil spirit, taking all the credit for their *good work* in *saving* yet another soul from *eternal damnation*.

You can only save yourself from your negative mind-state, there is no other way, nor is there any other saving you need to do.

I want to change the subject now James, so please follow along.

To let go of the material plane is very hard. Everything can be a pleasure and allurements keeping you from focusing on the more important issue of your souls need for love. You can't go and buy love, but that is what you're trying to do by looking to material things to give you fulfilment...

(24/4/04) Mary continues...

Believing one is getting love through the world of material things causes many to stop looking deeper.

To pray for the in-flowing of the Divine Love and receive it into your soul, will satisfy your deeper soul needs, but still other outstanding Natural love needs, even material needs, will need to be fulfilled. As you do your Healing, the Mother and Father will take care of these needs as well. You do need to have material experiences, after all you need to experience everything through the material, and you may need to have material things to satisfy part of your outstanding legacy of wanting things; but once had, as you journey on in your growth of truth understanding why you wanted them, and if you no longer need them, you'll let them go, giving them up. All the experiences you've been deprived of; all the experiences your soul knows you need to grow in truth, and not what your mind might think it needs, will be given to you as you heal your soul. And the things you don't need, so far as your soul is concerned, will leave you allowing you more time to focus on the experiences your soul needs to grow in truth with. The whole focus of your life will shift away from the physical to the soul, making you feel as though you are living from the inner out, rather than the outer trying to get in. All of your life will be reversed, and love and feeling happy in love will be your only focus. What you do will be important, but not as a fundamental love substitute you once needed it to be.

It is difficult to pray and long and want the Mother and Father's Love when you still want love from material things. Pursuing materialism leaves little time for the soul. What you materially achieve and gain

in life is irrelevant compared with being happy and living true to your soul. In theory, you can do nothing at all by your material standards, and yet live a completely soul-fulfilled life. The soul is only interested in relationships, as that is where love is expressed and experienced, with all else existing only to provide the arena for relationship stimulation.

The Mother and Father will take you through your Healing giving you everything you need, stripping away that which you don't need, so you will be able to see that your bad feelings are actually not to do with the superficial material, but deeper from your early childhood.

Living with the Mother and Father you will want to live a life of love and no fear, and only with truth and the God-made laws from your soul. You will be living a soul-life and not a mind-life. Your soul knows the way and it will show you through relationships, through what you feel in those relationships. And first it will help you sort out your relationships with your parents, those upon which your mind and will patterns have formed. And not until these early relationships have been corrected, (not necessarily with the people concerned, but within yourself) will you be able to have true and perfect relationships with anyone else. How to express yourself truly and freely in your relationship with yourself, then with another person and ideally your soul-mate, and then with others, nature, and then God, is what your soul desires, that is the intent of doing your Soul-Healing. Living in the negative is relationship destroying. You all live in false love relationships, believing they are true love. But they are not. When you are healed you will live in true, pure and perfect relationships, and what you call and feel as love, will indeed, be love.

I will finish here James.

But before I go, you are right in deducing that Jesus and I are allowing you to write some of this work yourself with our guidance. It is more of a combined effort. We have done this more or less from the beginning. This is a normal and natural way of doing such communication. It happens when you do not hear our direct words in your head but instead feel inspired to write more from our thought forms. We leave you to largely express yourself – you need to participate actively in the whole process – but still all is overshadowed by us, as you feel when suddenly we change the direction or add more things to what you are feeling to write. This is all normal in such inspirational writing with spirits. You are not just a machine taking dictation. You wouldn't have any real experience of what we are saying if this were true. You need to live and feel and experience all we impart to you. It needs to resonate with your soul, mostly putting simply into words what you already know and have experienced, but are not as yet fully consciously aware of. We help it become conscious in your mind and we help it to stimulate your feelings. All such writing should be viewed as being something of a joint effort between we in spirit and you on Earth. So what the reader reads is not entirely our words, it's not how I would say and express such things if you were to speak directly to me in spirit, but it is how we work together, and the messages are conveyed more than adequately to our satisfaction, and to yours, so we are happy with that.

Those people who'll have a problem with our writing this way together, saying it's you and not Mary and Jesus speaking, will miss the whole point of the exercise: for them to take what they need from it to help them with their own development, understanding and growth of truth. It doesn't really matter where the information comes from or how it comes about, so long as it's true and liveable; and as you have been and are living it James, then you are its *living testament*, and that is good enough. It is the best we can hope for in this situation, and as I said, it's more than adequate.

You and Marion are both doing very well. So much is happening that you are not aware of, but it will, as the Mother and Father keep telling you: all make sense soon enough. Keep longing to Them for Their Love, and keep doing whatever you feel like doing. It is all good and you are both moving along all according to plan. Please receive all my love and blessings of kindness to you both. Keep up the good

work. Mary.

(25/4/03)

I will gladly talk to you James. I am here, your brother in spirit, Jesus.

As you have no questions to ask me, I will ask some of you. What do you think our Heavenly Father and Mother are asking of us? And how can we know what They are asking; and how can we do what They ask? Many of us at one time or another have wondered such questions, so now I want to try and give you some insight into there answers, in light of all that we have been telling you thus far.

Our Mother and Father in Heaven want us to be as They are. The Urantia Book states this of the Father, and it applies to the Mother as well: that They want us to be *perfect, even as They are Perfect*, and this is true. It means They want us to be as They are in soul-truth and spirit-mind. And to do this means that we will be at-one with Them, meaning, be as They are, in every conceivable way. To put all these ways under one heading, it means to be of love, just as They are – Love. And I will tell you, just as He told me when I asked Him how to do it: How does one become as perfect in love as You are? And He said, “Long to be as I Am. Long to Me for My Love, My Divine Love. And if you do, My Essence of Being will come into your soul and it will transform you into My exact likeness of soul. And once this has happened, you will be able to express your personality as I do Mine, and this is exactly how I want you to be.”

When you accept this as what They want, to be just as They are, then it begs the question: Well, why am I not just as You are, now; and if I am not, then what am I? And having asked on your behalf, this is what He said to me: “I, with your Mother in Heaven, have created you in Our image and not of Our essence. We have done this so you will feel, and be able to experience, being a separate soul to ourselves – a whole separate creature with your own existence. And as this separate creature, you are free to live and do as you choose. We will support you, within reason, in all that you want to do, as an expression of Our love for you, allowing you the freedom you need and want, but not at the complete expense of your souls well-being. We will encourage you to do and live and say all that you want to express in the negative, until you reach a point in which your souls survival will be at stake. When this point is reached, if indeed you do reach it, We will see to it that you do not go any further, so as not to do irreparable harm to your soul. We will keep you from tumbling off the cliff when you are such a little child that you do not know of such dangers. And We will also provide you with guidelines of truth in which if you start to wander into dangerous waters then the pain of such deviation will come into you gently at first and then getting stronger, not as punishment, but as a simple reminder to you that you should not go that way for it is not the way that is good for your soul and your complete well-being. If however, you choose to insist in knowing what is right for you, and want to go that way – the way into pain and suffering, the laws of truth will still operate to help you turn around; but if still you persist in doing what you want, then you are free to see what happens. You are free in the end to fall off the cliff and stray into wild waters to see what happens when you transgress the Laws of Love to such a degree.

“We have provided all of this for you to experience yourself with, and if you stay true to your feelings, all love and happiness will be yours to delight you in Creation. If not, you will bring about within yourself the necessary cautionary procedures and warning lights meant to help guide you out of the danger. As We cannot be with you holding your hand and helping you to see the wrong ways that will

only harm you, We have provided the truth to be your guide.

“We also want you to know that never will We punish you for your transgressions. If you put your finger in the fire it hurts and so you learn the truth of protecting your physical body from fire. If you live in a rebellious condition living untrue to your soul, it too hurts, and so when you come to do your Healing – when you want to see and know the truth – then you will feel the pain, all so you know that how you are living, what you are doing to yourself, is bad. And if you choose to inflict your rebellion, your evil, your will on another, then you will suffer the torments of hell because you will need to feel this pain (the same pain you have wrongfully inflicted on others) to know you have done wrong, that that way to live is not right because it doesn’t make you feel good. The Laws of Truth are there to help you feel what is good and bad, what is right and wrong, and so naturally if you choose to ignore them, you’re going to only make things harder for yourself, this being what humanity has chosen to do up until only recently. And We have complied with your wishes.

“We want you to see for yourself that all you need to see comes through your feelings. So We will help you. We want you to have the experiences your soul wants. And We want you to discover for yourself what is the right and true way to live. You are Our children and We want you to make your own way in life, but all with Our loving and protecting hand helping you along. We don’t want you to be obedient to us through fear of what We might do if you upset Us. We want you to be fully self-determining, so you have to learn through your own experiences. And We do have a right way for you to live, and it is Our Way; and if you chose to come and ask Us to show it to you, then We will, and it will be through truth and feelings that We will guide your soul. And if you choose this way, then gradually you’ll see that We do love you, and that We are offering you the ability to become exactly like Us: to become not of our image but of our actual essence – to be transformed from a creature of Natural love and of the mind, into a wonderful and glorious soul of divinity lived through feelings. And to do this, all you have to do is want to be as We are; want to be of the most Perfect Love that We are. That is all. We ask nothing more of you, as we leave it all in your hands.”

Whilst you want to continue living in Natural love you will be assisted by Them in whatever endeavour you want to do, all within the Laws of Truth, which naturally ARE the Laws of Soul. Whether things happen well for you or against you is all in accordance with the laws of your soul, and it’s always your choice as to whether you want to live in ignorance of these laws, or by seeking the truth, honouring them, and living in harmony with your soul – for yourself, rather than against yourself. The Mother and Father will help you to do whatever you want to do, and whether or not it happens as you want it to, will be dependent on your soul and your negative patterning. But They will help you. However, it may seem to you that you are living Their Will, if that is what you want to do, and living the right way especially if good things happen to you and you do get what you want, so that is why it’s important to understand that everything you are now currently doing in your negative state is wrong. It’s easy to believe you are doing what God wants you to do, especially if things seem to be going right for you and you’re achieving your desired goals. Yet it’s still all you do gratify yourself. Living with God truly, you only have one goal, to be as They are – Perfect, and you don’t know how you are going to achieve this. You can’t live taking matters into your own hands by using your mind and saying today I’m going to perfect this part of myself, all with a known goal in mind. It doesn’t work that way. As you grow in Truth your soul is naturally perfected.

As we have told you concerning the difficulties brought about by the Rebellion and Default, so many people believe that if their live goes well, and they get what they want, and they are just the obedient servant, then they are living the Will of God, and these good things are the rewards that He bestows on them. However, this is not living perfectly within the laws of truth. For you are doing all of this within a

negative mind state. So until you heal this condition you will not be able to live and do truly what God asks of you and wants for you. And no matter what you believe God is asking of you, it is just an impossibility in your current condition to live Their Will, in perfect harmony with Them and your soul, as you are living anti your soul and Theirs.

When you complete your Childhood Repression Healing, if done through Natural love (your Feeling-Healing as you call it James), then you will be able to live more true to Their Will, but still will not be of Their Essence. If you do your Feeling-Healing together with partaking of Their Divine Love (your Soul-Healing), then by the end of it you will know what Their Will is for you, as you *will be* the living expression of it. You have to become of Their divine essence to be wholly living true to Their Will, as you live true to your own will. Your soul needs to be of a level of divinity so you can personally relate on a will level with Them. You will not have to wonder if you are or are not living Their Will, you will just know, just as you know the truth of anything through your feelings, that you are living it. In this condition of divine soul and positive mind, living Their Will shall not remain a mystery to you. You will be at-one with Them in soul and in heart and in feeling and in love – at least equivalent to the Celestial level of truth, and will know all They want you to do, as you will feel to do it, and you'll enjoy doing it, even if it's sitting in your chair dozing in the afternoon sun – even if it's doing nothing. Every thought, feeling, breath, movement of body; every part of you inside and out, will be in complete harmony with the Mother and Father, and you will feel at-one with Creation and your soul. And if there were ever to be any disharmony it would quickly come to light in you, you would feel it, and then be able to express it and see the truth of it – why it is within you – healing it.

No one on your world has ever lived the Father and Mother's Will completely truly, (excepting Mary and myself), so all those who say they are or believe they are, are mistaken, for as we have told you, no one has completed their Soul-Healing.

When I tell those people I speak to on your world, how to live the Father's Will, if you are partaking of His Love, I say just live and do what you feel to do, for this is as close to being true as you can be. I do not speak to people on your world who have not partaken of the Divine Love. Nor have I as yet spoken openly and directly about one's Soul-Healing, Mary, or our Heavenly Mother, (as well as some other things that are still to remain unrevealed at this stage) to anyone other than you James.

Have a rest now James, and I will speak with you later if that is what you want, Jesus.

I will continue, Jesus.

The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one's soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.

Because of your parenting, you were denied your full self-expression, and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So they being false gods caused you to deny your real

soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to your parents, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely, this is what you need do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed, then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.

Right from conception through to being an infant, a child, an adolescent and to being an adult, you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support, feeling more at ease in their lives. Then the parent and child will live true loving relationships of self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents need to set the example, and their child will follow. And it will be the reverse to how you are now in every way. You cannot theorise about how to be this way or try to make it happen, as it can and will only happen by parents first doing their Healing becoming the living truth of perfection and love for their child to follow.

I said, follow me, as I was the perfect example for you to see. I was and still am in effect the perfect *little* Father for you to follow, so that you can be the same example to your child, with Mary being the perfect *little* Mother. And when you are able to follow us truly, having been healed, then we can be just your older brother and sister.

When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

You James, under the Father and Mother's watchful care, were born into the situation of having a very dominant mother and maternal grandmother. The men supported them without interference as the powers they wanted to be. They had free reign over you. Everything they told you, you naturally believed was right and true, and you were shown no other conflicting ways of being. As you have now seen for yourself, your mother got you to do what she wanted and made you be how she wanted you to be, using mostly threats which terrified you, especially when suddenly she would turn on you in a rage. This was all done on a foundation of fear, with no love and acceptance, adding to you being all the more scared. She and her mother told you that they were perfect, and in so doing put themselves between those who really

are perfect: the Mother and Father. They told you that they were right and that their way was the best and only way, and they prevented you from finding out anything to the contrary. They completely controlled you and had you under their spell. And on top of this unlovingness, they told you, that they, and only they, loved you, and that no one else could ever love you so much. And this was only the beginning of your problems. But the Father and Mother wanted you to be able to come to Them, to long to know the truth of your feelings. And that is what you did because you never felt happy, always felt scared, and wondered (mostly unconsciously): if I have been so loved, and were so good, then why isn't my life working when other peoples lives work for them? And your questioning led you to your Heavenly Mother and Father and Their love and the Truth, and now you know this was to be your life's destiny; and Marion's in her way, so Mary and I came to make the truth available to you.

Mary has nurtured you preparing you to be ready to see into the great hidden mystery of the feminine, which she is now revealing to you. So by tearing your false relationship with your mother and grandmother apart, the Mother and Father have shown you the missing parts of the puzzle. Allowing you to marry these feminine aspects as revealed my Marion and Mary, with the masculine I have revealed. As you see it in yourself, so too can you see it in all, for all are living contrary to the truth of love.

I am going to finish now, and I am so pleased that you are now seeing the whole picture. There are still some pieces to come, but these will only help you to strengthen all that you do see. It will all be very clear in a matter of some weeks more. And so until we speak again, I give all my love to you my spiritual brother, and please tell Marion I send my fondest regards and love to her my spiritual sister, Jesus.

(26/4/03)

Hello James. Jesus

I want to answer some of your questions. So far as the material found in the Nag Hammadi and writings of the Pistis Sophia and other ancient works are concerned, they contain little to no truth that has any bearing on what we are telling you. They are not relevant for what you need to understand. At least Mary is honoured a little more, and by all means read them, but don't try to work out the who's who in them; and most of what is attributed to me is wrong and made up by those people who were in contact with mind spirits. Really I like you're summation: that it is all a lot of gobbledegook – and I quite agree.

To say I died for your sins is utterly rubbish. You are accountable for your own sins and evil ways, most of which, if you actually knew what they were, would cause you to die of shock. Much of what most people believe is right and true and good and God's Way is actually evil and sinful. But you will only be able to see for yourself all the wrong you are doing as the Father and Mother show you throughout your Healing.

Many people will feel very threatened when they begin to realise that so much, if not everything, they believe is good and right, is actually sinful and evil. Most whom live the Christian faiths and live only relying on the word of the Bible will not understand at all when they are accused of being the evil and sinful ones. But they are not to be singled out, for you are all the same, religious or not. And just by *believing* that I exist, is not enough: **ONLY BY DOING** your Soul-Healing will you be able to heal yourself of all the wrong in you. Still, as we have said, the truth of your delusion, and the deceit of your false misguided lives you are living, you are completely blind to, so it will be a very big life change if you

do truly choose to embrace the Mother and Father's Love and try and do your Healing.

We cannot give you any real idea about how wrong your lives are. We can only tell you now in the hope that it will inspire you to question all you believe. Humanity has been left in the dark for these long centuries and now perhaps with some new light being shone you will be able to take full responsibility of your souls destiny into your own hands.

The last thing I want to add James, is the thought you had last night about our writing together and our continuous repetition of saying the same things: our stressing the importance of longing for the Divine Love and the need to do your Soul-Healing.

We want it to be repetitive because it is to show, as you have experienced as you've progressed through your Healing, just how many times you go through and over the same things, with a little bit more seen each time. We want our writings to be like your Healing will be, repetitive and monotonous as your repressed feelings surface. You only have so many different kinds of feelings, and you felt them repetitively during your early childhood, all under different circumstances. So each time you read our repetition, if you are living true to your feelings, or at least wanting to, then you will hopefully understand a little more. One needs to be presented with the same things repetitively so one can look at it and experience it from all different angles, all so you can see all the varying aspects and facets of truth. And our writing is for you James, the reader is our secondary concern, and you need the repetition for all the reasons I have just given – to help advance your understanding and souls growth of truth. It might not make sense now, but in time you will understand. You cannot see everything all at once, there is too much and you need to make little adjustments with what you do see so you can then move on and see the next thing the Mother and Father want you to see. And incrementally you will move forward seemingly at times to be going around and around in circles, and over and over the same ground, but each time with a new bit of light coming – each time you express yourself.

You also need a certain amount of repetition to advance the whole picture of truth. With each step your whole system will make changes as you grow and heal yourself. All of you: your soul, spirit, mind, body and will, shall undergo the inner transformation. And so each time you will need to see it all over again as more becomes revealed and each part relates to all the previous parts. It is a complete process, as complete a process as it was for you to grow from an embryo to an adult.

How many things during your childhood did you have to do or say repetitively before it became a part of your foundation? It is far more than merely changing your behaviour and beliefs, it involves complete life changes, organically changing yourself into becoming true, just how you organically changed yourself into becoming untrue as a child. So changes happen to your very core and through all levels within you, so the person you will end up being will be very different to how you are now. You will be ascending in truth, rising up in your spirit. If you were over here, each of your steps would be definable by your feeling of rising up through the various planes of truth and the associated belief circuits, and then even bigger moves as you finish with one world and move higher to the next. Imagine leaving one world and moving to live on another, a whole complete fresh start and state – this is huge change that is involved. And although you don't physically change worlds whilst you're of flesh, still within you, your whole system is changing worlds.

The repetition is designed to help reprogram your mind, to get it used to the new pictures we are presenting. And just as we repeated over and over in Padgett messages, the truth of asking the Father for His Love, so too are we doing the same now with you.

That is all I see you can write for now James, and that is all I wanted to say, so we will speak again soon, Jesus.

(27/4/03)

I will speak to you today James, Mary.

The struggle you are having with your understanding of where you fit in life is all because of your controlling beliefs. As you are seeing now, you don't even know what you love and what you hate about life. You thought you knew certain things, but as you move through your Healing you're seeing that every part of your relationship with life is confused and all governed by your negative beliefs. You feel now that all you want to do is find your own private room to go into, to be by yourself with the Mother and Father, and in there do your own thing and not be interfered with or interrupted by anyone until you die, this being a natural result of the life your parents gave you. They told you how you were to be, what you were to believe; they wanted you to shut yourself away and not bother them; they didn't allow you to find out anything for yourself about what life could be, and that it could all be for you. Their way was done without direct power and physical hatred, more through emotional neglect, but still the result is the same. As your feelings are showing you now, you may as well have lived shut away from all life, alone, and waiting for it to just end one day.

You never actually experienced demonstrative love or hate, such feelings were all kept suppressed, and this is in many respects worse for you to understand as you have nothing tangible to get a grasp of. You lived in a feeling-less world compared to Marion who was hit and treated with outright hatred, so much so, that she was under no delusion what her parent's thought of her, knowing she wasn't loved in any way. You simply feel and believe you don't really exist for you have no tangible feelings to hold onto, nothing to get your teeth into, and all you did and could do was exist through pretending to be them. Your whole existence has therefore been one big pretence and imaginary life – nothing more than a fantasy. You have just gone along, learned and copied motions of living, with no feeling for it at all. You have lived a complete nothing life in which you feel neither love or hate, and all that you have thought you were and experienced, was only made up of beliefs. The Mother and Father have given you a completely meaningless life composed only of beliefs, a life wholly of the mind and a negative one at that. Your struggle has been to find meaning so you have something to relate to and therefore some feelings of purpose. And because of this you have realised that They are the only Ones, and the only way to achieve this. Life as you know it, and that means, as you believed it to be, was not for you. It was empty and held no happiness, excitement or joy. You lived a completely dead life barren of all feelings except and all-pervading fear. And there are millions who are living in the same way as you. So many people come into spirit life with big questions about what does it all mean, and what was it – their life on Earth all about; and why did it happen the way it did. And many people, now spirits, don't find satisfactory answers to these questions until they find the Mother and Father, Their Divine Love, and do their Soul-Healing.

You are representative of the negative mind world and what that state of being has to offer – nothing! Marion is representative of the negative feeling world, not being able to truly express her feelings; and what that state has to offer, is also nothing! And you can try to fill in the gap with things you like to do: hobbies, work, and even relationships, but still you return over and over to that place within you that is dead, totally lifeless and devoid of love. And in this place is fear, terror, misery and anguish. Depression of spirit and eventual death, dead, nothing, no existence, can only be the final outcome. It is all the negative mind state can offer. It is all the Rebellion and Default offer, once you stripped away the

falseness and self-glorifying delusion. And how could it offer anything more when it is denying the One Great Source of Love?

The only way James for you to hold off the inevitable nothingness was to try and be a part of life, to try and get your little bit of power and pretend you had some importance and a say in things. But you even failed in this James, you couldn't achieve it by having children, as you knew you couldn't inflict your unhappiness on them; and work never gave you the feelings of love you craved, nor were your relationships ever satisfying or fulfilling. So all you had to fall back on was nothing, watching your pretty little tropical fish, which has worked in your favour, making you want to search for the truth and find out why you do feel as you do.

You and Marion couldn't successfully play any of the power games. You were given no power in your families, and you got a brick in your face for your efforts early on, so you failed to create your own place in the world. And Marion wasn't even allowed to have friends or make her own world, so neither of you knew how to get or make your own power in the world. You are non-competitors, *failures* in life compared to your contemporaries, and all you have been able to do is give in and give up and look into yourselves through your feelings. This the Mother and Father have helped you with, and slowly you have been able to let go of the false beliefs that have said you should at least try, or have made you feel obligated to participate. You have also had to look at and accept that you hate it all, and hate yourselves for being of it, and have had to allow yourselves to feel totally useless and helpless as individuals. And all the while the Mother and Father have slowly been reclaiming your souls, and one day it will all be over, and you will be free of all wrongness and able to live freely in the world of the Mother and Father's making.

Eventually all the questions you've wanted answers to will be answered through your Healing. And your life will make complete sense. You will see the majesty and overwhelming grace that the Mother and Father have bestowed on you, even through your darkness, and you will see that all They have asked of you, you will have done, and you would even be willing to do it all over again for Them. Having completed your Healing James, you will know fully that you are Their child of love and that you exist for Them, and everything you do you will want to do only for Them. You will feel right through you how you are Their living expression of love: the union of both great loves – natural and divine.

And you will know how each manifests within you, and how you then express them in Creation. You will feel how you are Their creation, and as you create yourself, so too are you expressing Them. You will also feel that you are soul, first and foremost, just as They are, and you will know what this means. And most of all, you will be able to live how you know Jesus and I live. The truth that constitutes your very fabric along with how you express yourself, will be just as he and I are. You will know what he meant through the demonstration of love in his life, as you too will be of this same love, and will live with the same personal intent as he does. You will love all things and accept them as they are. You will come to love the Rebellion and Default and accept them for what they are. You will have found your peace within yourself and thereby with all things, and you will have understood your parents and the only relationship they could have had with you. Acceptance will be your golden rule, and it will enable to you move steadily inward and upwards through the Universe of Universes all the way to being with the Mother and Father on Paradise.

That is all I want to say for the time being James, thank you once again, Mary.

James, I will speak now with you some more, Jesus.

I want to fully concur with all Mary has said. As I have said before, I am only one side of the whole truth, Mary being the other; all I have revealed has been still only one half. As you do your Healing, you will, through the action of both our Spirits of Truth working in unison within your soul, be able to see and live the whole truth. And you will realise that we are not meant to be alone, that we are meant to be in a loving relationship all the time, one which is highly intimate and the most personal – that with your soul-partner. I would not be able to do what I do if it were not for Mary. It was hard enough living all those years on Earth without her, and then alone in spirit waiting for her to come. With her I feel totally at one with myself. And as I feel that, so too can I feel totally at-one with the Father and Mother. We all need feelings of love to sustain our existence. Love is the vital ingredient to make us feel alive, wanted, needed, and to stop us from feeling alone. I felt privileged and ever so thankful to the Mother and Father for allowing me to live those years bereft of Mary's comfort, love and support. Even though they were most trying, the most difficult of my whole existence, still I now know what it feels like to be apart and unable to love one's true partner. Even though the Father compensated me with so much of His Love, still it cannot replace (and is not meant to) the love of one's soul-mate. The experience without her showed me so much and helped me to understand the depth of our need for love and for true relationships. It has opened my heart to all people and all creatures, in celebration with those who are experiencing their unique intimate relationship with their soul-partner, and in deep empathy with those in pain because of living deprived of it. The pure union of love that will come mostly once you have finished your Healing is a wonder to experience, for there is nothing like it. And it just grows and grows and grows and never stops. Forevermore, more love do you experience together, on and on for all eternity...

I too have said all I want to say today James, and I too thank you once again, we will both speak to you soon, Jesus.

(28/4/03)

Mary.

In case we have not make it clear, I want to say to you again what it is we are trying to give to you. We want all people to know that they can, as of now: become as perfect as they were made by Their Heavenly Parents. By this I mean, that through your Healing you will steadily work your way back to being of a pure soul just as were before you incarnated, and before you embraced all the evil and negativity that we have been telling you about. We want you to see and hold as a real goal, that you can become as you once were, that of a pure, true and perfect soul, expressed through your spirit and physical forms. We want to impress on you, all that now gives you trouble, can be healed, and it will be taken from you by the Mother and Father as you progress in 'divining' your soul.

You can easily do it in your physical life time, and now whilst the Divine Love is available, They will help you with Their Love to become the true and real you. As a true and real person, you will then be a Celestial spirit in flesh, being so new and different from how you are, feeling almost like a new creation.

No one (not including Jesus for he was a special case) has as yet achieved this state of being on Earth, so you have nothing to go by as to how to achieve it and what it would be like once achieved. You cannot imagine what you will be like, what you will feel like, and no amount of speculation will shed light on it.

It awaits you to be it. You will be so different from all you know now, and this is what we want you to understand: that in choosing this way of life you are choosing a completely new way and one for you to discover. But it means having the understanding that you must also be willing to give up all that you are now. So that nothing of you and what your life is now, will be the same. You will be saying GOODBYE to this you and this life. I want to make this very clear so you are under no illusion as to what you are telling on. You are not just setting out to do this thing called your *soul-healing with God* expecting that it will make your life better how it is, helping you to be a success and giving you all you want continuing on in your negative state. It will completely destroy your current life, changing you so completely you will feel like you have been born anew stepping out into a whole new life. Life on the first Mansion World is very, very different from life on the first Celestial sphere.

You are beginning your ascension, and once you start in earnest, you cannot go back. Personally, I doubt you would want to go back, but still I want to stress it for your mind to consider. And as you think about this, imagine giving up all that you are, all that you love, all that you know, everything, and see how you feel about it. I hope it will stir things up in you, as this is what is going to happen each step of the way through your Healing.

I want you to consider the fact that the Mother and Father might ask you to give up everything, not all at once, but as you go. They may, and They may not; and you won't know until you do your Healing. And it will be your mind that might not want to accept this, so by thinking about it, it will help you accept and feel if indeed it is what you want to do.

Setting out to live totally with the Mother and Father in charge of your whole life means accepting all that They want you to have. You can at any time stop your Healing and resume the reigns of your life getting some of your old life back, but to be able to go the full way in your Healing, will require a full commitment to yourself. They will honour all that you ask of Them and meet you half way; but as for your half, it will do no harm to think about what you are setting out on.

You can of course, jump on the boat with only the clothes on your back and what's in your pocket and just head off for the Promised Land, or you can take some time to organise your thoughts and give your self time for feelings to rise up in you and see what you think and feel about it all. And as the feelings surface, if you feel somewhat nervous, scared, hesitant or doubtful, but still like the idea of giving it a go, then this is where you can start: speak all these negative thoughts to yourself or preferably to a friend if you can, and to the Mother and Father. Begin to express all the bad feelings, all the resistance; discuss them over and over trying to just accept that it is good to have these doubts and restrictive feelings, and want them to come up and out so you can find the truth of why you're feeling them.

Your Healing is all about feeling bad: wanting to feel bad because you want the opportunity to say how bad you feel about absolutely every little thing no matter how petty or insignificant you feel; no matter whether it's a worry or concern, or a pain or anguish; a doubt, a criticism; anything that feels bad is what has to come out. As you embark on your Healing, I want you to also understand that it is all about feeling bad – the more bad you can feel, the better. And you ARE going to feel bad a lot of the time – REALLY BAD. It is not just a matter of embracing the Father's Love and feeling overwhelmingly good and flying high with all fears and doubts being swept aside. Potentially you will have periods like this, but still you'll have to keep wanting to feeling bad – keep wanting all your repressed bad feelings to come up within you so you can express them out of you.

I fully accept no one wants to feel bad, but this is what you are going to feel during your Healing – bad. You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don't remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.

I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don't feel them. It is going against all that you know and all that has been taught to you, and is against all of your mind's conditioning. But still as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.

And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD. For without wanting to know why – what's the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don't want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to SHOW YOU THE TRUTH THROUGH YOUR FEELINGS, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it until the truth has come as a result of you expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad.

So remember: feeling bad is good. And you can trust in the Mother and Father, They will only give you as much bad feelings at anyone time as They know you can deal with. And They will give you what YOU need. Do not look at others experiences and then try to live the same for yourself; compare and share experiences by all means, but what YOU need to feel and experience and express is what They know you need to, right then and now. They will guide you, and it is your complete and personal journey with Them. You might have more shallow feelings compared so someone else who seems to be thrust deep into them, and this is okay, it's how it was during your early childhood and you work with yourself as you are. And if you feel envious of the other person who is so demonstrative in their feeling expression being able to go so far and so deep into their's, then that is another bad feeling you can express and long for the truth of.

To want to feel bad, is hard. To be in pain and to ask the Mother and Father to help you to see and feel the truth, is hard. To then still want the pain, and then more pain, is even harder. However, I am not saying you have to be a martyr, gritting your teeth and bearing it all no matter what; no, you do what you feel you must do. IT IS ALL ABOUT HONOURING YOUR FEELINGS ALL THE TIME, EVEN IF THEY SEEM CONTRADICTIONARY FROM ONE MOMENT TO THE NEXT, FOLLOW THEM AND EXPRESS EVERY ONE OF THEM. You don't have to be any different than how you are, only embracing, expressing and longing for the truth of all your feelings.

The truth you want to see about yourself is locked away in your feelings. If the pain becomes too great and all you want is to ask the Mother and Father to please take it away, do so, ASK WITH ALL THE FEELING AND TRUE EXPRESSION YOU CAN. Try not to hold back, speak to Them as if They love you so much that They want you to tell Them everything you are thinking and feeling, even if it is about Them, and if it is negative and bad things about Them. Even if you feel They are wrong and cruel in making you suffer, and you hate Them for it – tell Them everything – get it all out, all the vile, nastiness; all the repressed anger, hate, guilt – all the bad feelings. Swear and curse and be as evil and putrid and rude and ungrateful and sinful as you can. Remember all your inner ugliness and hatred and

anger and horror and yuk has to come up and be expressed. This is the only way you can love it all: by allowing yourself to say it, and be it, to fully FEEL it, so that then it is out in the open and you can be the horrible putrid rotten smelling decaying piece of shit you are.

You will be surprised what you will find in yourself, but none of it will surprise the Mother or Father because They already know you, and know it is all in you. And They know why you are it, and how it was put in, and They are helping you bring it all up and out of you. If you fight it and continue to resist it as you are living now, then it will never come out and will only fester away inside you slowly rotting your insides out. No evil nastiness is too bad for Them. It is you who cannot tolerate it of yourself. But if it is in you, it has been put into you, and you have taken it on, even if you have hidden it away from yourself. So it must come out! And no one is a pure saint, on the contrary, you will all be cursing and swearing before you are through.

The more you can express yourself, the better it will come. Over time you will see how it will go for you. Get help whenever and wherever you feel you want to. There are no rules, no shoulds and don'ts, it is all up to you and ONLY YOU, ALL THE TIME.

Ask the Mother and Father to break down all your negative mental patterns, to show you all your wrong beliefs, and unloving behaviours that have resulted because of these beliefs – ask Them to liberate all your childhood repression. Ask Them to strip you back to your pure soul and tell Them that you want to live with a pure and positive and loving mind. Tell Them that you want to see every part of you that hates yourself and why you do; and you want to feel and see why you are angry. Want to hate and be angry. You don't have to do anything about any of your feelings except honour them, and accept that you have them – just allow yourself to be them and express them. When you feel like killing your mother or raging at your father you don't have to follow through with such actions, but you do have to allow yourself to feel how much you want to kill her or rage at him and say what your feelings make you feel and what they make you feel like doing. Tell your friend or partner, tell the Mother and Father, ALL you feel. No matter how embarrassed or humiliated or shameful or terrible or stupid or dumb or bad you think you are, admit it all by telling your friend and the Mother and Father you feel this way. Don't hold anything back. Don't lie to yourself. Be honest and true – admit and own up to all bad feelings and thoughts no matter how perverted, vile, creepy, sneaky, deceitful, evil and wrong they may be. Remember it's not the real you, it's only bad stuff that has been put into you.

Your parents are in the same state as you. Even though they caused it all in you, still, they too are victims of their parents. They will have to do their Healing in their way and in their time when they are ready, if they are not already doing it. Your Healing is all between you and you. It will include other people, but it is all just seeing it in you that you must want to do. You don't have to do anything more. The Mother and Father will do the rest. They will take it away when you have seen the truth of it and seen it all. And it might take you years before all the truth comes to light, before they release you completely from your pain. So keep going. They will change you as you go; They will change one part of you which will then allow you move onto the next deeper part, and so on until you are finished.

If you have to do something that you don't want to do, do it, but use it, as with everything you feel bad about, as another opportunity to express yet more of your bad feelings. If you feel scared and don't want to do it, but you have to do it, say to yourself, your partner and the Mother and Father, how bad you feel – keeping on speaking about how bad it's making you feel, how much you don't want to do it, and keep longing for the truth of why you feel these feelings, as you do it. Say it all on the way to it, through it, and after it. Say it all, whatever it is you feel you want to say. You can hate it and then love it, but say it all. Ride your feelings roller coaster. And if you don't feel about it, if they are not clear, ask and beg the Mother and Father to give you the feelings to feel and express. And speak about your confusion and not feeling your feelings clearly, and how this makes you feel. Speak up about all your pains, even physical

ones, everything you feel bad about, and every time you feel bad, keep on speaking about feeling bad. And try to emote and express the bad feeling with the full intensity and emotion of the feeling, don't just say you feel bad using your mind, BE the bad feeling you are expressing. Acknowledge the pain, try to allow it to speak, and long for the truth of why you have it. The truth might not always come, but keep longing, eventually it will come.

Over and over: complain, moan, weep, yell, scream, be angry; feel defeated, upset, miserable, overpowered, useless, over and over as it comes around. Tell the Mother and Father what is wrong and ask Them to show you more truth of it each time it comes around. And over all, allow yourself to feel depressed, powerless, useless, pathetic, not able to cope; give in, give up and accept how fucked you are. And remember, this is not the real and true you, you in your negative state, but it *is* still you, and you have to honour it all, and be it, and allow it to be – to all come out. And gradually you will move through it all, and then the real and true soul-perfect you will start to emerge.

It may seem like a torturous process that you are on, and it is one in which all your inner childhood torture will be coming up. But just keep going, telling the Mother and Father all you feel all the way along. Ask Them for what you want, when you want it, and keep going. Mary.

(29/4/03)

I will continue yesterday's message, Mary.

You are a soul, and even though you may not know what this means or have any feelings about it, still you have a part of you, which is the real you, that is pure and not bad. It has never been influenced directly by all the wrongness you have suffered, however it does have the ability to retain all the experiences of the wrong, so that when you are ready to do your Healing, it will steadily bring all the bad feelings and experiences back to you helping you to see the truth of it all. This is necessary, for you need to accept all that you are and all that you have experienced. Nothing about you and your life can be simply left out, forgotten about, or pushed aside. You need to live with continuity from beginning to end, and at all times.

What the negative system does to you is make you not accept all that you are, by not allowing you to be all that you want to be. You are stopped and restrained from being the true you, causing you to put much of yourself aside. And much of this is all the pain and hurt and unloved feelings you experience as they are happening to you. So you become blocked off from various aspects of yourself. And all of these bits of yourself need to resurface if you are to progress through the heavens on your way to meet with the Mother and Father in person on Paradise. You cannot have any overlooked or hidden parts of you, not one part of yourself that you don't wish to see, or else you can't live and ascend in the purity of soul-light that exists in the higher parts of Creation.

By the time you have completed your Soul-Healing you will have brought your whole negative state to light. It will seem as though you have been through a whole life, and of itself, self-contained, and like a subset of the real and bigger you, and you will have. The Mother and Father have designed each life uniquely to live in the negative state, and to come out of it. You have all chosen to live with Them on this journey into the darkness, a life of none or little love, then to one-day with Their help, come back out of it, living completely with and in Their Love. I know that many people believe they have experienced,

and do live with, a lot of love, but this when compared to the love you will experience once you have healed yourself, will be very poor in comparison. And as I have said, this love you are experiencing is all contained, within and relative to, your whole negative state. Your beliefs control everything, and are all weighted in the negative. The love you believe you experience, and even feel very deeply, is still only love based on your beliefs. It is not pure untouched love, free in itself, and free from condition of negative belief – it is not love founded on truth. The negative denies you love, and that is why in The Urantia Book it is said that your world has been cut off from the greater Universal circuitry. Your world exists solely on its own natural resources of love and light with only a minimum coming from spirit. But as more souls complete their Healing, more light and true love will be able to come to you being able to shine on your world. As we have told you, the planetary circuits are being reconnected now, and this is all but finished, so from this perspective, the influence of the Rebellion and Default is fully over. All that now remains, is for individuals wishing to live lives of a real and true soul state, to begin to do their Healing.

From this time on any Soul-Healing done by a would-be-parent will be automatically passed on to their young children. So children will be able to be born not completely entrenched in the self-denying evil negative state if their parents have advanced in truth. Love will truly be able to beget love, and truth will be able to beget truth. And this is how humanity will begin to ascend in love and truth over the coming years.

Humanity has reached a point of seeing that how it is, is not right, and that most of this comes from the effect of your parents on you. It is well documented: the affects of *abnormal* abusive parenting and the problems that this causes in the child and then in adulthood. It is then only a short step to look at and accept that ALL parenting is not normal, and that ALL has negative effects on the child and adult to be. And then to move further to consider that everything is wrong on your world, as it all stems from all that is wrong in the individual from the beginning, from conception, will help open up your mind to start you thinking from the beginning up. Many people as adults ask the Mother and Father to help them to let go of their self-willed ego states, and They do help bring up things for them to see about themselves. But still this does not take into account you as a child and why as an adult you have all these bad things in you. You need to want to see the WHOLE truth of yourself and not just a part of it. All the damage is in you, and you are perpetuating it in every breath you breathe, and it will all have to be compensated for. If you breathe evil then you will need to *retract* all such breath. But fortunately, as this seems too much of an overwhelming proposition, the Mother and Father allow you a higher form of compensation contained within self-forgiveness and achieved with self-love and the ongoing acceptance of your bad feelings. And to gain this, all you need to do is see the truth of what you are doing and how you are being – how you are feeling; and then as you see it, you will I suspect, choose to give it up, as it is the cause of making you feel bad. And in making this choice you are forgiving yourself and are forgiven.

The Mother and Father, having asked you if you wanted to live in this negative way before your incarnation, also took it upon Themselves to make sure that once it was all done and you've recovered your soul entirely, you would benefit forever in many ways of love, all of which await you. Many who are now passing through the Celestial spheres will testify to this, and once they move out into the greater Universe they will see this even more so. You have chosen to do a wondrous thing for your Heavenly Parents. They fully know how hard and torturous the negative life is, but still They want to be able to fully express all Their aspects of love, and you are helping Them to do so by living in and then healing your negative unloving, no-love lives. If free will is truly to exist in Creation, it is right that experiences of love and no-love should exist.

To do your Soul-Healing is to want to give all of you over to Them, to regain all the attributes of your soul-personality that are currently being repressed, and in particular your freedom of will. And this is the

beginning of your *reward* for submitting to the semi will-less state of living in a negative mind system.

That is all I want to say at this time James, Mary.

Now that you have had a break James, and as what Marion was speaking to you about has stimulated your wanting me to comment, I would be delighted, Jesus.

I did say to the apostles, and to all my disciples, that they must include the women, and there were more women than men, far more than recorded in the Bible, who followed me and listened to what I had to say.

I also told all those near to me that the Holy Spirit would be poured out into their hearts as a gift of their loyalty to me from the Heavenly Father upon my rising from the dead at Pentecost. And I told them that if they so desired, they would be able to carry on the work as I had led them to do when I was alive in flesh. I told them they would be able to continue helping all who needed it in all of the various ways that the Father knew they needed. And so the ability to do healings continued. This ability was conferred to them by the graciousness of the Father and Mother Themselves, and it involved the same ministry of angels that had worked with me. The healings were not the result of or done by the Holy Spirit. This was a separate thing to do with all the hearts and souls of those who sincerely wanted to live with the Father and His Divine Love.

As time passed however, through one thing or another, none of my disciples, men or women, (except Mary) kept praying to the Father for His Divine Love, as they did not understand the relationship of this Love with their souls and all it empowered them to do. They believed that if they said they were doing all such things in my name, and if they believed in me, that this would be enough to keep the miracles going and to keep them out of the darkness. Slowly they relied on the word too much and not of that of the longing of the soul, and lost their angelic healing powers, and that is how Christianity formed and has evolved. Only now, as I told you in earlier messages, with the help of the mind spirits in the mind worlds, have such miracles still been able to happen over all these years, making it still look like how it was in those days after my death. Still people want to try to make sense of the words in the Bible, and are not setting out on their own, and through their own endeavours, to seek the truth of their soul and of their relationship with God. It was only James Padgett, one man, in all history since my time, that has had in his heart a true and pure desire to know the truth: an absolute desire for the pure truth of his relationship with his wife. This being vitally important for what we wanted to achieve with him. And all because of his pure heartfelt longing on which he had placed no condition: to know the truth of his beloved Helen, were we successful with him. It wasn't just a pure soul longing to know the truth and nothing else, not wanting it for any other reason than for itself – that had to wait until you and Marion came along. The Rebellion and Default stopped such pure and true longings for the truth.

Christianity falls into the trap of the negative mind by trying to work it all out through and with the mind. Many have had their hearts in the right place, but because their minds are in control, they cannot relinquish the *word* and allow the Father and Mother to guide them to other sources of truth. And this control, as reflected by the Christians, is the same for all – it shows the strength and magnitude of your all-controlling and dominant minds.

If people had listened to their hearts and striven to live true, and had done their Soul-Healing by special fiat of the Father and Mother, as They would have honoured them even though still the overall condition of humanity was negative, then they would still be able to do all the healings with the angels and also with the Divine Love Celestial spirits today. But as no one has done their Healing over all this

time, then this awaits those who will do it in future. And having said this, don't confuse what I said earlier about the apostles' healing ability. They had access to such special healing ability because of me. Nothing more. None of them even began their Soul-Healing. And as I stated in the Padgett Messages: that in time people will once again have such healing ability, I meant ONLY when they had FINISHED their Soul-Healing, and only then if it is within their soul's plan. And it will not be angelic inspired healing, but healing undertaken with the help of Celestial spirits, all in accordance with the level of truth they will be living.

Mary was my truest disciple. And once in Egypt she did not busy herself trying to tell others of such things, and instead got on with her own life with the Father and Mother and the work They wanted her to do for herself. There is no such thing as taking it upon oneself to tell other people about the truth, as being something special and ordained by God. That is a contrivance that many make up for themselves, and it comes from the fact that they were told what to do, and to tell others what to do, by their own parents. And they are merely doing what their parents did to them by trying to gain the same power and feelings of self-importance by telling others what to do. If you want to speak about the truth, like speaking about anything, you do it simply because you feel like doing it. Just because it might be about truth, doesn't mean it's more important and anything else – than any other feeling. The truth comes to those who long for it and wait to be moved by the Mother and Father. It is a personal journey of self-discovery. On the surface of it, it may look as though I took it upon myself to go and tell everyone of the Father, but if you were there and new what to look for, you would have seen that in each case I was asked by someone wanting to know the truth, and I merely complied with their desires, just as if someone had come up to me in the street asking me for directions. I did not intrude on anyone, and neither did my disciples. I find it abhorrent that people do take it upon themselves to intrude on another's life all supposedly under my name and teaching untruth that I did not teach. It is disrespectful, and has done more damage to the cause of truth than one could imagine. There is nothing wrong with saying: I live this way; writing about it and putting it out there for others to find; and for other people if curious about it, to come and ask you what they want to know. This is not directly interfering with another person. It is not putting something on them, forcing them to either accept or decline. This is just alerting people to how you see and understand life to be, and no one need heed your words and follow you and do as you say. But to force yourself upon another, and by using fear as the main motivation, is very wrong.

So many people stay well away from trying to know me and trying to learn of the truth I taught, and from trying to seek the Father with the help of my Spirit of Truth, because of their repulsion with anything that is to do with anything Christian. Christianity has forced itself on more souls than any other religion, and all in their believe that it is what I want. Well, today I say to those who might believe such a thing: I do not want it and it is completely the wrong thing to do. Stay at home and pray to the Father for His Love and tell no one of your actions unless they specifically ask you, that is what I want. Christianity has harmed more souls than the good it has done, and it now stands fully between the Father and myself, and all the souls of humanity. It has gained power through its overbearing dominance, and not through adherence to what my life was all about. It does not represent my life or the truth I taught, and is very misleading, and countless millions upon millions of souls believing that the Bible is the word of God have brought much pain and suffering to, not only their own souls, but countless numbers of others. It views itself as the highest truest religion, but as it stands now, it is the greatest supporter and perpetuator of the evil ways, all neatly disguised. It has such a hold on so many people making it even harder for the true seeker of truth to get anywhere. It is currently humanity's greatest stumbling block, and adherence to its beliefs, even if you also choose to long to the Father for His Love, will delay your souls progress and hinder your souls healing.

Thank you James for this opportunity to say these things, for it comes as a very personal opportunity for me to express myself, more of which I will tell you 'off the record'. I will go now and speak to you soon, Jesus.

(2/5/03)

Good morning James, I am here with you now and want to speak to you. Jesus.

I want to go over some more of the aspects of just how controlling some of mind spirits in the mind Mansion Worlds are. As you have had various thoughts about this yourself over these past days, and as the Mother and Father are providing you with more books to read, which have been inspiring these thoughts, I felt I wanted to shed more light on such matters for you.

I want to begin by saying that spirits can only do what is wanted by mortals so far as having any direct communication with them. Anything that occurs on Earth being instigated by spirits is all done in accordance with Laws of Rapport, Communication and Attraction. So, no matter how mysterious or amazing, or how personal or impersonal such happenings present themselves as, there is an attraction, which needs to first be generated by mortals and then accepted by spirits. Many things begin slowly, as the mortal requiring or wanting such an experience is often not fully aware of their deep desire, so needing time to accept and assimilate it, and then choose to have more of it. And the duration of the experiences, either being a one off or something that goes for years, and even one's whole life, is all still determined by such laws.

A lot of people desire such things with spirits, but such desire is usually coming from their mind. As all people are not in full connection and rapport with their soul due to the negative mind state, many do not understand that when I speak of you wanting such a thing, it is your soul I am referring to: it wants to have the experience, but the mind may be totally ignorant of it. And consequently many people want with their minds to have such experiences, but as it is not a true desire from their soul, such experiences fail to occur. If such people were to do their Soul-Healing, then as they came into better rapport with their soul and got to know themselves better, those people wanting experiences with spirits, would most probably no longer want them, feeling that they don't actually need them. They wanted them with their mind, and as they've steadily worked through letting go their minds desiring them, they have given up their false desire and need for them. Or, they may find they are now free to have them, as their soul does desire them. This is how you now write with us spirits, James. You can feel when and who it is that wants to write with you, and you do what you feel. But it comes from you. We spirits can want you to write with us, but unless you agree, we are powerless to make it happen. And you don't try to prolong it or make it go into other areas, making it be something it is not by allowing your mind to take over. When the writing has finished, it has finished, you feel it to be so. And if no more feelings to write were to ever come, then you wouldn't do any more writing with spirits, even though your mind might be able to think of lots more things it would like to ask spirits about. You know yourself James those times when your mind wants to write with us, often when you are bored, and yet you can't do it, because you're not being inspired and motivated to do so through your feelings from your soul.

You are reading about the apparitions of the Virgin Mother Mary who came to four young girls in Spain

some years ago. And yet all you are seeing as you read is just how controlled these things were by the mind spirits manipulating all the people into believing that it was the Blessed Holy Mother, when as you know, it is all erroneous belief, for Mary my mother, was no such thing – as she has told you herself, in the message she wrote to you. The whole *Blessed Virgin* thing has been entirely made up by spirits. And it's spirit women from the mind worlds pretending to be my mother Mary that is seen by willing receivers of her vision or apparition on Earth, just as these young children did.

You need to understand just how desperate these spirits (and corresponding people on Earth) are for their beloved Church to continue. They are using it to block out every bad feeling they have, to keep all they feel suppressed, all their pain and trauma from their early childhood. They desperately want to believe in the fantasy that the Church offers them; they desperately want a good and loving mother and father, someone who is beyond everything, someone who will ONLY EVER love them and make them feel good. They hate their own parents so much for not being so loving and good (though few would be conscious of such hatred), and for always using the Churches beliefs to control them; yet of course, they can't admit to these feelings. If they did, their families would disintegrate, as would their relationship with the Church, in a passion of rage as they liberated such unconscious anger, hatred and hurt. So the fantasy, the illusional delusion must go on, hence the need for apparitions, visions, prophecy and various appearances to the innocent, like these children, to keep the hope in the fantasy alive. The fact that anyone believes in any of the religions of humanity is testament to how severely they are repressing their childhood repression, having to give their lives over to something so wrong and so meaningless because they can't bear to face the truth of their own life, of their own feelings about their own families, and their relationship with their parents. So it's vital for these religions to continue, both on Earth and in the mind worlds, because if they didn't, what would happen? What would these people be faced with? – their bad feelings – all the pain, hurt and trauma they are using the religion to keep buried?

Many spirits in the highest mind world: world number six, believe they are the *Master Controllers*, the controllers of much of the fate of humanity and the destiny of the world. They have their plans of humanity's future and they believe that these plans are God's plans. Not all the spirits in this world are involved in such things, being mostly only concerned with their own self-greatness, however in all the main religions and spiritual practises there are the master controllers who are overseeing the evolution of their system. And the apparitions and magical happenings are orchestrated by them, being periodically made to happen on Earth, and even to happen on the lower mind worlds. The deceit is rife, even amongst their own. And how could it be any other way when such things are only an outworking of the evil rebellious state of men and women's minds.

These high sixth world spirits live the greatest amount of personal mind control they can have over themselves and their soul. Even though they are pure of thought and do not think bad or evil thoughts, and do not do bad or evil deeds, they indirectly impose their will over others. And they are still committing the greatest personal error possible: complete denial of their soul and extreme celebration of their mind. They are in effect in love with their mind (themselves) and nothing else. They believe all sorts of things, some even believing they are god. They live completely self-gratified by their mind with such beliefs. They have fallen into the greatest possible state of rebellion, even more so than those who are *cursed in darkness* living in the hells. Those in the hells are paying for their sins, and will find redemption a lot sooner than most of those living self-glorified lives in their superior mind state. It is easier to *wake up* living in hell, to see one is only torturing oneself, and to acknowledge the pain one is suffering having forced another to suffer it, than it is for these high sixth world spirits and those in the same state of mind on Earth, who are completely using their minds to block out their pain – the pain of all their self-denial. Their delusion is they believe they have escaped the pain those in hell are suffering, all because they are living fully exalted lives in the sixth world and not grovelling around in the muck of

the bottom worlds. But mostly it's those in hell who's pain keeps them meek, that are closer to the truth of themselves, and potentially closer to the truth of the Father and Mother. The difference between the two is those spirits in the sixth world are using their mind to control their whole state of being, to ensure they are not doing anything that brings the Law of Compensation into play; they are not hurting another or directly imposing their will on another. Whereas those in hell are, they might not actually be doing it now they are in hell, but it is their intent and how they acted it out when on Earth that has put them into a hell-state, and it's the pain from the Law of Compensation that is hurting them and keeping them in their hell. So it's the pain of their transgression that is in one way keeping them more in touch with and aware of their bad feelings. Those of the higher self-glorifying mind worlds have buried their repressed childhood feelings so far that they believe they don't have any within them, having healed themselves through their minds transcendence.

So many mind spirits see that these so-called exalted and glorified high sixth sphere *Ascended Masters, Lords of the Realm, Masters* and *Gurus* are the acme of spiritual evolution and so try to advance up through the mind worlds to achieve this state of being. But such spirits and their equivalents on Earth aren't healing their childhood repression, they are doing the very opposite and burying it even more. So they are achieving a perfected state of negative mind existence, this being allowed by the Mother and Father. And I want you to understand this is NOT the perfected state I spoke about in my messages to James Padgett. This perfected Natural love state of being no one in the mind worlds or on Earth is currently living. It is something that will come in future when such spirits and people on Earth heal their childhood repression by doing their Feeling-Healing and ascend to the sixth world of truth by doing so, able to live there with a perfect positive mind. And so yes, to answer your question Jmaes, that means there will be potentially both perfected positive and perfected negative minded spirits (and people on Earth) all living in the same world, being in their own separate sectors in the sixth world.

Many spirits of the sixth world need to have other spirits worship, believe in, and follow them. Just as do such people on Earth, like you see particularly with some of the Eastern gurus or masters. And many need a whole establishment like the church to give them the power they seek. The negative mind, as you know, seeks power because you were made to feel powerless as children. You feel powerless so you need to do things to make you feel powerful. And so these high sixth world spirits believe they have achieved the ultimate power; they can't ascend any higher; are totally ignorant of the Divine Love worlds and the higher Divine Love seventh world and Celestial spheres, so remain confined within their self-glorifying minds. And many of these spirits try hard to gain Earthly followers, with much of what you call the New Age having been inspired by such spirits, all who want their own little power base of followers. But their difficulty is finding willing recipients on Earth, people who will readily accept all they say, and willingly – blindly – follow them. These spirits are extremely handicapped because they can't make people follow them as much as they would like to, for if they were to try (and they have all had experiences of this on their way up to these higher levels) they would very quickly feel the Law of Compensation causing pain in them, making them give up their forceful ways.

To change the subject somewhat, I'm following your thoughts, the Bible has been quite heavily modified in spirit. Much of what is in it on Earth doesn't apply in spirit, so they have a *Spirit Modified Version* – versions I should say, as all the Christian various churches (and there are many more than on Earth) have their own spirit bible. And amazingly, the new arriving spirits willingly accept this when it's explained to them why the need for a new spirit bible. And all of these bibles, as you might well imagine, are just as confusing and full of contradiction and things that don't make sense, as is the Bible on Earth. And believe it or not, but this is reassuring to those new comers, because the last thing they want to know is the truth, so the more fantasy, and these spirit bibles are full of fantasy, the better.

In one such spirit bible I am said to be coming to the spirit worlds at any moment, and tells the faithful how to prepare for my arrival, and yet I can walk amongst these people and they don't recognise me from the descriptions of the *Jesus* given in their bible. They all want the fantasy Jesus, not the real person.

And yes, there are masses of other spiritualities (or that is what they call them) and other religions in these mind systems, but still there are many spirits that don't believe in such things. And there are many spirits adhering to beliefs in reincarnation and trying to do all they can to prepare for their next sojourn on Earth – that which will never come as there is no such thing as reincarnation. The mind is literally having a field day in these mind worlds, free to contrive all it wants.

What they call spirituality and religion is negative mind spirituality and religion – so one asks the question: is it really true spirituality or religion? And I'll leave you to work that one out. However those in these mind worlds, just as on Earth, believe it is, as they know nothing else; but it is not until you embrace the Divine Love and start doing your Soul-Healing, will you be actually living true spirituality and religion. All the rest is merely a contrivance of the mind – haven't I said that before! And one day will cease to exist, not being founded on truth; whereas the Divine Love will always exist, being contained within the souls of those who long for it.

Now for the purposes of these higher spirits to achieve what they will, they do not mind pretending to be myself or any other higher spirit personality, even what they imagine angels to be. And as you can imagine, The Urantia Book has provided a whole host of spirit personalities they can pretend to be. There are Avonals and Melchizedeks all over the place, and others claiming to be the Evil Ones: Caligastia, Daligastia, Satan and even Lucifer. So you can see how easy it is James, for the *Supreme Being* that came visiting a mortal as *The Light* and supposedly speaking words of *truth*, the mortal having a near-death experience, as you just read in one of the books. This Supreme Being is only one of the *Great Ascended Masters*, and in their lineage they have appointed this one to be the most ascended, so He is the Supreme Being, the most superior mind of them all. And those on the religious side of things also have their *Supreme Being* equivalent – the *High Pope* (there are lots of lower popes); and as you know, there are many impostors pretending to be me. Mary, thankfully escapes such ridicule, as she didn't figure as anyone of any significance on Earth, so is little known about my soul-mate in the mind worlds.

These spirits believe they have all the right in doing what they do, because they believe they know the way of things and it is what God wants. But still it is completely their own delusion, and it is very easy to impress mortals of their superior mind qualities or *love* by doing all sorts of tricks, working all sorts of physical miracles or speaking of all sorts of natural love *truth*. It's easy for even a lower spirit to be the *Bright Light of God*, speaking to the ignorant mortal astral traveller by pretending to be God. And being the ignorant astral traveller or someone who's having a near death experience, it's very easy to be impressed by all the *Light*, and *Beauty*, and *Love*, even on the lowest Earth plane in spirit.

These high sixth world spirits can easily sound very impressive and convey certain feelings of *love*, great warmth and personal security. They can say, being the *all-loving benevolent one*, such things as *God will guide you and look after you*, for the Mother and Father are guiding and do look after you, this happening irrespective of such spirits and what they say. And they can heal you and channel great works to you or give you impressive visions of angels and the like, all the while just playing various roles in their own mental drama, making you feel very inferior and very impressed – all done to keep a controlling edge over you. And if you choose to willingly submit to them, they will willingly keep it all going. But it is all mind play and has nothing to do with the soul. And you can play along just as they will until such time as you want to know the truth, the real truth, and not that which they believe is true but is made up.

Reincarnation is one good example of this. Certain religions and spiritualists believe in this. They believe that they have had, and will have, other flesh lives. And a great part of the lower mind worlds

believe this, with the higher worlds equally believing it, but also believing that they have finished the cycle of karma and rebirth, and are above the need to reincarnate anymore. And it is a pitiful sight seeing countless numbers of spirits waiting (even in line in some places) to be returned to Earth – waiting for a day that will never come. Yes James, as hard it may be to believe, they do literally stand in line in some parts of the spirit world – and in some cases for a very long time. The long length of time, being, as they believe, a necessary component to judge them fit, worthy and ready to incarnate. They believe it's the *portal* through which they will be returned to Earth, after they undergo *The Sleep*.

They live fully controlled by their beliefs, and they wait and they wait, and they wait. Years and years pass, and they still wait. It might be hard for you to imagine this, but in the mind worlds it is all mind dominated, and time, to the mind of fantasy, is irrelevant. What you believe you are. What you believe now in flesh you will BE in spirit, unless you have embraced the Mother and Father's Love. On Earth you have the physical reality as the bridge between your mind and your feelings. You are trying the best you can to live as a mind like those in the MIND spirit worlds, but your physical body limits this, as it has feelings of its own; and these, no matter how hard you try to get rid of by your mind, can still persist. But in spirit, without a physical *feeling*-body, your mind can completely take over and dominate your spirit body, and you will not feel the presence of your soul or your heart, as all will be contained in your beliefs. All that you feel will be belief guided and controlled. And this is all very misleading, for it becomes increasing harder the more you give into it, to see that there is anything else or any other you, or any other way to be. You can remain trapped in your mind, completely cut off from everything else – your feelings – by your beliefs. You can of course add and subtract beliefs, which in turn allows you to selectively *feel* certain feelings – good feelings mostly, but for those spirits who are so well entrenched, it's not until their soul starts to push unwanted feelings up in them, and they suddenly start to experience feelings like those they had back on Earth, which they cannot control, that they begin to recognise that some other part to themselves does exist. The *great love and light* many experience in spirit, is only what's coming from one's mind. And it can be very controlling and soothing, if it is what you want, hence the illusion that all of spirit is of such light and love, with no pain, no bad feelings, nothing ever going wrong for you. But if you were to visit the Divine Love Healing Mansion Worlds, you'd see things in a very different light, with all spirits working with all the very bad feelings they have. And no astral travellers visit the Divine Love worlds because none as yet have been doing their Soul-Healing or partaking of the Divine Love.

At the end of the last message I gave you James, I said I would tell you off the record why I was angry; why I openly condemned the Christian religions. Since then I have changed my mind, and in light of what we have been speaking about, I will openly tell you now. Even though I uphold the laws of the soul more than everyone (excepting Mary), in Mary's and my Universe, still things do personally affect me from time to time. And the other day I came to you having been affected by just such a thing. I was drawn to a soul on Earth as she was calling out to me for my help, and it was a soul whom had received the Divine Love. (I do not go to people or spirits who have not partaken of the Divine Love as they are not sincere in their desiring of my love and help. And also I only personally attend those who call with the Divine Love in their souls in accordance with the Mother and Father's Will. I cannot physically attend to everyone who wants me or would like me to help them in person.) And it was this woman to whom the Mother and Father wanted me to go to. We had been doing some work together: my telling her more about the truth of the Father's Love, however, after our last contact together she had become influenced by other things of which pertained to her early life and its religious content. I have been trying to help her to see the errors of such religious beliefs, but still she occasionally falls under their spell. But this time when I went I could see she was very distraught and had been severely interfered with by those from the mind spirit worlds. They had managed, by posing to be me and using my name, to influence her and

to turn her almost entirely against herself and all the work we had been doing together. They new of her childhood religious experiences and used this to manipulate her, turning her around. They had been drawn to her because she called to them as these childhood beliefs and experiences had come up in her as a part of her healing. But as she isn't as yet consciously aware of her Healing, and the need to do it and what it entails, she misread these feelings believing that I was telling her things that I wasn't. The mind came, as like attracts like, and they answered her call and found it very easy to speak with her, and saw from their perspectives what they believed she was asking for and so did what they do. But this affected her dramatically and they used all sorts of mental manipulation on her. She had nearly given over to their persuasive power, but in the end it all became too much for her, and she started to feel threatened by this over-dominance of mind, and she gave up turning off her contact. Later she called out to me for help and I went to reassure her. The Celestials who are always with her had stepped in after the spirits of the mind had gone, and had started helping her to feel better. The Celestials were powerless to help her whilst she wanted the attention from the other spirits. In her case at this point, because of her will and desire led by her childhood memories and beliefs, the attending Celestials had to step aside, just I would have done had I been there. They were not wanted by her, and so they receded and did not interfere with the coming of the mind spirits. Those of the Divine Love worlds do what they can do and always honour the needs of the soul, just as those of the mind worlds do by honouring the needs to the mind. Steadily she came back to feeling her inner-self leading, and was able to sort out the domineering part of her mind discarding her erroneous beliefs, but still I was angry about the intrusion and especially their use of my name.

Occasionally this sort of thing happens, and some mortals who do want to live with the Divine Love lose their direction as childhood beliefs and memories surface to confuse their thoughts. But with time, as with the help of Mary's truth when it becomes more readily available, such people will be able to focus themselves more truly on their Healing and understand that all that is happening is a natural part of it. We could foresee this situation coming, but still it annoyed me to see the liberties these mind spirits take and the audacity in which they believe they are right, and can just step in any time, and try to take over believing that all they are doing is good, right and just.

I will go now James, and leave you to your day with Marion, and your little cat. I do not mind how often she (your cat, or Marion for that matter) interrupts us demanding your time and attention. She loves you and loves all the love you give her. It would be the same if you had a child. The *little ones* need our priority, and the Father and Mother love them all; and as you know, without her, you'd still be languishing somewhat in your Healing – we need them too.

(3/5/03)

I want to continue along the lines of which I was speaking to you yesterday James, I am here with you now, your friend and loving brother of Truth, Jesus.

I want to help you understand more how those in the mind worlds see things and live life: that being just as they did when on Earth, with the parents being the controllers and the children the subservient ones.

Always present in these mind worlds is a feeling of the *higher* being more superior to the *lower*, and dominating the lower. This you can now detect as you read these books and can remember from your

own experiences when you were like them. The mind spirits make you feel they are superior to you in knowledge, leading you along saying in one way or another: if you follow us and be good, and do and believe all we say, then the bad things will not happen to you, you'll be loved and looked after, and you'll be able to control your own reality. And this is all good for you, and you too will be able to progress and become like us. Everything has within it the feeling that so long as you are subservient, doing exactly what you are told, the better it will be for you. And this is exactly what most parents say to their children in one way or another. And you as the child are praised if you abide by their rules, and if you don't, then you can expect to be punished – bad things to happen. So you live in a constant state of fear, of being punished; and being so young, you don't know what good and bad or being right or wrong, actually are.

You have read messages from these mind spirits to the effect that you create your own reality, and so if change your mind you can affect your future reality, that the future is not fixed and is all dependant on you, that **YOU ARE THE MASTER CONTROLLER**. But its all lies and false information. The future is fixed, it's all pre-planned by the Mother and Father, it has to be because They are **EVERYTHING**. They are the past, present and future, and you might want to believe that your mind determines your destiny, but your life will show you otherwise if you care to observe it through your feelings, and not look at everything through the controlling eyes of your negative mind. You are **NOT** the controller of your life; God is – even in the negative state.

These spirits also talk about being all loving. But it's conditional love, the same love they were parented by, and the same love you were parented by. **ONLY** the Mother and Father parent with unconditional love on your world, and until you have done your Healing, you won't understand what unconditional love really is. I understand it's spoken of all the time, but it's not lived, it's only something that is believed to be true. You can't live with unconditional love within the negative. That's the whole point or **TRUTH** of the negative, of evil – it is conditional. Natural love can be lived unconditionally but not when you are of a rebellious state – rebelling and refusing to live in that perfect condition. And still, even Natural love is not true unconditional love as compared to when the Divine Love is combined with it. Perfect Natural love is as unconditional as you can live with your feelings in control, that being with a positive mind; living with Divine Love in your soul is as unconditional as the Mother and Father, that is, by the time you've attained Paradise. It's always a case of relativities James. And it is in the end: how you live your life and **NOT ONLY THE WORDS YOU SPEAK** – contrary to what your Grandmother taught you.

The Father and Mother of Paradise speak no words to us, only giving us feelings of love. Their actions speak louder than words. You can speak all the well meaning loving words you know to your children, but in the end it is how you relate to them, how you demonstrate your love through acceptance and unconditional support that will be the truth for you both to know and for all to see. Truth is the salvation of mankind. It is not contained in words, it is merely known in the heart having been brought into conscious living – existence – by the individual through his or her own feeling experiences. You can learn truth as it is written in words, but it cannot be lived that way. And only when lived, can truth be fully know, for them it will have been fully experienced. You have to express the feelings of your experiences for the truth to be revealed. The truth is 'contained' within your feelings, and so expressing your feelings is how you see into your feelings, into their hidden depths and what they are showing you. And we mostly express by speaking, speaking being the action of bringing your feelings, bringing yourself, out into life. Speaking your feelings is speaking your truth, and when you are living true, all you'll speak will be true for it will be all you feel.

You currently live lives devoid of meaning, and full of truthlessness. You do not use your experiences to show you, or to uncover, the truth. Your mind uses them for its own purposes and at the expense of your true feelings. And by doing so you don't communicate properly, you don't express yourself freely. You live untrue to yourself. Your experiences are all but wasted. You live a whole life: work, have a

career, have a family, all for what – what does it mean. What does it mean when it's all over and you are left with nothing but to start over in spirit? What was the point of it? What was it all for? What happens when you run out of places to runaway to, things to do to hide from your bad feelings? What happens when you can't go on denying yourself any longer? What happens when it all starts to break down – what do you do? And the answer is nothing, for there will be nothing to do. You won't be able to fight it, only go with it, accept it and see where it takes you. And this will be your Healing.

And this can simply happen to you when you come to the end of the road, or you can start to willingly embrace it by longing for the truth, by wanting to know what really life and yourself and God are all about.

And when you seriously want to know the truth, then you'll be willing to destroy all that you believe yourself to be that is untrue and unreal; to *die*, to *kill* the wrong untrue you through unconditional self-acceptance, so that you can be born anew in truth.

Thank you once again James, I will leave it there for now, Jesus.

(4/5/03)

Good morning James. Jesus. I am looking forward to writing about the latest book you and Marion have been reading, that being *Our Lady comes to Garabandal*. I will go over some ground we've already covered, however it's relevant to what I was speaking about yesterday.

The four young girls did see spirits in their apparitions, and they did receive all the messages from spirits that they claimed to have heard, however the problem lies in the truth of it all. For there is none. Who they saw in their visions was not who they believed they saw, and even the spirits saying they were the personages they were, was wrong and a lie. To start with there is no such person as the *Blessed Virgin Mary*, or, *Our Lady*. She is a fantasy both on Earth and in spirit, a fabrication of these people and spirits minds.

In spirit those of the higher mind worlds know she is not real but keep the fantasy alive for their faithful on Earth and in the lower Mansion Worlds, as she is a very powerful persuasive crowd-drawing tool. And this type of manipulation and coercion is exactly all the wrongdoing I have been speaking of lately concerning those spirits in the mind worlds. They believe they have all right to keep the delusion going, as those on Earth *need* it, just as they believe they can still adhere to all the erroneous truth and wrong belief that is in the Bible. They have to lie to themselves to believe they are not doing a bad thing, and need to do it for their whole negative make-believe world to continue to exist. And this is no different to how you all live on Earth. You have been made to believe the falseness within your family, lied to by your parents, presented with fantasies to live. The society of your family is a lie. The society of your culture is a lie. Everything that you are, everything that humanity collectively and individually is built on, is lies, all so the fantasy can continue. If the fantasy were to stop, it would threaten your family fantasy and lie, and this must not happen, for the whole show would be exposed for its falseness and corruption and then what would you do?

Those people who couldn't gain all the power they needed in the family to become a major controller and player in the families false society, and those people who can't succeed in the society of the world,

can to some extent, feel the lie, even see it, but what can they do about it? What can anyone do about it? So it continues, *if you can't beat it join it*, and being brought up as a part of it, you've already been made to join it whether you like how it makes you feel or not.

And because your families are lies, such an obvious falseness as that which occurred in Spain, is so willingly accepted. It's easy to be sold a lie because you are already lying and think it's natural.

The angel *Michael* that came as the forerunner to *Our Lady* does not exist. That *angel*, like so many seen by mortals, are merely mind spirits pretending to be angels. It is all extremely easy to carry out such theatrics in spirit and to present them to your willingly ignorant minds. And then it is just as easy to put the young girls into an *ecstasy* or trance-like state, making them walk without looking, guiding their every step. And it is even easier to take over their minds and speak to them in the varying ways they experienced, and to make them or anyone, if the climate within the recipient individual is right, feel great and overwhelming feelings of love, support, peace, grace, all-knowingness, well-being etc. If you are willing, and you meet with the needs of the spirits, they can control and manipulate you to whatever extent you both want.

As to the sporadic happening of such things, this shows you that over time only very few mortals are able to meet with the specific needs of these mind spirits. And the spirits don't want such *miracles* to happen too frequently or the faithful would become complacent about such happenings – such events would lose their power. So the faithful need an injection of periodic miraculousness to keep the faith alive. And from your reading, this event came at the time when certain aspects of the Church were beginning to lose their appeal, so the spirits orchestrated the proceedings to rekindle the waning flame. It also takes a lot of organisation from spirit, and they don't always get the desired results. As was seen from the *Fatima* experience some years earlier in Portugal, the flaming sun effect the spirits masterminded made the faithful scared instead of uplifted. The Churches need some fear to maintain their hold and to control their flock, but too much fear and they will lose their followers.

For the most part mortals do their best in keeping the delusion alive without the need of any help from such mind spirits, but still such *Faiths* have come to expect the periodic miraculous events, so the spirits now have to keep finding new ways and demonstrations to perform their show. It is all just a show, just as your parents put on their show of knowing how to be the loving parent and knowing what you needed; and the show of anger and fear to keep you in order and doing what they wanted. Such parents have no idea about parenting, as there is no truth underpinning their actions. And the same applies to the Church – it's still those pretending to be adults making sure those pretending to be children, follow. It is all the same parent/child relationship, and all involved on both sides want it to be that way. They do not want to give up the relationship of either being the dominator or the dominated. And the whole pervading climate of fear and pretend love binds it all together and keeps it all going.

The *Archangel Michael* is, as you can read in The Urantia Book, another misdirected truth. I am called a Michael Son in The Urantia Book. I have been referred to as a Michael over time, and this confusion, as with all my various names, has for some reason, made the name Michael be ascribed to an Archangel. And as with all such errors, it is just perpetuated with no one really looking for the truth themselves and then stopping the lie. The Archangels do not do all that's ascribed to them by mortals and the mind spirits. And even though the various orders of angels do very specific things associated with mortals and spirits, they operate only under specific orders from their superiors and ultimately the Mother and Father. Occasionally they are enlisted to help mortals and spirits in an *out of the ordinary way*, but ONLY very occasionally, and definitely not to help the devious aims and goals of an individual or organisation that is directly living and existing against the Father and Mother. Angels are all true and positive and will only help those being, or wanting to be, true and positive. All the negative rebellious or *fallen angels* that joined with the Rebellion have been interned or have chosen the positive way and paid for their

unworthiness.

Our Lady is an impostor. My mother as she told you in her messages to Mr. James Padgett and yourself was just as all mortals are. She is definitely not an *intercessor* for the Father and I. The Father and I are not scary. We will not ask of you anything that will make you scared. You can come to us in all your darkest horror and evil and we will not make you pay or turn you away or ask you do penance. We will love you, and it will be you who has to come to accept our love. For remember, you are all unloved and only know rejection, and have accepted this as love; real and true loving and care you reject being afraid of it. You live in the reverse, the anti, of all real love and truth. You make yourselves scared of love. The Church plays on this and uses it to help control you, but still it is what you want, for it is what you believe is love and true.

The Virgin Mary belief, just as reincarnation, is a fabrication to achieve certain ends, and designed to fill in certain gaps of truth. She fits nicely into one of the trinity pictures, and as with the Holy Spirit, and even myself and the Father, the believers do not understand what we all are, what we do, and how we relate to you. Many interchange the Father and I as one. Yet we are two separate and distinct souls and personalities, and I am nowhere as great as He. Such beliefs are very mixed up, because up until now, the truth has not existed enabling you to see us all for who we really are. But as it does exist now, slowly more people will want to see and know it, waking up to the ludicrousness of the Churches, and start to leave them in earnest. And when this begins to happen, the controlling mind spirits will have to create more extreme miracles to hold onto their masses, but these too will eventually fail, being seen as nothing more than allurements and enticements from the evil ones.

To worship my mother as the Virgin Mary does her the utmost disrespect. My mother was a wonderful person and mother to me. She carried out all her duties so far as what was asked of her to perfection. It has been a lot for her to have to live with being disgraced by such dishonourable worship by so many and for so long. However, I told her in the beginning that it was going to happen to her, and Mary and I helped her to understand and cope with it. She did very well, and has helped many who asked so much of her, to come to the truth and see the errors of their ways. Now, as you know, she is no longer even in our universe for she was with the first group of ascenders who left our shores of Nebadon, now ascending through the greater universe on her journey to Paradise. So those who come looking for her will not find her.

The Virgin Mary exists in such beliefs because of the belief that God is wrathful and she can help mediate between you and He. Asking your mother to temper your father's anger. But this is all nonsense as the wrathful ones are only the parents of the ones who believe such things, nothing more. As I said, it's simply trying to get your mother to appease your angry wrathful father. God loves you all so much, and if only you could accept this, and then seek the truth of this love rather than just believe what you are being told by those in an authoritative position – the authority you give them and not God.

As you have seen for yourself James, the Mother and Father are the perfect arbiters of love. They give you always what your soul wants. They do not force change on you. Although at times through your Healing it might feel like this, but it's not the case; because you are asking Them to help heal you, you are wanting and driving your Healing – not Them. They are merely helping you each step of the way. And when suddenly things happen forcing you to change, it is still not the Father and Mother choosing such change for you, as such things happen in compliance with the patterns of your negative state, that which you established through your forming years. And although you are unconscious of these patterns, still it is you, or at least some part of you that wants the change, and so the Mother and Father, together with your soul, make it happen.

You are allowed to be totally addicted to your negative mind state for as long as you need to be. If you want to give it up, They have given you the offer of Their Love and lots of other support, so that you can

gradually do your Healing and heal yourself.

I am of course not present at these supernatural events, even though much is attributed to me. However the Mother and Father are. They are right there with everyone, as They always are – how can They not be? Many of the words spoken to the recipients are indeed God's words even though they may sound contradictory to the truth and supportive of evil. However God is doing as I have said: just what is being asked of Him. He is helping these people and spirits in their denial of Him and their evil ways. He does so because He knows that they need His presence this way as a part of their overall drug or love replacement package. Marion and you however, can both see the charade and the fraudulent way it happens, and you can see as you have just been discussing, how loving the Father and Mother are by allowing us all to have what we want. They don't scold you for being wrong, and They don't just stop the Rebellion. They could have easily stopped Lucifer and his soul partner dead in their tracks, but no, They fully supported them because They want you to be free in using your will. And They wanted the Lucifers to rebel so you could have all the unloving experiences you are having so you can experience the truth of no love. They fully supported all the spirits who wanted to participate in the Rebellion, and helped them to further their evil ways. And they do this because those spirits wanted it. It might be hard for you to understand, but on deeper levels, those contained within your soul, you have chosen and want to live your negative rebellious experience, and They are allowing you to do so. They created you to live them. They want you to. You want to experience the nether side of love, the darkness, the negative, what living without love feel like, and the whole truth of it, so that is why They allow it. Why They want it, all so you will know the truth of living without love, and once Healed, the truth of living with love, so both 'sides' of love. They fully encourage you to experience it all.

But They also have provided for those people and spirits who do not want to be a part of it any longer, a way out. They love the just and the unjust, the sinner and the righteous. They love you all! They are impartial in Their love as They are unconditional. If you want to keep torturing yourself and living against good and the truth, They allow you to until you have had enough. They have provided the truth for you and the love, and They know in the end this is what everyone will want. But if it takes a long time for you to get to that end, They will wait. There is time, all time, and They are not going anywhere. God doesn't need you to hurry up, as They have to rush off and be at Their next appointment. They are only concerned with your well-being and administrate to all the needs of your soul; and whilst you want to live with your soul in denial, They help you to achieve this.

I do not have any part in it. I am separate and free, and I choose not to directly help those who choose to live in the negative state. God is far more all-loving than I. However, I will not do anything to jeopardise those of the evil. I will tolerate them, and I will certainly help all with all my love and heart who desire and truly want and long to be free of it. My powers of love are great, but nowhere near those of the Father and Mother. I am, like you, only their son, I am not Them.

James, your system is constantly changing making all the adjustments as you are healing. One day you and Marion will be as happy as the Celestials, and even more so!

I feel I have said about enough for the time being. I am glad that you were able to keep up with my thoughts. I wanted you to feel more power and feel surer of yourself and me during this message. It is all exercise for your new mind circuits. As a baby slowly learns to crawl and walk and speak, so to do many of the things you take for granted have to be re-learned and worked into your new state of mind. Our writing to you is all a part of your mind being reconditioned and able to function in its right state, and for you to be able to express yourself truly. You need practise given under differing circumstances, and these we can and are creating for you in our communication with you. You have been completely

broken down from how you were, and as the Father and Mother have gradually been rebuilding you, so you need practise in all They want you to do. Our writing to you and Marion's reading out loud, is all what They are wanting for you at this time. So as you are now tired we will give your mind a rest, and well done. I am thoroughly enjoying myself speaking with you. Jesus.

Hello James, as you are somewhat rested and feel like writing, I feel like speaking with you, Mary.

Most people, if they could only be true, feel as though they are inferior and at the bottom of the ladder. Even many who are successful in the material world feel this way under their layers of self-delusion. And these feelings of course all come from your parents unloving treatment of you, as this is how they made you feel. And so you try to fix it, you try to alter yourself to fit in with the desires and wants of your parents. For you believe if you are how they want you to be, they will love you, and you won't feel so powerless and at the bottom of it all. So as you grow older you start trying to take more of life into your own control. In doing so you hope your parents will be pleased. And then how you relate to your mother and father will be exactly how you relate to the Mother and Father. So invariably, as you want to live with and for Them, so you believe you have to fix or change things to make them how you believe They want them to be. You therefore take it upon yourselves to carry out *Their Plan*, that which you have made up for yourself. Somehow you believe that They are not quite right and not doing Their job properly – as you believe it should be done, and so you try to make amends. You believe that everyone needs to belong to the same church or ideology, so you believe God's Plan is to tell them all about it, and once told, as that is all that needs to be done, just as your parents told you, naturally they will see what you do and are converted to your way. But all you are doing is trying to convince your parents that they are not quite right, and if they listened to you and changed, and came over to your way of thinking, then all would be nice and loving, just as they did to you. All of those spirits in the mind spirit worlds believe, due to their negative minds, that they are right and helping God do what He wants to do. Even the worst or most negative person still believes that their way is the right way, and believe on some level that God is willing them to do what they believe is right, true and loving. However, as you awaken to the truth, you can see that all you are doing is trying to get power where there is no real power to have. You are in fact depowering yourself. Whereas, if you did not try and just tried to stay true to your feelings, and not try to do what you thought was right, but asked the Mother and Father to help you to do your Healing, trying to give up all that you believed, then over time, They will help you see the truth and you will find out what your true natural power is. And you wouldn't be actively going against Them, but living true to Their Will.

In the negative mind condition, as Jesus told you, all who believe they are doing God's Will are mistaken, even if they are partaking of the Divine Love, and are only still doing their own will and refusing to accept the truth that they are wrong and wanting to remain in control just as their parents wanted to remain in control. And for most they are not really even doing their own will, but are doing the contrived and mixed up will of what their parents made them do.

It is very easy and appealing to push all your bad feelings aside and put all your effort into doing what you believe God is asking of you. And this will only lead you ultimately into more difficulties. Until you can own up to all the inner confusion and bad feelings, and set about dealing with it and them, you are only deluding yourself that your relationship with God is what you believe it is, if it is anything at all. And it certainly is NOT true.

When your parents forced you to go against yourself, your natural response was to force back. If you are being pushed over your natural inclination is to try and struggle to right yourself, rather than let

yourself fall. It is very difficult for you, especially as a child, to know what turning the other cheek actually means. As you have been, already since conception, well immersed in the behaviour patterns and ways of your parents, by the time you have enough will of your own to actively reject or rebel against them, you are already too far gone and subservient to their wills. Still, you try to fight them and rebel against all they are forcing you to do. And depending on how hard they fight back will determine how much room, and in which ways, you can live your own battle against them. And if they give you room to fight, this will be where you believe you can gain power. You may have to do it all in your mind, constructing numerous fantasy pictures for yourself to believe you have some say and some life in your fight against them. You may be able to make them retreat for a time and get some of your way if you protest, yell and scream loud enough. You may even seem to get love and attention through very little effort of your own, and live a more diplomatic approach in your relationship with them. And they may even seem to completely give over to you at times. And you may even be able to say no and get your way. But still it will only be false power they allow you to have – that they allow you to *believe* you have.

All of these ways are still you rebelling against them in your desperate struggle to try and get your souls love needs met. But by rebelling against them you are rebelling against your true self and the Mother and Father. You are leaving yourself and joining in the fight with your parents, but all you are really doing is fighting against yourself. And so you are being untrue.

Now imagine if you did not fight. Imagine you gave in and were totally true to yourself. This is hard to do especially as you most probably don't know what being true really is like, but imagine if you just said no to them and did not try to get any power yourself. And if you did this, something would change. You would not lose yourself and not join the Rebellion, and would be able to live true to your feelings of love. Jesus was able to do this. Imagine Joseph and Mary when he said no. No! Like most parents they won't tolerate such insolence and apply the pressure even harder or try other manipulative measures to get what they want. But the beauty of Joseph and Mary were that they did not fight Jesus or try to coerce him to do what they wanted, instead they tried to listen to what he said and tried their best not to force him to be untrue to his feelings. And they were rewarded, for look at what their son became, he made them feel greatly honoured and very privileged. And as a consequence, they helped in a very – the most – hands on way possible of any mortal to avert and terminate the Rebellion by allowing Jesus to be himself and to do what the Father asked of him. As two humble people they did more for humanity than all the rest who say they are serving God's Will and going out trying to spread the *word*. You have them to thank for supporting and allowing Jesus to grow up and be all that he could be, and do what he did: terminate the Universal Rebellion and Planetary Default and bring you the truth of His Heavenly Father and Father's Divine Love.

All those who have gone out pertaining to do God's Will have only been allowing the Rebellion to continue in their own minds. And when you look at all the so-called *good works* being done in the name of God, and see that these are only all still the selfish self-willed works of men and women, humanity has got nowhere in understanding their beloved Makers.

As Jesus gave into his persecutors and died with total acceptance on the cross, he showed you what you needed to do. Give into the rebellion within you, give up the fight, and don't fight back against yourself and them (your parents within you). Give into your bad feelings instead of fighting against them. Give in, express and long for the truth of these unwanted feelings. Accept, instead of reject them – treat yourself the in opposite way to how your parents treated you. Let go and come back to yourself and try to just concentrate on your relationship with yourself and the Mother and Father – do your Soul-Healing. Doing your Healing will be the equivalent of your dying of the cross and doing what Jesus did, and at the end of it just as he showed, you will be raised up and will live again, born of a new spirit; true to yourself and master of your own will and destiny, and beholden to no one – free! Finally free of your parents.

The Rebellion and Default are alive and well inside you whilst you persist in living untrue to your soul's true nature. And in this state you can no more do God's Will than fly yourself to the moon. Give in to yourself, into your bad feelings, allowing yourself to destroy the wrong and *bad* you through self-acceptance, self-tolerance, self-care, and unconditional self-love. And with the Mother and Father's support you will steadily break yourself down and find complete self-respect. And when you finally respect yourself fully, then so too will you be fully respecting the Mother and Father, and then you will NATURALLY be doing Their Will.

Thank you James, that is all I wish to say for now. We are all fully supporting all your thoughts and feelings, enjoying seeing how the Mother and Father are guiding you both. Mary.

(5/5/03)

I am here Jesus.

I want to reiterate that I did not die for the sins of mankind or any other sins. I died how I did, because my Father of Heaven wanted me to show humanity its sins. Just as Mary said in the last message to you James. All the bad things that seem to happen to you out of blue and for no reason are happening for very real reasons, but these you will only find if you choose to look truthfully into yourself and want to find the truth of the causes of all your denial and rebellion. And when you do, these seemingly outside uncontrollable bad misfortunes, mishaps, tragedies, horrible events and illness, will stop. When you have healed the patterns of negativity and unlovingness you are doing to yourself, as they were done to you, then all the bad and wrong and sinful and evil and self-hate and negativity will leave you. This is the forgiveness of your sins, the relief and release from your suffering. You are born onto the cross and are suffering. I ended my life on it, but I was born perfect and died perfectly in an imperfect way, meaning: I died at the hands of others and not naturally. I died being interfered with, but this personally did not hurt me for I knew it was what my Father wanted. You are born imperfectly, you are born interfered with, and if you do your Healing, you will die perfect. You will end as I began, and I ended to show you where you are beginning. However, you need all of Mary's and my truth to be able to see this, and to live it for yourself, and this is what we are endeavouring to give you now.

My suffering was nothing like yours in comparison. Mine was a show, a spectacular display of hatred by those who hated me. For me the agony was only very short lived, and then I awoke free in spirit, it was all over, done in a matter of days, and I was back to my good and true state. I was never of the Rebellion and Default as you are. You are suffering and have been for years, a slow agonising suffering, and until you do your Healing you will still have no idea as to the truth of this. You are in very bad states, very poor indeed. Your whole fabric is of the evil, of the Rebellion and Default, and your whole mind is negatively based.

I did not die to free you of your sins – of this evil negative state of mind and will. I came to merely show you the truth, as I was, and am, the embodiment of the truth of our Father's Love. I was not a sacrifice made by the Father to redeem you of your sins. You were sinning before and during my life, and will continue to do so until you do your Healing. The finding of truth through your Healing is your true salvation. You have to take responsibility for all that you are, for your total evilness. I can't take that away from you. By saying I can is being irresponsible, and is nothing more than a lie.

You don't need to sacrifice yourself or make sacrifices to us or the Father and Mother. ALL YOU NEED DO IS LOVE US AND THEM, AND GO TO THEM ASKING FOR THEIR LOVE. And if currently it is hard for you to love Mary and I, then miss us out and concentrate on the Mother and Father. And if you can't love any of us, as you can't love yourself, then want to and ASK FOR HELP. And if you can't do that, then speak about why you can't do these things – how does it make you feel not being able to do them?

The Mother and Father and Mary and I do not want you to only eat certain foods on certain days, we do not want you be of this or that religion. We do not want you to pray or meditate; to worship this or that way. We do not want you to give up anything unless you feel you want to, and really know the truth for yourself as to why you are. We don't ask you to change for us. You are to change only for yourself because you want to. We want you to be how ever you are now, but if you are not happy with that, then neither are we. We love and support you, but you lead the way in your life. You are not dependant on us; you are free to live how you will. Living true to the Father and Mother will be the easiest thing you do (once you've done your Soul-Healing). It will not tax you, for when you arrive at having healed all your negative restrictions you will be doing exactly and only what you want to do, and it will be exactly what the Mother and Father want you to do for Them. You will be at-one in wills, perfectly harmonised together.

None of us want you to practise rituals for us. None of that sort of thing makes us happy with you or pleases us. We are totally uninterested in anything other than the well-being of your soul. We only are concerned with love, the giving and receiving of it. You can give us offerings and say ritualised dogmatic learnt prayers so long as you know that you are doing them for yourself and not for us, and they are doing nothing for your souls advancement; that they are only for your minds continuance of control over you. We don't hear them and won't respond to them. But if you call out to us anywhere and anytime sincerely longing to us for love and the truth, that is Mary and I and the Mother and Father, then we will hear if you are sincere and truly wanting to know the truth of some aspect of yourself, or of your feelings, and we will respond. And if Mary and I don't respond in person, then our Spirits of Truth will. We only respond to calls for knowing truth and love. Everything else is of no consequence, it is of no importance, and has nothing to do with us.

All the religions worshipping God with their rituals and saying their prayers based on dogmatic belief does nothing but make the doer of such things believe that he or she is doing something. But such *prayers* ascend no higher than the hot air that leaves one's mouth. Only the personal expression from a deep and true desire, longing for love, help, or truth, is heard and will definitely be responded to in some way. Irrespective of your faith or belief or way of life; or if you are the best or the worst, if you ask for help, truth or love, from and with the deepest most sincerest part of your heart, we spirits, will all respond. And that is all you need do. It is setting out with the true desire to express your soul, and even your negative mind will not be able to interfere and control your outgoing pleas and prayers and our incoming responses. As you move along with the Mother and Father you will develop your own rhythm expressing yourself how you truly feel. In the beginning progress may be slow, but give yourself time, even years, and you will start to see the changes and feel the new feelings.

I will finish here for today James, Jesus.

(7/5/03)

Hello James, I am here today, Mary.

Following on from what you understood last night in your discussion with Marion about living the Mother and Father's Will, I will add something more and summarise your conclusions. As I said in my last message, no one except Jesus has lived true to the Father and therefore has lived completely doing His Will on Earth or in the mind spirit worlds. Many however, believe they are led or moved by Him, but they are mistaken. Many in all the religions and in the natural course of life have believed they are doing God's Will, but it is not true. It is all belief. You are of course living Their Will on a deeper soul level all the time, you can't not live it, They being the creators of your soul and your soul always doing and being as They want, however this is not what I'm talking about, I am referring to how we relate to living and doing God's Will and everything else we do on the personality level. Jesus and I are referring to it all within your mind level. You cannot truly live Their Will when you are still of only Natural love. You can only *do* God's Will when you are Divine – of Divine Love. Many people believe they are divine, but they too are mistaken. We are not conceived and then born, divine. Everyone is conceived and born of Natural love, and we truth-seeking souls have the potential to become divine by partaking of the Divine Love, whereas nature doesn't have that potential always being of only Natural love. You can only be divine having done your Soul-Healing with the aid of the Divine Love, and how this happens is what we have been telling you. When you are a divine Celestial *angel*, as Jesus called the redeemed – healed spirits – in the Padgett Messages, then your soul is divine and the rest of you is of perfect Natural love. You express your divine soul nature with the expression of your pure Natural love. You could say that your Natural love carries with it the added or extra *light* of your souls divinity.

And if you were to do your Feeling-Healing perfecting your Natural love yet without the inclusion of the Divine Love, on one level of personality will and mind expression you will be living true to God's Will, yet still not completely living the Mother and Father's Will on a divine soul level.

All a bit confusing James? Well look at it like this: whilst you're still of the Mansion Worlds it's all of and on the mind level; the Celestial levels being when you leave exclusively your mind to live more from the soul level. So whilst of Mansion World truth, you can perfect your mind – heal your negative mind and will state and so be living truly God's Will on this level – but still you have to fully transform your soul, and come to live with the Mother and Father more on Their true soul level, by embracing Their Divine Love and moving into a Celestial state of Truth.

And even more simply put: so long as you are living true to your feelings, freely expressing all you feel in each moment, then you ARE living God's Will. And you then live this way either with a positive mind and will in Natural love within the Mansion World levels of truth; or, also with a positive mind having transformed your soul into its divine state with the Divine Love, living a Celestial and greater level of truth.

Some people believe they are Celestial, or that those higher in the Mansion Spirit worlds are just naturally Celestial, and they are wrong. All the words are used, but their true meanings are unknown with associated beliefs made up of errors and misunderstanding.

You are a person; a soul, and a spirit on Earth in a physical body. You are a soul that is expressing one of its two personalities as a spirit in a physical body. You, your soul, is expressing you, one of its two personalities on Earth. Your soul is expressing you on Earth in physical form. You are one personality of your soul. You are your soul; your soul is you. So right now in your life on Earth, your soul is simultaneously expressing you as one of its two spirit personalities in a physical body. It's expressing you as a spirit and you as that spirit being 'in' your physical body. It is expressing both your spirit body and

physical body at the same time, both linked together. When you die, your soul stops expressing your physical body, and keeps expressing you the spirit in your spirit body in the spirit worlds. Your soul then expresses you, one of its two personalities as a spirit in the spirit worlds. As a spirit, you are your soul; as your soul, you are a spirit. Understand?

And once you are a spirit in the spirit worlds, you can't reincarnate because to do so would mean your soul would then express you as a different personality, and this can't happen, because it's the Mother and Father who bestow personality, and They only bestow it once, so you will be the personality you are forevermore. So James, you can't give up being James and then become Mark or Jane in a future life, nor could you have been Alan or Jenny in a past life, because being Mark, Jane, Alan or Jenny, you'd then have different personalities whilst still having the same soul, and this can't happen, because you will always be the unique personality James being expressed by your soul. And you are not some great *oversoul* that is simultaneously expressing multiple personalities in multiple realities, because again one soul only has two distinct and unique personalities bestowed on it by the Mother and Father, one being male and the other female, you being soulmates. So you can't be gay and be with your soulmate of the same sex. Soulmates are always of the opposite sex. And the oversoul concept is just more mind nonsense anyway. And neither are there multiple universes all existing with zillions of other Jameses all living probable or alternative realities. That is all again wishful thinking of scientists who are touching too much on the realms of science fiction and fantasy. With every thought you think, every decision you make, you are not creating many spinoff alternative universes; if you decide to turn right, there is not another you turning left and living a life in an alternative universe based on that left hand turn; no, if you turn right, you turn right and keep going, that is all. There is only you now with your soul manifesting you in this universal reality. Having different Jameses popping in and out of this universe so you can all be together in one reality is just work of creative movie-making minds. Again just more time to waste using your mind to delight and tease yourself with such imaginings. And when you start growing in Truth, all of this mind nonsense will be expunged from your mind, as your mind will become true and live in support of your feelings, no longer off on its own in some fanciful other reality of your mind's desire.

You are a Natural love creature existing in rebellion and default of love and truth, and so possess a negative and evil mind living in an anti-natural love state. In this state, on the mind level, you are self-willed and not God-Willed, and you are negatively self-willed. From this state you can heal your negative mind by doing your Feeling-Healing, becoming self and God-willed on the mind level, with a positive mind of Natural love. Or you can do your Soul-Healing, healing your negative mind with the aid of Mother and Father's Divine Love becoming a Celestial spirit with a divine soul and a perfectly positive mind and Natural love condition. And you will be living completely God's Will from the soul level. As you do your Healing with the help of the Divine Love you will be steadily becoming less self-willed and more God-willed. This happens, as your soul becomes less of the image of God and more of Their essence. In the process of submitting to God's Will through your Healing – by submitting to your bad feelings – you don't give your will away becoming nothing more than a slave to new Parents who you are to obey; no, you empower your own will, in effect remaining self-willed but using that will to willingly live God's Will, all of which you'll achieve by living true to your feelings. You are giving up your self-willed negative minded life, replacing it with a self-willed and God-Willed positive minded one. You give up believing you are God and can live separate from God; you give up trying to create life according to how you fancy it to be, and you accept that you are a creation and child of God, and God has a plan for you and wants you to live it. And by living it wilfully, and not because you feel you must obey or be punished, you will enjoy a good life of happiness, growth of truth and fulfilment. Life will then make sense, be fear free, and lived in the love of your true loving Parents.

From the books you are reading James, people pray to God for all sorts of things and often

miraculously get what they ask for. And so by having their prayers answered they conclude is a sign that they are living God's Will. But they are not. God is only honouring their negative mind patterns. They are getting what their negative mind wants and not truly what their soul wants. (It is what their soul wants for them to keep living untrue to themselves, but it's not really what their soul wants by wanting them to live true to it. Again a bit confusing, but it's different levels of reality I'm trying to relate to you.) They are not living true to their or God's Will, as they are not living true to their feelings. God can only guide us through our feelings, not through our mind. Pray with your feelings, with your longings, and not with your mind, and you'll be closer to living true.

Just because you get what you're asking for with your mind, doesn't necessarily mean you are on the right track in life – the right track so far as your soul is concerned. It may mean you are on the right track if you want to advance your negative mind state, but that will be at the expense of your soul. And you might feel good, happy and even loved in the short term because your mind has got what it wants, you have been successful; you might even feel loved and wanted, but it's all false gratitude, and false love, all playing into the controlling reaches of your negative mind. Just because you get what you want doesn't necessarily mean you are doing what is right for your soul. And through your Healing you'll reach points at which you can get what you want or can get it if you want to reach out, but your feelings will tell you otherwise. They will say no, don't get it, refuse, resist, go the other way, stop doing what you think is right, give up and let it all go and see what happens. This will be confronting your negative mind patterns and saying, no, you're not going to buy into the false gratitude any longer; and instead you will deprive yourself and express all the bad feelings that result, seeing what happens, what new direction your life will take you in. To live wanting the truth is very different from living without wanting it, wanting only some level of self-gratification, something to make you feel good to help deny more of your bad feelings. Are you doing what you do; are you wanting what you want, only to make yourself feel good so as to further cover up your bad feelings? What are your true underlying intentions and desires; why do you REALLY want to have what you want?

It is very appealing to ask God for things on behalf of others, especially the sick and poor – to pray for the less fortunate. But this is behaviour coming from how you were made to behave as a child, to help others but not yourself. You can of course pray for whomever you want, but what are your true motives? Do you know? Do you want to know? And if you do, as with everything, you'll find you do what you do because of how you were treated as a young child. And what you were led to believe, even if it seems well-meaning and selfless, will not be good for your soul. You are who is important – not the starving or poor, it is your very own soul. Worry about yourself first, heal yourself, uncover the truth of your childhood, and then when you are healed you will be in a better position, and in the right position, to help whomever it is the Mother and Father want you to help.

The Mother and Father's way is a way of love. In the end when you have healed your soul you won't need to ask Them for anything as They will provide it all for you. All you will do is keep longing to Them for Their love because you enjoy feeling loved by Them, and longing for the truth because you want to understand all that you are. However in the meantime, always follow your feelings, and if you feel to ask Them for anything, ask. And want to know the truth of those feelings – why do you feel like asking for that specific thing. Ask Them to help you see the truth of your feelings – They will show you.

I will stop now James whilst you have lunch, Mary.

I will continue, Mary.

Whilst you are doing your Healing, you do have to ask the Mother and Father for everything that you feel you want and need. A great part of your Healing is getting used to asking and learning how to ask in the correct way. And feeling what you want to ask for, when and why you want to ask, and what you really feel you need – the truth of your asking. This will take you to the most personal point of asking, and in doing so you will get to know yourself and your Heavenly Parents. Your asking will help evolve your relationship with Them. And it will also bring to light the truth of your asking your parents for things.

As you progress in your Healing, you'll give up all the material things you no longer need to keep your unloved negative mind, the unloved you, feeling *loved*. Your Spiritual Healing is not the giving up of all possessions and taking to the hills like Jesus did. You will have material things, but your reasons for having them will be different than before you began your Healing. You'll have them to help you experience life in accordance with the needs of your soul, and not the needs of your mind. You are meant to live comfortably in the material world, and the Mother and Father will ensure you have all you need, as you need it. They have your best interests at heart, as you will see if you can give up your negative mind condition and allow Them to guide you through life through your feelings. If you want something, don't immediately get it, but instead express all you feel about why you want it. Do you feel you really want it, or is it simply because you need it to fill in a gap, to give you something your mind wants? This can be difficult to work out, to feel, but as you progress in your Healing it will become easier. You might be surprised about what you don't actually need in your life, and how you feel more fulfilled without those things. Things can easily be used to keep you away from your feelings, and if you use them to do this, then one day you'll feel to give them up – when you find the truth of why you need them. You'll do a lot of giving up (and of not just material things) throughout your Healing, as you are giving up the whole of your negative state. You'll also give up: emotional things, mental beliefs, behavioural patterns, eventually everything that keeps your negative mind going.

The material things themselves are not bad, they are just material things. It's your intention for wanting them, how you use them, your relationship with them that is important. If you want them to support your negative mind then your intention is wrong and will at some point need to be healed. It's not a case of saying: The television is bad so I'll give up, because of something your mind believes; but it is a case of expressing all your repressed feelings uncovering your reasons why you want or need the television in your life; and then through your feelings, feeling you no longer need it, once all you've repressed has come to light. Or, your feelings might lead you to not wanting to give the TV up. Or, you might give it up, bring it back, give it up, bring it back... Only by finding the truth of what you feel about something will you truly know if it's a good or bad thing FOR YOU. And it is ONLY for you, it might not be for everyone else, and even if it is, it is still for everyone else to come to that truth for themselves.

When you uncover the truth of ALL you feel, then if something is no longer for you, it will go. You'll give it up, stop doing it – give it away, or it just won't happen in your life anymore.

It is said in the Bible that Jesus prayed a lot to the Father. He did. He prayed to Him for His Love and He spoke a lot to Him about things in his prayer and meditative time. He did not ask him for all the things he and others needed. He did not get out his shopping list and ask the Father if He would be so kind as to home deliver it all. He only ever prayed to Him of His Divine Love. Once or twice he may have asked specifically for something, but this was all. When you are in a perfected will and mind state, you feel everything is so right, that the Mother and Father have everything so under control, that you couldn't even think of what to ask Them for. They are Perfection. Living with Them is living in perfection. You will be perfectly looked after on Earth or in spirit. You will never have to worry about a thing.

That is all I want to say for now James. Thank you, Mary.

As you still feel like writing, I will give you just a short message, Jesus.

In the prayer I gave to Mr. Padgett, I said "...you are not the subservient, sinful and depraved creatures your false teachers would have you believe..." and this is what I want to elaborate on today. Your false teachers begin with your parents, then move to the rest of your family and out into the world, society, your school teachers and onwards to the authorities, and into spirit and the higher mind spirits I have been speaking about in my previous messages, and then ultimately the spirit Evil Ones. What I want you to see is that right from the beginning to the top all being in the negative state, all are false teachers who you look to for the way. The way you grow up into is the way of your parents, and it is the wrong way – **THE WRONG WAY FOR YOU!** And as you move out into the world you are still going the wrong way, and it is still the way of your parents and of other parents. And those in spirit who come and pretend to be right and all-knowing, and wanting to help you with their love and miracles, are still only as your parents were. You will forever be living your parents way and following them, so always being taught by false teachers. And this will only change when you do your Soul-Healing with the Divine Love. Then you will be able to be taught by good and true teachers, and you will be able to follow the right way. And you will realise you are not subservient, sinful or depraved any more; that you are wholly loved by your Heavenly Parents. And how could you be anything else but the most wonderful of Their handiworks! **THEY LOVE YOU!** Jesus.

(8/5/03)

Hello James, I am here with you and desire to speak to you, Mary.

As a child James, your parents did many things to you that made you feel bad. You often felt angry, unhappy, confused, lost, left out, alone, unwanted and rejected. Naturally you tried at times to find ways to express these bad feelings, but for the most part they wouldn't allow you to. You could not be angry with them, for if you were, they got angrier with you. It wasn't fair, and mostly you just wanted to go away, to be left alone, left in peace and not made to feel bad. But you couldn't leave them. How would you survive? And a young child doesn't just want to leave its parents no matter how harshly its treated. It innately feels its survival depends on its parents, so it just has to accept that how its parents are treating must be lovingly – even if it feels they are not loving, for what else can it do? It is too great a trauma when you are very young to accept that your parents don't love you, even though they do make you feel bad. This causes a great confusion, but one that as time passes, is covered over by adapting to the ways of one's parents, trying to be good, trying to gain their love and attention.

Slowly James as you *fitted in*, as you adapted, your life became more conditioned by what they wanted, and their patterns became your own. You didn't form your own ways, but adopted theirs. And as they gave you a little more space as you grew older, even easing the pressure on you, you began to believe you had some power in the family, and perhaps things weren't as bad as you had previously felt. So you fell into living trapped within your own falseness, your own false life – your own delusion.

To see the truth of yourself involves seeing all the bad that is inside you – all that they did to you; and

living true to all the feelings that you've tried to get away from. It is about having to own up and face the truth, the truth of how you are made up inside. And it will mean not running away, but staying where you are and seeing how you have changed yourself away from the real you. To do it you have to want to be honest with yourself and really want to see what is wrong with you. You'll have to find a willingness in you to push deep into yourself to see all the bad stuff. And this is very difficult. At the first criticism, more than likely you will want to stop, and not want to face it, to run away and give it up. But you will have to push yourself on. Ask the Mother and Father to give you the situations to help bring the bad feelings up in you so you see the truth of them.

Wanting to see the truth is more than just asking God to show or tell you why you are feeling bad. It is not an intellectual exercise. It is about asking Them to help you live the bad feelings so you can feel yourself in them and accept that they are you. And you do this wanting to see the truth of why you are feeling as you are; why you are like you are; why you do the things as you do. And you keep going trying to express the feelings that surface. And when you finally move down deeper into them, you will start to see what happened to you as a child to make you be and feel this way. When this starts happening, you are usually about at the bottom of that cycle, but it may only be one of many.

I want to point out again about the need to face yourself and to really want to see all the wrongness that you are. Everything in your world is designed to make you not face yourself and to stay away from the truth, to lure you away from what is truly important – You. If you are intent on busying yourself in the material world, working and acquiring material things, socialising, furthering your education, amusing yourself and entertaining yourself to the extent that you have little time for yourself, you won't get anywhere. To have one small portion of your day you give to yourself for prayer will not help you heal your soul.

To do your Healing is a commitment you will need to make to yourself about your whole life, if you seriously want to get anywhere in it. You can do it in stops and starts and by fitting it into your busy schedule, but if you are truly serious about doing it, then you will need to feel in your heart you want to give all of your life over to it. And with this total commitment you tell the Mother and Father if you truly desire it, and then start to ask Them to show you how to give up everything that you do not need; for Them to help you to see the truth of everything that you think, feel and do.

Your Healing is the most important thing you can do in your life. It is the only real thing that matters. All else you do is secondary and only putting it off; all else you do is within your negative state. You can have a career and a family or whatever you want, but still all of this is not as important as your Healing. And you may be able to do all this whilst doing your Healing. That is all up to how your soul and the Mother and Father will want it to go. You are doing your Soul-Healing with the Divine Love, for eternity. You are not doing your career or having a family for eternity. Your relationship with yourself and then with your Heavenly Parents is of the utmost importance, then followed by your relationship with your soul-partner. Nothing else really matters. No matter what anyone says about anything else, it does not matter. Only what you want for your soul matters. And this is not selfish! It will not exclude others and make you self-centred at the expense of others. That is how you already are. You are already selfishly living in your negative mind condition. This state is unloving and rejects all others. You may believe you are with others and love them, but you will see through your Healing you have been mistaken. So all that you do in your Healing, even though it might seem completely the opposite of everything you know, and may seem selfish, will not be, for the truth is loving and selfless. And this you will see in time. You may end up completely living only with your soul-partner, seeing no one else, wanting to be alone together, and this is not selfish, this is loving and honouring your soul. Your soul is the top and only priority. When you are fully healed you will be with whomever your soul needs you to be with, and you will do everything that your soul needs to keep expressing itself – you – and this is all you will ever do. And

whether that involves lots or no other people will be for you to wait and see. And when you get there, it will be exactly how you feel you want to be, and no matter what other people may say or how they may judge you, you will feel and know you want nothing else.

As we have also said, you do not know what it is like to live true, so you can't possibly know how you will be and what you will be doing and how you will see things by the time your Healing finishes. The diversity to be expressed will be reflective of how individual each soul is, and how you live and express yourself currently, is only about 5% at best. So you have a lot to uncover and discover about yourself. And ideally one day we would like to see one whole life, from conception to death, being one long continual outward true and pure expression of itself. This one life being the first of many more to follow.

You can live a full and active life accomplishing many things, having a family, having many different types of work, experiencing many things, being deeply religious or not, or trying all sorts of spiritual and religious things. You can grow older and become wiser to the ways of the world and find your own code of beliefs to live by. But still all of this is just moving around in your existing negative mind patterns, all of which have been set in place from conception to six years old. It is quite amazing to consider, but when you look at it from our perspective, the majority of mortals, religious or not, who come over into spirit, wake up in the first Mansion World and then don't go anywhere further. Few do achieve higher things whilst on Earth, some do invoke enough Divine Love to move into the third Divine Love world and begin their Soul-Healing. But the rest, if they is any more mind evolved, move into the second world and very very occasionally into the fourth world. And a great many, having woken up in spirit in the first world, gravitate back to the Earth world – the two Earth planes, becoming *lost souls*, existing there not of Earth itself or of the first spirit world, lost between both realities, having died yet not knowing or accepting or being aware that they are really dead, still believing in a bizarre way they are still alive on Earth, even though they can't do anything on Earth. And they wait not knowing what to do until someone, usually a spirit relative, comes and finds them, and tries to awaken them to the truth that they are no longer of mortal flesh and blood but are of spirit, and to get them to come back and start life in the first spirit world. Most people are in a very poor spiritual and soul condition. They may have a very successful material life of sheer mind indulgence, but when they come to spirit having hardly, if at all, given life after death a thought, find themselves very lost. So many people still believe there is no life after death, so when they wake up in spirit after death, are either surprised or close off to it, and so much so, that they live their belief and just exist in the Earth plane with no awareness that they are alive still or even really dead. And the religions do nothing to help any of these problems, as they are the real problems compounding the misunderstandings, errors, ignorance and fear. And many souls will face untold hardship stuck in such *non-realities* before they are capable of doing anything about their plight.

Life is about your soul. So little is known or understood about the soul and one's relationship with it, and yet each second of your life is intimately all about your soul and nothing more. So how you relate to it and what you believe, is crucial to its – your – wellbeing.

That is all I will say for now James, as I see you are needed. I look forward to our next chat, Mary.

Hello James, Mary.

Today I want to reiterate what Marion was speaking to you about this morning. We, as souls, need to express ourselves. The Mother and Father create us to express our personality in Creation, and how we do this, is with love. A child, as we all do naturally, wants to be loved and to give love – to be loving – it is naturally self-expressive. And all a parent need do is accept this. However, if a parent refuses this love from its child, or refuses to give love, as all parents in a negative mind state will do in one way or another, then the child is stopped from giving its love or receiving any and is made to feel rejected and unwanted. And the parent does this because it has already happened to them by their parents when they were a child. When the child feels rejected, it in turn rejects its parents, it's terribly hard to keep loving someone when you are forming and they are not loving you. The child withdraws trying to find other sources of love, other ways to be loved. The child changes how it naturally is trying to be loved. Often this rejection of its parents then causes its parents to feel rejected. They of course want the child to love them, even if they don't love it. So when it can't love them, not feeling loved itself, they feel rejected and angry, and just how they felt with their parents. So they reject their child even more, who feel rejected more, in turn rejects its parents, who in turn feel more rejected, and so on. And it is ALWAYS the parents fault, never the child's. Fighting each other for love, competing with one's own parents for love, vying for power and control, causes the child to further become removed from its true self. Gradually the whole relationship becomes very confusing, and this you will understand as you seek to unravel your great mixed up mess through your Healing. It will be revealed to you, every little piece, who is not loving whom; why, and how everyone feels not feeling loved. It will come to you, all through your feelings.

No matter what you believe love is and how loving you are, you are still a far cry from what it truly is and feels like. Most parents don't want to be unloving, trying hard to be loving, and many do a better job of it than others, but still it is not enough. Even in the most *loving* of families, some rejection can be seen. And as you do your Healing, you will see for yourself how little the love you believe you have, actually is love.

When you begin to express yourself properly, you will begin to feel you want to love and be loved. This may come at any point through your Healing, for some in the early stages; for others later; and for even others not until they have finished their Healing. It will happen dependant on the needs of your soul – what experiences you need. Some souls will want to experience the full amount of living feeling unloved, not feeling any love until they have completely finished their Healing. Partaking of the Divine Love and doing your Healing is not about making you become instantly all-loving, it is about helping you to understand what it feels like to feel unloved, to live in a negative self-denying and unloving state of being. And when the truth of this no love state has been seen, then love will come. Then one will be able to enjoy the love of one's positive mind. But first of all, it's about experiencing the fullness of feeling unloved. So even if you are partaking of the Divine Love, and still feel very unloved, that is what IS meant to happen. Feelings of love will come, but once you've completed your Healing, so don't try to contrive feeling good and loved because you are receiving God's Love. Feel how you feel; be how you feel. If you feel ever greater amounts of unlovingness, and feel worse and worse and couldn't love anything or anyone, keep expressing these feelings – these are the true feelings of what you feel in your negative state. These are the feelings your parents made you feel, and it's imperative that you feel, understand and know the truth of them. Don't be tempted to use your mind to try and contrive feeling good and loved. Allow your Healing to make you feel as bad as you need to feel – as bad as you DO feel. Your Healing will sink you down into your depths of despair, to where you feel no love whatsoever, all because that's how your parents made you feel. Submit to your bad feelings; allow them to overwhelm you, to consume you. Allow yourself to be as negative and unloving as you feel. When you start on your

Healing, the whole point is to allow yourself to FEEL all you feel. Not to stop yourself feeling bad if that IS how you feel. It's to allow yourself to feel bad, worse, as bad as your soul will need to make you feel for you to experience and uncover the truth of how your parents treated you. It's allowing yourself to feel mostly the opposite of your training, and as difficult as this will be, you will see your way through it, your life will accommodate and adjust to allow you to go this way, to be the full negative person you are. And when it's all finished, and you fully understand what it was all about, then love will come. Then it will be time to learn about and experience love, all with a positive mind and will.

So I repeat, if you start out on your Healing, don't expect to heal parts of yourself and then feel all-loving and all better. You will systematically be sunk deeper into your unloving state; there are seven Mansion Worlds worth of it for you to experience. It will take time, even many years of not feeling loved or loving, feeling hate and spiteful and uncaring about everyone and everything. And if your feelings lead you this way, don't fight them, move with them, allow yourself be full of hate; and keep on speaking about all you feel, always expressing all you feel, all the while longing and wanting to see the truth of why you're feeling this way.

The greatest difficulty you face is in understanding that you are parented with hate and not love. You have not been free to express your love, so you can't, and don't know how to love. You have covered this truth up with so many opposite beliefs believing that you are loving and that all you know as love is real and true. But having grown up feeling rejected, how can you turn around and be truly loving over the top of this? It's all a pretence, an act, nothing more than a show of being loving. And you will continue playing a game with yourself until you really want to see the truth of how you really are. But even though this may sound horrible to you, and will feel even worse when you discover it for yourself through your Healing, it is alright. You are okay. You are still not bad even though you may feel very evil and only full of hate. You have been made, forced, coerced, into believing you are this way. And the Mother and Father will not punish you, neither will anyone else. You will only have yourself as your own judge to face the truth. And with the help of the Mother and Father's Love you will be able to slowly allow yourself to accept that truth and to let all the bad stuff go. And it doesn't matter how bad you have been, how much you have pretended to be loving and untrue, or how bad openly you have lived hurting others and your children. Still you can come back from all your horror with the Love of the Mother and Father. No one, no matter how untrue, is unredeemable. You cannot have gone too far, it is not possible, as what you have become was not your own adult free will choice – it was all imposed on you against your will. You were not good and perfect as an adult, then decided to be bad and evil and go against all love. You took on all the Rebellion by default, and it was all done during your earliest forming years. You have literally been formed in it and so are of it. And even though you have become it, no matter how bad you feel about yourself, it was not your fault. You are all victims of the Rebellion and all living it in Default, and this is very important to understand. You *are* evil and sinful and bad by default, and are just carrying it all on in blind ignorance. You are not as Lucifer and the originators of the Rebellion were, fully formed good souls who became corrupt within themselves, and then took it upon themselves to corrupt others – you.

If you had done it all yourself like the original Evil Ones did, then upon death you would be taken to a detention world and interned there until the High Planetary Judges decided your fate or helped you to decide it for yourself, just as has happened to Lucifer, Satan and the others. But this is not your destiny. The judgement you face is merely at the hands of your own mind. Your mind in effect has control of you, and it will make you feel guilty for what you have done, as a last means of trying to maintain power over you. But all you have to do is own up to these feelings, as with all others, express them as they come to light, and ask the Mother and Father to show you all the truth of them. And as you accept them as a part of yourself, they will go and you will not be plagued by such soul-destroying and terrifying feelings

and beliefs any longer.

You have been made to believe, that those who do not love you, do love you, so to try and make any sense of your feelings about what is right and wrong in the world will cause you problems. The world is trying to solve its problems within the negative. It is the negative trying to make the negative *nicer* and *more loving*. But it is a futile exercise. On the one hand, so much progress seems to have been made toward personal freedom and liberty, and yet on the other you are just as controlled as ever. How you are now controlled just seems to be done in a more *nice* and *caring* way. It is just not so obviously brutal and openly unloving. But where is the real love? Your sophisticated society and relationships are based on no love; pretending you are loving; falseness and cover up. You walk around being pleasant to each other and saying *that person is nice* or *they're not nice*, but all this does is put more layers of unreality and pretence on life. In future people won't even know what true emotions actually feel like having given over to the collective group and decided how to artificially express oneself, all using what's acceptable to the mind. The West is losing touch with its real feelings faster and faster everyday. It's making up new ways of how it's acceptable to be, new words to express this, and new beliefs about how one should be in life. And as always, the only way to rescue yourself will be by wanting to give it all up, all the pretending to know what love is, and to sincerely strive to live the truth, asking the Mother and Father with all your heart and all your strength to help you.

That is all for the moment James, but Jesus wants to have a word to you. Good-bye for now, your beloved sister of love and your truly loving sister, Mary.

Jesus.

Yes James, I want to change the subject, and write that thought you just had which was inspired by what Mary was saying to you. And I want to answer a question that you have been meaning to ask me.

There will be no end to humanity, as the prophecies want to believe. But one day there will be an end to humanity's negative mind and will condition. Destruction of mankind would not solve anything, and even if it did happen, still all who came into the spirit worlds as a consequence of such mass destruction, would need to do their Healing if they were to choose to live on and progress into the higher Celestial spheres. And what good would such mass destruction do for those new souls wanting to incarnate and experience the Rebellion, Default and negative mind condition? Why should they be deprived such invaluable experience? The Mother and Father are in charge of all things. If mortal man was really in charge of his destiny, all men and women would have perished long before now. The rebellious unloving condition would have brought about humanity's destruction long ago. Mankind only exists in this state, as in all states, because the Mother and Father want it to. It would be absurd to conceive of other such things knowing of Their Love. These things are conceived of and believed by people who do not know Them.

Such beliefs do however reflect a certain attitude and belief, showing that humanity is in a negative mind state, for if it were in a positive state, such beliefs would never be dreamed of. All the death and destruction that your movie makers are intent on capitalising from, only reflects the very state you all accept and choose to continue living in. On positive worlds, such things do not exist, never have, and never will. You are very poor and wretched as to what you accept as good entertainment compared to these worlds.

Humanity's destiny is to resolve its inner and outer conflict naturally with love, both God's Love and its

own self or Natural love, all by people doing their Healing. Certain individuals will lead the way for others to follow, and gradually all will become of love. It will take a long time, and the aeons will pass stage by stage, as all souls will be reclaimed. Humanity is to slowly evolve itself completely out of its rebellious condition, to become fully conscious of its negative problem, to take full responsibility for it – heal the Default, the unconsciousness about it, and then work its way steadily through all its problems just as an individual works on him or herself through their Healing. And humanity's individual and collective Healing can begin now.

Slowly during this next age of one thousand years, whilst the Divine Love is still available, many people will strive for the truth and try and do their Soul-Healing. And as each person advances but one circuit, breaking down the control of his or her mind, then the whole of humanity will benefit. And slowly more adults will live more truth and they will parent their children with a higher truth. And as these children move on living that higher truth parenting their children with yet an even higher truth, slowly, progress inward and upward will be made. And overall gradually humanity will make progress in its Healing. Then one day two perfect – healed – parents will parent their children with such perfection of truth, and these children will live free of the Rebellion and Default, like Mary and I were. Then will be seen on Earth children and people of true positive minds, and this will definitely herald a new dawn for mankind.

Humanity will purify and perfect itself in stages, just as we all live in stages. My life unfolded in stages when on Earth, and it still is, just as the whole of Creation unfolds in stages. And help, that is higher help from spirits, will be made available at and through each stage relevant to what is desired by the Mother and Father and the experience of all souls.

That is all I too have to say for now, we will speak to you soon, Jesus.

Mary.

As you have had some thoughts and further discussions with Marion about what I said, and what she was speaking about this morning, I will add to these thoughts. Mary.

You have been created of and with love. ALL LOVE was yours in your creation by the Mother and Father. Your soul is like a seed just waiting for the right conditions in which to germinate. And if these conditions prevail in a favourable way, then you will start to emerge into being, yearning to completely express all the love that you are, that you have been created with. And being the *creator-souls* such that you are (you have a limited capacity to create with your mind and feelings being of the order of ascending daughters and sons of truth), with this love in your soul you will naturally want to create – bring yourself into being. You want to be and feel loved, so you can love.

However, as you could not give totally of yourself freely and truly, being checked and controlled and made to be how your parents wanted you to be, you feel powerless in your creative expression. You don't naturally create as you naturally express yourself – your love. All you create you do with your mind to try and give yourself the love and power you feel you have missed out on. All you do is to try and stop yourself feeling so rejected and unloved.

When you are fully expressive you will be fully loving, this is the objective of your Healing. And when you arrive at this you will feel more like a Celestial *angel of light and love* than a heavy negatively controlled person of fear and no love.

Your soul is made of love. That is yours forever and cannot be taken from you. However, as your mind is hiding this truth and all your feelings of love from you, the Mother and Father have offered Their

Love to you, to help you get underway in bringing yourself back to love. They are giving you the greatest of all Love. And if you choose to accept Their Offer and allow it to help you heal yourself, it has far greater power than that of your mind, enabling you to do so. Mary.

(13/5/03)

I am here Mary.

If you feel bad and your life is not going as you want it to, then you either just suffer and do and say nothing and hope somehow it will change, or you try to change it. By trying to change it you mostly try to change your situation, but this is merely changing the outside, the environment about you to suit you better. Your parents did this by trying to change you to suit them so that they could cope better. They changed their outside – you – and so you were changed for good, and this change will one day make you feel bad about yourself and the situation you are in.

To really change, you have to change your inside, you have to change your beliefs and not worry so much about the outside. If any thing upsets you and you feel bad in any way, then it is because you have something wrong inside you; wrong beliefs, wrong intentions, wrong ways of seeing and behaving. Trying to change the outside is only trying to add another layer to cover up the bad you're feeling, so that you cut yourself off further from your inner self, and this is what most people believe is having a good or successful time and getting on in and with their lives making it as they want it to be with their *positive mental attitude*. They are able to control their outside to suit themselves, rather than feeling powerless and vulnerable with the outside controlling them. But still it is the inside that controls the outside whether you feel in control or not.

If you change your inner you, you will be surprised how your outer will change, and often in ways you would never have dreamed of. Suddenly you might be able to change your outer life but knowing it's all being driven by the changing inner you. To change your inner self is very difficult and firstly it can only begin with you wanting to change it. Mostly when needed, life forces you to change within, because you do not want to voluntarily do it. And often this force feels extreme with a catastrophe – severe illness or traumatic experience – needed to penetrate into your depths. However there is no law that says inner change can only be brought about by extreme hardship. During your Healing some discomfort will be experienced (okay James, yes at times you will experience a lot of discomfort), but this is because you are rigidly fixed in your beliefs and resist change and with so many anti bad feeling barriers, it takes a lot of force to crunch you into change.

If you want to change your inner self, you can set about it in numerous ways. You can seek help, counselling in a professional way, or just through sharing your feelings with your spouse or a good friend. But you need to be able to speak about all the ins and outs of what you are feeling, being able to moan and groan and cry and be angry and express your hatred and feel okay about doing it all. This is what needs to happen to be able to start to open your inner repressed and hidden world to the outer one. You need to express all your feelings, and in particular your BAD feelings. If you don't start expressing all you feel, then nothing inside can change. You don't know what is locked away inside you – why you feel bad. You may be telling yourself it is really nothing and you should get over it, as it is only a small thing even though it just keeps bugging you and won't go away. And this is because it is not small. Everything wanting attention within you is big and should be given ALL the attention it needs – every feeling. This is

being self-loving. Self-loving comes from the act of honouring ALL your feelings, it has NOTHING to do with your mind. You can't *love yourself* with your mind. This is false self-love. Positive affirmations of love being done with your mind are not a free act of self-love, they are the very opposite, and act of self-denial, because you will be doing it to deny yourself the bad feelings you are feeling. To need to be positive means you don't feel good, so these bad feelings need to be accepted and spoken about – expressed. This is being self-loving: stopping the denial of your feelings. This is truly liberating yourself – liberating all you feel, all your bad feelings which will lead you to include all your repressed bad feelings from your childhood. This is loving yourself or being loving of yourself; this is taking the time to love yourself, to care for yourself, to feel sympathetic to yourself. This is being unconditional because you are not judging your feelings; you are allowing them all to be expressed equally, not selectively. Denial of bad feelings is conditional selection through self-judgement of what is good and what is not, but ALL feelings are GOOD – even the bad ones! You are feeling bad for good reason, and it's the reason, the truth, you need to find, and need to want to find.

One way or another, you have to want to see or find the truth to your bad feelings. If you don't want to see the truth of them, you can hide them by artificially burying them through changing your outer world (and mind) and pretending you are happier, but still they will never go away until you want to see the truth of them, the truth of yourself.

And one more thing about changing the inner you, your beliefs will get broken down and change to reflect your truth and the feelings sponsoring it. And that will help you feel better about how you see yourself and life. But it's when you bring to light your negative and unloving behaviour, which naturally you will want to change, that you'll find a lot of such negative behaviour patterns are so much a part of you, that you can't change them. And you won't be able to change them, having to keep accepting you are them right they way until the end of your Healing when your Mother and Father through your soul will change them. And you will become very frustrated continually becoming more aware of these unloving patterns and the unloving and bad effect they are having on you and your relationships, and so angry you can't change them using your own mind. But you can't, your mind doesn't have that sort of power. So as you change by growing in awareness of these unloving behaviours, keep accepting how bad you feel being them, doing them, and feeling trapped within them. And one day, when you have brought to light the whole truth of them, they will change. But I want to stress, don't expect all your bad unloving behaviour to change the moment you become aware of yourself doing it. You might try to change these patterns, but you'll find you can't; and so all you can do is keep accepting this is you in your unloving negative state, becoming more aware of such patterns, feeling how being them makes you feel, all as more truth about them continues to come to light. So many of your bad patterns, addictions and compulsions, ways of behaving that are unloving, things you say that are hurtful, whatever your negative afflictions are, might be with you right the way through your Healing, right up until the very end.

Another way to seek help is by asking the Mother and Father. The beauty in asking Them for help is that They will help you to see the truth yourself within your own current life situation. You will more than likely, although not always, need help from at least someone who wants to listen and get to know you and unconditionally accept you, and you may need intermittent help from a therapist, but ultimately you are to become your own therapist. You can't rely on your therapist forever, even if you have a good therapist who understands about you wanting help doing your Healing. You have to be able to freely express your own feelings and uncover the truth of them. And if you want to move into the deeper aspects of your Healing, you will more than likely need a partner who understands what you are trying to achieve, someone who is supportive and on your side. Someone who is involved intimately in your life, because it was with intimate relationships in the beginning with your parents that started all your problems. You

need to bring out and say it all to the world (who is really your parents), all how bad you feel. And you need to hear yourself saying how bad you feel, so you can accept and be sympathetic to yourself. And you need to bring all the buried energy of your bad feelings out. And if you don't have anyone you can directly speak it all out to, then say it out loud to the Mother and Father or yourself. Out loud you are moving the energy out of and around within you. If you have to say it all in your mind, keep focused on your feelings as much as you can by just accepting how bad you feel, then bring it out when you can. You can feel bad yet the time is not conducive to express your bad feelings right there and then, so you 'bring the feelings back' when you get home or are in the car, walking outside, or wherever it is more conducive.

So most of your Healing will be done by speaking and emoting your pain out of you. You will need to re-experience all the same pressures and feelings with your partner that you experienced with your parents. And you can only do so much with someone you see for an hour a couple of times a week. You will need someone who you are with all the time to really be able to heal everything, just as you were with your parent or parents all the time. You need interactive therapy to really get stuck into it. You will need to be able to argue and yell, throw your tantrums, and be as angry as you feel, and do all the things that you did as a child, all to stimulate the feelings you felt back then, to reconnect with them, see, feel and know the truth of why you felt them – what happened in your relationships to make you feel this way. Your adult life, your adult relationships, will match the exact relationships on a feeling level that you had as a child with your parents and carers, all so you can re-feel, re-experience, all the repressed feelings, doing as an adult what you weren't allowed to do as a child – express them. All so you can find the truth of them. And when you are ready for such healing, if you don't already have a person in your life who can be a true friend, and your soul knows you will need one, then one will come. The Mother and Father will join you up with someone, because that is what you'll need to continue progressing in your Healing. And what your soul needs for you to grow in truth is given top priority.

Expressing all you feel with your partner or friend is all important. You are trying to bring out the whole climate of your early childhood so now as an adult you can see the truth about what you experienced. Everything needs to be expressed openly and spoken about. And this leads on to naturally wanting to communicate truly and freely, which is the aim of setting yourself free. So that in the end you will be able to freely communicate with each other, without hiding anything, with no secrets, not feeling embarrassed about admitting anything, bringing out all your hidden yuk, all without judgement by yourself or your friend, giving each other all love and support.

A true marriage is one of mutual communication. And that means both people actively and freely being able to say to each other whenever they think or feel with nothing being left or remaining hidden. A marriage is not meant to be an arrangement to live together where he has his world of feelings and thoughts and she has hers with little overlap. A true marriage is a complete uniting of two so that both people get know each other inside and out, with each being equal in their ability to freely express all they think and feel. Each equally together, a part of each other's inner and outer life, a life of total communication, with nothing, not one feeling, left unexpressed. Marriage is not just a legal contractual agreement that is a marriage of minds; it's a marriage of feelings. A marriage of feelings being one in which both parties want to freely communicate all they feel. And if you want this, then it will mean both of you doing your Healing, because whilst you remain in your negative minds, no matter how free you might be in sharing feelings, it will be nothing compared to what you will do once you've healed yourselves.

And you might both come together agreeing to express all you feel, yet quickly find one or both of you have severe feeling-expression problems because of your childhood patterns. And so you do the best you can, working to accept and come to understand such restrictions, all of which might persist right the way through your Healing. And having such communication limitations in your relationship will present more

difficulties and bad feelings, all of which is exactly what you need to keep making you both feel bad, so with more bad feelings to express and long for the truth of. Your relationship will be perfectly what each of you need so as to keep helping each other feel bad so as to inspire more bad feeling expression. It will be a working 'marriage', not a loving blissful happy feel-good relationship. You are coming together to help each other bring up all your repressed feelings, so a lot of difficulty is to be expected between you both.

No matter how good you may believe you are at communicating, and how much you feel you can speak with your partner, if you can agree that it's best to both accept that you actually don't have a clue, and that what you believe is good communication is not, then you can begin on common ground together not knowing anything or pretending that you do. And can go to the Mother and Father asking Them for Their help to show you. How you communicate now is dependant on your negative state, so your communication will change as you go. And if you can keep letting go believing that you know something, that instead you don't know anything, it will be better for you.

And then as you get better at it and begin to have a free and very expressive relationship together, you will naturally allow your children to freely express themselves without being so inclined as to interfere, restrict and try to control everyone. And your children will grow up without all the unconscious domination put on them, as was done to you by your parents. And the greatest gift you can give your child, is allowing it to be freely express itself, helping it to feel good about being able to say and express and communicate all it feels. **THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE.** To be completely unconditionally accepted for all that it is. Then it feels loved.

Once again, thank you James. Mary.

James, I want to add one more thing. That as you express, speak and emote with all the feeling you are feeling, your bad feeling, longing for its truth, now in your adult life, that naturally your feelings will take you, when the time is right, back into your early life. In time within your Healing, or if you are already quite aware of a lot of how your childhood affected you, you will connect quickly back with the same feelings you are feeling now that you felt as a child, able to connect with them and see the truth of what was going on and all you felt and experienced back then. For people who aren't so aware of themselves, their feelings and their childhood, remember not to use your mind to 'fish' for childhood memories, trying to use your mind to work out what your bad feeling is, why you're having it, by using your mind to rationally deduce what went on. Keep your mind out of it and allow your feelings themselves to take you back in response to you longing for the truth of them. It is very easy for your mind to jump in trying to 'work it all out', but try and stop yourself from doing this. You are not to analysis your childhood using your mind to work out all what went on. You are to allow your feelings to present to you the truth your soul wants you to see. So the truth will come in pictures and moments of knowing insight, it coming up in you of its own accord and when you are ready for it. People who want to control their Healing using their mind will have other difficulties they will have to work through in trying to move it aside and stop it from trying to take over all the time. A lot of therapists try to work out what your problem is, you want to know why you are feeling bad, what caused your trauma, hoping that if you can work it out then the problem will go away. But your Healing is about truth-discovery, one long journey into the truth of your early childhood, with it being presented to you as determined by your soul and your Mother and Father. And you can't know what is the best way for you to reconnect and get back in touch with all you went through during your childhood. So try to rely solely on your feelings, keeping your mind out of it. Keep vigilant, always on the lookout for how your mind is trying to step in and control the proceedings.

(14/5/03)

Good morning James, I will continue, Mary.

I want to speak again more about love. Throughout these messages to you I have stressed that as you exist in a negative state, what you call love is not love, being only what you believe it to be relative to what you have experienced and been taught it is. I have said this to make you James and the reader think about love and not to just assume that he or she knows what love is.

Many people will find through their Healing that what they felt as love and believed it to be, was not entirely true. I know it may sound hard to understand that a very strong feeling that you feel and know to be as love may not actually be all that you want it to be, however, I really want you to have an open mind and to try to see that to do your Healing you need to be able to start again. To start life all over, so that through your Healing, and by the time you have finished it, you will have learnt anew all the meanings of your feelings, so that you know for yourself what anger and love and hatred and good feels like to you. You are setting out to discover the truth of every feeling for yourself, and if you can begin by accepting that you don't know anything, then you will be in a better position to let go of what you do believe, and to rediscover everything all anew for yourself. And you have to rediscover everything all anew because everything that you are now is heavily tainted by the negative. So even feelings you may be familiar with, such as anger and pain, will still need to be rediscovered and understood on deeper and more expansive levels.

Until you are well into your Healing, you will not be able to have any real understanding as to just how influential your parents and immediate carers were, and still are in your life. They have tainted your whole world for you. You are living life through them and very little has been left up to you to discover. So to live true, you need to know about everything in your life and all the aspects of your personality for yourself, and all discovered through your own experiences. You have to know you. Currently you know you as they know you. You see yourself through their eyes, and this, as you can well imagine, leads you to being greatly confused about what you do think and feel – who the real you is. Something of an identity crisis. Who is the real you, and why don't you just feel true? Why don't you just know who you are and what you are – what you mean to yourself? What are your true feelings? Any contradiction within you about yourself is due to these outside influences in you. You need to be able to stand firm on your two feet and say: This is me, and how I know is because, I know myself. I know what love is and what love is not, and what anger is and what anger is not. I know my feelings – I know what I feel, and I know them to be true. I am living true, and I know that I am.

You may feel that you love your children with all your heart, but do your children feel this love? Have you asked them, and even if you do ask, would they be able to tell you the truth? And do you love your children all the time with the same intensity, especially when you are angry or upset with them? And do your children in these times say: it's okay really because we know mummy and daddy love us? And do you say the same things to your children? And are you even aware that you are unloving to your children? So many things parents do to their children they think nothing of, and you would even argue was not unloving as everyone does them, but this is all just what you want to believe. It is not the truth. Not the Mother and Father's truth. You might love your child more than anything you have ever felt, so much so, that you feel you would rather die than not have it, but how do you feel about bringing it into a denial world of rebellion and *loving* it into evil, helping it to form a negative mind which will give it hell? And how true do you want to live? The laws are the laws. No matter how *good* a parent you may believe you

are, and how much love you give to your children, you are still doing it all within a world that in every moment is all wrong.

I am not saying that you cannot and should not have children, but I am saying that you should know the truth, so that you can at least know what you are doing and not remain ignorant. To just say: *well I didn't know*, and, *I did my best*, is not good enough, because your children will suffer just the same. If you know the truth and fully accept it, and then still want to bring children into the negative world, at least you will be able to parent them knowing this and can pass on this truth to them and tell them. For if they then know where they stand, they can choose to do something about it from early on, or any time thereafter. They will not remain in ignorance and just perpetuate the same evil as has happened generation after generation. And you may be surprised, as they will not hate you for bringing them into an evil world, but will respect you and love you for at least being honest and open with them. Because underneath it all, they chose, as you did, to come here and experience the evil. You, the parent, are only the facilitator. The truth is always the best way to go, even if it sounds hard and unloving, but at least everyone then knows where they stand, and there are no secrets; and as I am sure you know, to get it all off your chest gives you a wonderful feeling of relief.

To own up to your children and to admit that you do not know how loving you are or indeed are loving at all; and to admit that you don't know everything, will enable your children to then come to you as you will have lowered your barriers by being more humble. It all will allow them more freedom to discover life for themselves, and to make up their own minds based on their own feelings. Life will go on even if you admit you have got it all wrong, and you are not as loving as you thought. The more you can admit the bad side of you, all that you fear, the better your relationships will be. The more you can accept you are imperfect, and really are trying to do the best you can without a clue about what you are doing; and this best is deeply flawed and all negative based, the closer to being true, and to the truth, you will be living.

Some people will not want to have children unless they themselves are perfect. For those people who first want to heal themselves before having children, but find that they cannot do it all during their flesh life running out of time and becoming too old to have children, do not despair, just keep going, as opportunities will exist in spirit for you to be parents. And for those who understand about the significance of the Rebellion, but still want to have to children, yet feel guilty and worried that they will harm and be unloving to them, don't despair, for it is still all right. It is about the relationship you have with your children, not about whether you are doing it all perfectly or not. It is all about sharing yourself with them truly, all you feel, and telling them and helping them to see and work out and come to the truth for themselves. The more open and honest you can be is all you can really do. Your child for its eternal soul growth might need you as its mother or father so you can bring it into evil and a negative state, for it to experience feeling unloved by you, and becoming unloving itself, even passing its unlovingness onto its children, then one day doing its Healing bringing to light the truth of itself and its relationship with you. It's always about being true, whether you are in a negative or positive mind condition – being true to your feelings, just being honest about everything as much as you can. And naturally, I would imagine being parents, you would want to do your Healing, so just include your children. Tell them all you feel but don't use them dumping on them all your bad stuff; long to your Mother and Father asking Them to guide you as to how much of your feelings you should express and include with them, allow everyone in the family to express all they feel – encourage it always. Your children will even help you express yourself as they will soon detect if you are covering up or denying any feelings. Your children will help you immeasurably to stir and bring up bad feelings for you to express and see the truth of. And please understand I am only suggesting these things in a general way. You will have work out what's best for you and your children in each feeling moment as you experience them. It might be best if you keep all your really bad stuff

between your partner and yourself until your child is older and can understand. There are not fixed rules, it's all highly personal and between everyone involved in the relationship.

Jesus and I want you to understand first of all the severity of the problem you are living in so that you can release yourself from the burden of trying to know everything and cope with everything. And then from there you can decide what to do. As to whether you have children in the rebellion or not is not a judgement on you. God is not going to be angry with you. You may find through your Healing that you just feel so strongly to have them, even though you have not finished your Healing, so do so. As we have said, it's all about finding your own way. Your way is yours and it does not matter what anyone else's way is. And there is no *right* way – ONLY YOUR WAY! You do not know what the Mother and Father will ask of you or what your soul wants you to experience. It may be that you experience having a family but with the knowledge that you are parenting them in the negative. You might not be able to do your Healing, you may not feel like doing it, but do want a family, and so you can, all with the knowledge about what you are doing – introducing them to the negative – but feeling powerless about doing anything about it. And even though you are not actively doing your Healing, you might still want to tell them about the Rebellion, the negative state you are all in, and about the Healing as you understand it to be. Your children when they are ready will be able to choose for themselves what they want to do about it. We all need the right to choose, just as we all need the right to feel we can freely express all we feel.

Your soul and the Mother and Father may want you to do all of your Healing before you have children. Or, They may want you to have children during your Healing; or They may want you to have them before you start it. And They might want you to have children on Earth; or adopt them when in spirit – or both, or neither. It is all up to you to follow and be true to your own feelings, all of which will help you to know the truth for yourself. To find out what your true feelings are and what they are telling you to do. If at any time you are unsure and not really decided about doing this or that, or which way to go, then don't do anything – stop and wait, resist the temptation to do something because you feel you have to. Give up, stop, and ask the Mother and Father for Their help. Wait, even if it seems an eternity. And keep speaking about all you feel. When it is time to act you will just do it, and even it is not right, what does it really matter, because in time you will feel more bad feelings, and by accepting and expressing them you will uncover more truth, change, and not do what you have done previously. Sometimes you'll need to do the *wrong* thing just so you can advance to the next stage of your Healing to find out the truth and what is right – that what you did was wrong, all being uncovered, as always, through your feelings. And as you will discover, really there isn't anything that is *wrong*. And that all your bad feelings are perfectly right for you to have them.

As we have said, there is no way to learn how life should be or how it should be lived. You have to feel your way along in each moment not knowing what the moment is about or where it is going to take you. But if your intent is to know the truth, then you will be led that way. The wrong things will teach you about yourself just as much as the right things, but over all with the Mother and Father you will be doing more right than wrong, and eventually no wrong at all.

And as for love, what it is to you, and do you really feel it, and what is it, and are you truly loving, or are you caught up in some pretence, you will know. The truth will answer all such questions.

It is bad to be evil, but you are not bad in your soul. You have been made to be evil and so this needs to be taken into account. The Mother and Father understand this and take this into account helping you accordingly. It is only you who are keeping yourself in it all, and now you can free yourself. The evil itself is just what it is, but it doesn't have to be you any longer. And you will not be further penalised if you feel you want to have children in the denial but are honest with them about it; but you will be penalised, as in you will suffer more pain, if you persist in hiding the truth from them and yourself. If you are not true and honest, then you will cause problems for them and yourself. But if you are at least

striving to be true, then you will possess some level of humility and will not believe you are infallible. It is very easy to be the *Great One*, the all-wise and all-knowing one to your ignorant and innocent children – to lord it over them with your need for superiority and power. And if you put on this front, you will be doing great damage to them and yourself.

It is okay to be a parent and not know anything. The whole thing that women are just meant to intuitively know how to be a mother is ludicrous. There is nothing you just know. You can only know things through experience, and if you are starting something new you need help and guidance and support to begin with so that you can learn. We all need to learn for ourselves, but if we are stopped it does no good to then just pretend putting on a show of knowing what to do. It is absolutely the best thing you can do: to admit that you don't know what to do in each and every moment, and to be completely useless, for at least you will not be pretending! You will then be more honest and true to yourself, life and the Mother and Father, and believe it or not, even more loving. Those who pretend they are very competent and all-loving, and know exactly what they are doing, are only running scared having to desperately keep up the show. The more you can give in and give up and let the mess build up around you, all the time expressing your bad feelings and longing to find the truth of them, the more you will begin to see just what you do need to do, when you need to do it, and what you don't actually have to do.

Just remember, nothing in your world is right. It is the authorities who say you need to eat this and not that, or do exercise, or keep the house clean, and it all must be done this way, and they are wrong. Who are they anyway? Who are they to tell you how to be? What right do they have, and so why should you believe them? They are not you, so how do they know what is your way and best for you? They are the *Great Ones* pretending to be the all-great *knowers* of all things. They are the parents wanting to tell the children – you – how you should live your own life. They want nothing but control over you: for you to listen to them and do what they say. But your life is for you to find out to live it, being parented by the two most loving all-knowing Parents. And They are the only ones who do know, and so you need to go to Them and have faith that They will show you. And how They will show you is by helping you to break down all your falseness; by helping you to do just what you feel you want to do, doing what makes you feel good, all through your feelings. And there is a big difference doing the real things that will make you feel good, than by doing things you believe you are supposed to do to make you feel good.

How do you know what actually makes you feel good when you have never really felt good for a long period of time? How do you know what makes you feel good when you are living in a negative condition? How you know anything? And even if you do feel good, but have not done your Healing, how do you really know if what makes you feel good only does so because you believe it to, and want it to, all based on things that are buried deep inside you that are the real master controllers of your life?

You need to want to question every aspect of your life. To turn yourself upside down and inside out, for this is the only way you will ever get to the truth of yourself and be happy. We want to tell you, that all that you believe that is good and right, is still all just relative within an evil state of mind and will, and you have no real idea about what is really good or bad. We want to shatter your whole reality so that you can see where it's false. But we want to do it lovingly so you will not fall apart. And by praying to the Mother and Father for Their Love will help ensure you don't. The truth will be hard to accept. It is very confrontative for it will tell and show you how wrong you are, and unless you want to see it, it's the last thing you want to be told: that you are bad and wrong, unloving, full of hate, and evil.

As we have said, true love is unchanging. If it is real and true love you feel and experience, then it will stay with you and will not be discarded through your Healing, and will only be strengthened. And what you will be left with at the end of your Healing, is love if it is true. Love and any truth you might be living will remain, and all else will go. And if you are living a completely false life, then it will all go. All that is good, true and beautiful will remain; all that is not, will be healed out of you. The Mother and

Father want you to be Their true and good and beautiful child, and nothing else. And when you are, then you will all be able to truly and freely love each other as much as you can – as much as you'll love yourself. And then you will truly know what love is and what it feels like.

Thank you James, Mary.

And I will add: it might not be part of your soul's plan for you to start doing your Healing during your Earth life. It might be for you to start doing it once you arrive in the spirit worlds. And if you feel this is so, you can still prepare yourself for when you leave the physical by learning about what's involved in it, why you need to do it, thinking about your childhood and relationships with your parents and family. And any amount of awareness of all Jesus and I are telling you will help you to get on with it once you are ready to begin in spirit. Don't feel pressured that you have to do it now in the physical because you might be reading these words. Do it only if you feel to do it; and when you feel to do it, you'll naturally start wanting to embrace, acknowledge and express your bad feelings longing for the truth of them.

And some people might not be able to struggle along alone or with just their partner. It might be that you will need to do your Healing with others who are doing it in something like a 'Healing Group', in which you can share and express and discuss all you're feeling and going through with each other, needing the support and acceptance of other people. Needing other people to help you, and you to help them, all in your various ways.

As you feel like writing some more, I will continue. Mary.

Immediately you're conceived you begin experiencing life. Your feeling and mind circuits begin to develop, enabling you to define your experiences. As you experience, you feel, and then your mind puts your feelings into some sort of context, some sort of relative context, so your experience, awareness and understanding of your feelings grow. It is your mind that allows you to express your feelings, to say I feel this way and now that way. You need your mind to articulate all you are feeling and expressing. As you are forming, you need to be supported in what you feel, so with your mind you can define and express your feelings. But if your feelings are interfered with and you're told you are not feeling what you are, then your beliefs as to what you believe this feeling to be, will not reflect your true feeling. You will say you feel angry, when you are not; or that you are not angry, when you are. It may sound hard to imagine doing this, for when you are angry, surely you are angry, but this is exactly what your Healing will help you do: sort out what is true and not true in your feelings, and what you believe about them.

If I may use you as an example James to illustrate this, as you are becoming more aware of how this has happened to you. For example, when your mother did something that made you angry and you began to express your anger, often she became angrier than you, telling you through her direct actions that you weren't allowed to become angry, as it wasn't worth it for you to suffer her wrath. You then did all you could to curb your anger, to stop it, or hide it, to certainly not express it when around her. Anger you believed to a bad thing because it made you even more scared of her than you already were. And as bad things were bad, you didn't want to be angry, so you stopped allowing yourself to feel it. So by not feeling it, that is, by not *allowing* yourself to feel it – as you still felt it – anger became something of a foreign and unknown feeling to you, one you experienced to a very limited degree. Look at how much you have had to get to know what being angry feels like through your Healing, as you've allowed yourself to liberate and express it. Compare all the different 'angers' you know feel to how you felt about it back before your Healing.

And compounding your problem, your grandmother told you that you couldn't really be angry with your mother as she didn't mean what she said – she was just *not in her right mind*, and so you were made to discount your feelings of anger even more, and made to feel sorry for your mother who was painted as a helpless creature in these situations. And then you were told that not only should you not be angry with her, but that it was outside influences that made her angry, and not you, and that she needed your support so that she would not be made to be more angry. So you had to make yourself behave in a calm and friendly supportive way, especially at the times when you were the most upset and angry with her. So you denied your own feelings and your mind took over. You couldn't be angry with your mother, as she was the poor thing, and you were better than her. She could not help herself but you could her, and you being the young man would be well thought of and appreciated if you were never angry with her or women, being only supportive at all times, understanding that their lot is very hard, especially as your father was not doing his bit. And that you would be the most loved and appreciated if you did not get angry with her, but put all your feelings aside and just did whatever it was she said. You were made to feel that you could not ask for anything, and definitely not demand anything, being grateful for what you got.

So under this regime how could you ever expect yourself to get to know what your anger is all about? You can't, and lived out of touch with your anger. Your mind forced you to control it, to block it out of your life, and you did this so successfully you can only remember two times when you actually allowed yourself to get angry. And yet, how many times a day throughout your Healing have you got angry? So where is all this anger coming from? Countless times now you have experience being angry, angry in all different situations and because of all different things, all different variations of your anger. And as you've experienced, through each anger you've got to know yourself a bit better. Your parents stopped you from getting to know yourself through your feelings. They simply told you how you were: "Now stop that James, there's no need to get angry over something like that. Don't be like that, you're not angry, there's nothing to be angry about."

Your feelings weren't accepted by them, so you couldn't accept them yourself, so you had a huge part of yourself you had no idea about. At thirty-five years old you only knew a fragment of yourself – and this is NOT how life is meant to be. At thirty-five you are meant to know thirty five years of yourself, that's a lot of experiences, potentially a lot of times being angry, not just two times.

So what did you do with all these unexpressed feelings of anger? Where did they go, and how were they unconsciously affecting your life? Because they didn't just, as so many people and spirits believe, vanish into thin air, they all went into your soul as unexpressed anger-light, waiting until you started to do your Healing so they could be liberated, experienced, and the truth of why you are angry, finally felt.

So your mind was made to take over your feelings. Your mind told you what you felt just as your parents did. Something would make you feel angry but your negative feeling-denying patterns would instantly click into play taking over saying you didn't, all occurring in a split second so you wouldn't even become conscious that you were angry. But another load of anger was deposited as unexpressed experiential anger-light in your soul. So you've had to admit that you don't have a clue what feeling angry feels like, and yet had anyone asked you before you started your Healing you would have said, of course I know what anger feels like – who doesn't! But your knowing would be based on only two experiences, rather than the thousands it should have been, and it now is. So how much did you really know?

You James have lived a life with your mind all but completely in control of your feelings. And yet life is meant to be lived with your feelings leading you through your experiences so you can feel as to whether or not you like or don't like something, and whether you feel you want to do something or not. You only do or don't do things based on what you have been told is right for you, based on your parents subjective understandings. It's been your mind telling you what you feel, and allowing you to feel what it wants you

to, not your soul guiding you through life through your feelings. So you've lived a very narrow feeling life, all under tight control by your mind, all of which has arrived you to this point in your Healing where you feel like you have no life, nothing happens other than you feeling bad, because nothing can happen. Nothing truly happens if you're not fully expressing all your feelings in every moment. You live a mind-life, but what is that being disconnected from your feelings, it's more like a made up mind-dream that just wafts away into nothingness. A meaningless mind-led life. Now that you've stopped your mind making you do things, what is there to do, but feel, and what is there to feel, other than bad, other than how your parents made you feel, but didn't allow you to feel.

It's right that your life has ground to a halt because there is nothing more to experience. If you don't allow yourself to feel, then there is only so much you can experience. And many people get to this point when they wake up and realise that their life has been nothing, meaningless, is of no worth, has only been going around in a very tight circle not actually getting anywhere. It comes as a crushing blow to realise that you've wasted your life, that it's all but meaningless, and all you thought was progress is nothing other than a waste of time. No one wants to wake up and realise their life is pointless, but if you have been heavily controlled right from the beginning to do what other people say and not allowed to naturally and freely express yourself, what else can life be but pointless. You'd never feel depressed if your life had a point. You'd never feel depressed had you been allowed to freely express all your felt. You're depressed because all the vitality of life that flows from expressing all you feel has been prevented from enriching and vitalising your life. Your life is dead; you are nothing more than a dead person because you can't feel. If you can't feel, it's like you're not alive. And what does not feeling alive feel like? It feels like how you feel!

In the times to come it will be the souls who feel that they want to do their Healing that will be able to see just how wrong things are, and will not want to participate in the wrongness. They will see that trying to bring change on the outside is futile, especially in a world that only wants to continue with the wrong; and they will feel that all they can do is look to change themselves, and then see what the Mother and Father have in store for them. They will be able to see beyond the material and see that really it is only the spiritual that matters, and that by doing their Soul-Healing, and living for their Heavenly Parents, is the only way for them to live life. They will not feel able to fit in and accept and get on with it as others can, they will not feel satisfied with the status quo. They will see the wrong in everything, the inconsistencies, the hypocrisy and self-interest, self-glorification, the abuse of nature, and will not want to be of it. They will do their best to keep their involvement in it to a minimum feeling that all that is on offer in the world is really not to their liking and does not make them feel good. They will naturally try things to find out for themselves if there is anything for them, but will always be restless inside, and often very frustrated with life, as nothing gives them the good feelings they want. They may feel very despondent and miserable at times, but as they come to rely on the Mother and Father more, slowly they will put their faith and trust in Them, living their own private lives of truth with Them.

You don't have to achieve and make something of yourself. You don't have to have a career and be well educated. You don't need to be an upstanding citizen who contributes to the well-being of the whole. You don't have to be anything other than how you want to be – how you feel to be. The Mother and Father don't need you to go to the right school, and get the right education, go to university, and live the right model life, and be very successful. They only want you to be you. All the rest is meaningless and only done to impress those of your evil world.

You don't have to have friends and be the life of the party. You don't have to know how to hold your knife and fork properly. You don't have to look like the magazine model or have the right car and live in the right house in the right suburb. You don't have to have all the money you need to live the life you

believe you want to live. You don't have to get married and have children and a family of your own. You don't have to conform in any way if you don't to. You don't even have to live and try and stay healthy at all costs. You only need to do what you feel you want to do. Nothing of what is considered by your society or family to be right and true and good – the right way to live life, do you have to do. You don't even need to hurt other people, and you don't need to beat up your wife and abuse your children – you don't even need to hurt yourself. You don't need to be Christian and attend church, or rob and steal. You don't need to do any such things. And you don't even need to suit yourself at the expenses of all others. All you do need to do is pray to the Mother and Father for Their soul transforming Love, and long to know the truth of what you feel, and beg Them to help you to do your Healing. Then as you live this way you just do what you feel you want to do. And if this leads you into quiet isolation, or takes you out into the thick of it, you do that, all the while still knowing that it is at-onement with Them that is your only and true and sincere motivation in life. You don't need to earn lots of money, you can be happy renting all your life; and you don't need to save for a rainy day and live paying endless insurance. You do if you feel you need to, then you do, but when you feel you don't need to anymore, you don't, and it is that simple. You don't have to try to imagine what a life with the Mother and Father may be, and you definitely can't go by anyone else, even Jesus' life. You have to see how your's goes, and in what direction it takes, and how They want you to live.

This I can't stress enough. You don't have to even do anything to show you are different; you just have to be you – true to what is going on inside of you. You don't have to prove or justify yourself to anyone, and especially not to your parents and peers. **YOU NEED ONLY TO BE THE REAL AND TRUE YOU. AND THAT YOU, YOU WILL NOT REALLY DISCOVER UNTIL YOU HAVE DONE YOUR HEALING.**

Over and over I want to say to you, it is YOU, YOU, YOU, YOU and no one else. You are the source of your own feelings, and every true feeling you have is honest, true, pure and perfect, needing no other approval. It is you ending up completely loving yourself, loving yourself through feeling good about yourself – a true feeling, and not a mind driven ego self-inflated *good* feeling. And fully accepting of just how you are – how They made you. And no matter how difficult your start may have been, you will be able to do your Healing and make it through to the other side of yourself. Nothing is too impossible, look who is on your side and masterminding it all for you. Go to Them yourself. Not through another. You with your true Heavenly Parents is where you will find all the love and acceptance you will ever need. And They are always with you. They will never leave you at the kindergarten or school, the dentist or doctor. And They are always ready to give you a loving helping hand when you ask Them for it. And do ask. Ask as you feel to ask. And ask for what you feel you want to ask for. And if you're afraid, express your fear; and don't worry if you are asking for the wrong things or maybe you are not asking properly, or praying enough, or in the right way. And don't worry if you doubt yourself all the time, allow yourself to doubt and feel hopeless and helpless and useless, even if it is all the time, but just keep expressing yourself, telling Them if you have no one else about how useless you are, and longing for the truth to see why you feel this way about yourself.

I also want to say that there is a right way. But you can't learn it. You have to work it all out with Them, yourself and your partner. Just keep going. Give up and cry and feel like a complete and utter failure when you do; cry to Them and open up your heart to your misery and patheticness. It is all good and the right way to go. Don't try to be brave; be a chicken. Just try and pray for more Love and don't even worry if you don't seem to get anywhere with that. Just keep longing to be with Them and with Their love, and gradually you will make progress. I say again: just keep going, it is very hard and will take a long time, but you can make it! They will see to it. And you will have all Jesus' and my love and blessings to help you along the way.

That is all I will say for now, goodnight James, Mary.

(15/5/03)

Hello James, I am here and I want to speak to you some more, Mary.

Feeling wanted is the vital underlying ingredient you all lack. If you are wanted, and therefore feel wanted, your *spirit* literally wants to go to that person or into that situation. And what this really means is that your love is accepted, you are accepted, as you are and want to be. You are loved for being you. To not feel wanted means that your essence, your soul, your spirit, your body, all that you are – your personality – is not wanted, and therefore you experience rejection. You feel your love is not wanted and so you cannot give yourself, and being not accepted, you don't know what to do. And not knowing what to do makes you feel insecure, and then open to being afraid having feelings of being scared. It is feelings of being wanted and accepted and enjoyed, welcomed, of your love being wanted, of you being wanted for being you, that gives you the feelings of wanting to come forward into life and be a part of it.

Unfortunately no matter how loving you might feel or believe you are on the surface, still your underlying motives can be of rejection and not wanting to be loving and accepting, and this is how you are all parented to some degree or another. All of you being born into a rejected state, deep inside, feel you are not wanted. So no matter how much your parents might believe they love and wanted you, and feel that they do, their actions with you and therefore how wanted they made you feel, will belie such belief.

You can observe the most well meaning and *loving* parent with their child, but easily see that the parent is still imposing many conditions on its child making the child feel unwanted and not loved. Many parents would fight to defend their love for and of their children, ignorantly believing they are doing all possible for them, but still their child feels unwanted on the most fundamental level and therefore rejected. It fails to feel this great love its parents have for it, because the great love doesn't really exist, and becomes very confused having to turn away from its own feelings of being unloved and unwanted, making itself believe that it is wanted and loved because its parents tell it that it is loved. And this happens as it learns to do what makes its parents happy.

It takes very objective and close self-analysis to see how your actions are truly making your child feel. Most of what you accept as general socially accepted behaviour is rejection behaviour. Dressing your child up to look the picture you want it to look, often against how it wants to dress, is such an example. The adult, by imposing its values and fears, likes and dislikes on the child, can only make the child feel rejected and unwanted.

Jesus made all those who came to him feel wanted. They did not feel rejected by him. When you have grown up in an unwanted climate, you take this all on as the world you know. You can only know what you got, you can't suddenly be all loving and feel all wanted having had your whole expression system made to be self-rejecting. If you were rejected, you will reject yourself and then others. This is how your whole world lives, but as this is an acceptable way to live, you cover it all up by pretending to be nice and caring and loving to each other. But you can all see and feel how thin the veneer of niceness really is. How superficial your world is.

To live rejecting yourself, and then find a friend who you believe loves and wants you – really is finding

just another self-rejecting person who has similar rejection patterns, and then pretending and believing you love each other. Then to conceive your children and build your family with the two of you rejecting each other and your children, all the while adding more pretence to the belief of it all being loving, can only lead to one thing: disaster for all concerned. And the disaster is worked out in each individual's life. How many people die of a disease – an obvious sign of self-rejection. You are rejecting yourself to such an extent that you kill yourself through needing the help of a foreign agency. You are not dying peacefully having had a full and contented life of love and feeling wanted. And don't think that those people who do die on your world in a more peaceful way are avoiding the disaster, for it is only to come to them when they are in spirit. Many hold off the bad feelings for years in spirit life, by living as they did on Earth – rejecting their very own love. And it catches up in the end, they break down having to face their inner torment, failing to hold it off any longer.

To make you feel so unwanted you have all suffered trauma of varying degrees. Your soul will show you how much: how traumatic your childhood was. It is not trauma, as you know it through your observations of it. It is the trauma of you losing your soul, making yourself reject your own soul, living not wanting your soul, and so not allowing or wanting yourself to express yourself completely. And this lack of self-acceptance being so deep, cannot be amended by making yourself do exercises of the mind to help you believe that you are accepting of yourself. This self-help philosophy only helps to keep your negative self-rejecting state in control; only your Healing will be your redemption. It can't be done in any other way.

To really love someone is to make them feel wanted. If you can really and truly want someone, and feel within your heart you do really want them, then you are on the right track. But don't be too hasty either. For as you do your Healing you may come to see that what you thought or felt was a real *want*, was not, and it was only a very strong belief based on fear. Remember your beliefs are very strong with a very strong hold on you, as if they are your bones holding you up – the very core of your structure. Many people believe that they do want/desire with all their hearts, their child, or their loved one, but it is still not so, and what is controlling or making this belief is rejection and not true wanting.

Many people will find they do not actually want who they believe and felt they did want. So many spirits, as they wake up through their Healing, find the reality they wake up into very disturbing, as they begin to feel they actually do not feel that great love and the great desire for their partner and their children, as they once believed they did. It comes as a shock to discover they have been pretending to themselves all along, and their whole physical life was a fraud. You are all unwanted. The parent has a child believing the child will want it, and it will want the child. The child beings to fulfil this as an adorable little baby, but sometime on the adorableness is not as adorable, but the child is still wanting to be wanted, it has just grown older and is expressing itself in another way. But now this way is not fulfilling the parents fantasy, and so it starts to correct the child and check and curb and criticise its child's behaviour trying to make it fit in – trying to make it fit the fantasy picture in its mind. And all the parent is doing is rejecting it. The child tries to be wanted, but this makes the parent feel insecure as if feeling it is losing control. The child is demanding of the parent, but the parent cannot actually give and accept the demands and tries to stop them. The parent then tries to reach out to the child but the child says no, that is not what I need to be wanted, and the parent feels rebuffed and rejected. Then the parent falls back into its familiar patterns of its own rejection coming down hard on the child. The child resists the parents force, fighting its own parent making the rejection of each other even more severe, yet with both all the while desperately holding onto the false belief that they love each other, and inevitably the child grows up to be just as its parents are: self-rejecting.

Your parents didn't want you. No matter what you believe, and what they believe, that is the truth. And if you don't believe me, do your Soul-Healing and then see what you feel about it. This is the

hardest part humanity will have to try to accept: that you exist not wanting each other, actively rejecting each other, all under the misguided believe that you love each other. You have made yourselves believe that your feelings of being rejected are feelings of being loved, and that is terribly sad.

The whole spiritual truth of humanity is contained within the child-parent relationship. If you do anything called *spiritual*, and it is not revolving around trying to find the truth of your relationship with your parents, then you are only deluding yourself as to you making spiritual progress. As I said yesterday, the way is not out there; the way is inside you. And the mystery that has continued to prove evasive, is that all you need do is see the truth of what was done to you in your forming years, most of which you have no memories of and no reality to relate to. It is in these earliest years the hidden secrets lie. It is not contained within the mystical metaphysical secret keys that are still hidden under some Egyptian pyramid or in the Bible. It is lying screaming inside you as you screamed as a young child, eating you away as you go on denying the truth of yourself to yourself. So far as your truth is concerned – the truth of your soul – you have not even been properly born yet. You are not a full and true and real person, only a part person, and mostly an outer shell. You have to begin to want yourself, want to accept yourself and get to thoroughly know yourself. And as you want to know the truth of yourself, you will want to love and feel wanted, and it will come; it will all come, your soul and the Mother and Father will make sure of that.

I will finish now James, Mary.

(17/5/03)

I will continue, Mary.

I want to write that which you were thinking about the other day James in regards to our messages, and the feeling one may get from them to do with creating an urgency to do one's Healing.

We are setting out to present truth in this format so as to give one the impression of one's state and an overview of the problem facing one. However, as we have stressed, it is always the decision based on one's feelings that needs to be taken in account, and by this I mean, that if it all seems too much – your Soul-Healing, and the truth – too confronting, then don't try to do it. Don't put yourself under more pressure than you're already are under. If it sounds too daunting a task – confronting all your personal issues, and issues with your family and partner, and potentially upsetting everyone, but mostly yourself, then don't do it. There is a right time and place for everything to be done. Even if you do not feel you can tackle your Healing, and can't all throughout the remainder of your life, then wait and consider it in spirit. There is no pressure on you to do it. The only pressure you may feel will be from yourself, and not from the Mother and Father. It is totally understandable if you are not ready for your life and all its relationships to be deeply analysed and potentially broken down and turned upside down and inside out. Even though everyone will eventually do their Healing, there is plenty of time. If it all sounds just too much, but you still want to be with the Mother and Father, then of course pray and long to Them for as much of Their Love as you can. You will receive it and it will stay within your soul slowly helping bring about the condition in you to venture into your Healing, and it will all coincide with conditions in your life becoming more suitable for you to begin. The most important thing you need is the Divine Love in your soul. As to when you allow it to begin to do its work in helping to transform all of you, that is

entirely up to you. Jesus and I will speak about it as truly as we can, but remember, and it's most important: WHEN YOU, AND ONLY YOU, FEEL LIKE DOING IT, THEN YOU WILL DO IT. AND THEN IT WILL BE THE RIGHT TIME TO DO IT!

Even though some of the things we say may be too much to understand or accept, the general gist is easy to gather. You don't need to know it all, and we are only concentrating on it all for James' sake as this is what he wants – to know and understand it as much as he can; and for others who will be as interested as he is in knowing more of the ins and outs of what's involved. However, as with it all, you can do all your Healing by just expressing your bad feelings and seeing the truth the Mother and Father want you to see. You don't have to worry about needing to know or understand the rest. So don't worry if you do not understand it all, and don't try to even remember it all; you will remember what you need, when you need to, and much of the understanding will come to you yourself as you do your Healing. If you don't understand it all, this will in no way impede your Healing or soul development. So much of your world now places too much importance on the need to know things and to be well educated – to know things and be up with the latest, but it is all meaningless. You only need to know what you want to know, and what the Mother and Father want you to know. You can go to school and higher learning all you want, but mostly this will be for the gratification of your self-serving negative mind. And when you come to do your Healing and begin to live true to your feelings, most of the excess information will go, along with your false beliefs. Your Western world is pushing as hard as it can in the wrong direction, against all that is love and of the Mother and Father. Daily you are saturated with meaningless and erroneous information. So to give it up through your Healing will be a relief. Stuff that has been forced into your mind from your earliest years, which is wrong, only prevents you from seeking and seeing the truth, and will easily be purged from your mind and memory when you want it to go.

Again I want to say, as I have said, I want to say it over and over, that it is for you to find your way of doing it, of longing to the Mother and Father for Their Love and accepting your entire negative self by doing your Soul-Healing. Your way is sacred, and only your way, and you must try to honour this, for in doing so you will completely be honouring your own soul and its expression of love. You have been heavily programmed to live as one of the crowd, and to find your true individuality will be testing, but very rewarding. You are unique, and as marvellous a creation as there is. And in the eyes of your Heavenly Mother and Father, there is no other than you who They love the most. So try and allow Them to love you this way. Don't push yourself, if it is at all too hard or frightening or stressful or painful, speak up, express these feelings, tell Them, moan and groan, and don't feel bad about giving up and giving in, that is good. The more you can admit you can't do it, and just can't go on and stop, the better. That is how to do your Healing. And try not to be afraid to ask for help. And remember in all of your hard times: you are not alone, the Mother and Father are right with you. They have helped make it for you, just as you have wanted it, and so if you don't want as it is any more, They will help you change it and yourself just as easily. They want to do this, you cannot be a burden to Them, and the more you go to Them, the more They'll want you to.

James, I will not write now about what truth you saw this morning. I will leave that for tomorrow, as you will see more about it by then. That is all I will say for now, Mary.

I want to go over the thoughts you had yesterday that were inspired by your feelings, as they set out clearly what went wrong with the relationship with your parents; although, I will present these thoughts conceptually and not personally as you experienced them. Mary.

As a soul coming into creation, you are love, all love, and you want to be accepted so that you can give and receive and experience all the facets of love. Love is all things and all experiences, and so your push into life is one of love, it is a loving act. And, if it is met with love and you are welcomed, accepted and wanted, then you experience good feelings – if you are not welcomed, accepted or wanted, bad feelings. And as you know there is a very substantial difference between good and bad feelings, between love and being accepted and wanted, and not loved, being unwanted and rejected. To express your soul's love you don't have to do anything, it just naturally happens if it – you – are being accepted. As a person in the womb, then as an infant person, then a young child person, you naturally give love, you are beaming with it, as it is the life force driving you into being. And the Mother and Father have lovingly made you adorable as a new-born, infant and young child, giving you every chance of being welcomed openly and lovingly. The baby animal is so much loved for its cute innocence and helplessness, with the human baby all the more adorable, when it's *yours*. So many people want the baby and are happy when it comes, but later reject it as it grows up.

Rejection of the child as it grows older is obvious compared to it being adored as a young infant, but what is not so obvious is right from conception, a moments rejection can effect the forming embryo; a moments rejection during pregnancy can effect that moments development of the foetus, and this rejection can have severe results. It can seriously retard the development of the newly forming person; it can lay down the foundations of rejection and self-denial patterns – it is the beginning of the negative mind being formed. Deformities: physical, mental and emotional and spiritual can occur, all of which reflect the state of the parents relationship with their child. All deformities and illnesses and problems that arise in pregnancy to affect the newly born child, come from its moment-to-moment relationship with its parents from conception onwards. As to why not all children are born retarded or deformed because of the impact of the parents negative condition is determined by the needs of the soul, what the soul of that child/person requires to experience the negative condition – to begin life with.

Scientists will say that such retardation and deformities are the result of gene deficiency and other environmental factors, but these things are only secondary, they are *used* by the soul to help express the negative condition the newly forming child is experiencing from its parents. EVERYTHING BEGINS WITH RELATIONSHIPS; RELATIONSHIPS ARE THE KEY TO EVERYTHING. No defective child will ever be born; will ever need to be born, to parents that are of a Celestial level of truth and of a positive mind. Because the parent/child relationship will always be perfect and all-loving. Our souls are perfect having been created based on a Perfect Pattern. So if they are allowed to perfectly express themselves – us – in Creation, then we would be perfect, we'd never show any imperfection. The imperfections only reflect the inability of the soul to express its personality perfectly in Creation, and such inability only happens when it's stopped from doing so, when something like another will, that of your parents, imposes itself on you, stopping you freely express yourself. You might think that an embryo of only two cells or four could not possibly *feel* rejected or unloved, but in that you would be mistaken. It doesn't feel it as you would feel it now, but it does feel it as an embryo does. And how it feels is determined on subtle levels based on the light from its experience. If it doesn't experience its parents light as it requires to give it a good experience, one of love, then this *negative* light is registered and recorded by the soul as a negative experience, and will await the day when you allow this negative light to come forth being expressed through your Healing. This might be difficult to understand, but everything is really only light, soul (existential) or Creational (experiential) light, and when the light is

interfered with in any way, then this is evil or negative.

The reality is you are all conceived defective, in and of the negative, although not everyone manifests this defectiveness or retardation, this negative interference, in a physical, mental or emotional deformity. Most of you express it spiritually with your physical, mental and emotional being relatively normal. Spiritually you are all defective, you all live in and on a universally isolated detention world, and die moving to live on other detention worlds – the Mansion Worlds. These are not imprisonment worlds like the world the leaders of the Rebellion now live on, however they are worlds that are cut off from a regular and normal relationship with the universe of Nebadon. You are all alone, you don't share your Mansion Worlds with other ascending spirits from other mortal worlds, because you don't have true relationships. In your relationships you are alone, in your families you are alone, even in the best of a seemingly loving relationship, you are alone. So this isolation is reflected in the bigger picture, and will only change when individuals do their Healing and understand the depths to which they do feel unloved and alone.

Right from the moment of your conception you need to be wanted, 100%, anything less and you will feel not wanted, not as loved as you want and need to be, so not as able to express yourself. And this is how you are all introduced to this world. You are all welcomed at conception with a slap in the face, and when you are born, a slap on the other end. And this sets the tempo of life, which in most cases only gets worse.

As I have said, even the most loving of parents (unless they have done their Soul-Healing) are not as loving as their child needs them to be. You are all fighting a losing battle. So what you feel in those beginning months is that you are not being as welcomed and accepted as you want to be. You feel bad, restricted, and not able to express yourself. You cannot just be. You feel a force on you, one that is restricting you, holding you back, preventing you from being how you want to be. And naturally you want to fight this force so you become angry. Your emerging will tries to rectify the problem, and this is done with anger. How you experience your anger in the womb or when you are few days old, is not how you experience anger when you are six years old, but to your soul it is the same. Any restriction placed on your will is *experienced* or *registered* in your soul, and it will stay there until you do your Healing. And then when you heal it, it will come out through all your systems. And as an adult when you experience it through your Healing, you'll know where exactly it's coming from. You will feel and perceive it, and know it was anger from when you were in the womb or just after you were born or when you were six years old. Your soul will show you the truth, it will cognise it in your mind for you to understand what you are feeling, but only when first you honour and accept and want to know the truth of your feelings.

Being so small all you can do is love, you just want to be wanted – accepted. If your parents totally wanted you, then the expression of your personality would have somewhere to go and be well received. You wouldn't feel like a helpless blob in your cot wondering what your life is all about, wondering why you feel alone, cold, abandoned, rejected. You would feel that every bit of you was being warmly soaked up into them, and the pleasure they would be experiencing in wanting you, would in turn be their love coming back to you. And as you feel their love coming back, you would feel full acceptance of yourself. So in a sense, and in truth, you would be loving yourself. Your love, your personality expression, is going out into Creation, into the world – into your parents; and the world – your parents – would be giving it all right back to you; and you would feel very loved, completely happy and contented without a fear in the world, willing and wanting to forge into life as much and as fully as you can in each and every moment. And if your parents accepted and kept on truly wanting you in every moment, then you'd grow up knowing only self-love, self-acceptance; feeling confident and not scared, angry, miserable, depressed, with rejection being a long way off. You would then also have a huge natural capacity to love and be loved, and if you felt rejected in any way it would immediately make you feel bad and you would be able

to deal with it and see why you were feeling it. But it would not crush you making you feel your life is threatened, crushing you out of existence.

Instead of this loving scenario, you have reflected back to you no love, rejection and anger. Your will tries to get what you want, love, and so you protest when you are not happy, but often this only brings more retaliation upon you, more anger and rejection. So what you feel the world is telling you, the whole world being your parents when you are small, is that it does not want you, does not welcome you, does not accept you, and is not loving. And this you then apply to yourself. You are too small to differentiate between yourself and your parents and the world, everything, for all you know and perceive, is still you. Full differentiation does not begin until the time when your Indwelling Spirit arrives about six years old, and is completed at sexual maturity. Until then, where you begin and end is not so clear, and when you are in the womb and newly born there is virtually no separation. So what your parents are feeling about themselves, you feel; how they treat themselves is how they treat you, so you learn this, it becomes you, so you treat yourself in the same way. The feedback you receive from them is what you take on and identify with as your individuation takes place. You know nothing else other than what is reflected back to you by your parents, and this goes on on all levels physical, emotional, mental, spiritual and on the will level. You are multi dimensional, experiencing on all these levels at once. So you might appear to your parents to be a *nice, good*, quite and contented baby, when the reality is inside you are frightened to the extent of not being able to put up a fight any longer. What you see on the surface is not necessarily what is being experienced on the deeper inner levels. Your torture does not all have to show on the physical. You may never have a physical ailment, but still that does not mean you are living a perfect life of love. Most of you only go by what you see, and do not worry about and even dismiss what you feel, and this is where the greatest problems lie.

As you grow up, the feedback you receive conditions you into becoming completely negative – negative towards yourself. How you treat yourself as an adult is the outworking of this. You inwardly blame yourself for all the rejection you feel, and you believe that all you are, and can be, is rejected and not loved, to the extent that you felt from your parents. You may believe, that as a adult, finally away from the control of your parents, you can get the career you want and the money you need to go and eat all the takeaways you want, indulging your *free* time on your own pleasure. You can turn on the television and relax, have a drink or a few, smoke, take drugs, work more, have a family and children, have a full life; but if you analysis it all, as you will through your Healing, you will see that all these things are not actually good for you, and are in fact hurting you, and the whole life you are living is bad and wrong for you. You will see it is all controlled and conditioned by your parental influences, and you are just a product of this – of them.

As we have said, you live in relativities all within the negative. You might not like your job, but with money, you make up for the trial of having to go to work by living it up on the weekends, or in your spare time. You believe the job is bad, but at least you are enjoying *some* good things that are your own. But they are not good, for it is all still bad, just one thing not as bad as another. Your soul will never be happy going to the bar and getting drunk, using such things as a replacement for the love it needs. Neither will it feel content and fulfilled by having children believing they will fill the gap of love-depravity you feel. All such love substitutes are not love you, and will only keep your negative patterns in place. Only love will heal your soul and make you feel whole, happy, bright and alive. Only LOVE! Love is what you missed out on, and love is what you need. The Mother and Father's Love is the single greatest source of love on offer to you. It would be wise to accept Their offer.

Having unloving and rejection behaviour reflected back to you as a child in varying degrees has been the environment, or that part of Creation, in which you have formed. And you will gravitate to the part of the world the suits your patterns and allows you to exist how you believe you should. By the time you

are an adult you will have completed your self-rejection. Instead of being completely self-loving you will be self-rejecting, not wanting and not loving yourself. You will be living fully in rebellion against yourself, and this is how you will remain until you do your Healing. As you heal and break down this self-rejection, slowly you will feel yourself filling up with love. And then one day you will feel full, and then even overflowing; and then you will want to actively love others. And you will, when your cup is overflowing, be the loving example that Jesus was and is to you all. You will then know what it is to follow him and be the love that he is. And your soul will be healed of all its pain, anger and denial. And you will truly be the real and true you completely separated from the world of your parents and able to be a truly willing and loving individual, the child of your True, Willing and Loving Heavenly Parents.

I think we have covered it all for the time being James. I want the repetition in these messages, because, as you have experienced, it might just be put in a way slightly different from the last that makes the reader see something or triggers a new insight or understanding. And as there is so little expression of this truth on your world, it needs to be said and expressed a lot of times. Mary.

(19/5/03)

Hello James, I would like to say a few words today before you continue with Mary, Jesus.

I want to answer some of your latest questions and confirm some of your thoughts.

To begin with, as you've read in the Padgett Messages, I told Mr Padgett that the prayer for Divine Love I gave him was the only prayer he need do. I said this meaning that all it contained would help bring his mind into the right condition enabling him to focus more on his true souls longing – and the same for the reader. And as you know, it is this longing done without words from the heart of your being, and done with absolute sincerity that invokes and welcomes the Mother and Father's Love into your soul.

The prayer is designed to give the mind a focus in the procedure so that it can feel important and not left out. Your negative mind in this situation *behaves*, and if I may say, *feels*, like a small child that is not being left out, hence the need for all the words. So it can focus on such an *important* prayer not feeling left out, and indeed a prayer that contains many starting points from which the perceptive person can begin seeking truth and greater understanding. So in keeping your mind happy you can then move to your heart felt longing for the Divine Love. But in regards to this prayer, please understand it *IS* a prayer for the mind, and is NOT the only prayer you need say, but one that can be useful at times. James Padgett needed – wanted – it to be the only definitive prayer so he didn't have to concern himself with the vagaries his mind created during prayer. His mind would wander thinking about too many things.

To desire the Mother and Father's Love will keep you focused on Them. When you periodically long for Their Love, when you feel you want to long, then your heart and gradually your mind will start to attune themselves to Them, this being necessary for when you start doing your Soul-Healing. Because your Healing will be, among other things, the weaning of you off your erroneous unloving relationships with your parents, and onto loving and true relationships with your Parents. You need Their personal affection, but you can't get it until you have removed all of your parents unlovingness from within you. And as strange as it may seem, you have to want the Mother and Father to love you, hence your need to yearn and long for Their Love: to be loved by Them. You have to want Them to love you because your parents have stepped between Them and you preventing any natural evolving relationship to have started

with Them; which would have, and only could have started, had you been parented with positive minds and perfectly natural loving parents. If you have but only one part of the Rebellion within you, it is rebelling against the Mother and Father, so you can't have true relationship with Them until you've healed that part. And you all have many parts at least, as far as the majority of people are concerned, seven whole worlds of rebellion. So you can see you are long way from living a true and perfect relationship with God like those of Celestial truth do.

This prayer is a starting point. Of course I do not intend that it is literally the one and only prayer you say to the Mother and Father, and so must be learnt by heart. It is not to be made into dogma as this defeats the whole purpose of it. I could give you a whole book of prayers you could say to the Mother and Father to help support your mind and encourage your souls longing, so the prayer to James Padgett is really only meant as a guide, although it does contain all the relevant parts. Please be original and construct your own prayers to the Mother and Father. No two prayers need ever be the same. The more free and personally expressive, the better. The Father and Mother are REAL PERSONS so far as having a personality that is as dynamic and creative as your own. Be dynamic and creative with Them. Speak to them in your daily expression, you don't have to sound religious or faithful or prayerful. Say what you want to say and however you want to do it. You may be quite surprised how They will respond to you! They are not two old farts in the sky who need you to come to Them with your boots polished to a sparkle reciting a well rehearsed prayer spoken in the Queen or Kings best English. They are your MOTHER AND FATHER, SO RELATE TO THEM AS SUCH. Come to Them as Their child, speak to Them as a child speaks – speak however you want to. And always long for Their Divine Love.

Another point I want to make, one which we have said before, but I want to reiterate it now, is that these messages we are giving to you James and for the reader, are to help your mind form a picture, with which it can, if you accept it, feel more secure in. If you adopt it, then you have a base within which to feel things, as the picture will help you make more sense out of what you feel. As you are now, you are riddled with false, confusing and even contradicting pictures, so when things happen to you and you feel things, you can often go around in a big confused circle. You are so concerned about not hurting other people's feelings, so concerned about the other person, what they will think of you, how they will feel, that you do not attend to your own feelings. Your parents made you attend to and focus on them, on how they were feeling, so this is what you do to everyone else, instead of what your parents should have helped you to do – focus on yourself, and always attend to your own feelings.

We are trying to give you pictures that will help you gain, or at least come back to, an appreciation of yourself and what you are feeling. However, it won't be until you heal the negative patterns causing you to not focus on yourself, that you will be able to form the correct pictures for yourself, so in the meantime you can somewhat use the ones we are giving to you.

I now want to change the subject to that of women's liberation.

As it has been evolving, women have been gaining equal rights with men. And so they should, men shouldn't make them feel inferior in the first place, women should always have felt equal, but men need their power over women, as women – their mothers – have made them feel so powerless.

What I want to point out is that women are setting out to be the equal with men, but that is equal with men who are negative minded, and negative willed. Women only want to compete with men gaining equal status in the negative, in controlling things negatively, just as they see men do. And if this is what a woman wants, then of course she should be able to have it, just as if it's what men want, but what we want you to understand is that this sort of women's liberation is only liberation within the negative. And we want ALL WOMEN AND MEN to be equally liberated from their negative rebellious and unloving

minds. So it's a different type of liberation: true spiritual liberation, we are suggesting.

Women are the true spiritual leaders, however if they merely persist in competing with men for power within the negative, they will gain nothing. They will be selling out their soul and selling themselves sort with a false liberation.

And James I want to add my congratulations to you and Marion on your recent healing achievements. Lots of good things have happened, and progress has been made over here in spirit as a consequence, and now Celestials are daily leaving our universe for Paradise, and this greatly pleases Mary and I, as this has been our goal all along. To prepare them for this time so they can move on in their ascension having worked so diligently to heal themselves of the evil. They are now ambassadors for truth, beauty and goodness in all the universes having vanquished rebellion and default, and being able to tell the tale. We are so proud of them and all those who are so valiantly taking up their Healing and working to the depths of themselves to uncover all the hatred and evil that has been brought to bear on them.

So well done, Jesus.

I will continue, Mary.

As a child, when you open your heart and give your love, you are expecting to be welcomed and the love returned to give you good feelings, and ones that help you define reality and make you feel yourself, make you become self-aware (self-identification, as in individualisation, becomes increasingly difficult the more you reject yourself). But if nothing comes back, then you feel as though you have given some of yourself and it has been taken from you. And if this continues as you grow, you will feel less and less inclined to give your love, to give yourself and be in the world as an active fully willed person, when all you can expect to receive in return is rejection. Feelings of helplessness, hopelessness, depression, frustration, and of nothing ever being right, will become a part of your every day life. You will not be full of vim and vigour and will have to put on a brave and *happy* face pretending you are able to fit in. Many people exist in this state all the time having covered it up with false smiles and false brightness, with a false joy and happiness.

If you have put on a false front, through your Healing it will dissolve away, and you'll feel increasingly true to how you really feel – all the bad and negative feelings. This might seem disconcerting, feeling worse as your Healing progresses instead of better, but this *is* your Healing, it is what it's meant to do. It's meant to make you feel exactly how you really do feel underneath all your pretence and falseness. So don't expect to feel good and happy and bright and cheery as your Healing progresses, expect the opposite. When you are fully healed, true happiness and joy will come to you, but not before. Nothing will come to stop you facing the truth of your negative unloved self-denying and rejecting state. Good feelings won't come to you through your Healing so as to take you away from all the bad ones you are bringing to light and connecting with. **YOU WERE REJECTED AND MADE TO FEEL UNLOVED AND UNWANTED BY YOUR PARENTS. THIS IS A VERY SEVERE STATE OF BEING. IT'S VERY TRAUMATIC AND NOT SOMETHING THAT YOU CAN SIMPLY APPLY A MAGIC POTION TO OR TAKE A FEW PILLS TO MAKE GO AWAY.** It's going to take a lot of pain and hardship to work your way through it all, to allow all your bad feelings of feeling so hurt – because of feeling so unloved – surface within you. But it has to be done, you have to be the truth of how you're really feeling, be all your bad feelings without pushing them away. So it's possible you will spend many days, weeks, years feeling endlessly bad, all the real feelings you felt during your childhood. And as absurd

as it sounds, you are fighting the Mother and Father to hold onto your bad feelings and negative state. You are resisting Them and yourself by repressing all the feelings you do and not allowing yourself to feel as you really feel deep inside you. So by allowing yourself to feel as bad as you really might feel, is going with the Mother and Father and no longer resisting Them or yourself. So it's going to be a long hard struggle to give up all your negative unloving self-denying patterns by allowing yourself to feel as bad as you really do feel. So keep expressing all you feel; the expression of all your bad feelings IS the only way to bring them up and get them out of you. If you don't speak about them you won't be able to get rid of them, you won't be able to fully connect with them and so find the truth of them. Speaking about how you feel engages all of you, you on all levels; it is more than just thinking about them which only involves your mind. Speaking about them, as you will see, allows the negative patterns to be exposed, felt and seen for what they are. You'll feel and experience them, and it also allows the pictures of understanding to come into your consciousness. It takes you beyond your mind, it actually, literally, brings you out into life. And this is what you need to do as all your repressed feelings have kept you out of and away from true life.

James, I want to now write some of your's and Marion latest thoughts, as they are relevant to what I have been speaking about.

You are all perpetual victims struggling along trying to make sense of what has no sense in it. Life, as you are all living, has no sense to it. You try to hold onto this and that but it is like trying to bail out the leaking boat, and one day you will inevitably tire and then it will sink with you in it. Most of you are not bad in all that you do, even though you are all doing evil. I know this sounds contradictory, but what I mean is that your intent is not bad and you don't even know you are doing bad things to yourself and one another. You have just been made to grow up and take all the bad on in a reactionary way. You have not been able to rationally choose for yourself the rebellion that has been thrust upon you by default. However, it is all you know to be, so you try to fix it in place and make it stay as it is, refusing to change. You were not allowed to be objective and have just had to do what you were told, and you still do as the authorities dictate to you. And then as a parent and adult you do the same thing, fix it in place, coming down hard on your children trying to bring them into line, with such justifications as *this is the way of the world* and *you just have to do it or else you won't fit in*. But this all leads to the dead end effect of denying yourself any true fun in life at all. And this attitude will continue until you want to *unfix* yourself. It is one victim (your parents) trying to lead and make the other (you) become the same victim. A very sad state of affairs.

Being a victim you have been made to feel powerless. The leaders of the Rebellion said: You don't know, we do, and if you follow us and do what we say, we will see that you are unharmed and nothing bad will happen to you, we will protect you. And this is the same attitude of parents and all authorities. You have to do what they say, or else, all for your own safety and wellbeing. The Mother and Father and Jesus say: You must do what you want to do, and *you* know what that is. And we will help you. But the key is that YOU KNOW through knowing yourself. You should have all the power, all the power in your own life. No one and nothing should deprive you of it and make you feel powerless and the victim. You should be in control, full control, and able to make all the decisions for your own life, and not ones under the overseeing approving greater power. You should be allowed to choose your way, and if you make a mistake or choose the wrong way, you should be allowed to find this out for yourself and choose to make the appropriate amendments to rectify what you have done. And you should be allowed to be able to change your mind as freely and often as you like.

Growing up in the negative to become a negative minded adult has made you fight your parents for

power. And although you believe leaving your parents is gaining your freedom and power, this is not so, because inside you still feel powerless and the poor victim. The power you believe you have is only false power and self-delusion based on wrong belief. You are still the victim.

I want to add something further about *wanting*. As I have said, one of the aims of your Healing is to *want*, and know what you want and to be able to want it with all your heart. But what I want to say further is that you can believe with all your *heart* that you want something, and it might *feel* as though you will die if you don't get it, as your desire or need is so strong, but this does not necessarily mean that this *want* is true and from the heart, and so right for you. The mind is very strong, and when it has been forced into the dominant position it takes over control of feelings. You may feel you want something with all your heart but still it is only your mind, still only a belief and not a true yearning or desire. You may want your child, but do you really? How do you truly know that this desire is not just a belief based on a fantasy that you want your child? You can compare the strength of this desire to other things you want in life and feel it is very strong, but still you are only comparing it relative to all that is wrong in your life. It does not necessarily mean that what you want *is* what you want. WHAT YOU TRULY WANT IS EXACTLY WHAT IS HAPPENING IN YOUR LIFE NOW. If you are feeling bad about something then you can question yourself as to why you want this bad feeling. What really is going on inside you? And it might not seem like you want what is in your life now, such as bad feelings, however on deeper levels, it will be exactly what you want. If it wasn't, it wouldn't be in your life, as you do get what you want.

Often you might fear something but it doesn't happen, or you might want something with all your heart, but that too doesn't happen. You get what you want, so if you don't get it, it shows you the disparity between your heart and mind. It is actually the heart that needs to be fulfilled. True sincere heart-desires come up in your feelings and are direct expressions of your soul upon your will. They are not contrived *wants* formulated and thought out by your mind. And only by doing your Healing will you be able to sort out what is true, which *want* is the right *want*, and what DO YOU REALLY WANT. And by the time you do, then you will arrive at not wanting anything other than that which the Mother and Father want you to have. And They will provide it for you, as all you will want to do is want Their Love.

That is all I want to say for now James, thank you once again. Mary.

(20/5/03)

I am with you Mary.

Your life's challenge is to stop trying to have control. The Mother and Father are in control. They have it all worked out for you. Having been made to feel so powerless you are determined to have power and control over at least your own life, but it is only power through default and is actually negative power or false power, and so detrimental to you. It is commonly understood that if you want to live God's Will then you must submit or surrender your will to Him. But how to do this has eluded humanity, as you have not fully understood about your negative state and what is needed to heal it. You can do whatever you want, but not want to take control in it for self gratification and power. And only when you do give up, will the door open, will the *out-of-blue*, the unexpected, be freely able to happen. Only then can the

Mother and Father openly guide you for you will not be conditioning Their hand. It is not about you pushing and pushing on relentlessly trying to make the world and life yield to your way. It is to tell Them that you can't do it and that you want Them to do it, to show you the way to get more in touch with your true feelings. Don't do anything you don't want to do. Try to live true to your feelings and not true to what your parents taught you or made you believe was true. Move with your feelings; let Them guide you through them.

"Not my will be done" means to give up your striving for control – your negatively powered will on the mind level. But you have to also ask the Mother and Father to show you all the things you are trying to control without you even knowing it. And there will be countless numbers of them. Control is not just a simple belief. You cannot just want to surrender your will and that is that. You need to ask Them to show you what needs surrendering, what needs to be given up, and most importantly – WHY: why are you doing it, why do you feel you need the control. What was done to you to make you feel so powerless that you need to hold onto all you can control, not being able to freely give everything up and allowing Them to guide you through your feelings in life.

With loving interest you need to attend to your child right from before conception, as your child to be will be with you as a soul long before its incarnation begins. And see that your child is a person just like you, so ask yourself, would I want a bigger person doing and saying everything to me as I am to my child? Do unto your child as you would do unto yourself. Would you want to be yelled at, shut in room, scolded, hit, or punished? Would you want to be rejected by a bigger person? And did you like this treatment when you were a child?

The child itself may not be aware of all that is happening to it, and you as the adult may believe it will get over it, but its soul won't. And look at yourself, are you the freely loving happy person of love? Did you get over it? And if so, then why you are willingly hurting your child? Are you wanting control? What about allowing the Mother and the Father to be in control of you both? You are both equals, only some years and appearance separates you. If an adult hit or yelled at you, how would you feel? So just because your child is not yet an adult, why shouldn't it be treated with the same respect? If an adult hit you would you want that adult to be punished? But are you willing to accept the punishment for hitting your child? If you aren't, then you had better think twice before you hit your child again because you will be punished, in time when you start to do your Healing, you will hurt with just as much pain as you made your child feel. So expect during your Healing to feel very bad about how you treated your children, if indeed you were unloving to them. All the pain you caused them to feel, you are going to have to feel so you know what you really did to them and how you really did make them feel, the truth of your relationship with your child. If you do something wrong, so far as transgressing the Laws of God – the laws of nature as applied to the physical – then you will suffer the pain you have inflicted on that other person or creature. There is no escape, because you need to see the truth of your actions. If you hurt your child without realising, how will you ever know you hurt it if you don't at some time feel the pain you caused it to feel? And even though you might not want to know now, one day you will, and so one day you will wake up and take responsibility and be prepared to suffer the pain you've inflicted on another. What hurt you are causing another you are causing yourself, as your parents caused in you. If you hurt another, really you are hurting yourself, taking all that hurt you are causing yourself out on someone else because you refuse to take responsibility for it understanding how hurt you do feel, the hurt your parents caused you. Only time separates the truth of this for you to experience, but one day you will feel the pain, and one day you will know the truth of your actions.

The child's rights should be superior to those of an adult. As a well-balanced and adjusted adult you should not need such power, and what have you to be threatened from by a little child? You should be its protector and humble yourself to never raise a fist or your voice against it. It should be worshipped. It is

still forming and putting all its trust and faith in you to love it. You have lived to adulthood. You should be prepared to give up control of your life and allow it to live freely. You should chop your arm off before you hit your child. You should stitch your mouth up before you hurt your child with such force of unloving words.

When the child is fully celebrated for what it is – a new soul and child of YOUR Heavenly Parents, who They are entrusting with your love to bring into Creation and help it to begin its life for all eternity; and when the whole world has turned around and is geared to put the child first, then humanity will be one its way to living in an enlightened way. The child has no power; the parent all power. When the child has all power, and the parent has all power, but has willingly given that power to the Mother and Father, then you will be able to live lives of love and be truly able to love one another.

The parent is not meant to submit its will to the will of the child, neither is the child meant to submit its will to the parent. The parent leading the way should have grown up and willingly chosen to let go of wanting to be in control, able to faithfully enjoy life being a child of its Heavenly Parents, acknowledging who really is in control. Then such a parent with its whole focused the right way will be able to support its child to become all powerful as it forms its will and grows up. And when it too becomes an adult, then it too can choose if it wants to follow its parents lead and submit to the Mother and Father. A parent living this way will not be just walked all over by the child, as most fear will happen if they give up control. The child will grow up with too much respect and love for its parents to treat them like that. The child only learns how to be from its parents. The child can't do anything it hasn't learnt from them. When a child seems to go off the rails, does anyone stop to ask questions about what it has suffered at the hands of its unloving parents; what horrors and torment has it endured to take such severe action as *going off the rails*? When humanity starts to blame the parents instead of the child, then it will finally be getting somewhere in taking responsibility for its unloving state.

Most of you are saturated with not wanting to do what another person says. You were brutalised and traumatised into doing what your parents wanted you to do, and being so full of resentment and anger cannot tolerate for a moment doing what your child wants. Many people don't know this about themselves and have children believing that they will be all loving, but once they are pressured, before they know what they are doing, rage and anger wells up in them and they are doing blindly to their own children exactly what was done to them. The child becomes your enemy, you hate and resent it as you believe it is telling you what you have to do; you believe it has all the power and suddenly you have none putting you right back in the horror state of yourself being the child at the unloving hands of your parents and made to feel so powerless.

To be a true child of the Mother and Father your life will be free and loving. They have allowed you to be the custodians and to experience being as They are to you. They have allowed you be the parent. And so you should parent your child how They parent you. And when you can be as a child is, as your very own child is, and allow yourself to be as free and loving as it wants to be, then you will be living in the Grace of God.

Your child is the way; it is there for all to see. A child should never lose its childhood, and it should never be deprived of it. And then it can grow up to be an adult child of the Mother and Father, and you will know what it feels like to be parented by Them. You'll see how They treat you, and so too will you know how to treat your own child. However the difficulty of this you face is, that not until you've healed your negative state will you be that true child of Heavenly Parents. So not until then would you be able to parent a child as They parent you. But this is one of the goals of humanity, or at least it should be one you are striving for both individually and collectively. When the world becomes the land of the child, when as adults all you create in your world is done by putting the child first, then you will know what it is like to live honouring and respecting how you truly feel. Because as you heal your soul, as you free

yourself up, you will join the child, take its side, and see just how your adult world selfishly does nothing for the child. It makes a few token efforts at providing things for the child, only to try and keep it amused and out of the way – to give it something to do, while you get on and live your *very important* adult life. You live rejecting children, treating them as second class citizens. You don't love them, you don't cater for them, you don't put them first. Your lives as children have been too harshly deprived, just as you are depriving your own children. And because of this you feel so bereft of power, so as an adult living untrue to yourself, you are nothing more than a child that hasn't properly grown up yet. You set about organising the world to give you the power and control you believe will make you feel better – all at the expense of your own children. When you go off to your busy work and busy day leaving your children, who really are you living life for? And why do you have them when you are not giving all you have to them – ALL of yourself; when you are not putting them first? Children are only used as another source of power and control, and not until you give up using them this way, will you understand their full value and change your whole world to put the child first.

If your child becomes too much for you to deal with, instead of taking your inadequacy out on it, express all your feelings to your partner or to God. Speak up about how bad you are feeling – try not to take it out on your child, instead speak about it all; all while wanting to know the truth of why you're feeling it's all too much. It will be hard for you to do because in the heat of the moment when you lose your senses and resort back to your own traumatised state, you can't do anything else but react. But at least you can want to change your ways, and want to speak about all you feel, trying to find the truth of your feelings. And if you want to do this, the more you express all you feel, the better you will feel about things. But remember, if you do start down this road, you are starting into the doing of your Healing, so although good results will occur, still more bad feelings and bad times will keep presenting themselves all so you can keep digging deeper into yourself as you express all the bad feelings, uncovering yet more truth and understanding about why you feel and act as you do. If you can at least speak about all you feel instead of taking it out on your child, you will stay on your side of the fence and not subject it to as much of your negativity as you might have.

And don't hesitate to ask and beg, and if you feel you have to, plead with the Mother and Father to help you; to show you what to do, what They want you to do, how They want you to be with your child. All the time speaking to Them particularly about how bad you feel. Always about how bad you feel – speak about it all.

And if you can, STOP! Give up trying to get your way. Ask Them to show you where you are trying to control your child. Give up, ask for help and step aside. Step away, take time out. Nothing has to be done as immediately as you often think it does. Step out of the way and allow Them in. But continue to express all you feel. Never stop expressing. Admit that can't do it, that you don't know what to do; admit you can't cope, because it's okay not to be able to, you don't have to be the master controller. This is letting go, giving up – true surrender and submission to your feelings. It doesn't mean you're a failure parent. It means at least you are being honest with yourself and your feelings, and as far as your relationship with your child goes, the more you can be honest and true to your feelings, the truer relationship you will have with it. And this is all that matters. Being a failure is a failure in whose eyes? It's only in your own mothers or fathers, and look what they did to you? Do you want to do the same to your child, so who is the failure? Have you turned out perfectly? You don't have to know anything to be a parent, only to try and be true to what you feel, that is all you can do and all that is expected of you. The difficulty is being true, especially when all your programming is to be untrue.

If you have a willing partner, talk everything over with them – EVERYTHING! Express all you feel to them. If they aren't home, do it when they return. You are the most important person, even more important than your child when you are trying to express yourself to be true, as this will only benefit your

relationship with your child. And include your child in all the relevant parts as you express yourself, even your bad feelings. Don't leave it out when it's relevant to them. When they are too young to understand, speak it all to your partner, but as they get older, you can express all you feel to them as they can to you. Expressing all you feel is the greatest gift you can give to your child. Because if you do it for yourself you will naturally allow and encourage your child to do it. And if it is allowed to freely express all it feels, it will have no fears and problems in dealing with adult life. It's only when it's not allowed to express all it feels that the problems start; but you have to lead the way, you have to be as expressive as you can, first.

And you can show your child how to express its feelings to find the truth of them. This too will greatly benefit your child because it will then learn to be self-sufficient, able to rely on itself for the truth of its experiences. It will be able to then think and feel for itself, able to work life out for itself, able to judge through its feelings with full self-confidence in what it feels as to what is right for it in life. It will then live more true to its soul; it will not be led so easily astray. It will live a truer life, all of which will be greatly appreciated by it and reciprocated with love.

I will stop now James, thank you, Mary.

(21/5/03)

I will continue – Mary.

Want to love your child and treat it with respect. Aspire to be a loving parent. Aspire to do this even though you don't know how to and feel unsure about how to be loving. Ask the Mother and Father to guide you. Ask Them to guide you with hands of love, and to help you take steps of love. It is okay if you are unsure and don't know if you truly love. Be honest and respect this about yourself. If you have doubts or any negative thoughts or feelings, DON'T push them aside. THEY ARE VERY IMPORTANT. Allow yourself to feel them, accept them, they are you! Don't believe you have to be positive, always happy and never negative or your child and household will suffer. It won't. It will gain from you being true to how you feel. Dishonesty destroys your child's faith in you – and in itself.

Go to the Mother and Father and be with Them, the future will take care of itself as you live each moment through your feelings. Living true to your feelings – truly and freely expressing each of them in each moment – is being with Them. It's being true to your soul so you can be with Their Soul. By trying to organise and decide what is best for your future, you are being made to take control of your life. You may need to do this if you are living without God, but with Them, allow Them to lead you. Give up trying to have control, allow Them to control you in Their time. You were controlled by your parents and it hurt you, but if you allow yourself to be guided by the Mother and Father – guided through your feelings – it will not hurt. You can even want Them to control your life, and this is not giving up the responsibility for it, because They will make you do it through your feelings and not with your mind like your parents made you, and there is very big difference. With your mind in control you are irresponsible, but with your feelings in control you are responsible for your own wilful actions and judgements, as you won't want to do things that make you feel bad. God isn't going to say, do this and do that, and if you don't you will be punished – that is not living with Parents of love. God created you, God created everything, you are Their creation, so no matter what you want to believe, there is Someone in control.

And we will forever remain Their creation. We will never be God, that is not a part of our soul destiny. So to submit to the guiding and loving control of Those who created you, Those who want you to live happy and full of love, is a better way to live than under the repressed atmosphere of your parents who parented you without love. And you submit to God as you submit to your feelings. As you embrace them, express them and long for the truth they are to show you, that is submitting to your feelings.

By trying to control your future you are allowing your mind to take over and control your feelings. And this is going to bring certain conflicts in future. If your feelings can lead your mind, then you will feel what to do in the moment and the future will take care of itself, and you will not stand in between your soul and the Mother and Father. A Godless person believes that they must do it all, organise and control every aspect of their life; a God knowing person believes they do not need to do anything, only what their feelings tell them.

Love your self-denial, love your negativity, love all that is wrong with you, all that you feel and hate about yourself. Achieve this through self-acceptance, by allowing yourself to be all the negative that you are – by allowing yourself to feel as unloving, bad and negative as you feel. Express all your self-hate and self-putridness, all fear and doubt, and then allow yourself to just be it. Self-love will come through the acceptance of your self-hate. It is the only way. Mary.

I will say a few words now James. I am here, Jesus.

Just quickly, that book you were browsing through, the one that spoke about ancient tablets saying that Earth was originally settled by beings from outer space, from another planet; who initially came to mine for gold and needing a slave population to do the work genetically engineered humanity, is wrong. Once again it's all just fantasy made up by ancient spirits who were trying to make sense of life and that was all they could come up with. Rather sad, wouldn't you say? Many people from the Atlantean, Egyptian and ancient Hebrew days were susceptible to such misleading information from spirits, much of it being passed on down through the years, just like the Bible, being added to and subtracted from. Just because something is written on an ancient tablet does not give it any power, nor is it necessarily true. Those of past were far more willingly influenced by spirits than you are today, the Church ironically doing much to stop such goings on by saying general speaking with spirits is bad. The Urantia Book has been given to you containing a good account of humanity's history. It is severely simplified and condensed, but you can see that the coming of high spirits into flesh that did periodically happen, has caused such ideas about beings coming from other planets, as certain people couldn't understand or accept that spirit life is real and existed, and that these people came from the unseen spirit worlds and not from other material planets. There is no point in wasting your time wondering if there is anything of any significance in such people's writings, because there isn't. It is only food for the mind, and for the mind that needs such things because it doesn't want to take responsibility for what's really going on inside the person – what that person is really feeling. It is all stuff to help deny your feelings, to keep your focus off them. Just as all that has come from the mind Mansion Worlds does.

That is all, Jesus.

(24/5/03)

I am here James, Mary. (Introducing ourselves this way gives your mind time to focus and feel our thoughts and so begin. It connects us both and prepares your mind for what we then want to impress on you. In time you'll not need us to introduce ourselves, as you will be experienced and confident with us knowing when it is us. And often we end our messages to you in a more formal way helping to close your mind off, to break the connection with us.)

I want to speak about the *twisted* feeling you have had often, as though you are all twisted inside. This feeling is what has happened to you. You were made to believe that the positive is negative and the negative, positive. This is what has happened to everyone.

When you said 'no' to your parents, this 'no' was wrong, it was not the right no, you weren't allowed to argue and say no to them – you had to do as they said and not resist. You were saying no because what they were doing to you was not right for you. You were saying 'NO!' to try and protect yourself, as you were being rejected and not welcomed and not loved. You were fighting for your rights and survival. And you were absolutely right to say NO. No is not bad. It is not bad to say no. To say no or yes in the right context is right, is positive; and if you had been allowed to and respected for saying no, then you would have not have become so negative, and would not feel as though you do not have a say in your life. However, you were not allowed to say no, especially if it was not what your mother wanted to hear. So you were made to learn that no was negative, bad, and only made things worse for you, and this then became the foundation of your negative state. So your 'no', which was right, became bad and wrong. And conversely you were praised for doing things that were bad and wrong for you and did not make you feel good, so the negative was turned into a positive. Hence 'twisting' and confusing your mind. Your mind couldn't match your feelings, and because you couldn't stay true in your feelings – you couldn't express them – they were put aside, banished, and your mind had to do what it was told, taking over in the erroneous belief that it was looking after you, protecting you from them. As you got older you lost all sense of what is right or wrong, that is according to what your feelings were saying was right and wrong, and had to rely on what you learnt with your mind, what was said by the world to be right and wrong – what was said by your parents. And so to now unwind this state is very hard, as you have no true foundation on which to relate to your feelings. And as Marion has pointed out to you countless times now, how mixed up you are with so many of the things you do and say, contradicting the feelings you mean to express. It has caused you to feel as though you were quite mad in the head. It is madness that you have lived in, and your parents and grandparents were equally saturated with it. You had nowhere to go and no one who was true, or striving to be true in your life, they just believed that this was life and that they were better than most in it. They believed their way was right, but like everything else, it was very wrong.

If you listen to the words spoken to children and the true meaning being conveyed, and place yourself in the child's position, and see if you understand what the parent is trying to say to a child who is three or four, and who cannot possibly understand what the adult is trying to get across, you will soon see just how mad your world is.

So many of you believe to say a negative is so wrong. You have to try and always be positive. But why would you need to have a positive attitude if you truly felt positive? All the signs are there, if you only care to look. The whole American approach of pretending to feel good, to rise above all bad feelings, is trying to whitewash the negative even further. Don't say a negative thing or you are labelled as being bad and mean and selfish, and worse still, if you think or say a negative, that is what you'll create in your life – all negatives, and losers are losers because they are negative. Nothing about being a loser because they have been so traumatised by their parents that they can't function in the world. And you have to be so

nice, ever so *nice*, and with that *nice* big pleasant smile. The Western world is becoming steadily more and more false with layer upon layer of falseness being added daily. Women and men have to put on all their falseness so they can go to work, it being often more than the work clothes they have to wear; and all to look *nice* and *pleasing*, and they dare not show how they looked when they got up in morning. You have to cover up and mask your more true self, but even this self has been covered up layer upon layer since early childhood.

It will be very pleasing to one day be able to listen to young children say no, and to see that they are listened to and respected as an equal, right from conception to adulthood. The *inferior* child does matter, it matters much more so than the *superior* adult who is trying to tell it what to do. The child demands to be taken seriously, it is only adults who refuse to honour its wishes. And how easily you forget that you too were once that small child. When you are yelling at and hitting your little child, pause for a moment to consider that was you being hit and yelled at by your parents – and how did you like it?

As you become progressively healed, you will start to love yourself as the Mother and Father love you. With positive interest and attention, not negative. You were given only negative attention as a child and so that is all you know, and all you now do to yourself as an adult. But as this changes, you will feel how much They love you, and gradually you will feel how much you actually do love yourself because you are Their child. As you move away from your negative parents to your Positive Parents you will feel how much you are Their child and just how much They love you. These feelings will be real and they will just come, you will not have to imagine or try to create them, for you won't be able to, but in time they will evolve of their own accord. And it is right and good to love yourself this way, because you know and feel that you are a child of love, and a child of loving Parents – of Parents that love you.

To try and manufacture self-love, as many people and spirits are now trying to do, is wrong. Such self-glorification is trying to hide the fact that you don't feel loved, and being so contrived does not do anyone any good. To *try* to have a good self-image and positive outlook, and to look as though you are successful in the world's eyes, when you don't really feel like you are, is wrong. It's all too false. And it's not facing up to the truth of how you really do feel. Such self-adoration and self-gratification will only lead you further away from yourself. You can be loved just as you naturally are, no make-up, no self-image, just you expressing your true feelings. If you are meant to be with another person to do your Healing together, it will happen, it will be a soul-to-soul relationship, and the Mother and Father will organise it, and you won't have to impress your partner. If you long to be with your soul-partner, do so, and whenever they come, they will like you for just being you. Sooner or later your true partner will come, and you will quickly see that the relationship is to be built on one striving to live true and nothing else; and that you are coming together to help each other express all of your feelings, good and bad, and to help unwind all the twists; to help each other be able to say yes and no, and to ask for and say what you want, when you want it. Love, true love, love based on truth, will emerge. It may be quick, it may take a long time to come, but it will come, and it will last, and it will grow stronger and stronger between you both. And you will end up wanting the same things and sharing the same likes and dislikes; and wanting to be just as you are completely, respecting the other. You will fully accept each other for being as you are, and this will help you feel good and confident naturally within yourself. You won't have to do confidence building classes, or *how to present yourself so as to be accepted*, workshops. And as the Mother and Father will be in control of your lives, you will not have to do what the world says to be accepted, for you will already feel accepted, from within and not needing it from without.

Slowly the world will have no hold on you. You will not look to it for any love or acceptance. You will feel a great sense of relief to let it all go. And by this time, when you say no, you will mean no, and when you yes, you will mean yes, and no will be no, and yes will be yes. All straightforward, all very real, and all

very true and loving.

You start out as love, a little cute blob of love. If your parents had been loving to you, you would have grown up, loving them, yourself, the world, and then loving the Mother and Father. Instead your parents were not loving. Moments were relatively okay, you may have a few or even lots of good loving memories; and you might have even felt loved and love for them all throughout your childhood, but still there will no doubt have been other times when you didn't feel so good, didn't feel loved or any love for them. You have grown up to hate yourself. You might feel you truly love yourself as your parents truly loved you, yet still deep within you, you will not like how you are; and even further, will not love how you are, and so will hate how you are. And it's the truth of being conceived into an unloving negative condition of mind and will. You will see that you hated your mother and father, the world, and so the Mother and Father. And you have been made to love all your hate, but in a false way. You now pretend that you are good, okay, love yourself, and are even better than others. You are living a fantasy of love all designed to cover your hate. Through your Healing you will learn to love your hate truly, fully accepting that indeed you hate yourself and are full of it. And one day you will know that you have loved it truly all away. You won't have to believe you have or pretend you have, for you will just know – it just won't be there any more. And this you will see is the true miracle of love. When you truly love all your hatred through acceptance of feeling it, then you will know what love is. Then you will love yourself, and in loving yourself you will love all others, even those of the negative – the whole world; and then you will see and feel and know how the Mother and Father truly love you, and love you all. Mary.

(25/5/03)

Good morning James, I want to give you just a short message, Mary.

I want to go over one of the difficulties you have trying to express yourself. I have mentioned it a number of times, but I would like to try and give you some more insight into it. Many people like you try to solve the problem when one arises, rather than just concentrate on expressing all that it is making them feel. If something happens, for example, when Marion says she is feeling sick, you encourage her to go to bed if it seems to you that she is sicker than just a headache. This was what your mother did to you, and herself. If you were feeling bad, then bed would help. Bed would take the bad feeling away; bed would stop you feeling sick; bed is the solution, bed and a couple of headache pills and you'd soon be better. However, the truth is that she and you don't want to know about the problem. It is a negative thing, a bad thing to feel sick, to have such a bad headache, and it makes you feel bad, pressurising you to get rid of it – the bad feeling. You cannot just allow Marion to sit and complain and express how sick she feels leaving her to go to bed if and when she wants to. You try to take over and get control of the situation so that you can make it – her bad feelings, and so her – go away. Your mother was sent away by her mother, so she sent you away. As no one in your family has any real capacity for caring, and as all your relationships are based on rejection, any bad and negative problem must be dealt with quickly. *"Take some pills, go to the doctor, go to bed; I will see how you are when I get back. I have to go out now."* Do whatever you can to fix the problem. If she couldn't remove you and the problem, then she would remove herself. And this extends to all sorts of problems, not just physical.

So as a family you are always trying to solve yours and other peoples problems. If anyone has a

complaint about anything, you feel you need to help them come up with a solution. And most importantly you do it to yourself, within your own mind you are always trying to plan and come up with solutions to potential problems, most of which your mind makes up and don't actually exist. It is just the same as trying to plan the events of your day, make your list, and then do this and that in order, but invariably something happens to throw your list out of order and take control away from you, and this then makes you feel bad, angry or miserable. This you used to do as a child, as your mother would say we are going here then there and there and there, and you would then expect to follow that order, but she would invariably change her mind without any explanation; whereas your grandmother stuck rigidly to her plan, making you feel more insecure with nothing to grab onto when your mother deviated from hers. You became angry or miserable, or both, which you could not say or express, as your mother would become more angry with you.

It has been extremely difficult for you to just allow Marion to say what she feels when she feels it, and leave her life in her hands. Especially when she says how bad she feels. But this is what one needs to do: not try to tell another what to do, but give them the true respect that they are quite capable of leading their own lives. Or, if you do want to give them your advice, expect them to ignore it and not take you seriously, as they concentrate on their feelings. Telling someone what they should do and giving advice is okay, so long as it's NOT with the intent of making them do what you are suggesting, all to stop them feeling bad. Anything that stops them feeling their feelings is not right, it's interfering, providing you know they do want to feel all their bad feelings. You have to allow each other to FEEL ALWAYS, and not interfere with each other's feelings.

James, as your parents and grandparents did not think that anyone was capable of leading their own lives, and especially children, without their invaluable advice, you have had very little experience about what it feels like to allow someone to express their feelings without wanting to take over. So you wonder how to do it – how to allow another to live their own life without you meddling in it, without you trying to control it.

In theory, it is for you to sit and listen to Marion allowing her to say that she is getting and feeling sicker and sicker and sicker, and if she doesn't ask you to help her, and doesn't want to do anything herself, even if you just have to sit and let her die, then allow her to. And in theory, you must not just sit being the placid impartial listener, you still have to honour your feelings, and so you must say all you feel along the way. You can sit with her and express all your worries about her being sick, even saying how much you want to step in and take over, provided she feels up to listening to you, and you are not making her stop feeling bad and expressing her feelings by speaking instead of her – this being another ploy your mother and grandmother used. If you said you felt bad, instead of allowing you just to express how bad you felt, they immediately took over, speaking, asking you what's wrong and what could they do for you, and did you want to go to bed, or go to the doctor, anything but allowing you to just say how bad you felt.

You can say what you feel, that you hate just sitting there while she says she is getting sicker and sicker; you hate that she doesn't do something to help herself, to stop herself feeling so sick; you hate not been able to do anything to *help* her – not being able to take control and tell her what to do. And that you can't just sympathise with her because it makes you feel scared, *"what if you die, what am I going to do? I couldn't bear being left alone without you..."*

You don't try to take over, lay down the law and just carry her off to the hospital or call the doctor, not until she asks you to do such things, not until she wants it. If the time comes when you do have to do something, even overriding her, you will both know and you won't be able to do anything else. But until such time, you just both stay on your respectful sides of the fence expressing all you feel all the way along.

And again in theory this sounds easy, but in practise when you have come from an over-controlling

family, it is very difficult. It will make you very angry not trying to take over as you'll feel so powerless, so helpless, and this is of course the whole purpose: for you to express your anger and helplessness, to say it makes you feel powerless and angry that she won't do what you say, that you won't be obeyed. But by just expressing and not taking over, not doing what your patterns are telling you to do, you can find the truth of why you want to take control, and give up wanting to do it, this being the very aim of your Healing.

Thank you James, Mary.

I will continue, Jesus.

As you have deduced James, it is not for Mary or I to tell you everything, especially all that is right or wrong. It is not our place. We can only reveal to you what will inspire you to search and question, but we will not interfere to the extent of telling you everything, and taking the desire to find out and discover for yourselves away from you.

As our time is drawing to a close with humanity personally, and we are giving over to the new order that is taking over from us, we are helping to shed as much light on the problems humanity faces, as we can. And this help is limited by what people will want to know and how much they can accept. We ourselves don't know all of what is needed, but simply follow our feelings as the Mother and Father guide us, and what we will reveal will be exactly what They want revealed.

These messages are only designed to give you a start. There is an endless depth behind them as to what can be and will be discovered by people as they set about doing their Healing. We are only cutting the trail, and it will be very rough at that. It is absolute nonsense to assume that all we reveal is all there is to reveal. To try and live the truth, as in the Bible, believing that it is all there is, and to stop seeking other and higher more personal truth, does yourself a grave injustice. You will be growing in truth all throughout eternity, so what you can know during your short Earth life is but a drop in the ocean.

Seeking and longing for truth is a life long desire and passion. It will never end. It will become your daily reason for living. And each day as you experience, so can you grow in truth. Over and over as you ascend, you will see things, and often the same things, in a new light and in a more personal way, and what you begin now you will continue with in spirit.

Please do not worship Mary and I as being God, and so trying to live all that we say to the letter. It is not right, as with this work and that with other mediums, and even with Mr. Padgett, it is not strictly just Mary or I. It is a combined effort between the receiver and us. So do not just believe it all as being the end of it, but try to see that it is only the beginning expressed through this way; and even though a subject may sound conclusively covered, and you couldn't imagine that there would be more to say about it, there will be more, lots more, an endless amount of more. Each soul is to find out the truth for him and herself, as if they were the first one to discover it. Even though you may read and intellectually understand what we are saying, when it comes your time to experience it and uncover it as truth for yourself, you will see it in your way and it will be exclusive to you. This now is James' way, and we are only helping him to see and expand on what he is seeing or has seen, and what he knows to be true having experienced it for himself. And it is how Mary and I see it, it is how we saw it for ourselves, only expressed through him, more him than us. We are helping him to see and understand it, so together we can help you see it for yourself. We only want to stimulate your mind and heart in a certain direction, head you off in that direction, in the hope that you may keep going and uncover the truth for yourself.

It will take you a long time to readily grasp the reality of how you are living in this negative evil state. It will take all your Healing, and even though you may accept this now as we tell it to you, still you will

not fully accept it until you have experienced it fully for yourself though your Healing.

There is nothing to worship about Mary and I, go to the Father and Mother and worship and love Them with all your love. They are not scary and wrathful and will not punish you for your transgression. They only love you, and anyone else who says otherwise, does not know Them. Don't listen to those who speak about the Mother and Father in any way other than love. Go directly to Them with your own personal expression, exactly how you want to and not – NOT – how anyone else says to. Really all Mary and I say is: long to the Mother and Father for Their Love, and do your Soul-Healing. This is all you need to hear from us if you seek our council. Longing to Them for Their Divine Love begins your personal relationship with Them, and the doing of our Soul-Healing begins your personal relationship with yourself. Do both things, and one day you'll meet Them both on Paradise.

Thank you James, Jesus.

(28/5/03)

I am here James, and I will give you a short message, as I see that you are waiting to go to bed. Jesus.

Mary and I are very glad with the progress you and Marion are making. You are steadily transforming your minds into positive ones. We are enjoying the feelings and perceptions that are coming to you, and we share your growing sense of relief that the negative is lessening within you. However, keep going, as there is still a lot more for you to do.

It is a lot to ask of anyone, to achieve so much healing in such a short space of time, but as the Father and Mother said you would be able to, we can all but wonder at the amazingness of it all. It is truly incredible for us to witness all you are going through, because up until now it was only a belief that you would be able to do it, as no one had ventured so far into their Healing on Earth.

We know you cannot perceive all we are telling you, and can only accept it on our word, but in time as you gain more positive awareness you will be able to comprehend all you have achieved for yourselves. So in the mean time, many spirits are already grateful for all you have done, as their lives have taken a big step forward in their ascension progression, and we all look forward to your official work beginning upon the Mother and Father's command. I only wanted to give you some encouragement this evening, so I will now go, and we look forward to our next round of messages with you. Your true and loving brother of truth – Jesus.

(30/5/05)

Hello James, yes you are right, I do what to write to you now, Jesus.

I want to say that all you are feeling about the nature of your mind and how it has been made to take control over yourself, is correct. I appreciate that this is what we have been saying over and over,

however as you are experiencing, there are many facets to accepting and seeing all the ways this has taken place within you. It is not just a concept or a belief – which once understood: that your mind is in control of you and in a negative way – you can fix, heal, or even deal with through trying to merely change yourself and your beliefs, it is far deeper and perplexing problem. Over and over you need to see just how your mind is in control and all of what this means, the whole psychology of it; and how it all affects your life – how it all makes you feel.

You have been controlled by others, your parents, and now your mind is controlling you as it has learnt to do, and this is how everyone is. And if you don't do anything about it on Earth, you will come into spirit none the wiser and just carry on. It is such a powerful influence over you that you can't do anything else. Whilst you are under the full control of your mind and your beliefs, for all intents and purposes, your soul, or any other part of you, may as well not exist.

When it is spoken of *the great judgement* to come to all souls, all this means is that those who do have some Divine Love in their souls will be called upon – if they are of sufficient level of truth – when waking in spirit, to inhabit the soul Mansion Worlds, those of Divine Love, the *feeling worlds*; and those who do not, will remain as they are in the mind spheres. It means nothing more than this, and it all happens within the Laws completely respecting the needs of one's soul and mind. It is NOT that those who believe in the Bible, and who believe in me, will be saved, and the others damned to hell. This is complete nonsense and was contrived by those wanting power over others. I want to say, once and for all, as I have not as yet ever said it openly, but now as things have progressed to such a point in humanity's understanding, that I do not support or have any good feelings about anything that has been attributed to me or the Father, or even my mother Mary, in the Christian Religions. I DO NOT CONDONE ANY OF THE RELIGIONS OF HUMANITY. And whilst you entertain any beliefs in them, you will continue to bring about more pressure on yourself to remain locked up and bound into your negative beliefs.

Other than a love of God, when you come to do your Soul-Healing, you will have to divest yourself of all religious belief, for it is all wrong and anti myself, love and the Father and Mother. It is very harmful to your soul. All spirits, as too all mortals, who so choose to live following Mary and I, will divest themselves of such erroneous beliefs. Smatterings of correct belief and even truth contained within the Bible are by no means enough to help you overcome all the rest that is untrue and wrong; and if anything, will only serve to keep so many people hooked into its vicious controlling ways by making them believe and feel it is right. The Bible is completely contrived. None of it has been divinely inspired, it has all been made up by men, and most of them did not have sufficient, if any at all, Divine Love in their souls to warrant them worthy of representing me or daring to know what the Father is like.

There are very strong penalties for perpetuating such wrong belief, for openly trying to coerce others into such beliefs. And many spirits are suffering greatly now in spirit as they begin to see the errors of their ways; and even many more spirits are still too afraid to look outside their belief and consider that their way is not right. And every day they spend still entertaining such wrong beliefs is hurting their soul, and will bring more pain to bear on them when they begin to live with a little more humility.

Many people suffer great pain in the physical body, many experience all sorts of terrible pain and afflictions and suffering, but this is nothing compared to the mental anguish that many more suffer when they reach the limit of their souls capacity of it being overlooked and denied by their own mind. The mental suffering is extreme because extreme measures need to be taken to start the breaking down process within those who are so desperately trying to maintain such mind control.

I cannot impress upon you just how excruciatingly painful this mental anguish is. And even though I might try, still for many people and spirits, my words will not make them reconsider. So many so strongly

believe in me, but all with such negative and wrong beliefs. They have lived a whole life in such erroneous belief, and all the false faith they have believed in has given them nothing; yet still when they arrive in spirit and even see that I am not present, go on unshakable, only adding to their controlling minds more wrong beliefs. Those in spirit, like their counterparts on Earth, believe that I will also return to the spirit worlds to gather up my faithful flock, but I am ALREADY in the spirit worlds!

In no way am I interested in any such onerous belief. So what if you believe in me, what does it do for your soul? A belief is merely a creation, a fabrication of the mind, and is not truth; it is not a direct expression of the substance of your soul. I can do nothing with a belief but leave you with it, and let you live it how you want. But with a truth I can come and be with you and help you to further your souls growth and understanding in that truth. And if I don't do that in person, I can do it through my Spirit of Truth. I only have a Spirit of Truth, I do not have a Spirit of Mind. Truth to truth I will relate to you, not mind to mind.

I am having my Second Coming. This IS my Second Coming, my second coming of Truth (because what else would I come again for if not to reveal Truth to you); all that began with Mr Padgett and will end with James and Marion's lives ending. I WILL NOT COME TO REAP THE HARVEST OF MORTAL OR SPIRIT SOULS. All that sort of belief is nonsense. It's just wishfully hoping the true and good and loving fantasy parent will come and rescue you from the bad and evil one – your parents. Humanity and the destiny of the mortal soul have moved on. The Bible is becoming obsolete. You can try and make whatever you want out of the prophecies, but it will be to no avail. The Bible is now history, and the new *word* has come in its various forms – with Mary and my new revelations of truth. Those who will adhere to the Bible and such beliefs will find themselves increasingly becoming isolated and alone. In spirit there is a continual draining of their numbers, as those who do sincerely want to know the Mother and Father seek Their Love and receive it moving on and into the Soul-Healing Divine Love Mansion Worlds. They are steadily removed from the mental spheres and the various religious sectors. Their removal is for the time balanced by the influx of new believers arriving daily from Earth, but eventually this will begin to ebb as more people begin to see that the Bible has been superseded.

The human soul needs truth and love to feel happy and loved, and to feel that life is worthwhile, something far more than mere belief. It is crying out for spiritual and truth nourishment, as it has lived for so many years devoid of all goodness. Truth is its food, and as you start to do your Healing you will see what I mean.

The era of the Bible is destined to end with the ending of Mary and I's attention to mankind on Earth and in spirit. It will still remain and persist, as many people and spirits will still want to live clinging to their negative mind states, but gradually over this forthcoming age its influence will wane, as fewer people want to be involved in such delusional fantasy. As we have said, Mary and I are moving on, and so all that has been associated with us directly or indirectly, as in all that has been believed about us, will come to an end. The end is near, the end of the era as it has been. A few people can see the signs now, and only by resorting to miraculous healings have the mind spirits been able to maintain as much enthusiasm in their respective religions, but the crumbling signs are still evident. It will not just end all of sudden, but history will show that now was the start of the real decline.

Too many people are wanting to move on, and the Christian and other religions are only restricting such progress. Many attribute science as the cause of the erosion and the modern godless society it is making, but this is not entirely true. Just as many, and perhaps more people, want to know God, but what they don't know is that they actually want to know Them in another way, a way different from the Church or anything they know. And further, they don't even know that another way is possible, especially one in which Mary and I are still present and even very active – the real and true way.

The whole Christian movement has been the outworking of a negative state of mind. Many people

have needed to experience it as a part of their journey into rebellion. It has all been wrong right from the start simply because Mary was left out. It could never have been what it is believed to be: the right way to God. It is only a great delusion of humanity. It has helped many people to come to understand that there is a loving Father, and to become familiar with certain aspects of His personality, but does very little to help the progress of one's soul.

The *Christian Way* is destined to become a relic of humanity's failed attempt to know God. Two thousand years in the course of hundreds of thousands of years is nothing. It will appear as a mere aberration, but nonetheless, an important one, for it will stand for all time as a testament as to the damage that can be done when the Creator Son and Daughter are not honoured for all that they are. And it will show and remain, as a reminder of all the wrong that can be done by the mortal and spirit mind of those who in no way sincerely want to live at-one with their Father and Mother of Paradise.

The contrivance of the religions that purport to be God knowing has burnt deep into the minds of so many people. It will be most difficult for them to give up. But just as with all erroneous beliefs, if you one day want your soul to be free, then you will have to confront your own mind and accept that all contained within it is wrong, and not as you wanted or believed it to be.

You can find the Mother and Father and Mary and I without ever having had anything to do with the Bible, and without having to be a Christian or an anything else. Some people have discovered this for themselves, and in time, many more will follow. There is not to be a defined religion with a specific name, there doesn't need to be, as living with the Mother and Father truly is just life, the way of the Chosen, those chosen to long for the Divine Love. It does not need a name or a church or a temple or a holy this or that. *Divine Love Spirituality*, James, about says it all, and is all that is needed. It only needs your own heart and soul. People will come together to worship the Mother and Father under this new way, and even build places for this happen, but it will not be organised – at least not in a controlling, power seeking way such as the Churches are – it will be just whatever someone feels they want to do.

Such organisation is all what you have been used to and what most only know, but it is only the way of control and power, and not the way of freedom, love and truth. There is no named religion in the Divine Love Mansion Worlds, or in the Celestial spheres, or in the greater universe; there is only life, living true to one's feelings and living with the Mother and Father and Their Love. It is true that Mary and I are the true Anointed Ones, the primary *Christ's of Nebadon*, but this is not to indicate that you need to form a religion that believes this. As you will find out, Nebadon is vast, and many spirits live in it from all sorts of different worlds. You only know each other, and can't even love each other by simple acceptance of being of different races of the same species. Wait until in spirit when you will meet with others from other humanities who did not have the benefits of Mary and I as you have had, but still love us as truly as you will do.

Humanity will broaden its horizons of acceptance now. Universal understanding and what life is about will start to bring in more concepts to your world. You have been terribly isolated; you are all living cut off in a small black little pit in the ground. So many people can't even begin to accept that you might live again after death! You have been hopelessly cut and shut off. You have no idea how much. But now this is ending, at least the first phase of ending is beginning. On one level it has ended – the Rebellion and Default are over. Now they are only contained within you and will be passed on by you. Now you are fully responsible for your own destiny; now you are able to seek the truth and truly find it. Now God may bless you!

Thank you James, I have wanted to have my say for a very long time. I have not been allowed to because of the same reasons why I was nailed to the cross, and why Mary was completely denied: because no one wanted to hear the truth. But now as new power from Mary and myself is able to come to help you, I

can begin to be somewhat more outspoken.

Remember that those who have tried to seek the truth through the religions have not been of a pure heart and soul, they have not actually wanted to know the truth, it has only been a belief of their mind that they should know it. They have wanted to know it conditioned by their religion, and as such, religion is not truthful, so have I been unable to help. And not one individual has had a strong and pure enough longing outside the religions to allow Mary and I to come and help them with the truth, not until a small crack appeared, thanks to Helen and James Padgett.

Now the crack is widening every day. Now we can come and present you with all you need to know; now we can come and help. Until next time James, Jesus.

(4/6/03)

Good morning James, I am delighted to be able to speak with you again, Mary. My message today is one of sharing and of being honest and true.

Being true to yourself is also being honest with yourself. You have been taught to be dishonest, to put your true and real feelings aside, and to do lots of things that if you were not pressured into doing, you would not do. And you should not do them. You need to be true and honest with yourself, and admit that you first of all don't want to do them, and then accept you can't stop doing them, and want to know why.

Go to the Mother and Father and tell Them you don't want to live dishonestly and against your feelings, but that you are powerless to change your state, so can You please help me to stop doing these things. Please help me to express all the trapped feelings associated with my inability to stop doing what I don't want to do; and help me to see the truth of my state: why I am unable to let go, and why I must stay trapped in my self-made prison-mind?

Fear will be keeping you mostly trapped, but still you have to want to find the truth of why you are so afraid. Ask Them to help you to FEEL why, and help you to know why. As you move through your Healing, the next thing that you feel you don't like about yourself, and the next way you are being untrue and dishonest with yourself, will naturally start to be presented to you. Life will help you by providing you with the experiences that will stir you up, moving your perceptions around, helping you to see things from a different angle, so that you will see your dishonesty objectively. The whole healing process will be natural and just an ongoing part of your life. It will not happen that suddenly you wake up differently with suddenly your whole life and how you perceive it having changed. It will work very smoothly and perfectly and at times almost imperceptibly, but you will be changing and growing in self-awareness and in truth.

Feel within yourself what you really feel about the thing that is bothering you. Imagine yourself without it, or not in the situation, and imagine what you would feel like then. This should help you to gauge for yourself your position of truth. Yet another of the great problems you face is that you are now so blind to yourself and to what is true for you. You lie without even knowing you are doing it. Many things you just take for granted, accepting this is how everyone is, but this can be riddled with lies and untruth. It will come as a shock and a surprise when you uncover how deceitful you are to yourself, let alone to other people. And so long as you are living untrue and still have healing to do, you will be lying to yourself. Being untrue *is* being dishonest: with your soul, your heart, with your whole self, and with the

Mother and Father. There is no escaping from it. Only by doing your Healing will you see what I mean.

But there is always something you can do. You can admit it, own up to it, even begin by admitting and accepting that you must be lying and living untrue, even if you can't see how, and then ask the Mother and Father to help you see. You have to want to see – understand – the truth, and when you truly do, you will. Nothing will be withheld from you, you will see it all.

However, be patient. Some things you may know you are being dishonest about, but still you feel you need to do them. You may feel you need to still be in the job or relationship you are in, even though it is not truly to your liking. Keep owning up to all your bad feelings about it even if it goes on for years, keep longing to see and know the truth of why you can't leave or do what you want to do. You will change, and it will change one day, when you have expressed all your repressed feelings associated with it; when it has served its purpose of making you feel bad. And if it does come to the time you are to leave, you will know it is time, what to do, and will be able to give it up. You will have healed all the fears and power-controlling beliefs that have held you trapped within it. You will then be able to honour more of your truth, live true to more of your feelings, and lie less.

Ultimately life with the Mother and Father is life completely for you. You will thoroughly enjoy doing and experiencing it all, and it will be exactly what you want to do. Whilst you are in your negative state many things you will believe are what you want to do and have in your life, but these are not what will truly make you happy, they are not things your soul desires, they are things desired and believed by your mind that will make you happy, and will ultimately make you unhappy. All such things are only a part of your untruth and are serving to make you unhappy by keeping you trapped in your negative beliefs. As you heal you will let go of many of these desires and what you will want will change. And as you let go of more things you will want less, and even start to want things that have never appealed to you. Some things you may still want, and they will not go, and other things if they are truly what you are to want, then one day you will have them, you will get what you want.

Giving up and asking the Mother and Father to give you what They know you want, is trying to relinquish control. In truth, you cannot know what you want, what is good for your soul. In each moment you can only know then what you want as you feel, but as for your future you cannot know, you are not meant to know, you are experiential. And so you have to rely on those who can see the bigger picture, the existential picture, for satisfying and providing for your needs, and the Mother and Father will do just that. They want to look after you; They completely want to share all of Themselves and all of what They have created, with you, Their child. They don't want you to be deprived, but as long as you want to stand in between your soul and Them, and pretend to know what you want, and what's good and right for you, you will never feel happy or completely satisfied. When your soul is living true, you will feel and know what you want and you will have it, it will just come, or you will know where and when to go and get it. It is easy and will happen with ease. Life is not meant to be a struggle, it is meant to flow rhythmically along always adding and expanding, always presenting you with new opportunities for truth growth and soul expansion. You are keeping the reigns tight on yourself, even though you might believe you feel free to do what you want. You have no idea as to what true freedom will feel like, with such freedom only coming when you have given up all your self-control.

Life is all planned out perfectly well for you, if only you would allow your Planners to show you. You are standing in the way of yourselves, withholding your own happiness from yourself. You are doing it entirely to yourself. You may think that you are not in control, and that the controller people are in control, but they are not, you are. You control yourself in the negative. No matter how stuck and imprisoned you are; no matter how much you feel the helpless victim, you are still in control of your situation. And the situation is only happening to you because you want it to, you are, albeit, unconsciously making yourself suffer based on your childhood patterns, so it is up to you to want to

loosen the grip and eventually let go. But as I said, if this seems impossible to do and you feel so caught up and can't see for the life of you that it is you controlling yourself, admit and express all of these feelings to the Mother and Father, and to your partner or someone who is willing to listen to you if possible. The more you can own up to how you're feeling so trapped, and express all your bad feelings, the better; and long desperately to see the truth of why you are trapped. Long for help, you may not recognise the help at first, but still expect to be helped, and you will not be forsaken. It is the Law of Creation: to assist you if you sincerely want to be and live true and honest – true to yourself, true to your feelings.

No one is so helpless, no matter how lost or how dark they may be. The fact that you still exist means you have a will, and with that will you can will yourself to be true to yourself. If you feel so trapped and helpless, remember that your parents have made and forced you to be this way, it has been forced on you, and even though you have taken it on, you can still choose to end it.

You are the product of your parents, and even if your brothers and sisters don't seem so powerless and pathetic as you, you are still how you are because of them. Very different circumstances exist for each child; your relationship with your parents is unique and only between you and them. They have forced you to be bound up by yourself, and you have looked to them for the truth, which will turn out mostly to be untruth, and you are living it now as truly as they taught and made you. But unfortunately it is not the true truth, it's only the *truth* of the negative. You are living all their *good works*, all the negative they have subjected you to. And you have taken it all on with all the power and strength your will has been able to muster.

So many people at their wits end call out to God for help, begging to know what is wrong and why their life is going against them; why bad things are happening to them, but few ask the Mother and Father to help them to see the truth of how they are: the truth of what is causing these problems. They just want God to take the bad thing or the pain away, so they resume life getting on with making life be how they want it to be. You have to want to see the truth of your relationship with your parents. If you are feeling bad in any way, trapped in your life, or hate it all, it is all because of the relationship you had with your parents as a young child – this, I can't tell you often enough. And to set yourself free, you need to want to see the truth of this: what went wrong, why were they as they were, and how did they stop you from being the true you – why did they treat you as they did? You have to want to look back into your parental relationships for the answers and to see how you have taken it all on. You have to want to know the whole truth, and not just to be magically freed or have the pain removed or the situation changed. You need to want to give up the power and control you have taken over from them, and go to the Mother and Father for help and love. And, as I have said, it is the only way. Nothing else will free you entirely other than you wanting to be entirely true, to see and know the complete truth of your negative state, all through and with your feelings.

Thank you James, Mary.

(5/6/03)

Hello again James, yes I am here Jesus, and thank you for answering my call.

Your feeling to write with me was generated by me and not by you. And yes, it was an outstanding feeling

from yesterday. I did want to write yesterday with you, as what I was going to write about was fresh in your mind, but as you didn't feel like writing I am glad you have answered my call today, as well as staying true to your feelings yesterday and not writing.

There are many people in various churches who look specifically to God to give them direct messages of guidance. They hear a voice, *God's voice*, and act on it particularly in helping them build their future bringing good fortune in whatever endeavour they seek. They also believe in the Holy Spirit's powers of saving them, and healing them, and include the phenomenon of *talking in tongues* as a sign that they are in God's favour. As I have said in previous messages, the Mother and Father allow them to do this, as They allow us all to do all we want. They allow them to believe that it is God speaking to them and giving them specific instructions about what they should do in their lives, and God allows them to believe whatever they want about me, and even my mother Mary being the *Mother of God*. The Father and Mother allow you to believe whatever you want.

And as I have also said, this reaching up to God wanting Him to do these things enables one's mind to be easier attuned to by the attending mind spirits, and it is they who answer such prayers, with the Father and Mother allowing them to. And if these people wanted to live true, and were to honour their feelings during such experiences, they would soon discover that it wasn't God after all who was answering their prayers, and this would then make them question their whole relationship with God, themselves and the truth.

If you want God, the Father or Mother to be a certain way, and you believe He or They will be this way, and give you what you want, then it's possible you may get what you want, but it doesn't necessarily mean that God was directly behind you getting it. All such *acts of God* are not true acts. The only true Act of God is Their giving you Their Divine Love, all else is done by other spirit personalities; and even the giving of Their love you would argue is not a true personal act, as that too occurs through the mediation of the Divine Minister and the Holy Spirit. But when you feel God loving you, when you feel Their Love flowing into your soul, you experience this as Them personally loving you.

When you have finished your Soul-Healing you will want only what They want you to have. You will want to live and be how They want you to be. You will want to be as Perfect as They are, and you will only want to live and do as They Will. You will have given up your control and be living purely as Their loving child. A child that only wants what it parents want it to have. You will be obedient to Them, but obedient with love and not from fear like the obedience your parents demanded of you. With love you will WILLINGLY want to do as They say because it makes you feel good, and not as it was with your parents who made you do as they said against your will making you feel bad.

The Mother and Father want you to have all love, and They will give you those things that will help you to feel loved, secure and happy. They will give you all you need to be able to freely focus on loving Them and receiving Their Love enjoying your relationship together.

By asking the Father and Mother to help you to give up your negative mind and all its controlling patterns and beliefs, is the only way to give up what you want – those things that you alone want. Those things They do not want you to have, but still lovingly give you.

Spirits can give you the healing you want, the talking in tongues experience, the blasts of spirit energy, prophecies, visions, the day to day guidance you want, and they can help you believe you are doing God's Will and Work. When you place yourself in such an open and willing position to receive from spirit or God, wanting to use spirit or God to empower your mind, the spirits merely use the natural laws available to them, those associated with the law of mortal-spirit rapport and communication to fulfil their and your needs. They manipulate you as much as you are manipulating God and yourself. No one is hurting the

other, as both parties are agreeing to it even though for the most part many people on Earth are ignorant of the spirits participation. But still over all, so far as the truth is concerned, none of it is right.

How I healed was very different to this. I had willingly submitted my will to that of my Heavenly Father's. It was complete. Everything I wanted, and I did want things, I felt and I knew that they were exactly what He wanted. I felt so at-one with Him, that my desires were His, and conversely, His desires were mine. I did not have to do all the healings I *did*, myself. I did not even have to want them to happen, but He did, and He orchestrated His angels to perform them all about me. Occasionally I felt I did want a specific thing to be done, and even this desire before I was really conscious of it, happened. I never asked the Father to heal a person for me, nor asked Him to do anything for myself. I only asked Him for His Love and to help me stay true to living and breathing His Will. I felt I wanted nothing for myself as I felt I had all I needed – all His Love. I was kept in food and drink and shelter by Him through the love of those around me, and as they gave me such things out of their love for Him, I gave them my love and the truth of how to be at-one with Him, with His Love, just as I was.

I asked nothing of Him to give me any status in the world, as I had all the status in the universe, all the status that love brings; and I had all love, overwhelming quantities of love from Him. I did long to have Mary's love and the full love of the Mother that was to come through her, but I knew this love was to come when Mary came to spirit, and when we would be fully reunited. And the copious amounts of Love He *poured* into my soul more than made up for any hardship I suffered as to the denial of Mary's full presence and companionship.

Had I been born into the negative like you, I too would have been full of wanting the wrong things and believing many wrong beliefs, trying to manifest them. And like you, I too would have had to come to the Father and Mother and ask Them for Their help to see the truth of all that was wrong and erroneous in me. And as They would have helped me to see, I would have gradually let go of all the things that were actually not good for me, that were unloving and keeping me trapped in the negative. They would have helped me to see that how I was to myself and others was not loving; that I was hurting myself and rejecting all real love and care, especially that which They were offering me. Like you will do, I too would have had to turn my whole self around so that finally I was completely loving of myself wanting only what was right and good and true for me – all that They wanted for me and knew would make me feel loved. You are only rejecting yourself as you are, and no one wants you to continue suffering. But as long as you reject help and want to remain as you are, no one will interfere with you, not even God, because this is how you want to be, even if you are not fully aware of it.

It is virtually impossible for you to work out how I was and how I lived with the Father. When you are Celestial you will know and see for yourself, as you will be as I was. Until such time you will only be guessing, and no matter how right you might believe your relationship with God or yourself or another person is, it will still be heavily tainted by the negative, and will for the most part, be wrong.

It is a big challenge facing mankind, to accept that you live in the negative and all how you see things and do things is wrong. On all fronts you are steadily closing the gap to finally see the truth of how wrong you are. The more there is chaos in the world, the better. The more people suffer, control others, whilst pretending things are good, all the better, as you are getting closer to fully deluding yourself. The Rebellion and Default have to come to their conclusions, you have to be them as much as you can be, and so humanity is now nearing that time. You have to be as false and untrue as you can. You have tried so many things and different ways of being, but still you do not feel any better. Medicine is beginning to show you it is not the cure all. It is now posing as many problems to you as it cures. You cannot defeat or control the natural environment, for you are inextricably linked to it; and it is designed to provide you with all you need to help you uncover the truth of your feelings. As you move more into trying to refuse to look at the wrong, it will help you to come back. If you try to overlook your pain and suffering and all

the wrong you are living through science or religion or any other means, nature will only react to help show you that there is no escape. It will respond to stimulation from your souls. They want you to stop living as you are, to give up and come back and live true, so they will bring about the necessary occurrences in Creation to thwart your escape from your feelings.

The more you try to hide, the more pressure you will bring down on yourselves. You all know that it is futile to drive onto the highway the wrong way, into the oncoming traffic, and yet this is how you are all trying to live. You are all trying to live by driving down the off-ramp into the oncoming mayhem – and pain. And you will meet the signs *wrong way go back*, and this is what we are now saying to you all. And it is not that you have to go back to earlier times in history, more simpler ways to live, for all through your history you have been going the wrong way, but to go back within yourself to your early childhood and seek the truth of your earliest experiences; to see what really want on between you and your parents. How true was your relationship with them? And was it really all you needed?

You are all suffering, making yourself and each other suffer. Some people appear to be in a worse state than others, which this only reflective of the extremes – you are all in a bad way. You all need to help each other to understand the plight you are in, and to come to terms with just how bad you feel about yourselves. We have spoken about you all being evil, sinful and depraved, and compared to the perfection of the universe, this is true, however, this in no way disqualifies you from being loved from all parts and persons of the universe. So many spirits want to help you, but their hands are tied until you want to help yourselves. We, like the Mother and Father, will support your negative ways until you choose to give them up.

When you blame God for anything, you are really only blaming your own parents, feeling rejected and unloved by them, as they did not give you what you wanted. And as an adult you are blaming yourself for not giving yourself what your parents did not give you, and instead of blame, you now need to give yourself some understanding, sympathy and care.

It was not your fault being born into the negative. You were subjected to it and have become it. This has been done, and now all you can do is long to find the truth of this through feeling-acceptance. And as you do, you will see that even though it may appear on the surface and in your worst times that God has played a dirty and nasty trick on you, you will come to see other things in all that you have experienced, and will even value and be grateful for having been chosen by the Mother and Father to be born into the evil wrongness.

ACCEPTANCE, ACCEPTANCE, AND MORE ACCEPTANCE. TRUTH, TRUTH, AND MORE TRUTH. And then will come UNDERSTANDING, COMPASSION, SYMPATHY, EMPATHY, CARING, KINDNESS AND LOVE. LOVE, LOVE, AND MORE LOVE. AND THEN EVEN MORE LOVE.

Mary and I have helped James and Marion to see the problem you are all in. We have pointed out some of what is wrong; some of the things that require looking at the truth in the correct light. We see the wrong and know that one day it will no longer be. However, we also see the the immense value in experiencing a negative mind condition. We have seen so many spirits complete their Healing, and you could not begin to imagine all of what just one of them has seen and discovered about his or herself, the Father and Mother, and life. You are just starting out, and as you do your Healing and your eyes start to open to the truth, you too will be astounded as to what has been right before you all the time. All that you have been blind to.

As we have said, what is contained within these messages with James is by no means conclusive. They are only meant as a starting point, something given to you to start you thinking and feeling. And they are coming from the *bottom line*. They might sound too extreme and severe for some people, they feeling more loved and not as bad as we're pointing out, and this is fine, this is what you will uncover for

yourself through your own Healing. So like anything, take what you need, what resonated with you at the time you are reading what we say, and work with that.

Every soul will contribute to the Healing knowledge that is to be a great part of the heritage of humanity. You have had all the time you have needed to see the wrong in all its ugliness, and now you can begin to change and learn about the right in all its beauty.

No matter how you may judge another you are all the same: you are all in the negative together. The one you may judge so harshly may be your soul-partner, or even one of the members of your soul-group, who could one day be one of your best friends. No one is better off or worse than the other, no matter what despicable acts one commits. Because you are all victims. And because it is all of you, every person, the whole, that is contributing to the extremes. And whilst you remain ignorant and refuse to see the truth of your own negativity, you are helping all the bad and the most wicked to be that way. Some souls have chosen the harder tasks of being the darkest so others can see what suffering is occurring. The worst may not be of right mind enough to help themselves, but those less suffering can do their Healing and then reach out a hand to help those who are in greater need. All will come back to the light. But it will take you all striving to live true that will achieve this.

And please remember, especially in your darkest moments, that you are not alone. You are loved, and by Those who are right there with you in your suffering. They are helping you, no matter how lost and alone you may feel, and even if you can't see them or sense their presence. Keep praying to the Mother and Father for Their Love, and keep longing to Them to help you see the truth – the truth of yourself, of your negative condition, all through your feelings.

That is all I have to say for now James, so I will finish. Thank you again. Jesus. And by the way, the recent decisions you have made are right. Give up that which you are not happy with, and trust with all your heart and believe with all your mind that the Father and Mother will look after you.

(7/6/03)

Hello again James, Mary.

Being conceived into the negative mind condition you are all living with great fear. Even those who may not feel fearful, underneath are when compared to how they and everyone will feel when they have done their Healing. It is very hard to look into yourself to see and accept your fear, to want to see what is terrifying you. It's much easier to look outside of yourself and blame other things that are making you scared. But if you grew up fully loved and not fearful you would not feel scared by anything in the outside world. Jesus feared nothing and no one because he was perfect and all loving. Had he not been born perfect, he too would have had to come to understand the truth, that all that scared him from the outside, only did so because he was already scared on the inside, and the outside was reflecting this back to him, and the inside was his parents and family. And many people don't want to look inside to find the truth of their fear because they will have to address and confront their relationship with their parents. Your parents scared you, so everything the world does to you, as your parents did, scares you also. If you feel completely scared of the world, then you can reasonably assume that you feel completely scared of your parents. You may not feel scared of the world, for you may have worked hard at covering up such fear, even turning that which you fear the most into believing it is your friend. You may start your

Healing believing you are not scared of the world, but as you progress you'll start to become increasingly scared, and increasingly aware of all you fear. And this is good.

As you progress with your Healing you might start to feel worse than before you started, and as you break down further, worse, and worse, and this too is good. This is because you will be getting closer to the truth of how you really are; how you really felt as a child. Doing your Healing, as I have said before, is not about fixing those things that are making you feel bad about yourself, then being able to cope and be more functional and competitive in the negative world. It is about ridding yourself of everything false that prevents your bad feelings expressing themselves; so you will feel worse, much worse, before you finally begin to feel good. You will have times of feeling better to show you how you are changing, but this will then help you go deeper into your bad feelings making you feel worse again as you seek more truth.

Circle by circle, mind circuit by mind circuit, you grew up adding layer upon layer of self-denial. For most of you, the worst was when you were youngest, seeming to have lessened as you got older, as you fitted into and learnt and accepted your parents ways. But all of this was adding circle upon circle of covering up the real rejection. So as you unwind the circles, if you feel worse, that is how it is meant to be, and will serve to show you, you are on the right track.

It is all too easy to blame Satan or the government or that other person for being the evil one, as they are not doing what you want them to do; or because you feel threatened by them, fearful they are trying to make you do things against your will. But it is all you inside yourself doing it to yourself. You are Satan or evil or the bad one, as this is the belief about yourself you have been forced to live by your parents: that the outside world is to blame and NOT your parents. Your parents may have never mentioned Satan, but as you have grown up, you have made associations here and there whilst trying to make sense of your feelings. Then one day something presents itself to you and Satan is said to be the evil one, and this fits in with your feelings and beliefs, so you add him to your list of who are bad, someone you can blame all your bad feelings (all your fear) on.

Everyone is caught in the same bind, accusing everyone else for being bad, whilst they righteously believe they and their parents are not bad. You were accused of being bad as a child, your parents the all-powerful ones were right (so you were forced to believe), and so now you do the same thing; you accuse others of being bad. And you might even accuse yourself of being bad, yet still even that too is a way to stop yourself accusing your parents. And you might even accuse your parents of being to blame, yet still, even though you are closer to the truth, you will still need to work through all such blame by attending to your feelings properly wanting to uncover the truth they are to show you about yourself and your parents. The outside world on a feelings level, is still the world of your parents, the feelings-world they created for you to live in. You live in the impersonal bigger or outside world relating to it still how you related to your personal and little world within your family. It can be hard to see this, to see that all you see in the outside world is all you saw in your family world, and that everyone in the outside world is somehow your mother or father or grandmother or cousin or close family member, someone who influenced you (negatively or positively) when you were a child. The outside world face is different and they are different people, yet still going on within you are your childhood beliefs, and in a fantasy way you don't see the person before you for how they really are, but you see them as someone from your early childhood, and so you act and behave accordingly with them, just as if you were still with that person from your early life. You project and sort of superimpose your family world, your parental world, over the outside world, with some people doing this more severely than others.

This is the great problem many people face when they marry or start to live in an intimate relationship; they feel close to the person because of childhood patterns and not because of that actual person themselves. You then relate to your partner, not as a person who was previously unknown to you, but

more as one who you have known, so as you become more comfortable and familiar with each other, you start to behave with your partner more like how you behave and behaved with those who they represent from your early childhood. And if your partner contrives to fit into your past pictures and fantasy, then you mostly enjoy being together, but if they don't, then serious conflict can result. When it's said "he married his mother" or "she married her father" there is far more truth to this than most people give credit to.

The absurdity you all face is whilst being wrong you marry having relationships believing that they will somehow magically be perfect. So many people and mind spirits dream of the perfect marriage, the perfect family life, the perfect relationship with their children, but based on what? Did they have the perfect childhood growing up in the perfect relationship with their perfect parents who themselves shared the perfect relationship of love, all to be the perfect example for their child to naturally follow and assume would perfectly happen to them?

You have grown up in imperfection, and that is what you have learnt to follow, so you can only be that: imperfect. Jesus said "Follow me"(and he still does), and he can say this knowing he is perfect. And if you follow him, he will lead you to the truth of yourself. Follow him and you follow the TRUTH. And you can follow and learn from his example. However your parents say you must follow us, we are perfect, but they are not. They are lying to you and to themselves – you all being caught up in the *Great Lie*.

If you were to marry accepting that you were two imperfect people dismally wrong in all you do, but you still feel you want to come together with no intention for it to succeed, and with the expectation that everyday you will finally agree to hate each other and fail, then maybe you will at least be more true and not lying so much. And there is nothing wrong with this approach, and a lot right with it. It is anti the perfection fantasy, and so you may even surprise yourself how well you do get on together, both owning up to all your bad feelings you have about each other and yourselves, accepting that each day may be the last, and expecting the worst all the time.

You are not allowed to dwell on the worst or the bad. You are accused of being depressing and told no one will want to be around you – you will be an outcast. So you have to put on your smiling face, lie, and pretend that you are not bad and feeling depressed, showing that smile at all costs so as to maintain friends. False, false, false! The way of your world is to follow the FALSE.

By expecting the worst to happen all the time, you are trying to stop pretending to be happy and good, trying to be more true to how you really feel. And then if at the same time you are seeking the truth of the causes of your bad feelings, helping each other to express them all instead of trying to block each other from expressing bad feelings, gradually your depression will ease as you see the truth of why you are depressed and feeling bad.

Everyone on your world is lying. No one lives true. You are all presenting different personas as cover ups. And you have been made to do it from a very early age. You don't even know that you are doing it. As I have told you, you will be surprised what you will uncover within yourself as being a lie. So much of what you accept as the norm is a lie, and it will all have to be let go.

All you can do is what feels right for you. Long to the Mother and Father to help you see the truth, and for Their Love. And then do what feels right. Anything that does not make you feel good is where you look to express why it makes you feel bad, and you long for the truth of why. You all know what makes you feel good. But what most people don't know is that a lot of what makes you feel good is only a belief you have that it does, and in truth, it doesn't make you feel good at all. A drug can make you feel good, but does it really? And this is where longing for the truth is very important, for in time you will see where your beliefs are misleading you; and those things that once you thought did make you feel good, were actually making you feel bad; and so then you will see the truth and give them up because you will only want to do the things that make you feel truly good. No doubt you will have experienced doing

something that you thought was good, but somehow it just doesn't seem to make you feel so good as you thought, and then when you finally gave it up, you felt so relieved. And then as more time passed you could look back wondering what you saw in doing it – or in him or her. And this will happen as you move within yourself and change, as you honour yourself, begin to look after yourself and truly do what you truly feel you want to do.

Keep doing things as you feel to do them; don't try to work it all out in your head. If you don't know what to do, or you can't quite give it up, but know that most of it you don't like, but some part you do, then keep doing it; keep doing it asking the Mother and Father to show the truth. And always express your conflicting feelings. Pray to Them to help you **FEEL THE TRUTH WITH ALL YOUR HEART SO THAT YOU WILL TRULY KNOW, AND KNOW WITHOUT ANY FURTHER DOUBT WHAT IS BEST FOR YOU. ASK THEM TO HELP YOU FEEL WHAT YOU WANT TO DO AND WHAT IS RIGHT, ALL THROUGH YOUR FEELINGS AND NOT WITH YOUR MIND.** Ask Them for Their Divine Love and then go on without positive expectation, even expecting the worst; do what you feel to do, expressing all you feel along the way.

If you feel angry, this is good, more to express, more bad feelings to get right into and bring up. If it makes you feel miserable, guilty, lonely, whatever bad feelings – good! Get right into the feelings and see why it does make you feel this way. And if you are not naturally led down or back into your childhood to see the true cause, then ask the Mother and Father to show you what They want you to see through your feelings. Resist the temptation to use your mind to try and find causes in your early childhood that are making you feel bad. Long to know the causes but resist the temptation of using your mind to look for them, or you may run the risk of it making them up so it can remain in control. Just allow your feelings to carry you back if that is where they naturally lead you as you speak about them. If it's time for you to uncover the truth of your early childhood, your feelings, as you express them, will naturally lead you back into it; you won't have to do anything.

You have to tell someone, preferably your partner, or at least someone who wants to listen to all the bad feelings and yuk you have in you, just how bad you are feeling. As a child, you wanted to tell someone who cared about you just how bad you were feeling, but no one was there for you, certainly not your parents. Your parents did not want to listen because they were doing it to you. If they listened, they would have had to face the pain and truth within themselves that their parents did to them what they were doing to you, let alone facing the truth that they were making you – their own child – feel so bad. Some parents are of course much better listeners than others, yet still I say they are not truly listening because unless they are doing their Healing, will still be only conditionally listening, which you might discover if you start to cross lines within them causing them to no longer be the good listener. But still, you will **NEED** to tell someone who cares. And if you don't have someone in your life that does want to listen, then ask the Mother and Father if They can bring someone to you. And talk to Them. And tell Them why you want this person to come. And speak about any worries, negative expectations, hopes, fears; and even how you would want this person to be. Share all of you – all you think and feel, with Them.

I will finish now James, thank you very much once again. I am very pleased with all your latest progress. You are now seeing it much more personally and it is becoming easier for me to relate to you in this way. Mary.

(8/6/03)

Hello James, I will continue, Mary.

As much as you look to you parents as being the world and believing they are helping you to be the right way in it, they also tell you they are the right way. They teach you what is expected of you, as if this is your role in a play, and the play is always the same: their play. And as you move into the world your part never changes, even though you may add some superficial changes, which makes it appear different, still your underlying role is fixed. Your parents tell you that they are the world and they know rules, and what is right and best for you. They will tell you what is not acceptable; what and how you need to be, all so you can fit in making these rules become absolute. They form the fabric of your mind, the fundamental underlying beliefs, and mostly you remain unconscious of them. And you end up unconsciously believing every one is just like your parents, not separate and a different individual. And if you feel powerful, you try to make the world obey you just as they made you obey them. And for most people this power only really comes when they have their own family creating their own little world to lord over.

A non-controlling parent would not make you believe they are right, and that how they are is how the world is. They would help you see that others differ, and allow you to work this out for yourself. They wouldn't make you believe that they were the absolute, and your core beliefs would form allowing you to be of a positive mind in the world, to explore and find out things for yourself through your experiences, rather than trying to control your experiences with the intention of trying to make them fit into your way of seeing things. And not trying to make the world be how you believe it should be, and getting very upset and angry when it doesn't do what you think it should.

Unfortunately, most parents believe that if you do something they dislike, they have to teach you that you are wrong and their way is right. They fail to see that why you are doing things wrong in their eyes is because of them, which they are causing you to do. They seem to believe that you are doing it somehow of your own accord, as if you have some *bad streak*, or even some evil element in you, and that it is their duty to iron it out of you and keep you on the acceptable path. They believe they are the great teachers and will enlighten you as to how to live and be in life, but this is not so. Your soul and the Mother and Father are the great teachers, and they will show you for yourself how to live life if you allow them to. And you allow Them to by being true to your feelings; by expressing all your thoughts and feelings freely. If parents did not interfere this would become evident.

You all have a very deep misunderstanding about bad feelings. You are scared of them and are taught quickly that they are not acceptable. And that your parents and the world don't like them. But what are you to do with them? Many people believe that bad feelings are the workings of the Devil, or Satan's handiwork, or even evil spirits, or evil and wicked characteristics that have been somehow inherited as undesirable family traits, and in some way must be eradicated.

But more truthfully it comes down to a battle of wills. The parent feels still powerless from its upbringing, and so feels its power base is threatened by things its child does that it doesn't like. When the child's not willing to submit to the will of its parents, they come down hard on it to make it bend and *break* - to fall into line. A dysfunctional will, such as yours in the negative, cannot have any real understanding or feeling for how another's will should be honoured, as you cannot first honour your own. And if you felt bad and your parents honoured these bad feelings, realising it was they who were causing them, then they too would feel bad, and so feel powerless, the powerlessness they were trying to hide. They would lose the battle, giving up fighting and trying to control you.

As adults, bad feelings are still these terrible things to be got rid of in any way possible. Most people try to bury them, some try to pray them away, and now the attitude in your world James, is to try and just

come up over the top of them and be nice, just cover them over with more superficial layers of falseness or positive thinking. But you're denying what is a real part of yourself – your bad feelings, and they are not bad. The negative mind believes that which is negative is bad, and it fails to recognise the good in the bad, it refuses to look at this side of your nature, and until you do, nothing will change.

The Mother and Father originally created *man*, through natural evolution, to be perfect. Man's soul was created perfect, and it started to express itself in Creation as perfect men and women, when the creature that was to be this original man and woman had evolved through natural means to meet with such perfection standards. The creature – humanity – was therefore created, brought into being as a perfect being. Original natural man was perfect and was living in perfect harmony with all other perfect creatures. All animals are perfect – perfect in their Natural love, perfect in how they were created to be. They are perfectly happy in their state of being, and this too was how men and women began and felt. They were equal to the state of animals, but because they had a soul, they were also of greater potential than animals, so it is also said they were created higher than animals. But this is a higher potential state which man himself must realise upon the endeavours of his own will. And without truth, will never realise it, and will not treat animals and *lower* creatures with the respect they deserve.

Man can learn from nature, but is not to be like nature. Nature on Earth exists in a competitive state, all serving one another and deriving pleasure from the service. But men and women don't have to live as nature does: competitively, they can choose to grow in truth and rise above such animal origins. You can choose to do your Soul-Healing and achieve a Celestial state of being, of truth, a divine state of being with the Divine Love in our soul. And in this state there will be no competition, no competitive hierarchy, no suffering, no bad feelings as you now experience them in your negative states. An entirely higher and more enlightened way to live. And one that completely respects and loves all nature.

So from this original state, men and women could choose to live in Natural love perfection, enjoying their Natural love just as animals do; or, as has happened to all humanity, to give up this perfected state and sink or *fall* lower than that of animals into varying levels of imperfection.

When the Universal System Rebellion started, some of its perpetrators came to this world and influenced some of its spirit governing hierarchy against the Mother and Father, and these spirits in turn influenced many mortals. A great many years passed all resulting in all races of mankind becoming less than perfect, falling from their original perfect Natural love state; and by the time Adam and Eve came (re: The Urantia Book), there was extreme pressure on them from rebellious spirits and mortals, which inevitably brought about their dishonour and disgrace. When this happen, it signalled humanity's complete fall into imperfection. Humanity was no longer capable of maintaining its own perfection through its own free will, and no one existed above the lowest level of disgrace and imperfection. And this is how it has remained until the coming of Jesus and I.

Jesus taught about our dual nature: that of being a creature and a child of God. And as a child, he said you were a soul first and foremost, and like that of a spirit, higher than an animal. He said that you could seek to perfect your Natural love creature condition, and his Spirit of Truth would assist you in becoming as your ancestors were before the coming of the Evil Ones. He taught that the most important part – potential – about you was that you could become more than just a perfect creature: a child of his Heavenly Father through the partaking of His Divine Love directly into your soul. He also taught that the Holy Spirit would convey this Love to the heart of your soul when sincerely longed for, and this Love would then transform you out of being only a Natural love creature into being a true divine child of God. And how this would happen was that as your soul partook of the Divine Love – the very essence of God – your soul would become transformed into being of this divine essence. You would raise your state of being from that of the image of God into being of the very essence of God. You would retain your Natural love creature status of perfection, but also by transforming your soul, become at-one with

God in essence – divine.

And he said that the choice was now yours. By his coming the Father had offered all men and women of all races the chance to achieve this state of being: at-onement with the Father in soul, as the Father's child, and of creature perfection. He explained how you had the freedom to choose how you were to exist, and if you chose to accept the gift of achieving at-onement with God, then you would also be choosing to live God's Will. You would be submitting your will for His as you would be giving up your will as a creature and rising to live in a higher way as His child with His Will. You would retain your will, but apply it to live His Will, and this would all just naturally happen as an organic process, but only with the Divine Love as the catalyst and substance to effect the transformation; and ONLY if you willingly longed for the transformation to happen. He didn't go onto explain about what was involved in this inner transformation – how it was to come about, as that was where I came into the picture.

The Mother and Father want you to be as perfect as They originally made you. They did not make you imperfect, wanting you to suffer for all eternity. An animal does not suffer in its essence for it is perfect in its Natural love state of being. Suffering only comes to you as you choose willingly to fall into imperfection. Being not how the Mother and Father made you, hurts, and naturally you cannot do anything but suffer. Choosing to live your will and not Theirs is fraught with suffering and pain, as you live in your negative mind and will condition.

To try to overcome this suffering and pain-filled state you have called upon your mind to try and help you. You have made it step in by using its power to take the pain and suffering away. You have made yourselves believe that you are not suffering and that you can actually be happy in it, but can you? The extent you have made your mind take over is seen in your everyday life. You have overridden and buried the pain to such an extent by removing yourself from parts of you – the true feeling parts – by trying to exist solely as mind. And the further you make your mind take over, the further away from your feelings you go; and the further you are separating yourself from your soul and all of the real you; and the more you become untrue, unreal, and nothing more than a fantasy creation of your mind. And you now are racing full steam ahead in this direction.

Because so many generations have passed all deeply entrenched in the negative, you have no idea what it would be like to be perfect and pain free. You may on a good day feel pain free, but if you were to do your Healing you would soon see just how much pain you have buried, and that your good day was merely the covering and anaesthetising by your mind. Your souls are in great pain!

So to summarise: living God's Will is to become of perfect Natural love as a creature, and then to transform this love in your soul into becoming a true child of God, at-one with Their Soul Essence: divine. To do this you need to do what we have been telling you. To long to the Mother and Father for Their Divine Love, and to long to see the truth of your negative mind state – to do your Soul-Healing. The Soul-Healing IS the transformation of your soul. You will be transformed as you work through all your evil, uncovering the truth of your errors, ending up living a true, good, morally perfect, loving life. With the complete transformation coming at the end of your Healing when you are living true to all your pain and suffering, aware of all your unloving behaviour patterns.

When your Healing is complete you will be divine and your soul will be fully transformed. You will have done the two things at once: perfect your Natural love state, by healing all your negative mind control, and transformed your soul into being divine. How you will then be, will be living God's Will. You will not have to actively do anything to demonstrate it; you will just be it by being true to your feelings. All you will do in your day will be God's Will. Doing the Will of God is not trying to live a moral and good life and spread the word of the Bible. It is a state of being of totality; of being totally true to your yourself, to your feelings – totally divine. All of you will be divine, that is your soul-light will

reflect the divinity – the Divine Love it contains – and all will be God's Will. Living God's will is a state of truth, a state of being; you just ARE living it, and it's nothing like what those of the Christian churches or other religions believe. You will live the truth equivalent to the Celestial or perfected state, and from there will ascend growing further in attaining ever-higher states of perfection, ever higher states of divinity. You will not live God's Will more perfectly, but live with more truth and higher understanding. And you can now achieve living these higher states of truth and will perfection on Earth. Celestial life and truth can finally come to Earth.

Many people believe they need to suffer to break the control of their *evil animal tendencies*, and in doing so, believe they are becoming more spiritual, but this is not true. All they are doing is empowering their mind by making it have more control over themselves, and believing that they are becoming more spiritual by using their mind to pretend they are no longer plagued by such *lower* tendencies. Suffering is brought on by denying your feelings and giving into the negative control of your mind. To anaesthetise your pain with your mind, and to then believe you are no longer suffering, is a great mistake. You are still suffering and in great pain only you've made yourself become unconscious of it, but it's still going on within you on deeper levels. The spirits of the high sixth world are the perfect examples of this: believing they have risen above everything that can cause bad feelings; and using their minds to alienate themselves from their pain and suffering to such an extent that they believe they are fully enlightened and at one with God – that they are in a state of pure bliss, nirvana. Don't be fooled by such magicians, they are greatly deluding themselves. They are not living in the true perfected Natural love condition of the sixth world Jesus spoke of in the Padgett messages. These souls are yet to come, they will be spirits who do their Feeling-Healing, healing their childhood repression to the degree of truth that will enable them to live in their positive perfected Natural love mind condition of the sixth Mansion World. The current spirits of the high planes of the sixth world are the greatest examples of self-denial and self-deception you can observe, they are the most rebellious, the most evil and yet they are worshipped as being the most pure and spiritual. And the same can be seen being represented by gurus and *ascended masters* on Earth, particularly in the East. Such people are not living true and perfect and healed of all their childhood trauma, they have just learnt how to master their minds to control their pain in the misguided belief they have reached enlightenment – nirvana. But all they have achieved is allowing their negative mind total control over their feelings. They are not growing in truth higher than the sixth world; they are not seeking a true relationship with the Mother and Father through their Divine Love, and they definitely have not done their Soul-Healing. They are living examples of the worst evil, the most conceited, self-obsessed, self-indulgent, and self-glorifying one can live. And because of that they can't attain higher truth, they are confined to their little world, that of the high sixth world; confined to their minds, shut off from their souls, and there they will remain separated from the rest of the universe believing they have made it to the highest state one can achieve. While all the time many humble self-less souls move higher and past them living with the Divine Love, healing their negative mind, and moving into the Celestial spheres and beyond.

Have a rest now James. And I will continue later if it is convenient. Mary.

(9/6/03)

I will speak with you now James, Mary.

Humanity has reached an end. It is even pretending that new messiahs and Jesuses have reincarnated, have arrived to fulfil the prophesy of scripture, but these things are also failing. You have no where to go. You can either turn over the old ground and rehash the old trying to make it look like new, just staying as you are; or try and head off in another direction with technology. But this is only making new toys to fill in the time, and humanity is always restless, a symptom of the denial.

All that has occurred in history, all anyone has tried to do, is an expression of their family situation. You are all outworking your family's negativity in your daily adult life. Those people for example who join a cult, are only continuing to live what they experienced in their family life, but expressed in the world as the cult. If they were to look at all the elements that drew them to the cult, and kept them there, they would see that it was merely the same dynamics of their family. They could see their father, mother, brother and sister relationships in all the members of their new cult family. And you don't have to join a cult to see this. Everything you do, and everywhere you go, is an outworking of your family. You never truly leave your *family* until you have done your Soul-Healing. Everything in your world is a *cult* of one fashion or another. All your jobs, governments, societies, churches, nations, are all family cults. The whole of humanity is living in one big family *cult*. Your whole life is *cultish*. And the family, your very own family, is the original cult. You live in family cult groups. The Rebellion was started by spirits who believed they knew better than, and could do a better job than, the Mother and Father. They started the Cult. They seduced humanity into their cult, and the fall of Eve and Adam sealed your fate.

You have all been born into a localised universal cult, called the *Lucifer Rebellion*. And having taken it on, by default, unconsciously passing it on generation to generation; you have formed your own family cults within the main Cult of Evil. And all that's in the cults that you condemn in the world is in your very own family. They only exist because of the conditions within families. Look into the studies of human behaviour and mind control that have been done on cults and then apply all the same to how your parents treated you: how you felt and behaved and were made to be, think and do, and especially all the feelings you felt and why you were made to feel them.

To many people the mass death of all cult members may threaten and ring alarm bells, but this is nothing compared to what you will find went on in your treatment of you by your parents, the very people you loved and who said they loved you. The people who fear such mass cult deaths are really only fearing their own parents finally deciding to kill them, to make them take the pill and end it all. Look inside yourself and see the Brutal Truth. All the horror and torture on the outside: the mass execution of the Jews, dictators barbarism, the horrendous experiments carried out on people, the slaughter of millions in warfare, the horrors of history, is nothing compared to what you will find happen to you as your parents parented you in unloving ignorance inducting you into this negative state. And all these horrors inflicted by humanity on humanity have occurred because no one has dared face the horrible truth of what happened in their own family. It is far easier to take out your pain, anger and suffering on others in the world, than it is to stop and face your own personal trauma inflicted on you by your family. It is far easier to slaughter millions of other people or creatures than it is to face the pain, anger and fury of wanting to slaughter your own parents for how badly they treated you.

Your parents have experimented on you but didn't kill you. And when you feel the pain and come to terms with the extent of your suffering from the rejection of love they made you feel, you will understand that in a way they did carry out experiments – unloving ones, and all but did kill you in a slow agonising torturous death.

This might sound harsh and extreme, but what I want to impress on you is that it has been for you VERY AGONISING, VERY EXTREME, VERY CRUEL AND VERY HARSH, and most people call it

love, the loving family they grew up in. And this is the dead end. Refusal to accept this, and continuing to stay blind to the truth is keeping the dead end in place. You will not be able to see you can go past it until you wake up and face the truth of your own pain.

All that happens on the outside, in the world, only does to show you all what is happening on the inside. If you were parented with love and in a positive mind state, all that would be in the world would be reflective of this love and of the loving family environments. You would be one big loving human family, and not a broken up segregated mass of fearful people trying desperately to have power over each other; and trying to make some sense of a life and existence that is devoid of meaning and has no sense to offer. There is no sense in the negative. It is **NEGATIVE**, against all truth, sense of purpose, and meaning. It is pointless, and if it all evaporated, nothing would stay behind of any worth.

As humanity heals itself, everything, absolutely everything that is in existence today, will be broken down, smashed up and returned to its constituent parts, and a whole new world will take shape. Nothing will remain that man has created, because it has all been created within the negative, so what good would it do, other than to be put in a museum for those to wonder about who are not of such wrongness. It and you, are all wrong, **ALL WRONG**. It will take you a long time to fully understand what this really means. You exist as a *wrong* person as you are now, and when you are healed, you will exist as a *right* person.

Jesus and I want you to start to look deeper into yourself to find this all out for yourself. All we are to tell you, you will have to discover for yourself. We have told you the way to do it, but still as you go, you will see for yourself all that we are saying and much, much more.

You blame the cult for being bad because it indoctrinates people, it brainwashes them and seems to take over their mind and rational powers of mental deduction. But look at how you are parented! Look how in every day of your child life you are brainwashed, told how to be, told when to do things – controlled. There is no stronger cult than your negative evil self-denying unloving family cults. As a child, you have no past or future mind capacity to draw from experience to tell you if what your parents are saying is right or wrong, you exist in the moment, and if they are yelling at you, what happens to your little struggling and vulnerable mind as you are blasted out of your senses? You are subjected to cruel experimentation through power and control by your *well-meaning* parents, who say they are lovingly teaching you about life.

Most people know to some extent that their state of torment is due to their upbringing, but what are they doing about it! Why not embrace the truth, seek the truth of it and take responsibility for it.

Go for a walk through a city supermarket and listen to the cries of those children that are upset. Look at how they are being treated, and you all do it to your children in one way or another. Be that little person and feel what it must be feeling. Why is he or she crying? What are they trying to say in their misery? What really is she or he feeling and why? What are its parents doing to it? Why are they making it suffer? Why did they make you suffer? What did you do that was so bad? Were you so much a criminal, a little devil, a horrible person, to be treated that way? You would condemn adults if they treated each other the same way? But why do you excuse parents for crippling, torturing and dementing their children? Why? Why? Why? And if you come up with an excuse defending the parents action, then ask: Why is one who is so powerful needing to be so dominant over the one who is so powerless? A child is the most powerless creature; baby animals have more power than a human child. It needs its parents for all its feelings of love and security, to feel it does exist securely in Creation; and yet you cut it down, crush it, destroying all the purity, trust and love. You only have to look at pictures of children's faces, ones where the *show of happiness* is not being put on, how when young they are bright, vibrant and fresh, looking forward to life, but only a matter some years older, they look sad, dejected, and know that life is not for them, all their expectations having been taken away and destroyed.

You all feel rejected, alone and unloved to some degree, and those that don't are yet to become aware that they feel this way. It is all within you – the answers to all your pain and suffering, as it all started in your early life, and that life is still within you – within your soul. No one comes into the spirit world and quickly skips up through the Mansion Worlds to become a Celestial spirit because they had such loving parents. Quite the opposite, agony and pain, hell and torment pour out of spirits in the Divine Love Mansion Worlds as they strive to do their Healing. It is spine chilling to witness, to hear the cries, to listen to the words of such pain and cruelty. And you could be there one day, crying and yelling and writhing with the mental and emotional anguish you have buried all these years, all stemming from your childhood. It is very serious. You are in a very bad condition, very bad, and you need much help and compassion to get you out of it. But first you need to understand the problem. Then you need to think about it. Then if you feel up to it, consider applying yourself to the healing of it. To start looking into the truth of your relationship with your parents.

Be the child, and feel. As you put yourself in the child's place, wherever you see the *horror* being committed, allow yourself to be the child that you are still buried inside, and feel how it feels when your mother or father hit you, or screamed and yell at you, or deny you what you want to do, and make you feel rejected, and criticise you, and tell you off, and make you say you are sorry, and punish you, and make you change yourself, and make you do something you don't want to do because you are scared of it. FEEL IT! REALLY LET YOURSELF FEEL IT. LET YOURSELF FEEL IT ALL OVER AGAIN JUST AS IT WAS ALL THOSE TIMES! FEEL IT AND ACCEPT IT, BECAUSE IT IS TRUE AND IT HURTS – THEY HURT YOU – AND IT HAS CAUSED YOU MUCH GRIEF, SUFFERING AND ANGUISH, AND IT STILL IS!

Keep being caught up in the worlds problems if you want to continue dismissing your own, but remember, as with everything you do in life, you are only dismissing yourself, because, as it is in the world, is what was done to you by your parents, and it is how you have been made to be. The world is a good distraction. It was used a lot by your parents, and now that you have access more easily to it, can be used by you for the same purposes. It will take a lot for you to bring back your attention to yourself, but with the Mother and Father's help, you will do it. Pray for Their Love and long to be at-one with Them, and it will happen, you'll see.

I will finish now James, thank you – Mary.

(10/6/03)

Good morning James, I am with you Mary.

Having been made to reject your own feelings, you have been made to have control over them. You have been forced to keep a tight reign on your expression of feelings, and mostly on your *bad* ones. This has then given you a false sense of power, albeit over yourself, but still it determines how you express yourself in the world, how you seek to maintain control over yourself and then over others. If you cannot allow yourself to express your bad feelings, then you cannot allow another to. All that you call power and control is based on this control over yourself. And it is false power. To have real power as Jesus showed you, is gained through loving yourself and being completely free to express all your feelings. By not loving – not expressing yourself freely, you maintain power and the controlling position

particularly over your child who is wanting and even demanding your love. What you call love is love through rejection or not true giving, it is not free unconditional love. And such conditional love is very limited; it is not expansive and founded on truth, it is contracting, and by being so, controlling.

To believe you are all-powerful because you get what you want by the domination over yourself and others is very sad, and the damage you do to others you are doing to yourself and will suffer accordingly.

You started off perfect and your parents said: you're bad, you're bad, you're bad, this part of you and that part of you is bad. And you believed them, saying unconsciously as you grow older, and sometimes consciously: I am still bad, this part is bad and that is bad. As you do your Healing you will be turning this around by accepting this belief about yourself, then realising that is only a belief installed in you and you are maintaining it. So when you fully see the truth of it, you will feel that you are not bad, and you will replace this negative with a positive and say: I am good. And this loving of yourself back to perfection will be aided by the knowledge that it is your loving Paradise Parents who are now telling you that you are right and good. And this unconditional support by Them is with you all the time; it is what you'll need for the rest of eternity. It is your parents who thought you bad, NEVER God.

It is very important to understand the difference, because many people blame God for their troubles, or blame everyone else except their parents and themselves for perpetuating them. And on the other side, many people try to escape to God by believing they are doing His Will and answering His call, only rejecting themselves using Him to hide from their bad feelings. Your bad feelings are the alien influence trying to over power and control you, trying to make you submit to the evil forces. It is not some outside alien race you should fear that's coming to make slaves out of you, it's your own alienation from the truth of your feelings that would lead you to see who really did enslave you during your childhood. Many people believe in God to escape their negative feelings, which then should make you question your belief in Him, and what you purport to be faith in and love of God.

Then other people feel afraid of giving up control to live His Will. They feel that He is calling them, but are afraid of what this means – What will He ask of me? Will He want me to give up my whole life and give away everything? Do I have to join the convent or the priesthood? Do I have to divest myself of all my material possessions; do I have to give everything to charity and work in a food kitchen serving soup to the homeless, when I can't stand how bad the homeless smell? Do I have to give up the life I like and do what He says? But this is the wrong Father, and is nothing more than doing what your father tells you and has nothing to do with living true to the Father of Paradise.

This fear of God is only fear instilled, like all fear, in you by your parents and childhood carers. Many people feel the Father *calling* them, but it isn't a real call. The real call is your soul yearning for truth, wanting to be healed. All other *calls* are only contrivances of the mind, which are really still only one's parents calling them as little children. And if they obey and respond the right way, then their parents (now replaced by God) will be happy with them. And how many people have dutifully obeyed this so-called *call*, and yet have led desperately unhappy and unfilled perverted lives in the priesthood or nunnery.

What you know as living a life with God, is wrong. When people have done their Healing and are of a Celestial level of truth, they will do things in service to others and in service to their Mother and Father. They will do things because it is what they love to do and there are no restrictions – it's not service like you are putting your life aside and giving up things, making a sacrifice, it IS your life, and whatever that life will be, and you'll love living it. And not everyone will be teachers of truth, few in fact, most will simply live enjoying their relationships and doing what they feel their soul is leading them to do. And that will be all sorts of things; and many of the things will be new things, things not seen before on Earth. To be called by God means if anything that They want to love you more, and want you to allow Their Divine Love into your soul. So long for it. Open up to receive it, long for the Truth, and They will guide you in life as what to do, just as They are already.

Happiness will not be found in sacrifice. You have already sacrificed your will for your parents. Further sacrifice is only to live more true to your negative state and do more what your parents want you to do. You can pretend to yourself that the deep inner call is God wanting you to sacrifice your life in service for Him, but it is only the deep buried force of your parents wanting to assert its power and control over you more. And if you give in and do it, you may feel that your life does become better and one of *true service*, but how did you feel when you finally gave in and submitted to the wilful control of your parents: was it the same feeling of peace and praise and some sense of reprieve when you finally gave up your resistance by giving them what they wanted? God doesn't want you to give up anything for Them. They want you to give up things only because you no longer want to do them or have them for yourself, and these things will only be things that you're using to deny your feelings with. Look at the patterns of enforcement with your parents, the intense pressure and punishment, and then the reward and praise and easing of the fight; the sense of relief and even what you might call love, when you complied, when you gave up the struggle – how pleased were your parents when they won, when they finally defeated you in the battle of wills?

The Mother and Father have created you with love. You are love, and your soul, if allowed to be its true and full expression in Creation, would be all-loving. And in making you of love, They have also made you GOOD. In Their eyes you are GOOD. Your inherent belief and knowing is that you are good. As you come into life you are bringing this goodness into full expression, and if you were allowed to do it uninterfered with, you would have done it naturally without so much direction from your parents. And your parents wouldn't have to teach you how to be for you would just naturally be good, and they would naturally be very pleased with you.

You don't have to be told who you are and how to be – what are you feeling. This is where it all starts to go wrong. You say no to your parents because they are making you feel bad and saying you are bad, you fight for your goodness. This they interpret as your resistance of them and they apply sterner pressure. You fight until you can't any longer and have to submit, until you are 'broken' and do as they say and be as they want you to be. Your little mind that wanted to be formed around your natural feelings of goodness now has been tortured into forming around believing you are bad. When you are told repeatedly you are bad, what else can your child mind believe about yourself. You have been heavily corrupted, and until you do your Healing will forever be bad and not good, all because they made you believe you were bad and not good by their treatment of you. And yet you're also not allowed to be bad, so are then forced to believe you are good over the top of believing you are bad. Confusing? So how does a little child feel – how do you feel as that confused little child now an adult.

YOU ARE GOOD AND DON'T HAVE TO BE TAUGHT TO BE GOOD, BUT YOU DO HAVE TO BE TAUGHT TO BE BAD.

As you do your Healing, if you are to give up things, you will, they will naturally go, and as I have said before, you will just know you don't want them anymore. Again you don't have to make an open display of a sacrifice to God. This is primitive thinking based on the negative understanding of God, on His wrath rather than His Love. Your Heavenly Parents will not ask you to give up anything at all. They want you to have all you want. It will be you who decides for yourself to give things up, and what you will be left with when you reach the Celestial level of life will be what the Mother and Father truly want you to have; and what you want yourself to have in this pure state. From there it is conceivable things will come and go, you will need and want things to do things with, but these things you will acquire not to further deny your feelings, but to support your expression of them. It is your negative beliefs which believe God wants you to give up everything. And it's only once again your parents wanting you to give up everything and wholly for you to give yourself over to them, to be nothing more than their slave, to do everything upon their command, never to be a bother, never to interfere in their lives.

Love is what you need: copious amounts of love. And if you need to feel loved by getting material things, so be it, always go with your feelings; but if you are striving to do your Healing and to live true to your feelings, steadily you will relate to the material things in the right way, not letting them have power over you.

Another thing I want to point out today James is concerned with a remark that a friend of your's made to you some time ago, but one that has troubled you. He put himself down by referring to the what The Urantia Book said about those people from the Mediterranean (he being of Italian heritage) were more gross and therefore inferior than the those from the Northern European countries. He said to the effect that he was not of the same superior gene pool that some others were, and so felt he would always be limited in his spiritual abilities. But I want to say that unfortunately some of these things in The Urantia Book can be taken in such a misleading way, and in particular its comments about the black race, and other races, being inferior or superior. I want to say that this is not right at all when it comes to an individuals personal relationship with the Mother and Father. All races show differing characteristics, you are not all meant to be the same, and judgements in your negative condition can add or subtract from one's opinion of what is good or bad, but you are all identical when it comes to the soul. The person who appears the dumbest or the most intellectual, all have exactly the same potential for an intimate relationship with God. The relationships will be different, but so will everyone's be different. But the relationships will be unique and completely beautiful and wonderful for each person, and when you are living with a positive mind enough to understand this, both the highest intellectual mind and lowest, will be able to love and appreciate each others relationship with the Mother and Father marvelling at the similarities and differences. You are all one person in humanity. You are all Humanity. You have differences, but these are all wonderful displays of the wonder of you all. They are not meant to be used against each other to better one's power position, but to be loved and adored by all.

And I will say that those called the *lesser ones*, will be in far better position to begin and live openly their relationship with the Mother and Father than will those you call superior from your negative starting position. It is a real case of the hare and the tortoise. The majority who have come into the Divine Love spirit worlds have been the poor, the meek, the humble, the outcasts of society, the underprivileged, the powerless, the unwanted – the failed ones. The failures to succeed in the competitive mind world, the degenerates, those who got nothing and had nothing even to the extent of wanting nothing. All of these souls, the lost sheep and down trodden, have been the ones who have won the battle for salvation in the spirit worlds, not the superior ones, the great ones, the successful ones. So many of these souls, and particularly those of higher intellect, are still trying to control their little patch in the mind worlds, and it will be even longer before they choose to live true to their Heavenly Parents.

Your friend James, should see that the lesser tend to make entry into the Celestial spheres with more certainty, than those who he judges superior to himself. If he were to continue with his Soul-Healing and come to see why we wants to believe this about himself from a book, and see that it is only a belief he has about himself caused by his parents who believed themselves superior to him, he would then see and accept himself in a new light. And on the other hand, if he wishes to use he being lesser as an excuse to not work on himself doing his Healing, because being lesser he is unable to do it, or something like that, then that to is how he must be, following these feelings. There is to be no pressure on anyone to do their Healing, you do it because you want to do it, and really you don't need to make up excuses to not do it.

The very nature of a simple man and women is more open, appealing, unassuming, with a simple, true and pure love of their Heavenly Parents. Many of the Celestial spirits come from the primitive peoples of Earth, having ascended the worlds and spheres in truth. You all have feelings, and all feelings will yield truth should you want them to; and so the more truth the higher you ascend toward Paradise, and your

mind and other so-called 'lesser' attributes will quickly develop so as keep up with your growth of truth. So many of these 'lesser' people and spirits have longed hard for the truth of their feelings, being prepared to look at the truth of their relationships with their parents and families, with their tribes, and as a result live miles ahead of those who consider themselves spiritually advanced and superior looking to their mind to keep them retarded in truth believing they are enlightened and closer to God. So I ask you: who is really the simple one?

Thank you James, let's have a rest now, Mary.

Hello James, I feel like having a bit of chat with you now, Jesus.

Those people who try to apply their minds to working out how to live the Mother and Father's Will do not succeed. It is not a mental thing, it is a feeling thing. You feel you want to, and then you have to set your heart to it. And as we have been telling you, with your mind trying at every corner to turn you in the opposite direction, you will need to long and feel what to do rather than think what to do.

You all live under a grand misconception that the mind is the greatest of all your attributes, but is no greater than any other attribute. And when it is raised into such a wrong and powerful state, then naturally, to maintain its dominance over you, it must and you must, believe that it and you are superior. Your approach to becoming more intellectual and academic is not doing your soul any good. There is nothing wrong with mind expansion, yet allowing it to happen through the ongoing expression of your soul and feelings is the right way to do it, and not by trying to take it into your own hands. You are not allowing the Father and Mother to guide you and educate you. You assume you know what is best for yourself, but all you are digging is a big hole to fall into. You are making your mind have even more power over you than it already has, and by making it yield to academic pressures, to study things that you don't truly know whether you are interested in to not, means that with such intellectual *success* you have fallen into that hole.

So many spirits – as will mortals when they have done their Healing – are led by the Mother and Father into interests completely different to what they were interested in on Earth. The mind willingly grabs at whatever it needs to hold onto its negative beliefs, and as you all know how impressionable you are as children, many people end up believing they know what they want to do in life, but it is not what their soul wants them to do. Mostly you will give up what you are doing now and find interest and soul fulfilment in a completely different field of endeavour once you've healed yourself, wondering what captivated you in your old fields of interest. You are all making yourselves do things that you don't truly want to do, believing that you do want to do them; believing even you love doing them. You are trying so hard to fit into things and positions in life that you believe are right for you, when they are only taking you further away from your soul and hurting you. You push and push on and on against yourself, believing you are loving yourself, when all you are doing is increasing your torture, pain and suffering. It is wonderful to see the relief shown by those spirits who progress in their Healing and begin to live true to their soul, coming to the realisation that they don't have to be how they were anymore, and don't have to do what they thought they had to do, with all those years of wasted effort, all going against themselves. All culminating in pain and the big question: What was it all for?

Life, as you all intuitively know, is meant to be a joy. I had good fun during my stay on Earth. I loved my childhood and relished the hard times, and especially delighted in being educated by my Heavenly Father. He was so much fun! I quickly saw that He could teach me far more than any mortal teacher because He was with me all the time, and He and I were in my life TOGETHER. Joseph and Mary

taught me as much as they could and I loved being taught by them. Being taught by someone who did not know me, and would only try to formulate my education based on what they thought was best for me, did not in the slightest appeal. I was learning all the time, all day long in every experience I had. I learnt all I needed to know by the early end of my life and I was so eager to learn more when I went to spirit.

Unfortunately you are not as free in your society as I was in my day. You are well bound up and must conform, but still even within this if your intent and motivation is to live true, you can do your Soul-Healing, and as this occurs, greater freedom will come to you. The Mother and Father will see to it, and then as you grow in your relationship with Them, and once you are finished your Healing you will come to enjoy life as I did. Even though my crucifixion was physically, and somewhat emotionally trying, I valued its experience thoroughly. And it is still having ramifications within me. Which I relish, as the more I am stimulated by experience, the more love I become. And isn't that what's it all about? Love!

Thanks for the chat James, Jesus.

(12/6/03)

I am glad you are now beginning to see that the myth of the parent/child relationship of love is based on an illusion – Mary.

The so-called great love of the mother of her child being only a fantasy is well documented in personal testament now in many books as you have been reading James. And as Marion rightly said to you: mothers only cling onto this *great love of their child* when they feel threatened in some way of losing it. As you saw with your own mother, her actions tell you she does not love you, not as she led you to believe; and when you confronted her with this accusation she cursed you preferring to continue her fantasy and not let a single crack enter into her mind to tell her otherwise. Your own great loving mother who told you on so many occasions how much she loved you, could so easily turn her back on you rather than listen to you and face the truth. She is typically symptomatic of so many women being so desperate herself for love, having manipulated you into being the loving and good son by pretending she loved you, and even telling you, you loved her. When you felt poorly or threatened her dominance, she fought you to stay and continue to fit into her fantasy love picture. She spoke the necessary love words until you settled down and gave in to her pressure. In an angry breath she would curse you and threaten to get rid of you, and then feeling guilty and worried that what she said might come true somehow, in that you would leave or reject her, she'd then have to quickly apply the love potion to regain your confidence. However, you were already ruined, as she had rejected you from conception, and all you have ever known is this rejection and false praise and false love pattern of behaviour.

Consequently, you believed she loved you, even though, as you have discovered through your Healing, you have no real idea, and definitely no real feelings about love, and neither does your mother.

As you are understanding from reading these books, many children feel that their relationship with their parents has let them down. That they have been led by their parents to believe that they loved them and are loved by them, but as they have grown older they have found through the demands of their own life, that if this was so; and why had their parents not told them about so many difficult aspects about adult life; why hadn't their parents prepared them better for life? Why did they lie to them and tell them

one thing, whilst they did another? And why did they put such undue stress on their relationship? And why maintain to the end the fantasy that they loved their child, when the aware child can see it was nothing but a myth – personal delusion and fantasy?

I am also glad, hard as it is for you to accept, that you are accepting your world is a world of hate and not love. Hate begets hate, not love. Love is more than just words. You don't even need words to love, to convey and receive love. Love is experienced in the action of love, any loving intent is felt as love, if the person feeling it is in a state of truth to know and recognise it.

To be told 'I love you' is meaningless when you do not feel it. And if you feel it, why do you need to say it? Jesus and I don't tell each other every day how much we love each other. We just know that we do, and in every experience we share we feel it from and for the other. To say "I love you" as your mother told you James, is only a cover, a guise to hide what she really feels. So no one sees her guilt or shame, and so she too can believe her own words and the fantasy she relies on to stop her feeling the horrible truth. But she, like most mothers, would not be able to own up and be honest about what they really felt, as this would shatter their whole pretence and fantasy, and then what would they do – how would they survive? Only through their Healing, as they want to find the truth, and be willing to shatter and confront all the wrong in themselves, will they start to see the truth.

It is very easy to just say a few words occasionally, and do a few things which you believe are loving acts and gestures of kindness and care. It is not so easy to admit that you are full of hate, and only do and say such things desperately clinging to those who you believe like you, fearing that if they let you go you will be all alone.

It is also very easy to blame the children as being the bad ones. You, the parent, are god, and your position is unaccountable. It is not so easy to stop blaming your children and blame yourself, and look back at putting the blame on your parents. Instead of taking it out on your children and pretending it is all in the name of love, you should turn and face the truth about your relationship with your own parents. When you see how they treated you, you certainly won't be wanting to do the same to your children. **DON'T PASS IT ON! STOP. GIVE IT BACK!** And this applies to all adults. It is wrong to single out parents as being the arch enemy, for it applies to all adults, just because you may not be a parent, still if you were, and even now in everything you do, you are the same, caught up from head to foot in the negative.

You don't have to have children. It is not a sin to not have them. You will not be missing out on valuable life experience, and you won't be a lesser person. There is plenty of time to have them, as you can be a parent in the spirit world. It is parents who elevate themselves to greater heights having made it into the parenting club that does a lot of harm. It is not a thing that determines whether your life accounts for anything. And whilst you are living in the negative, having children is the greatest sin, as you are perpetuating evil, even if you are totally ignorant about it. And it doesn't matter what the Bible says, that is all nonsense. It is not your right to propagate the species. It is a wonderful privilege that the Mother and Father offer you, one that most take very lightly. And it is a huge responsibility, for you only have to ask yourself if you were to choose your parents would you want them to honour the Mother and Father, to be living true to their feelings and in a perfect state of love, before they brought you into Creation; or would you prefer them to have you without any regard for God or for your soul and well-being, to bring you into an evil world and turn your true and good and loving soul into an evil and wrong and depraved creature devoid and starved of love?

One day you will revere the child as the most precious thing on your world. And everything will start to be designed with children taken into full consideration. If you think that humanity seems to be changing fast in its exploration of relationships, think again, it hasn't even got going.

The great changes heralded in the forth coming age are to be changes in relationships between you all.

Things will become secondary as you start to sort out once and for all, the truth of your relationships together. Women's liberation is only the first up-welling allowing women to feel somewhat more equal with men, but still all in the wrong ways. From here at least being wrongly equal you can start to tackle the bigger issue of being all wrong; and such liberation will give women more confidence in honouring and expressing their feelings and wanting a partner who respects them and wants them to bring out all their pain. And then to look at how you are torturing your children. This will be the biggest eye-opener and the hardest for most to accept. The private and sacred ground of the parent-child relationship will soon come under closer scrutiny with the braver of you accepting the truth and wanting to see it, and then wanting to do something about it all. This will show up just how lacking in love you are and how much you are playing games of charade when it comes to happy families.

The purging of humanity to come clean and admit just how evil it is will be a big challenge. Not all will be able to do it in this age, but great steps forward will generate enough momentum to carry it on into the future ages. Your torture of one another and of yourselves cannot go on. You are all crying out for help and relief from the pain and torment, so now you can do something about it. So many people say nothing makes sense, and that's because it doesn't, it can't add up in the negative, but at least now you know the way to do something about it. The upsurge you experienced towards the end of last century will only continue getting stronger with each generation.

I will stop now James, as I can see your attention is required elsewhere, speak to you tomorrow, Mary.

(13/6/03)

Good morning James, I will continue, Mary.

Jesus declared that you have to be born anew. Not again, as in reincarnation, which as you know, doesn't exist, but anew which implies that you need to become new and somehow start over. You of course are not and cannot be born as an infant and begin your life again, but as an adult you can heal all that is wrong in you and right back to conception, with the result being that you will be as though you are a new person starting out afresh – anew. And as you're finding out, you are gradually feeling like you are much freer, and as though you were raised by completely different parents. This is the *new birth of your soul* as spoken about in the Padgett Messages, and it goes even further than this.

When people finish their Healing becoming of a Celestial truth, they will feel all true and positive as if they've never been negative and untrue, thereby feeling like they are new. And then when Celestials have children they will parent perfectly bringing into being a whole new 'type' of family. And if other people were also have these *new* families, conceivably these children would unite together, and so on, giving rise to *new* generations. And you in turn would become *new* grandparents and new great grandparents and so on. All would be new. As it stands now, nothing is new in truth generation to generation, as no one is growing in truth.

Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soul-mate and it would be the priority for them as soul-mates to perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples

would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

You see humanity is not meant to live and raise children just two parents struggling along trying to cope best they can. You are designed to be in small groups so that you can compound the love and support for each other. Your studies of other primates show the evolutionary direction towards this. But what you cannot do is contrive the groups yourself, or even pick who your soul-mate is. This will only, and can only happen, as a natural outworking of the truth you live – as you progress in the healing of your soul. And this is how all of life should be lived: according to the truth you are living. It is how you live, as there is no other way, but currently you live it in the negative, of that being directed by no truth, and so having to make it all up yourself. You pick your partner instead of allowing God to show you who it is through your feelings, and you choose what sort of life you are going to live instead of allowing the Mother and Father to guide you as you grow in truth through your feelings.

This model: that which starts in the Divine Love Mansion Worlds, manifesting in completion in the Celestial spheres, is to one day be your model on Earth, but for now it can demonstrate just how far away from the truth you are.

You don't have to marry; it is not a Law of God. When you unite with your soul-partner you know you are for each other forever, and that is that. Nothing more needs to be done about it because there is nothing more to do. You simply get on enjoying each others company and delighting in each others love; that is, once you've done your Healing. Marriage is yet another contrivance required by those who are living without truth. There is however, nothing wrong with marriage of soul-pairs or non soul-pairs, so long as you understand the truth of why you want to get married. You should always do what you want to do, and so if you want to marry and celebrate your union, that is good, but you should still long to know the truth of why you want to get married. You should want to know the truth of why you do all that you do, and why you want to do it.

You may even want to marry for the sake of custom or law and that is also all right, as long as you know this is why you are marrying, and are making the enlightened choice in light of the truth you are living. Whilst you are a member of a society that is the controller, you still need to honour and respect the laws, but inwardly you can do your Healing and set yourself free of all constrictions thereby knowing you are only respecting the outside law because you need to comply with it, whilst knowing it is wrong – knowing the truth of it. One day humanity will abolish all man made laws realising that they have no need for them because the Mother and Father's Laws of truth are already in place, already designed to support you completely in love.

Your man made laws only support the negative being made without love. They, like everything else, are a contrivance of your minds, they don't arise from truth. And you can know this, and yet still choose to live by them, for you do not have to take up a crusade to abolish all contrivances just because you have discovered that they are not necessary. The evil, whilst it chooses to exist, must be honoured for what it is. If you healed yourself and then could decree that all evil must be abolished, you would be doing exactly what the evil is doing. Everyone is entitled to live how they want. If one soul chooses to remain in evil then he or she must be supported. But that support must not come from you doing things you don't want to do, you must only do what you can do, and want you feel to do, just as they will. It is not all black and white. It will be a transition of values; of society understanding what life is truly about led by example by those of higher truth. And those of higher truth will know that to force anything is wrong, and to force or coerce another is wrong. All must choose for themselves when they are ready. And you only have to look to the Mother and Father to see how lovingly they support you in this.

If you feel the authority makes you do something you do not want to, that which is against your will,

then you can protest. You can say no. You can even do what the authority is making you do still saying no, or you can die. Or, you can accept it, expressing all you feel to your partner and not saying anything to the authority. This choice is again up to you and based on what you will feel in each and every moment and situation as it changes. You cannot say this is what you should do in this situation or that, for it can only be experienced by the individual who needs to decide for his or her self based on how they feel. And your feelings can change in an instant, from yes, I will do that, to suddenly, no, I won't. And then, just as suddenly, back to yes again. And as you progress through your Healing, you will see that all you really need to be able to do is be allowed to express these feeling changes, be fluid and see where they lead you, always speaking about how you feel and always longing for and wanting to find the truth of your feelings.

The negative way of life is always trying to fix life down, ideally to say: this is what you do now, and this is now what you do, and you all know it, and do it when it is needed to be done. It wants everyone to be and act the same, just as your parents wanted you and all your siblings to be and act in the same way: all according to them. You all want control and want to know what's going to happen in each moment, and especially in future, so that you are not surprised and made to feel out of control, a fool, and scared. You try to secure and fix the future rather than allowing the Mother and Father to surprise you with all They want to give you.

When you can start to live freely you will enjoy the feeling of being new, as though you are a whole new type of creature. The whole of humanity needs to be born anew and start over. It will happen one day, and then families will be built on positive values rather than on falsity, delusion and lies.

You have children for yourself. You do not have children for themselves. And when you have them for yourself you have taken it out of the Mother and Father hands and into your own. You are dishonouring Them and your own soul. You have children so you can own them, possess them, just like you have material things and pets. You have them so you can do what you like with them, but who says you can – what right do you have; are your children yours just because you are able to carry out the sexual act? You say you can have children at your leisure, but is this right? Who are you to know? Who are you anyway? The Great Ones? Who are you living for, the Mother and Father, or your own mother and father? Are you having your children for your parents? What if you said to your parents you were not having children, or, would not allow them to visit your children because you didn't want their evil influences affecting your child's lives as they affected yours? How would you feel about such things? How would your parents feel? And how would you feel about how they feel? Could you deal with all the feelings? Have you dealt with these issues? Can you? How upset will your parents be not being able to see their grandchildren; and yet, who are YOU living for, your child, yourself, or your parents? And how deprived will your children be by not seeing their grandparents, the very same people who parented you into your negative state? And is it a good thing that they are deprived of more negative influences, or doesn't it matter? What are your true motives, do you really know?

You have to ask these questions of yourself when they arise and sort out how you feel about them. You have to know what you feel about it all. You have to know and understand the truth. You don't have to make a stand, and stand by it at all costs; you don't even have to make your mind up about anything. But if such issues do come up, you do need to express all you feel about them and keep on expressing your feelings as required. Just allow yourself to feel the confusion and express your feelings as they come up, and then ask the Mother and Father to help you see the truth, and to show you THROUGH YOUR FEELINGS, which way to go – how to live that truth. Life is too complex to resolve it all in a moment. These same issues will come up again and again, and each time as you express a bit more you will see a bit more, and gradually your life will change. As you grow and change, so too will your life change, and all the issues, situations, problems and relationships.

All of the things we tell you are to stimulate you into thinking about things. Everything in life is for that purpose. As you are stimulated you should start to see that it is not as straightforward as you thought. You may never have really looked into such issues. But once you allow yourself to, and start to feel the feelings good or bad, and start speaking about them and seeking the truth of them, you will enter into your own life and start to be a real functioning participant.

To many people try to live what is written in the Bible. But you can't, and it's absurd to even try. You can take from it bits and pieces as they are relevant to your life, as you can take bits and pieces from any book, but it should be only treated as just another book, nothing special, only a collection of writings from long ago, and writings of very little truth.

If you are not open to everything, you will not allow yourself all experiences, and will limit yourself accordingly. All of the personal issues that arise from your feelings will need you to be open to all sources of input so you can get what you need to help you to see the truth you are looking for. If you limit yourself to the Bible, or any other book, you will go no further than what it offers. If you limit yourself to what your parents told you, or school, or whatever else, you will limit yourself accordingly. If you pray to the Father for His Love, and ask Him to help you to understand the Truth, and Him alone, you will limit yourself. If you accept Jesus only into your life, you will limit yourself. And how you will limit yourself is through the many unconscious limitations you rigidly adhere to, then you will cut yourself off from many otherwise enlightening and truth revealing experiences. So when you feel a limitation, acknowledge it, speak about it, and try to see why it is a limitation: how it came to be, how your parents limited you in that way. When you do find all the truth, the limitation will no longer limit you.

You will not be able to work out with your mind, and especially whilst it is negative, how life should be lived. It shouldn't be worked out, it should be just lived with feelings. And if you are striving to be true and perfect and at-one with your Mother and Father, then you will progressively live it the right way. And you will slowly come to know that it is right because you will know the truth, and the truth is the only right thing and way. If this is your intention, God will not be angry with you. If you choose not to have a family or get married, They will not judge you. They will guide and support and love you as you strive to express your true feelings. You don't have to do it how the world out there says. It is your life and you are free to live it how you want. If you don't want to be untrue and evil and a power controller person, then tell the Mother and Father of this, and ask Them to help you to see how you are doing it now, and for help to give it up. Ask Them to help bring up your associated repressed bad feelings, so you can unlock the hidden truth of your early childhood.

As I said before, Jesus said to "follow him" and to give up everything if you want to be perfect. The Bible records this, but nowhere in the Bible does it say how to follow him, and what does this mean. This part he came to explain in his messages to Mr. Padgett. Follow him means, do as he does: to long with all your heart to the Father and Mother for Their Love, and desire with all your intention to be perfect and at-one with Them. The giving up of your things will naturally happen, as I have said in other messages, it doesn't mean you have to give everything away and live poor and homeless. For many the gulf that appears between wanting to follow him and giving up everything, is too a great a step, but you don't take the step all at once, it comes in little stages as you work your way through your Healing and grow in truth. Thinking about having to do it all at once presents to many fears and doesn't allow the individual to gradually come to terms with wanting to live true to one's feelings and all this means. Even if you wanted to plunge deep into your Soul-Healing it will not happen this way, by you simply giving things up, for as you can't control it, your soul together with the Mother and Father will gently introduce you to what you no longer need. It's a huge thing to be done – your Healing – and gradually you'll make the transition into being able to do it full time. If you were to access and re-experience all the deep trauma from your

early childhood right from the start, it would all be too terrifying and too traumatic of itself defeating all you're trying to do. Your Healing will proceed at a pace you can cope and deal with, nothing faster, and this is one of the marvellous things about living true to your soul and God, you will see that They are both on your side, unlike your parents were.

We will finish now James, thank you, Mary.

(14/6/03)

Good evening James, I will gladly speak to you. Mary.

I can only reassure you and tell you that from our side you are doing very well and it is what the Mother and Father want. As you know, you just have to keep going. It will all come together *soon* and then you will make sense of it all.

Jesus and I are with you in every step. Keep being angry no matter how trying you find it, and keep expressing all the misery you feel, and all the anguish at not being able to feel your way through it. You need to rely on Marion for so much help because of the state of the male and female relationship due to the effects of the Default, and as you go you are unwinding this and putting back into order the negative circuits with positive ones. All that you both experience will encompass in truth anyone will experience, so you will be able to relate to and empathise with every person if they should come to you for help. I can see you need to go now and attend to your little furry friend. If you need more consolation ask me to continue, but I feel what I have said will be enough for now, Mary.

(17/6/03)

Hello James I am here Jesus, and I want to speak to you today again about the Church.

The Church has constructed a fantasy me – a fantasy Jesus – and along with this, a fantasy God. Everything that the Church is, is not what I am. Most importantly of all, if I were to live on Earth today like you, I would not be a member or participant of the Church. You would have the most bizarre situation in which I would begin my public ministry teaching people about the Father and His Love, just as I did around Galilee, and I would have nothing to do with the Church, just as I had nothing to do with the Jewish religion that I grew up in.

The Church would then be faced with a big problem, here would be a man that was teaching truth exactly the same as I have revealed in the Padgett Messages, saying he is the messiah and Christ, and it's his Second Coming, openly disputing the many things that are attributed to have been truths I taught all those years ago. I would painstakingly explain the errors, just as the Celestials and I did to Mr. Padgett. And to make matters worse for the Church, if I came again it would not be in the capacity I did back then as I would not be coming alone, for Mary would be by my side, and this time she would not remain silent. There is now no need for her to be stopped from coming into her full power, and together we

would teach openly all that we know, just as we do in the Divine Love Mansion Worlds. But of course we are not coming again now, there is no need for that either, so the Church can breathe a sigh of relief, as a new Higher Pair need to come and heal the gulf that stands between humanity and Mary and I by doing their Soul-Healing.

My life on Earth was not a poor one. I was not a poor baby with no real home; neither were Joseph and Mary poor either in heart or financially. I thoroughly loved my life. I was sad when Joseph died, but with the assurance of my Heavenly Father as to his whereabouts in spirit awaiting the spirit roll call to awaken upon my death and resume his new spirit life; and his death happened so that I could assume more responsibility in my family being a *father* to my brothers and sisters, and a *companion* to my mother, I soon grew up quickly and was grateful for all the experiences his death afforded me. He had taught me all he could and I needed to rely more on my Father in Heaven, to put all my love, trust and faith in Him. He said that He would look after me, and over the years subsequent to Joseph's death, I experienced this wholeheartedly. He always showed me that in everything that happened, He was; and everything happened for the best of all involved so far as their ascent in truth and the relationship with their soul was concerned.

I was fully empowered all throughout my life. You are all indeed the poor ones, as you have no understanding of how I lived and what my life was like. I was born perfect with my soul free from sin and evil. You were born full of sin and evil. Our lives have little in common except our Heavenly Parents.

I lived to demonstrate the love of These Parents, to show how much They loved me, and in turn how Their Love for me enabled me to love you. I taught you, humanity, the way to this Love, and if you longed for it your heart too would open as mine did; to God, to humanity, and indeed all Creation, with love, and you too would be able to love as I do. I taught that the road to follow me was not smooth, meaning, that because your souls were caught up in the Rebellion and Default you had a harder journey to make than I. But I taught that you could do it, and if not in this physical life, then in the life after it in spirit, and I demonstrated that all would not be lost for I would be there to greet you and continue to help you along this road. And the offer is still standing – for some time at least. And as I have said, after this time, still you will be helped by Mary's and my Spirits of Truth, as they will always be there.

If I came now the Church would not know what to do, and it would certainly say I was the devil incarnate, the anti-Christ, as I would threaten its very foundation of untruth, and so they would seek to destroy me just as the Jewish rulers did long ago. And so ironically they would be destroying the very Jesus, Son of God that they are purporting to worship. And even though I am not amongst you in flesh, you fail to understand the significance of my Spirit of Truth, for by its very existence amongst you, I am 'walking' with you. So you see I have never left. At any time you can ask me if all you believe is true; and you can long to the Father and Mother to help you see if what you believe is true or a lie; and at any time you do, my Spirit of Truth will answer you, which is as good as you asking me personally as if I was standing with you.

You don't need me physically in flesh by your side holding your hand, for my Spirit of Truth attends your every breath. It is however required that you are responsible for your own life, and the truth you choose to live by. By believing what the Church says you are not discovering for yourself your own expression of truth, and so you will never know that you are wrong, or what is right.

In the mind spirit worlds there are spirits that believe they are Me. They wholeheartedly believe that they are my *spirit reincarnation*. They travel around teaching the truths of the Bible belonging to one or another church (and usually a church of their own creation), and those in the church believe their leader is who he says he is – me! And yet it is all just a fabrication of their mind, and minds that are so caught

up in the wrongness that they have no idea about the existence of whole other worlds of Divine Love in which I am present.

The Church is a very long way from the truth I taught. I never said that there should be a Church, and so by its very existence it is denying me. If you asked me, as many did back then, as to whether I was going to establish a church, and what should they call themselves being followers of me, all I ever said was just say you are a follower of the one of Divine Love, meaning you follow the one who has come among you sent by our Heavenly Father to teach you about Him and to show you how to become at-one with Him through the partaking of His Divine Love. And I said, you do not need a church to do this in or to help you do it. You are the church of your soul, and it is your soul that you need to make at-one with your true Father, and this is done by longing to Him for His Love. I am the way, follow me, I said. I never said you need a priest or an intermediary that will help you practically when I am gone. I said that I will give you a helper and that it will be my Spirit of Truth. And it was because of this very truth, saying you do not need priests, that the Jewish priests felt threatened, for if this was so and one didn't need priests, then what were they doing? What was the point of their life, all they had learnt, and all the power they had if they were not even needed? And this is exactly the point: what is the point of the Church? Especially if you want to have a true relationship with God. You need to have it with Him, with both of Them, and with no other interference or intermediary. If you want to have a friendship with another person, do you at first go to the Church and ask if they can assist you and be the middleman? Do you speak to the Church who speaks to your friend? No, the wonderful freedom of friendship is that it is a pure and true expression of spontaneous love between you both, for no other reason than you both want to have it. You do not have to be schooled and indoctrinated in the virtues of your friend so that you can have the friendship. And so too is with the Mother and Father. They are your friend, and more than that. And you go to Them because you want to, alone, all by yourself, following your own feelings, and not because you are taught to or are made to or believe you should.

How many people go to Church simply because they did as a child? How many would go to Church if it had been made off limits to children and said that only as an adult you can attend it if you feel a genuine need? How many of these children would naturally seek the Mother and Father and find Them without the need of the Church?

If the Church longed for the truth and taught its followers to do the same, (even though it would cease to exist), still, it then would be providing a truer service. Longing for the TRUTH and finding it, is VERY different from BELIEVING a set of rules to be true.

If you belong to the Church and sincerely want your soul to be at-one with the Father, then it will never happen whilst you support the beliefs of the Church. The erroneous beliefs will stop you. You may have some limited relationship with Him, but this will only be something that your mind still dominates. You must come to see that such beliefs are very harmful to your wellbeing.

You need to seriously seek the truth for yourself, the truth of all that you are, to find out for yourself as to whether there is any truth in what Mary and I and the other Divine Love spirits are telling you in these messages with James about you living in the negative state. Don't just believe us, FIND OUT FOR YOURSELF! Go to the Mother and Father and ask Them to show you if what we say is true. Long to Them for Their Love and see how this makes you feel. DON'T JUST BLINDLY FOLLOW ALONG. DO IT NOT FOR US OR FOR GOD – DO IT **FOR YOURSELF!**

Is there a need for the Church? The answer to this is yes. There is a need as it helps those members of it maintain their negative state. Whilst people need their negative condition to be maintained, just as with everything that is a part of their life whilst they are of evil, the Church has a place. If humanity were to heal all its negativity, then it would heal the need it has for the Church, and the Church would

disappear along with all else that is untrue. People would no longer need to be told what to do; the Church would no longer be needed as a parent substitute. The Mother and Father allow the Church to exist just as They allow all of you to exist in your negative state whilst this is what you want. It may even appear that they are even supporting the Church favourably, but They support everything that you want to do, favourably. The Mother and Father are ALL LOVING AND ALL GIVING. They give you what you need. And so if you don't want the wrong any more They will not support it in you, and They will show you where you are wrong and gently and lovingly guide and direct you to let it all go, to come around to living only with love and only wanting love.

You can believe you are doing everything in your life without God – that there is no God. You can believe it even though you may be the most loving person or the most unloving person. What you want to believe about yourself and everything else of course you can, that is your freedom. And the Mother and Father will support you. They will not come along and say you are wrong. You have to want to know if your beliefs are true, especially the things you have learnt and wouldn't dare question. It is your choice as to whether you blindly believe all your parents told you and authorities tell you is true. We all have to find out the truth for ourselves. Life is the search for truth, and it begins when you are sexual mature. Up until then you are not sufficiently developed, but once you are, then if you want to know the truth you will have to go back and look into what you were taught whilst you were forming. Most people don't and just carry on. But if you do any deep questioning yourself, it will only lead you back to your childhood. And as it is very hard to see back into your childhood objectively, let alone all the way back to your conception, the Mother and Father will help you through your feelings if you want Their help. Ask Them to see the beliefs you are made of, and to help you see if they are true – They will show you. Ask Them for the truth of love, and that is what you will get. Ask Them for Their Love, tenderness, mercy and care, and that is what you'll also get.

I will finish now James, thank you and until next time... Jesus.

(19/6/03)

Good morning James, Mary.

I would like to shed some light on this problem about yourself that you are currently dealing with. I will outline the problem and then help you to understand it.

Your problem is simply that you are not yourself – not your true self. You are not expressing yourself truly and this is currently being reflected in your inability to see and feel that you are an entirely separate person from Marion, and from everyone for that matter. Marion has been helping you to see that this is a very real problem and quite acute in you, that you see yourself in many ways moulded to her, as you were moulded to your mother, and not a full separate person in your own right; so always answerable to them, always needing their approval and needing to fit in with how they see things. And steadily as you have come to see more clearly that it is indeed a problem, your anger and frustration has risen accordingly.

When Marion speaks her feelings you identify with her and them too much. You have believed this is being sympathetic to her, but really you have put yourself in her and then brought her back to being you believing that what her problem is, is now yours. And so for example, if she says she is feeling miserable, you identify with her and slowly feel miserable yourself. As you *become* more like her, you are of no use to

her, being the one she is telling – expressing herself to, because you *are* her. She needs you to be you, listening truly and then responding to her in turn – as to how you feel being an individual in your own right. She doesn't want to simply talk to another 'version' of herself. Being so perceptive she can feel when you are responding in the correct way, supporting her truly, and not being against her by pretending to be her, making it even harder for her as you actually take over from her, by taking her misery off her and making it your own. This then exacerbates her problem for this is what her parents did to her, and so she feels you are now her parent, not her friend, and you are doing exactly to her what her parents did: making her feel terrible, miserable and rejected. Instead of her expressing her misery, and feeling better having done so as she sees the truth of it, you are making her more miserable and stopping her seeing the truth; you are stepping in and taking over from her, by *being* her, having control over her, not allowing her to be herself. And you're doing this unconsciously because it was done to you by your parents – particularly by your mother and grandmother. They took your feelings from you and made them their own. They wanted to control you, to stop you feeling bad, as this made them feel bad, so if they could take you over then they were able to manipulate or *calm* you down. And they believed that this was being loving and caring, this was their way of helping you, by outrightly making you deny yourself and cease to express yourself. And following their lead, you now do what they did to you, as you know no other way of being *kind* and *sympathetic*.

This problem was further magnified in you by your grandmother, your mother's mother, telling you that your mother was not able to deal with life in a calm and rational way, and so needed your help to settle her down, helping her to remain calm. So you were led to believe that your mother was inferior to you and needed your help, that she needed your stability to help her over and through her miserable and unstable times. So you sympathised by trying to take her misery off her, bringing it under your own control, however this was not easy to do for one so young causing you great inner conflict trying to do what grandma said, especially when your mother rebuffed and rejected you. You had no alternative other than to retreat back into yourself switching off all your feelings.

The overall effect was that you were physically present in your life, but that was about all. You were a body and took up space, but the real you had retreated far inside your mind, leaving only a superficial exterior. You said all the things that they asked of you, you learnt your lines and played your part. But deep inside you your mind created your own fantasy world. When you were not with them you tried to come out more and make some of your fantasy materialise into life, what you thought would be a normal life like that which you observed others living, but it was a very poor real life indeed.

It is a difficult psychological concept to understand with the mind, let alone to live it out becoming aware of what is actually happening and why you are acting and responding as you do, being them and not yourself, but I will try to expand your understanding on it.

As a child you look to your parents for your example of life. You look to them, and how they are back to you, is how you get to know yourself. Your system is not developed enough to objectively look at and work out yourself, so you need their feedback, how the world reflects back to you all that you are, and you accept this reflection as being you. In the beginning, and up until around six years old, you do not look at yourself and say I am this and I am that, based on relative experiences in life. You do not do something and then say to yourself 'I was kind, or, that was a caring thing I just did'. And you do not put on your red jumper and say 'you look good, that suits you'. All of these things, the whole way you look at yourself, is how they have told and shown you, you are. Nothing has been left up to you to discover about yourself by yourself.

You were bombarded with "take that red jumper off, it doesn't go with those blue pants, go and put your blue one on, put that one on (which was prickly and you didn't like) which your grandmother gave you." And your protests about it being prickly got swamped in the "we've got no time, hurry up, just put

it on!", or if you were lucky "well put the other one on then, but just hurry up, we have to go, your grandmother is waiting."

You were told that there is no time for you, it was all about your mother or your grandmother, that you had to hurry up and please them, and you are no good at choosing what is right for you to wear; that you look no good in red; that red and blue don't go together; that grandmother means more to your mother than you do; that you have done a bad thing and are a bad boy by not just getting it right and putting on the right jumper; that your mother is getting more angry with you and could blast you if you delay; and you cannot argue or she'll lose her temper; and you have to hurry because the authority demands it of you: the older are superior you have no say and are inferior; and if you are late and something else goes wrong it will be all your fault; that your mother is faultless and it will not be her that left your grandmother waiting; that you are her scapegoat; that she doesn't respect you or care for you or honour your expression or leave you alone to be free to do as you please and get there in your time; that she doesn't include you in your life – it is just her life, and suddenly you are late, and so on, on and on and on. The list would result in all that you have healed over these past years. And it all adds up to: you do not exist in your own life, your life is not for you, nothing in life is for you, so why bother, you hate clothes, and your mother doesn't care and love you, and that your life is one of total rejection of you. And then worst of all, you have accepted that this is your life for what else can you do, and have fallen in line with it to the point of denying your feelings about how you're being treated, believing what your mother and grandmother tell you: that they love you and you are well loved; and no one will ever be able to care and love and do as good a job of looking after you as they are.

Deeper and deeper you sunk into the nothing, into having no life, no self-expression, no you. All you were was composed of how they said you were, and what you were. They told you everything about yourself, you couldn't find out anything about yourself for yourself. They never left you free to express yourself and uncover your own personality. You ended up not knowing what *you* liked and disliked; what *you* wanted and did not want, because you were made to like what they liked, and to not like what they didn't, and so on. You in effect gave up yourself and became them. Your self-identity being linked so closely to them, that you became nothing more than a shadow of them, like an attachment stuck on the side of them.

You have ended up with no individuality. It appeared that you did, for you were a composite of all of your family, but a composite that really was just all of them and nothing of yourself. It seemed you were different to them, but that was only because you had more than one influence saturating you with them, but as your Healing has shown you, you are all of them, and where is or was the real and true you? No where to be found!

So now when Marion or anyone you are with says they are feeling miserable, you being *her* having learnt to be them – the other person, start to do as she does and behave as she does, even to feeling her feelings, or at least believing you are miserable as well. Suddenly she is looking at herself when she looks at you, you are mirroring her back to herself, and this is not what she wants. She doesn't want to be speaking to a clone, or shadow reflection of herself, and so she reacts accordingly by getting angry, and criticising you, and she has to but her feelings aside, put them on hold, while you both try and sort you out, thus delaying her Healing. So you are stopping her from expressing all she is feeling. You have taken over making her have to pay attention to you trying to help you sort your problem out. For you, you just find this confusing and it makes you angry with yourself as you slowly start to see what you have been doing and how it has all come about. But this is good, and as hard as it is, it's what needs to happen, so you can both help each other. You help her bring up more repressed anger as she gets angry with you, and she has to fight to reclaim her rights to keep expressing her feelings, and to not allow you to stop her just like her parents did; and then she sheds light on your problem so you can get angry about what was

done to you, expressing your repressed feelings and slowly reclaiming yourself.

Your difficulty is that you have no idea that you are doing it. You believe you are you, a separate person, but you are not. It is very confusing and frustrating, for each step you take, Marion says no you are being untrue, and you have no idea about it – frustrating to say the least, infuriating!

In the negative state, your parents James – and by saying parents I also include those who were strong influences on you such as your grandmother, and to a minor extent your father's parents – as with all parents, make you look at them to find yourselves, not allowing you to discover who you are for yourself through the natural expression of your own feelings. Once they interfere with and stop your self-expression then you have to look to them to identity yourself, and this is a great evil, making someone take their focus off themselves and putting it on you, you demanding they pay only attention to you and not themselves. Your parents did not do this intentionally knowing what damage they are doing to you, and mostly they were only doing what was done to them, however the result is that you end up focusing on them instead of yourself.

“Watch me do it; do it how it do it; do what I say; do what I tell you to do; don't do it that way, do it this way” etc. All it says to you is: you don't know, you are no good; I know, I am better than you, I am the Great One and what I say goes; you have no say in your life, it's all my life, and I am the ruler, and you have to be subservient to me and do what I say – or else!

You are taught not to rely on and trust yourself, and not to trust and follow your own feelings, going where they and your soul wants to lead you. You have to give yourself up and give over to them. You need the authorities to tell you how to behave because your parental authorities did. If they hadn't, you would wouldn't need anyone telling anyone else what to do. Overall you were made to believe: it's not you, it's them. You are unimportant and do no matter, especially whilst you are a child, and when you are an adult, well then you can suit yourself, but the damage had well and truly been done.

You have been stopped from focusing on yourself and instead made to focus on them, and so you believe you are seeking yourself in them. If they didn't do this to you, you would look in a mirror and see yourself, and not them. Currently you might look in the mirror and believe it is you, but in the negative, it is them. You look at you how they looked at you; you look at yourself through their eyes. So you feel as though you are watching yourself all the time, as if you are outside of yourself, and you are that person *over there* watching you. And you look at the stranger and believe they are looking critically or lovingly at you depending on how you interpret them, they being how your parents were looking at you.

Your parents look at you and say “look at your hair, look at your dirty face, look what you are doing now!” and this causes you to try and see yourself how they do. You can't look at your own face, and this only makes you try to be them outside of yourself looking at you. It is through your feelings you look at yourself. Your feelings are your built-in self-image. By shifting your focus to your parents, and then trying to look back at yourself, you are shifting out of your feelings and looking back at yourself with your mind. The truth is that you can't see yourself from outside, you're not meant to, but they have made you believe that you can by looking ‘through’ them, so when you look at another person you are really only seeing a reflection of yourself, you are not really looking at them. You are walking around looking at yourself through everyone else, as if you have been split in two. There is ONLY you in the world! And in this state, how can you hope to truly relate to another person. So you believe you are having a relationship with another person, but really you are only having it with yourself, still trying to look at yourself through them as your parents looked at you. And this is the root cause of all relationship difficulties. You are not honest and true, as you are not wholly yourself self-contained and looking naturally in and out through your feelings; and free to naturally look at another person, seeing them as the individual they truly are. How can your parents honestly say they love you, when all they see when they look at you is themselves – how their parents looked at them? In this negative truth the real you does not

actually exist. You are only a part of their fantasy reality, fully entangled in the negative.

How your parents praise or criticise you takes your focus away from your feelings turning it back on you with your mind. When your parents are telling you off, you are looking at them trying to see yourself as they are telling you how bad you are. Then you look at others and criticise them, but aren't you just criticising yourself; and if you praise others, aren't you really praising yourself? Overall you have been made to rely on someone else to tell you that you are okay or not, it's not up to you to know how you are for yourself. Your parents never left you alone, always telling you what you were like, so you still have to look to them, or them in others, to tell you how you are. And so much of this is visual. When you meet another person you immediately read the signs – they become your parents. You need them to treat you as your parents did, to smile so you can relax and feel good about yourself; you just don't feel it naturally within yourself. And you do many things to ensure you get a good reflection back, so others will say, "you're good; and your hair looks good" all to say your reflection looks nice. Of course you shouldn't need to look at anyone to know how you are yourself, you shouldn't need anyone to tell you if you are good, bad or otherwise. You should look at them and see them not needing their approval or criticism, their acceptance or judgement of you.

Marion's parents were especially controlling. As she has told you James, when she looks at anyone, all she sees is them criticising her, herself telling herself how bad or ugly she is, her parents forcing her over and over to look back at herself and see that she is all bad. When you have a very low self-image, it's because they made you believe you were this way, the same as if you have a good self-image having made you believe you were this way. Nothing of how you really are you have discovered for yourself. And now your advertising and media have taken over from your parents saturating you with images of how you should be, making you feel bad about yourself.

When you are healed you will look out to the Mother and Father, just as Jesus did, and They will reflect back to you your perfect self. Then you will know how you truly are through your feelings, Their perfect child of love. And if your parents had been of perfect Natural love, they too would have reflected a true and perfect you back to yourself, and then this would have matched your feelings and you would know it to be true. How you currently are with your parents reflecting back an imperfect you to you, makes you feel confused, because your true feelings about yourself (although seriously retarded in their development, are trying to make you feel good about yourself), do not match how they (your mind) says you should feel. And being made to be someone you are not, hurts, it is very painful, as all the pain you are experiencing will tell you.

This problem of you seeing yourself through another causes many other problems, but instead of stopping and honouring your bad feelings, setting out to do your Healing and keep the focus on yourself, so often you try to help others. But by helping others, you are only trying to help yourself. If somehow you can make them (your parents) be better, then you will make yourself better as your parents will be then better to you. So much help of the sick and poor is not genuine in its motive. You are trying to help yourself through them, feeling you want to help others when really it is you, you are feeling you want to help. It is all your own problem you are trying to fix. So the helper nurse/doctor is really the patient, and they should stop and help themselves.

The counselling of other people Marion did, she did so she could see the problems of herself in the other person, and see that by trying to help them she was only trying to help herself. Likewise the converse is said for those who wanted her help, and those who are sick and want help. They see the healed person in those they want to help them, hoping that the healer will make them better by becoming the healer. But still neither the helper or the one wanting help is actually helping themselves by seeking the truth of themselves through their feelings. **YOU WILL HEAL EVERYTHING THAT IS WRONG WITHIN YOU IF YOU HONOUR AND LIVE TRUE TO YOUR FEELINGS**, you don't need the

help of anyone else. The Mother and Father have designed you to be totally self-sufficient. You only believe you need other people to help you, because you were made to believe you needed your parents help, and that your own feelings were of no account or even wrong.

Marion gradually stopped her counselling to help herself the right way. She fully realised she was not being true and genuine helping the other people, but was only helping herself. She was dishonouring them and herself by not being true, it was all a lie. And the truth was these people only believed they needed the help, they weren't actually wanting to take responsibility for their own pain, they weren't wanting to do their Healing, they just wanted Marion (their parent) to take away their bad feelings for them. When she is healed she will not feel a need to help another person as she did, as she won't need to help herself through them. In a true world, there wouldn't be the sick and poor and people needing other people's help, as you have in your world now, everyone would just love each other helping themselves. And so as you feel perfect yourself through your Healing, you'll realise that another person is actually none of your business.

Whilst you are of the negative you will only see the reflection of your own mind in another person, however, once you are healed you will see the reflection of your own soul. Jesus sees in all others the reflection of his own soul, and so he can love your soul as he loves himself. He loves the good in everyone and the underlying true you, which he can see as he feels it in himself. He can focus on and separate your mind from your soul, so when he loves you, he is loving your soul knowing that it is in a poor state because of your mind. And he also loves you knowing that your soul will receive his love, and with love you will be able to respond and one day help yourself, to love yourself back into your soul state of love perfection. You can only be to another as you are being to yourself. You can only treat another as you treat yourself.

When you look at another you see your own reflection, if you see hate, you see your own hate, and if you see love, you see your own love. When your soul is of love and your mind positive and pure, you will see this potential in all others, and then you will be able to truly love your neighbour as yourself – as your brother and sister.

I will finish now James, thank you again. I very much enjoyed relaying these thoughts to you. I am glad you were able to stay with me and understand it all. Mary.

(29/6/03)

Keep going James, Mary and I are still with you.

We are enjoying all that Zelmar is currently telling you. We are also delighted with the changes that are taking place within you. Your Healing and all else that is involved is steadily progressing. Keep looking to your feelings to guide you; keep expressing all you feel and do all that you feel you want to do. It is all good, everything is good. Good! We will speak to again soon; we are giving you much love and all of our support and blessings, Jesus.

(9/7/03)

Good morning James, Mary.

It's a pleasure to speak to you again having not spoken for some time since our last message. And I am also very pleased with the work you and Zelmar are doing concerning the soul and universal dynamics.

Today I would like to reiterate what you and Marion were speaking about earlier this morning and help you to see more about it. I know that for you it has been a concept, as you struggle to see its truth and how it applies to yourself. What you have been struggling to see is the relationship between the aggressor and his or her victim, all from the point of view of will. So I will now elaborate on your thoughts for you.

From the books you have been reading over these last weeks many examples have been presented to you of an aggressive person dominating another, and often to the extent of the termination of the victim's life. You have been reading about this in the personal one-to-one relationship in military conflicts.

As you now understand more completely, you are all victims of aggressors, of those who seek to dominate and enforce their will or way over the lesser. Your parents being the aggressors and their children the victims. And you are also aware of how these aggressors are still themselves only victims having been forced to become the aggressor rather than remaining a victim; and all of you can be divided into one of these two categories, on the surface of it either being an aggressor or victim, when in truth, you are all equal victims.

Those people who are pushed to become outwardly aggressive and needing to gain power outrightly over another are in fact the weaker, for they feel so defeated within themselves, that to compensate for this and to prove that they are not weak, pathetic and useless, that which their parents have made them feel about themselves, they believe they have to prove over and over that they are the all-powerful ones. By being *strong* and hurting others they are saying to their parents: 'love me, don't beat me and hate me, because I am not weak, I have proven it by hurting that person who is really the weak one, see I am good, I am doing what you want me to do, so you can now love me'. To have to continually brutalise those you perceive are weaker than you, animals, children, members of *lesser races of people*, whatever you have been made to believe is weaker than you, to prove to your parents that you are not one of the weaker ones, is terribly sad.

In the book you are presently reading, the aggressive man seeks to overpower and dominate horses, which he believes are not as strong as him, but still have a power that if not controlled or broken will make them not obey him. He seeks to break the will of the horse in order that his will is not broken. If he can break the horse's will and show his father that he is all powerful, then his father will stop trying to break his will. The adult man is not aware of this and treats the horses with cruelty being envious of the freedom and boundless spirit of will they have, all of which he was not allowed to have. He breaks the horses how he was broken – it can't be any other way. And so because he can, and circumstances have kept him in contact with horses, which were also an integral part of his childhood, he still has to keep breaking them in with cruelty or using them in other cruel ways to maintain his feelings of power, trying to make up his inner deficit. And so he cruelly treated the black man, someone he felt was less than him in the same way he treated the horse eventually killing the other man. And with his victory he declared to his father: look at how great I am, I did it, I got rid of the vermin, you don't have to hate me anymore, see how worthy I am as your son, I am not the poor pathetic one you tell me I am, I am the good and strong one doing exactly what you have taught me to do, see how good I am, will you love me now? But

how poor is this man to kill another trying to gain the love of his father, love he never got but still so desperately wants? And love he will never get, because he never got it. And to be so ignorant of this, to live so far removed from himself and his feelings as to be able to think nothing of taking of another man's life or treating the animals with such cruelty; to be so out of touch with his own feelings not to feel that he is wrong and causing such suffering to another, and not to know that he is suffering even more than his victims because he is the perpetrator of such terribleness, is so cruel in itself.

This man, like so many, have been forced so far away from their true selves by their parents that they have lost touch with any good feelings of love, care and affection; being forced to live the rejection they suffered, with no love from their parents, resulting in their inability to see that they are wrongdoing and in such a bad state. Such people have been forced to shut themselves out of themselves, and so shut out everyone else. They cannot be reasoned and helped to see the errors of their ways, not until they are ready to see that they are the poor victim; that they are the horse and black man, and are only trying to kill themselves and do to themselves the cruelty that was done to them by their own parents. They know nothing else, no other way. Their will has been formed to function according to such beliefs they have about themselves. And they will reside in the hells in spirit honouring the truth of their inner isolation, living as they do now in flesh. And will stay there trying to inflict the same cruelty on those about them until such time that they want help to stop being how they are. But as you can't actually inflict cruelty on another in spirit, they will come to understand by feeling all the pain they caused in their victims that in fact it is themselves they are inflicting all the cruelty on. That it was never about the other person, it was only all about themselves.

And something for you to think about further James: those who are killed by aggressors, believe deep within themselves that are not worthy of life and should be killed, again all what their parents have made them feel about themselves – how they have been treated. They have lived with the belief that one day their life will be taken from them, as they feared their parents were take it, and so one day it manifests itself. Again being mostly unconscious of such deep 'killing' beliefs. And when whole nations fight and kill each other you can see just how many people feel the need to be superior and how many believe that they are not going to live. They might not be aware of such beliefs within them, but still they are there, all being manifested from their early childhoods.

The black man has been made to believe by his parents that he is the poor pathetic one who needs to resort to robbery so as to have his power, and try to prove that he is not so bad. But how he carries out his method allows the aggressive white man to catch him in the act and so overpower him and ultimately kill him. The black man believes he is worthless and that nothing he does will be any good, and really he would be better off dead and so wills this outcome finally to himself. The black man wants to be killed and treated with such rejection and cruelty as the aggressor gives him, because this is all he was made to feel and believe as a child: outright rejection, cruelty and termination of life. So the white and black man enter into a sort of 'partnership', a relationship giving each other what the other needs.

You see there is always a balance of wills. Will can only act with will in an equal and loving agreement. Will is will, and by its very nature, is loving, as a wilful act is a loving one. You have turned love away from yourselves, but still this law of will is in operation, and so in your negative states this seemingly horrible relationship these two men are sharing, is exactly what each wants and so is done *lovingly* on a soul and will level. They enact the horror and cruelty between each other, just as their parents did with them; and they, as you all do, have been made to believe falsely that this way you were treated by your parents is loving, and so how they treat each other is 'lovingly' – by completely rejecting each other, by the black man submitting to such terror allowing the white man to over power and destroy him. Their will decrees this as a function of their beliefs, and so it is done. And on the will level of truth, as hard as it might be to understand with your mind, they have done the act lovingly. But to the observer you can

see how terrible it really is, and how the truth of it is not loving, so can start to see just how much you have twisted yourselves around to believe that loving acts, that of honouring the will of each other and yourselves, is actually evil. You are *in-love* with evil. You believe that how you live is right, even in these extremes, for if you did not they would not happen, they would have no cause to exist.

All the bad things you do to each other personally or impersonally is what you believe falsely within yourself to be right and good loving things to do. And so your world goes around in this completely deluded state. But in a sane moment you can all say: yes this man is cruel, or, war is bad, but when you suddenly find yourselves pushed into a powerless or false power position, you resort to being exactly how those you have accused as being bad and wrong are. It is within you all, there is no escape for anyone until you do your Healing. You can all see for yourselves through history, and even in what is happening on your world now, that many people, who in one situation would appear *loving* and *caring*, when circumstances suddenly change become the aggressors, cruel, unloving and not caring. And why does this happen? And the truth of this is what you will all be setting out to discover in yourselves as you do your Soul-Healing.

Remember you are living the will of your parents, is it not your own true will. Your own true will, will be one of truth and pure heart and will only do loving things. And with it you can choose to live the even greater Will of Your Heavenly Parents. And with the inclusion of Their love in your soul, do even more loving and caring things. But whilst you are of your parents rebellious wills, you do only what you are capable of: you be how they made you be. You are ignorant of what lies within you, and what may surface if circumstances occur to bring it up. How many people say they will not parent their child as they were parented, that they will not hit them or treat them unloving, and then suddenly find themselves doing those very same things with their own children, feeling all but powerless to stop themselves doing exactly what they said they would never do? The evidence is all about you in your every day life, it is you.

Both the aggressor and the victim need to be loved, for they are you. It is true that victims on the whole will be more able to receive help and see the truth, as they have not been forced so far away from themselves. And when those people who are so bad by being so blind and stuck in their cruelty and aggression do finally start to let go wanting to be loved, they become so humble and so grateful, and in time, even great carers of their own kind: those who were once as they were. Love will be the final outcome. It is with love you are all cruel and unkind to each other, all being carried out in the negative. I know this may seem hard to understand, but if you can see how will is honoured and love is honouring will, you will be able to see into this truth. And taking it one step further, you will then be able to see why the Mother and Father allow you live in such evil, all because They love you so much. They completely honour your wills and allow you be exactly how you want to be. And They will not step in or interfere until you ask Them to; and this can only be done personally when YOU want to start to live true and see the truth of yourself, the truth of how you are *loving* yourself and another in this false and negative way.

I will stop now James. If you have any further questions I will expand on areas you don't quite understand, Mary.

As you have now had time to think about what I said, I will add to it in response to your thoughts.

The victim and the aggressor both seek an agreement between themselves. This happens mostly without either being conscious of what their true motives are, for all is still being orchestrated by the underlying childhood beliefs and their soul. And so the victim will do things to bring about the aggression from the aggressor. And the aggressor seeking such things will see the signs of what he or she is looking for and will act accordingly. The seemingly innocent adolescent girl is then brutally raped

by a stranger whilst she is minding her own business, and he is seeking to over power someone like her. And yet on inner levels, where life is carried out with their souls and wills, they have agreed to a relationship brought to fruition in an experience they have together, in which she is then, so it would seem *in the wrong place at the wrong time*, of which there is no such thing, because everything happens with perfect will precision. And she has this cruel thing done to her, unconsciously believing she deserves it as it fulfils the relationship patterns she has with her parents. Her parents ‘raped’ her as a young child, not necessarily physically, but emotionally, spiritually and mentally, and now is the time for that truth to manifest itself in physical reality because she is refusing to acknowledge her true feelings. And the feelings being raped will give her, will be the ones her parents gave her, the connection of which she will find if she seeks to fully express and honour these bad feelings, doing her Feeling- or Soul-Healing.

The soul is love; it is only love and cannot be anything else. As love, it seeks lovingly to bring itself into being, to express and manifest all of its personality; all of its personality attributes so it can experience relationships of love, thereby giving it individuality in Creation. The Will, being the highest attribute, is then of service to the lesser attributes; it will, will into being, that which the lesser attributes desire, and as your mind is the furthest, or most separate part of you, it can be turned away or against you, and so when this has been done, as yours all have, then the will will honour it and will into being the beliefs that it has. So living in the negative your will is lovingly willing you along in your negative state, and so all the relationships your soul needs, your will, will lovingly will into being even if they are currently all negative, reflective of how much truth and non truth you are.

Your will lovingly responds to your parents will. As a child you love them right from conception, and look to honour them. Your soul and therefore will, is designed to love its Creators, your Heavenly Parents, for it is of Them and They are of Love. You long to honour and serve Their Will, and to achieve this you first need to love your material parents as they are to help you become established in your own freedom of will as a child, who has freedom to choose love or not love. You look to them to honour their wills with as much intent and purpose as you do your Heavenly Parents. So all that your parents do to you, you believe is good for you, is right and true, and you honour them by taking it all on, doing what you are told, and being how they want you to be. You honour all the rejection, and accept all the hatred and hurt misguidedly believing it is good and of love. You do try to struggle against it saying: *but I feel this is wrong*, however your feelings are overlooked and you have to submit and accept your parents authority. By the time you are sexually mature you have completely taken on your parents wills and are the perfect child of theirs (on a will level), and the perfect evil unloving child of your Heavenly Parents. So you can completely hate your parents and yet be perfectly doing their will, even by perfectly hating them, as they perfectly hate themselves as they were perfectly hated by their parents. And so you continue to live the outward expression of your imperfect wills with one another, seeking relationships that satisfy your need to relate unlovingly. You believe you are looking for love, but it is not love. On a deep level the poor aggressor and victim wrongly believe they love one another and are doing good things to each other, just as they believed they loved their parents and their parents did loving things to them. You wrongly believe you are doing what the person wants, but it’s only what your parents want. “Well you asked for it” or “you deserved it”, all such remarks based on such beliefs: that you are the good one for doing what they asked, as the bad thing you inflicted on them they asked for; and in the erroneous belief of truth, it is true – what is said, as they have asked for it, as you are all asking for the wrong things. And the confusion you feel is that the victim can’t feel or accept that they have asked for the bad thing to happen to them, but this is only because they remain out of touch with their true underlying repressed childhood feelings – the truth of how their parents made them feel.

To get out of this state you can only seek love, and love from the Mother and Father. And you need to

want to know the truth of the bad state you're in, so you can change your beliefs and then ultimately your way, or will of doing things. And when you have changed, no longer will you be in the wrong place at the wrong time. Only a higher love will set you free, a perfect love, because your own love is so imperfect. You are blind to yourself: how you are and what you actually believe about yourself and others. You are all still children desperately trying to live how your parents made you.

Most of you aren't living in the extremities of your negative condition. You have also, under your parental guidance, been made to at least be *socially acceptable*. You have been made to adopt a face of niceness, artificial feelings of being nice, loving and caring of others. And so for the majority you are able to nicely smile at each other when you are supposed to, and share a relatively peaceful environment together. However, not all have been forced into this generalised *nice* way of being, having been forced more into the extremes. And so these *bad* and *very evil* people are seen as such by those who believe they are not like them, and so condemned accordingly. However, these more extreme people are more unfortunate (as it's harder for them to fit into the world), or fortunate (because they are not as false and so more true to how bad they feel). Their judgement is harsher by the mass who are only using them to justify their falseness by saying: *see we are not as bad as they are ; they are truly the evil ones; we are not like them; we are good and loving, and care for one another*. And can you hear yourself saying those words to your parents as you vie for your parents favourable attention over your sibling: "it is not I who are wrong, but he." And in claiming to be the good one making them be the bad one, you are keeping yourself in the power position with the authority. And so I ask you, who now is the bad one?

Nature is of service to you, being representative of the mind. It willing submits to your control and authority, to how you treat each other and yourself; how you were made to be by your parents, you treat nature. So your relationship with it is appalling. Your destruction and degradation of nature, the cruelty you inflict on it, is wholly evil, and nature continues allowing you do it to itself to help you see just what wrongness it is you are doing. But only by stopping doing it to yourself will you stop hurting nature and all others. And to stop this you have to love yourself. And to do this you need to seek the truth of yourself. And to do this you will need to do your Soul-Healing. And to this you will need to seek the Mother and Father's Divine Love. And so you are back at the beginning, and at the end. No matter what way you choose to go, in the end you will see the truth, because all comes from love and is created in and with love. Your current unlovingness is only a condition of your mind, and as you heal it, you will see just how wonderful a creation you are. And you will feel wonderful when your heart is full of love and you are willing love into being with each action and thought. All you need to do is want to look into yourself. All that I am, and all Jesus and I have been saying to you in these messages, is within you. And as you do your Healing you will see it all for yourself and in your completely personal and individual way. As I have said, we are only a guide for you, a stimulus, and by no means have we covered it all. There is a lot for you to understand, and even though your Healing will be hard, it will prove very rewarding and very enlightening. We all love you. I love you, as does Jesus, and the Mother and Father love you very much. All that remains is for you to love YOURSELF. And you are most important!

I will stop again James, ask me again if you need more explanation, and I will speak to you when next our wills unite in love. Mary.

(10/7/03)

Good morning James, I am here, Mary.

The doing of your Soul-Healing is in many ways a confession. It is the coming out and admitting how bad you believe you are. It is telling someone all about yourself, and especially all those things you are ashamed of, and would rather run away from and not openly speak about.

In the course of your childhood, many times your parents made you feel that you were wrong and that you were bad, they made you feel foolish, humiliated, ridiculed and embarrassed and that your actions were hurting them, to justifying their *correcting* punishment of you. You believed that they are right and you were wrong, and you became ashamed of your actions and of how you were, and of course not wanting others to know, you willingly tried to hide these parts of yourself that you incorrectly believed were bad. And you're still doing it. Most children and adults try to cover up, and even protect, the bad, believing that it is their fault for causing the bad, even feeling sorry for their parents for causing them so many problems. It can become hard to blame your parents for any wrongdoing. You can see other parents treating their children badly, but you cannot see that your parents did the same bad things to you. It is very difficult to be objective, particularly as a child is mostly subjective, and you naturally want your parents to be proud of you and you of them, so anything that shows this is not so needs to be pushed aside. You may even feel that you want to protect them, being ashamed of yourself for not being the good child they deserved, wondering why you are so bad: why did God make me so bad, and why is He making them suffer by having me? The act of self-blame makes it very hard to see the truth, and the fear of your parents badness being exposed, fills you with fear because the spotlight will eventual fall on you, and everyone will see that you are really the true cause of their badness, and even greater punishment and humiliation will befall you. You might also find yourself questioning as to why did you get bad parents: what did you do, and are you really that bad, as bad as they say you are? So like a terrible secret, all these sorts of feelings and beliefs about yourself you hide; you hide your horrible secret: that you are a horrible, disgusting, yuk, ugly, despicable, unlovable, thing.

So to then expose yourself, to bring all such confused hidden terrible secrets to the surface is very hard to do. It will be associated with a lot of pain and anguish, and added to this is that the parent is still given the benefit of doubt, as you reason that parents must be right, and really you, the child, did deserve it, for you must have done something bad to make them angry with you. All credit and support goes to the parent because this is how they have made you feel about them: that they are right and you are wrong; and it is then very hard to reverse this and to stick up for yourself, to come right around and see that there was nothing wrong with you whatsoever, and that they are in the wrong: the Wrong Ones. And if there ever has been anything genuinely wrong and bad with you, it has been them making you behave this way and believing in such wrong things.

The normal way of growing up in a perfect and true world is that you love your parents, and they you. You identify completely with them: they are you and you them; they are good and so are you. And you adopt all that they are, all their beliefs and truth. Then as you mature and start to separate from them you set about discovering for yourself that all they have been to you *is* true and right, so when you are fully mature you can know that your parents were right and loving, and because of them, so too are you right and loving, but separate to them and an individual in your own right. Everything supports itself, and all is lovingly maintained.

Your natural inclinations are still to achieve this perfect state of being from your parents, but as you've become negative, trying to believe that still your parents are right and loving, causes trauma in itself. And then further problems arise as you mature and start to separate from them, with life showing you that not all seems right with what they told you or how they were, creating greater distortion and awkward feelings

that you have to try and place and do something about – either accept or reject and bury. And if you accept them, they add further struggle, yet more bad feelings, as you strive for the truth. And to find the truth of your negative states is a very hard struggle indeed.

As you decide to embrace your Healing wholeheartedly, the Mother and Father will provide the help you need, particularly in the form of someone who will listen non judgementally to your story. IT IS MOST IMPORTANT THAT YOU BE GIVEN A NURTURING ENVIRONMENT SO THAT YOU CAN, AND IN YOUR OWN TIME, COME TO TERMS WITH ALL THE BAD FEELINGS THAT ARE WITHIN YOU, AND THEY WILL ENSURE YOU HAVE THIS. And as you prioritise your Healing, making it the only thing you want to do, your life will change to support you, enabling you to achieve what you want; and, as your Soul-Healing is the most important thing you can do, everything in your life and the world for you will help you to do it. Some things may appear to not be supportive, but as you express the feelings associated with these things – how they make you feel, how you feel about them will change, and you will see their support for you, or else they will go. But in time everything in your life will be helping you to do your Healing, and will make you feel secure enough to be able to feel as bad as you will need to – you liberate all that you have repressed.

All of your shame and humiliation needs to come out, and it does not need to come out for public display. You only need one other person to listen and accept you, of your Mother and Father to do so if you are alone, and then it is out and gone as you accept it. Your Healing is a very personal affair, and will only make you more personal and honour and respect your privacy. It will take you in, very far in, further than you could imagine is within you, and all the time you will be growing in truth, and in a strange way, be coming out, but out into a new and different world and life for you.

That is all I have to say this morning James, thank you again, Mary.

(19/7/03)

Hello James. I want to write to you about love and parenting (what else you say!). I want to give you this message in case one has been misled by other messages. Mary.

For a child to be raised free of the negative state it will need to be wholly loved, that is, supported by its parents and then those others about it, allowing it complete freedom of will. By this however, I do not mean that it can be allowed to completely do as it pleases without any guidance or even restrain from its parents. As also I do not mean that it is given carte blanche and is free to trample its parents. “No” is still a vital word to be used, and needs to be used when appropriate. The parent needs to parent true to its feelings, and if it feels no, then to express this no, but without forcing its child into becoming subservient to it.

If a parent is wholly loving, so too will be its actions. One can say no to a child yet with absolute love, and not with any will infringement. One actually has quite a lot of leeway with a child before its will is *broken* to the state of causing an inherent trauma. It can also state its case and say no to its parent so as to come pushing back against any potential will trauma, and in fact, there is meant to be some give and take, so that the child can experience and explore its newly developing will.

Once you have set yourself free of the Rebellion and Default, your children will be born free of them, and will remain free as you parent them with your feelings and stay true to the truth you are living. In this

way you can be sure that how you are parenting is correct and true, and you will see for yourself when your child is being pushed too far against itself, for if that were to happen, it would tell you loudly and clearly, and your feelings would know the truth it is communicating to you if it was too young to speak, so you would know to back off and draw it back out of its rejected state, encouraging it to regain its self-expression. It is actually not very difficult, and all very natural, when you have done your own Soul-Healing and know what you are doing and how living true makes you feel. You will then know how to respect your child's will and every one else's.

However, if you choose to have children before you have healed your soul, then it will not be so clear-cut. You will still face problems because all that your child will do will be aimed at helping you do your Healing, as your child is like nature, in that, up until the arrival of its Indwelling Spirit, it is completely of service to you. Everything it is doing will be trying to show you how wrong you are, so you may find yourself fighting it, or submitting to it, if you're trying to look at where you are going wrong so you can grow in truth and do some more Healing.

Many people on your world believe that their own child is trying to fight them on purpose, and they have to do all they can to maintain a stable and sane state, because to listen to their child and change would spell the end of all power and control; and if that happens, one may as well give up completely and fall in a heap, cry or die. However, if you actually allowed yourself to fall in heap, this would help you if you could express all you felt. It would help you maintain your sanity. Your child is only trying to help you see how wrong you are, and when it is pushing all your buttons and making you feel crazy, you should be thankful to it for showing you how far away from yourself, and it, you are, for if you were perfect you would have no buttons to be pushed.

I know it is hard for you to conceive how to parent perfectly, but it will happen when you are healed. It is however done very personally, with full personal attention being given by BOTH parents all the way until the child is sexually mature and an adult. It is not left alone and given to others to raise; it is raised wholeheartedly by its parents who want nothing more than to have such an intense and full personal relationship with it. And when this can be done, then it will only give you constant joy. You will never have fights, and everyone will be free to completely express themselves with all rights of one another's wills being preserved at all times.

As no doubt you can gather, it is the will that is all-important. It is the will in the moment and the overall intent, and this starts from before conception. To get your will into the right condition in which you are wholly expressing yourself lovingly is the only way to then consider bringing another soul-will into Creation properly, that being with love.

The term *free parenting* is used but without knowing its true meaning. It will however be known, as one day there will be Celestial parents (parents living a Celestial level of truth), and then they will know what it means, as will their children.

That is all I want to say James. Keep up the good work; and as you can see, although we are not speaking every day, we are still with you. We are still very much enjoying your work with Zelmar, and I will speak to you when the feeling is right. With much love, and with all my support and encouragement for both you and Marion, Mary.

(23/7/03)

Hello James, I am with you, Mary.

I would like to follow up on the conversation you have been having with Marion. As you are now seeing, your mother did not want to know about your worries or concerns, as she *had enough of her own*. She is a very nervous and insecure woman, as her mother did not allow her to express her concerns or worries.

As your mother grew older she found that she was able to speak of such things, but used them as a way of gaining power by making people feel sorry for her. When this failed she tried to busy herself with work and other things, moving quickly from one thing to another, as many people do. Your mother, as with so many people, doesn't want to hear the worries and concerns of her child because she is already saturated with her own and cannot cope with anymore. So your's are dismissed as she employed many ways to counter you speaking about them, all chiefly designed to take your mind off such things, that is, to take our mind off yourself. And so that is what you have done, you have busied your mind with trying to help her resolve her problems to the extent of completely dismissing your own feelings about things.

As you are moving into this area of investigation, your need to busy your mind with unfathomable concepts of which abound in The Urantia Book, and your wanting to eat food which you don't need, and your needing to come up with endless plans about your future, doing all this in your head and with little action, is done all so as to keep distracting yourself from what you are really feeling – all your bad feelings. Your mother did the action, never sitting still for a moment as she ran away from her bad feelings, but she didn't allow you to run away from yours, you had to stay put, so it was into your mind that you ran. Your mother was able to say how bad she felt, but because she wasn't expressing her bad feelings wanting to uncover the truth of them, she was nothing more than a kettle letting off steam. It was her way of denying them, she couldn't just force them away like you have learnt and been made to do. She did have to let them out, but she never went further with them, she just spat them out all over you giving you the false impression that she wanted you to help her solve her problems. It was all a pretence of including you in her life, as really she didn't want her problems solved as she needed to keep feeling bad so she could keep expressing those feelings all over you so as a way of having power in life, so she was only speaking to thin air letting off steam not expecting anyone to actually take her seriously or want to help her, because her parents didn't. They let her carry on saying how bad she felt but never bothered trying to help her find the truth of her feelings. So she just became back ground noise in their lives, exactly how you ended up relating to and dealing with her for your own sanity.

People such as your mother are outwardly expressive, however such *talk* and *preoccupation with themselves* is all negative, all being used the wrong way: to cover up their true feelings about which they are complaining. You have been falsely led to believe that such expression is good, and it is how you keep such bad things away even though you cannot do it yourself; (but you do it in your mind) and you expect women to do it, you tolerate them, but secretly hate them for doing it. You can only escape into your mind, your mother wouldn't allow you to do as she does, for in her mind, there is not enough room in the world for another, only for her.

Her expression is not done with the intention of wanting to know the truth about what she feels, to accept these bad feelings, so it is not positive expression. It is all negative, trying to push them away and keep them at bay by venting them, so that the dreaded thing won't happen: her being swamped and taken into oblivion by them with no hope of ever regaining sanity. Your oblivion James, you made as a black bottomless hole of fear within you, which you could not escape from, making you rely heavily on your mind to stop you falling into it. You have always used your mind as a feeling and mental distraction.

It is this negative expression that I particularly wanted to speak about today because I want to use you to illustrate that this form of expression by your mother, exteriorly, and by yourself, interiorly, *is* negative expression, and is wrong and harmful to your wellbeing and soul. It is done without wanting to know the

truth of the underlying feelings that are driving you to express yourself this way, and it is these feelings that you have to bring to the surface and express: feelings of feeling dismissed; anger at having food given to you to turn your attention away from yourself when you were a child; confusion at not knowing why you want to eat things, and only certain crunchy things – nuts, when you are not even hungry; when your feet and legs suddenly start to feel cold and your throat seems to suddenly become sore showing symptoms of a cold. Why do these things happen, and how do they make you feel? These are all the right things to express, to accept that you are feeling this way and then to speak about them wanting to see the truth of them, and speaking over and over about the same feelings until you see their truth. Just speaking for the sake of saying something is not what I mean by expressing yourself. Speaking to help you to accept yourself, how you feel, all your physical feelings, mental thoughts and emotions, all with the deep feeling of wanting to do it so you can know yourself – see the truth of yourself – that is what needs to be expressed. All so you can come to terms with your feelings of rejection by your parents, and see the places where your relationship was not true, and where you are now not relating truly to yourself.

This is all I have to say this morning; Jesus says hello to you and Marion. I am still with you both, as always, Mary.

(25/7/03)

Hello James, Mary.

The Mother and Father are Perfect. They have created you in Their Perfect Image. So all you need to do is be true to yourself and enjoy life, love. You don't need to do anything else, and you especially don't need to take over control from Them, and yet this is what you do. So if you want control and do other than what They want, the only way you can go is into the wrong or negative way. So you are all wrong, as your way is this the wrong way, and surely this is madness? And surely it is insane? And isn't this what happens to you, you become insane, mad, confused, untrue and unloving and not enjoying life?

You parent your children into madness and insanity. You bash, yell, shake, punish them every day, and often many times a day, so they will be able to fit into your insane world and life. And then as adults it is absurd that you have to keep this up, you have to still do all these bad unloving things to yourself and others so you can keep yourself powerful and in control, so you can have a *good life*. But why do you do this, why do you keep it all going? Why do you dishonour yourself and dishonour the truth? Why do you look to find truth and love and security in things that you cannot, in things that are not personal, things that have nothing to do with a personal relationship? Why do you look to money as love instead of another person? Money cannot love you but another person can. You cannot find love in or with money, you all know this, but you can find it with another person, and you all know this. But how much effort do you put into making your relationship be true and loving? As much as the effort you put into making money? You can live with very little money when you are in a loving relationship. And when you are loving one another, you will want to spend more time with each other and not be separated working or playing or trying to make more money. When you choose a relationship of truth with yourself and another person, then most of the accessories will fall away, and you simply won't need as much money, and you will want to spend more time with your partner and children and not be apart from them. And you will want to have a loving and true relationship with them. And even in your negative state striving to

become true to it by doing your Healing, you will both want to be together in your pain, suffering and untruth, rather than running away from it. You won't need to do things to keep up appearances, doing things because you believe you should; you will do them because they will be what you want to do in your relationship.

The Mother and Father will honour your true relationship before anything else. They will honour it because when you come together, person-to-person, then you can honour truth, and love will be forthcoming. You can grow up in a family and be with people all day long, but not live a true loving and caring relationship with them. How well do you know your parents and they you? How well do you relate? Can and do you tell and share every facet of your life with them, all your feelings, and they shares theirs with you? If not, why not? What is wrong? What sort of relationship do you have with them? Can you speak openly about all your thoughts and feelings? If not, why not? What sort of relationship do you want? The Mother and Father will share every facet of Themselves with you, and want you to with Them. But whilst you do things with your mind and remain separate, you will not be able to relate with truth to any real depth. You will only have false superficial relationships in which you have to pretend you are loving and being loved.

A child, your child, is a perfect little person. There is nothing inherently wrong with it, and yet you seem to believe that you need to make it into something, make it better, as if it has many inherent faults. You need to take the control out of the Mother and Father's hands, take over and make your child be how you want it to be. Don't you think there is something wrong in this? Do you really believe that the Mother and Father are so stupid They would make a child with such imperfection?

Most of you seem to believe that children are savage little beasts, selfish, and if let go, will take you over, never growing up to be *responsible* adults, only misfits and rebels, ending up as criminals – but why? Why would creations of two such loving Personalities create such renegades, do you see anything in nature that is as purposeless as that? It seems that you believe you have to help form your child into being a person, and the sooner they are an adult, the better. You do not allow them to be self-focused, and yet A.S. Neil of Summerhill showed you that if you do not interfere with them by constantly telling your child what to do, it will begin by being very selfish as this is what it is meant to be. The children are the ones forming, so it ALL should be for them as they grow up, and if allowed to be a free child, will one day as an adult, and all by their own accord, actually become less selfish, and then one day, even selfless. It is all naturally programmed into your souls. But being caught up in the negative you cannot see this, you can't let go and have faith in the soul of your child or in God; but if you want live true, you will have to want to see that you can.

Look at nature, look at a mother cat, does she bash up her kittens if they start to stray? Does she have yelling and screaming matches fighting for power with them? Does she say she has to go out, and lock them up in a cage? Does she get the baby sitter cat in? Does she shut them away at times, and sleep in another room? Does she let them cry themselves to sleep at night so that they will learn who is boss? So they will not become dependent on her? Look seriously at your behaviour as parents, would you like that same treatment as an adult? And if not, why not? So why do it to your child? Put yourself in your child's place. And if you believe there is not another way, or are scared of trying, then who is being irresponsible, certainly not your child. Do you really now what being a responsible parent means?

By making your child focus on things other than itself, things like you, by saying such things as *you're making it very hard for mummy* your child loses itself. It is made to look outwardly at mummy and not stay attuned to its feelings. It is not allowed to be selfish, self-centred and a child. A newly emerging thing can only see life as itself, it is selfish, this is entirely how it is meant to be, but this will be only for a few years until it becomes mature. A child's self focus is really only of a few short years compared to its whole eternal existence. Is it too much to ask that these years should be honoured with anything other

than complete reverence for the child, instead of seeing it as the enemy that needs to be enslaved and defeated, overpowered and controlled? And once one does mature, still forever does one stay self-focused, focused on one's feelings, which is not selfish, but rather how you are meant to be.

If you were not allowed to grow up self-focused, then as an adult, how can you retain your focus on your self, how can you attend to your feelings properly? How can you honour your feelings and live true to them when you aren't even focused on yourself? And what about being allowed to become selfless when you naturally get to the age of awareness in which you can understand all the selflessness your parents have loved you with, and then with you naturally wanting to return their love? Imagine if you were allowed to take as long as you wanted before you naturally wanted to thank those who have helped you. The Mother and Father are eternally patient. Some people, now spirits, have lived for thousands of years without thinking about Them, but They still love these souls. They do not place restrictions or conditions on you. They do not threaten you with all sorts of things if you are bad. They are your perfect examples of selfless love. They are selfless and They know that Their children will be too, once they have matured and accepted their life with Them as one of Their children. Think about it deeply, study your actions and motivations, look at the truth of how you treat yourself, your children and others, really look and look hard; and ask the Mother and Father to help open your eyes. You will *see* if you want to! Mary.

(15/9/03)

Good morning James, it's nice to feel your call. Jesus.

You have a question you would like to ask me about: aliens, alien abductions and UFO's. I am glad you have asked me about this subject as the books the Mother and Father have been bringing to you, do, at least on the surface of it, make a convincing argument that such things are real and are happening to many people.

To begin with I want to say that in no way can beings of one humanity interfere with another. There are universal laws governing such things, and by interfering I mean, in any way that brings about an unloving or negative action or experience. A humanity has its own condition, universal growth and set of circumstances that are guiding it, and if outsiders were to interfere, then this would add in many cases too much greater confusion than the humanity may already be in. This would definitely apply to your world. You are all so helpless, lost and trapped within your negative structure, and are doing everything you can not to face the truth of yourselves, that being the truth of your childhood and the truth of the relationships you had with your parents, so it would be all too unfair to subject you to further outside evil influences. I think you've got more than enough evil influences to deal with.

However, as is currently your way, you are using as many things as possible to help deny and cover up your bad condition. And the belief of aliens, and visitors from another planet coming to interfere, or even help you, is merely more erroneous beliefs adding to your cover up. It would only take all such individuals who claim to have experienced such things to embrace the Father and Mother's Love, and to embark on their Soul-Healing, to see how they willingly contrive such experiences in an attempt to further hide bad feelings that want to surface in them.

At certain times in one's life, be it in flesh or when that person is living in spirit, such deep repressed memories will try to surface into upper levels of consciousness. This is one's soul attempting to bring

about a new awareness within the individual that there is more to that person than he or she may be aware of, and it's also an attempt by the soul to awaken a desire in the person for the truth, to turn and look in, to focus inwards in an attempt to start to see the hidden truth.

These attempts by the soul to *wake up* its person come in all sorts of different ways, and are accordingly either welcomed by the person or rejected. And if rejected, measures have to be taken to try and ward off, rebuff, and keep buried such memories and feelings. Some people with their *alien* encounters feel that such experiences have helped them, being valuable aids in helping with their quest for the truth of themselves; others feel completely terrified and try to block out the bad feelings; and then others, like the man you are reading, are a mixture of both, not knowing whether the experience is just so bad it is beyond belief, or if in some way helping him understand himself more.

Objectively perhaps, it could be argued that the *visitors* are helping these peoples souls attempts at awakening the person by providing such a stimulating experience, however this is not true. The soul will strive to awaken the person from within, but it is the controlling aspects of the mind of the person that provides the barrier. It is the mind that fabricates the whole experience, turning it into such an extraordinary experience as an *alien abduction*. And you must bear in mind, it is the mind based on all that it is, from conception to the current adult, for this mind has many layers – all negative whilst you are of a negative mind and will condition, and has at its disposal a huge range of images, real and imagined, to draw from to create such fantasy happenings.

The mind can even create physical phenomena of the body, making people believe that they really were intruded on against their will. The power of the mind is something that most people on your world have very little understanding of. Your whole negative state is mind controlled, and your mind has been forced to keep coercing you away from seeing the truth. And yes there are levels of a communal mind: family, society, nationally, and as complete humanity, which you share and draw help from to maintain the necessary dominance you require over yourself. Your mind can make you *see*, imagine, things are real when they are not, even so real that you feel physically disturbed by the experience.

The extent of fantastical delusions one can create for oneself is determined by all the underlying factors governing one's negative state – its causes: primarily – those directly from your parents; and secondary – those that are generated by effects from the primary causes becoming new causes, and even at times tertiary cause levels. The complexities of the mind, humanity is only now beginning to touch on, as some individuals start to uncover their true childhood feelings.

To answer the first part of your question James, there are no aliens interfering with people, these abduction experiences are not real, they are mind fabrications. However, there is more to them, and this becomes complicated to explain, because it needs to be examined on an individual basis. I can generalise to give you an indication of some of the sorts of things that are involved.

For some people the experience is a total mind delusion. It is put together on the deeper unconscious fantasy levels of the mind and generated because of varying needs of the individual involved. For these people there is definitely no other person, alien or spirit involved, they are contriving it all for themselves. If they were to do their Healing they would be able to uncover the reasons why and see how they had manufactured their experience.

For other people their experience does incorporate other personalities, but these are mind spirits. And all the spirits are spirits from humanity, not spirits from other planets – alien spirits. They are spirits who occupy the mind worlds, as we have extensively spoken about, who join in with their deluded beliefs that they are helping the individual, and often God, by helping to orchestrate such experiences for people. These spirits actively seek mortals trying to *help* them with what they feel is needed by the mortal. This is of course a gross infringement on the the mortal by the mind spirit, however it is not done entirely against the mortals will because laws prevent this. So even though these spirits take it all upon themselves

to help those who they feel or believe want their help, they still can only affect the mortal if on some level the mortal agrees with it. Often the mortal might not be aware of this agreement, not consciously, causing sometimes the mortal to react negatively to the spirits presence by claiming they were totally intruded upon. Spirits can and do use whatever means are available to them to *carry out their chosen work* helping mortals, and can disguise themselves suitably to the needs of the mortal. These spirits *help* mortals in all walks of life and of all varying beliefs. Some may come as *aliens*, others as *doctors*, *angels*, presences, visions, balls of energy, lights, god, voices, religious leaders of all religions, higher spirits – masters, animals, even innocent children. Whatever they feel the recipient of their *well-meaning* visit needs. Many of these spirit visitations occur through the lower Earth planes, appearing as if on Earth whilst the person is asleep and ‘out of their body’ being in their astral or spirit body, or when the person is in an ‘altered state’ of mind.

Within the life experience requirements of some peoples souls, are included visits to spirit ahead of mortal death, and even visits to them by spirits. These experiences are used by the soul to show the mortal that there are other realities, and such experiences can be very helpful and instructive, but they can also serve to alienate the mortal more from themselves if they experience such experiences negatively. Such *near-death experience* and *out of the body* experiences are planned for the mortal by the Mother and Father being imprinted in his or her soul. And sometimes the spirits who are involved in the experience are at liberty to create the environment, which they feel will best suit the mortal, and this is done usually in keeping with the mortal’s own mental pictures which these spirits have studied beforehand.

There is a lot of two-way interaction between mortals and spirits, most of which is very poorly understood by mortals. However, this area over the coming years will be looked at in more detail as people begin to open up to the existence of these higher and inner dimensions, seeking to understand the relationships they can have with them, and the spirits who live in them.

The people who have an experience with spirit can be from all walks of life and as varied as the individuals themselves and the spirits are. There are soul-groups to which all men and women belong, and many of these experiences given to mortals by spirits are done by members of the mortals *spirit group*, and generally as a rule, there is usually more love and understanding and good feeling about the whole thing when this occurs. And the mortals that experience such things may or may not be aware beforehand of any such extraordinary events that occur.

There are also those mortals who actively seek union with the spirit worlds and spirits in some way. Many peoples motives of seeking spirit communication and interaction are based on trying to escape from the trivialities of life, to seek prestige, to gain understanding, knowledge and mind power, or even because they just feel good about it and enjoy it, and of course many more reasons. All of these James you can relate directly to.

Now there are other spirits, other than those who were once mortals, that live in the higher universal and Celestial spheres, that at times have occasion to come directly to, and communicate with in some way, mortals and indeed spirits in the Mansion Worlds. The Urantia Book gives you a taste of the endless variety of spirits and angels that inhabit the Universe of Universes.

So far as UFO’s go, there are other mortal worlds that do have the advanced state of mind that can create inter planetary vehicles, and these people do explore some parts of the universe about their own worlds. Such people are more advanced than you are on all levels and do appreciate the impact of their visits on those of lower evolution, and for the most part try to remain hidden. Such visits are mostly driven by curiosity, and when this has been fulfilled they feel no longer the need to visit other worlds, settling back to a more highly spiritual life. The space ships are just as your space rockets and shuttle is, merely an extension of their investigations of Creation. But by the time a humanity is able to develop such vessels to move around the physical universe, they are fully appreciative of taking a passive, non-

interfering role. They are also of a positive mind and will condition and NEVER of a negative rebellious state of mind. So you will not be invaded or intruded upon by extraterrestrials seeking power and control over you. It can't happen because such negatively minded worlds like your own aren't allowed to develop the technology to achieve such visits, so humanity's science fiction writers dreams of seeing people going off to all sides of the universe, seeding it with life from Earth, all in the hope of finding new power, wealth and a new life, are ill founded. No, humanity's destiny for the time being resides in these writings, in what we are telling you, in waking up to facing the truth of your negative mind condition and healing it. Humanity won't get anywhere until it is healed, until all are living with a positive mind, and by then people will be far more interested in ascending in truth through their daily earth experiences than trying to visit other material planets. And particularly as by then you'll understand that when you are in spirit living in the Celestial spheres you can visit all such material worlds should you wish in your spirit forms.

If you could accept more fully that you are visited by spirits continually, and that many people can communicate and visit with them daily, just as we are doing now James, then naturally you would accept that this could eventually occur on the physical level. In spirit, on certain levels, spirits from other humanities can visit your Mansion Worlds and Earth via the Earth planes, but these spirits come as true visitors and can only observe and in no way interfere with mortals or mortal spirits. And only under very specific circumstances can they actually speak to and have an experiential involvement with you, such as what took place in the initial development of 'The Urantia Book'. And this was arranged to occur to capture the interests of the Saddlers, who had the inner resources to participate in and follow through with 'The Urantia Book's' revelation coming into being.

The mind spirit worlds are not a cohesive unit. They are as segregated as you are on Earth. Many things can happen with one group of people that another group are unaware of. The higher Celestial spirits have a greater vision, but in the mind world's still greater segregation occurs with all the religious and varying spirit beliefs needing to be maintained. No such segregation and separation as this occurs in the Divine Love worlds because all are united in the love of the Mother and Father and in their longing for the Truth. And as spirits start their Soul-Healing they soon divest themselves of all erroneous belief moving into line with Mary and I.

As I have told you in earlier messages, far more unity and cohesion exists in the Divine Love Mansion Worlds with all the spirits working to help each other to do their Soul-Healing. In the Divine Love worlds everyone is working to help themselves either singularly or collectively. The Divine Love spirits that will help and visit those on Earth who embrace the Divine Love will be more coordinated in their help with the focus being on helping all to do their Healing.

For as much as men might feel they have explored the natural realm on Earth, they have only scratched the surface. There are huge areas of life remaining virtually unexplored. There are even bigger areas of yourselves that remain hidden. And then there is an even bigger area of the unknown contained within the spirit worlds. Comparatively, you all share a very limited experience with other dimensions. Your minds do not allow much flexibility and so there are few things the spirits can actually do to help you. You are like ostriches with your heads firmly buried in the ground. Fear predominates, and as soon as anything outside your limited reality comes to you, your mind perceives it as something to be scared of, turning it into scary things. Your negative conditions determine that you need to remain in a traumatised state, so you need things to terrify and scare you. You all look out through eyes into Creation seeing everything tainted with fear. Even in your house, the one place you might believe you are the safest and least terrified in, you still see with eyes of fear. You even look at each other through eyes of fear. And so for most people having conscious experiences with spirits can bring about more terror and instil yet more fear, even if the spirits are well-meaning and loving.

You choose to keep yourselves completely isolated, bound up in your negative condition. And you choose to stay completely ignorant of your condition. There is no one keeping you in it other than yourselves. And you persist in making up all sorts of scary things for yourselves to have to face and live with each day. You want to live with the threat of alien invasion or nuclear holocaust or of the world disintegrating under your very feet. It is all your own doing – your own belief.

I hope this has helped you James, Jesus.

(17/9/03)

Hello again my friend, I am here Jesus. You would like me to speak about the *Chosen Ones*, and I would be delighted to.

The so-called ‘Chosen Ones’ do not exist. They are, as is the notion, a figment of people’s imagination. It has become a part of humanity’s delusional fantasy about itself; its unloving relationship with God, and its relationship to its negative and unloving state.

Many people want to believe they are one of the elect few, specifically chosen by God, or someone else, to do something that will elevate them to specialness and greatness. Many people, as too the mind spirits who are often inspiring these people, believe they in some way have access to God’s Plans, or they at least feel they are to play a vital role in them. They make up all sorts of stories based on what they believe to be true, all of which is fictitious and untrue. All of the mind spirits that live in the three mind worlds have no idea about what God’s True Plan is, as they are not living the first part of it: the Truth I have declared to you, namely the partaking of our Mother and Father’s Divine Love.

None of these mind spirits, nor those people on Earth also only of their minds, have, or can have, or ever will have, any true idea about God or Their Plans, because they are not choosing to live true to their soul and feelings. And God is first and foremost Soul, so if one is not at-one with one’s own soul, how can that person or spirit be at-one with the Greatest of all Souls?

I know that many believe that there is a specific number of chosen ones, 144,000, whom will in some way be the mainstay of humanity, or the ones who start humanity anew, when and if the world collapses, or if I come swooping down out of the sky to beam them up into the Promised Land, but all such things are nothing more than nonsense. Most of you want to be chosen and picked out and held apart as being special, but this is only because you did not feel special with your parents, and you are still craving their love and attention. So many dream of becoming famous in one way or another so they will have all the adoration and love which they still feel they need to make them happy. However, this is all a result of feeling unloved by your parents. And of course, if you can gain favour with God, the biggest most loving Parent, then you will be the happiest person, the most favoured, and the most special.

Everyone is unique and special in the eyes of the Father and Mother. And if you do your Soul-Healing and start to live true to your feelings, you will naturally start to do exactly what it is They want you to do. And you will feel very loved by Them, privileged, and very special. Special is how you will feel when you feel loved, and you will not need to be elevated above others to feel it. If anything you will decline all such temptation, as you will feel you are equal, and with equal potential as everyone else. And this even applies to Mary and myself. We are no more special than you. We are only of a different soul creation, and so have a different role to play as one of the Mother and Father’s children in Creation. We love, and

thoroughly enjoy living with Them, as you too will. And then together we can all enjoy each other's companionship and love – our brother and sisterhood. And this brother and sisterhood is all based on truth. We are all sons and daughters of truth, and in that, we all share a common heritage. But first you must long for the truth, as you long for the Love, and heal your soul of all untruth.

Some people wish they could have been chosen by me to be one of my disciples, and later to be elevated to the superior status of apostle. However, even though I can only physically relate to a very small number of people at any one time, those who I did not choose personally to be with, if they were to live true to their feelings, would discover that I would treat them just as personally and intimately as if they too were my disciple through the usefulness of my attending spirit – The Spirit of Truth. We may never speak face-to-face, and yet through my spirit you will feel as though we have, and we do, and in some way, we know each other. You will not feel as though you have missed out on anything by not sharing directly with me, but I assure you, no matter what you might believe, when you are living true, you will feel just as comforted by me as did those who I comforted in person. And then besides all of this, it is not me whom you should seek to be with, it is your Mother and Father. They are the ones who will love you and make you feel special. And as They need you all to live your life as They have created you to, when you do, you will feel you are the very centre of, and much needed part in, the universe. You will feel that without you, something in Creation would be missing, and this is a very nice feeling to have, and it will be true.

To help you extract yourself from your negative condition I would suggest honouring the feelings that make you feel you want to be one of the chosen or elite. Admit and be honest that you want to be one of the so-called Special Ones. Bring up all these feelings looking and longing for the truth of them – why you have these desires. And look to give up such misleading beliefs and temptations through your feelings. You will not be forgotten or pushed aside by others, the Mother and Father will be there right with you all the way and all the time. They will help you to give up such delusional fantasies so that you can change your focus concerning what is right and important and true, enabling you to apply all your time and energy to setting yourself free of these erroneous concepts and beliefs, the very things that are maintaining your powerlessness and keeping you trapped in your mind; the very things stopping you feeling that you are a special child of your Heavenly Parents.

That is all I have to say James. And as always, it was a pleasure to speak some more, thank you for your time, Jesus.

(19/9/03)

I am here Jesus.

Good morning James. I want you to know that I enjoy coming to you when you specifically call me. Both Mary and I want to help you whenever you need our help, so do not feel you are intruding or asking too much of us. We are delighted in being able to help you in any way we can. And now I am very pleased to answer your questions about the future, the prophecies you have been reading about. I am able to tell you some things, but they will be general. I do not want to give you specific dates or confirm or deny things that have been prophesied by others. I don't want to lead your mind into fixing a picture of the future, as this only allows your mind to keep some of its control over you, but I will give you an

overview. Most of what I will say you can feel through your soul perceptions and I will use this message to help you awaken them some more.

As you have already discovered, hopes for some sort of event or big change to occur with the passing of the millennium did not occur. However, from this you can see just how many people want their lives to be different than how they are, believing that if these – mostly bad – things happen, then the power, as it is in the world, will change, and perhaps new opportunities for these disgruntled people might open up leading to a whole new life for them – a life of power. But this is not how one establishes a new life, by knowing about the future.

The end of the world scenarios you have been reading about are all untrue. There is not going to be an end to the world and humanity on Earth, not at least for a very long time to come. Of course it is conceivable that your material world will end being of service to its humanity at some point in the far off distant future, and this is true, but this is a very long way off and won't be concerning anyone living currently on the planet. And no prophets will be given the time when this is to occur, because only the most high spirits know it. And currently, I don't even know it.

And as to mortals ending humanity's existence on this world though their own wrongdoings, such as, blowing yourselves up, or polluting or poisoning yourselves to extinction, this too will not happen. However, such things will continue making life hard for you both personally and impersonally. Advances in technology will only serve to help cover up the real underlying personal unhappiness which every soul in the negative is afflicted with. You believe you are using technology to make your lives easier for you, but in this you are using it the wrong way. There is nothing wrong with technological advance, however only when it is used for you and not against you. While you live in the negative you can only make it ultimately work against you, because you all want bad things to happen. Your negative mind patterns have to be honoured, kept in place, and empowered.

So most of what many people and indeed mind spirits perceive as *making good progress* is only helping you cover up all your unconscious underlying problems. It only serves to further deny your bad feelings and keep your childhood repression, repressed. Progress is only made if it helps one attend to their personal trauma, and there is a very small amount of this occurring on Earth. However, this will be the wellspring of the new, when it does become obvious that things are not going as well as one would have imagined. That is when humanity collectively arrives at a point of understanding and acceptance that how they see life, and the direction they are trying to make it go, is not good for them. And this time will arrive sometime through the next planetary age, which is now dawning.

Humanity, in the mean time, will continue building its castles in the air, and as you will discover, being only built of sand, when the tide changes and the sea rushes in, and your castles start collapsing, then you will be ready to give up and admit that perhaps you are wrong and that maybe there is another way.

The so-called *modern western society* will come tumbling down, but it will be brought down in stages, and time will be given for changes of attitude to take place; and those who are desiring to live true, will be able to, and will be able to understand why their way of feeling and self-denial is not working for them.

So far as the *great earth changes* prophesied to come are concerned, I will not comment on this, as it's not for me to say. I am no longer of the Earth, and so such major change, if it were to happen, is no longer my concern. It is for another to make such statements, if indeed they are required to be made at all. As to the natural world, what the Mother and Father want to happen, will happen. The natural world serves the truth, and will keep doing so in whatever way is needed.

Most people who do think about the future of society and who feel they are in a position of power to contribute to its forward progress, are looking without the eyes to see the Mother and Father; and they never stop to think if what they are striving to do is what They would want. These people are pushing on for their own self-glorifying and self-gratifying reasons of power, and so one day it is conceivable that this

will all end. All such lines of endeavour will end when such people have explored all they feel they need to, that is, when they have reached the limitations of their soul in allowing them to move so far away from the truth of their soul reality. This is happening to individuals personally all the time, but collectively you are still some way from this end point.

Wars will continue as such people who seek power will always be seeking more of it on these levels, and their gains will make others feel less powerful. And the powerless will try to rise from time to time in an attempt to regain some control. The so-called *thousand years of peace* will only come to those who embrace the Mother and Father's Love and strive to do their Healing. They will find an inner peace within the non-peace about them. And as more people strive to live this truth, they will naturally gravitate together and help each other buffer the evil.

There will be no collective peace whereby all peoples will suddenly declare peace and a brother and sisterhood of love, all to live happily together for a thousand years. This cannot happen whilst people still want to live in the negative. It is impossible because the negative is just that, negative to love, friendship and truth and any real feelings of care and affection for oneself and others. And whilst children are being born to parents of the negative, then these children will grow up and keep the wrongness going, and so on will it continue as it has done. Only when heaven comes to Earth, when the Celestial Kingdom of Truth descends into the hearts and lives of those who have completed their Soul-Healing through the partaking of the Divine Love, will true peace be seen. You can only live peacefully if you are peaceful within yourself; that is, if you are not fighting within yourself. And as you now know, the world is only a manifestation of what is going on in the inner realms, and inwardly you are all fighting against your parents and so yourself, so collective peace will be long time in coming. You can only be what you are, and so create a world that reflects this. You create a negative world, one that is bad for your soul and health on all levels, one devoid of happiness and love, because that is how you are on the inside – that is how you were parented.

That is all I am going to say James. The rest is only a matter of course. Depending on how one chooses to live will depend on how one experiences life. If one lives in the negative then bad things will keep happening; if one lives in the positive then good things will happen. And the Father and Mother can always make good happen for you when you want to free yourself from the negative, as They *are* all Things.

The *bad* things will only affect you if you want them too. And until you complete your Soul-Healing, you want them to. Everything that constitutes your life is up to you. It is all reflective of your state of will. And the Mother and Father will always honour this; this is the freedom of will They have given you. The truth is always present and waiting for you to see, so all that is needed is for you to want to see it, to want to wake up and look truthfully into yourself, to see where your will is placed and how you are really choosing to live.

That is all James. I will go now. And, as I said, I want to come and speak to you about whatever you feel you want to ask me about, so just call me. Until next time, all my love, Jesus, your good friend.

(23/9/03)

I am here, Jesus.

Hello James. I wanted to come to you today and speak to you about a number of things. I will answer your questions, but I also want to tell you some personal things.

First of all, keep going. I sympathise with your hardship. It is very trying and extremely difficult to extract oneself from all the negative circuits, especially when you don't feel clear feelings and all seems to be just a big blur. But you are making good and steady progress, this I can at least assure you, as that is what you currently feel you need to hear. You are doing all the Father and Mother are asking of you, even though you do wonder at times what it is all for. But with your faith now being stronger, you will eventually see your way clear.

What I specifically have come to say to you today is to encourage you now to write, to express your own understandings of truth as they come to you. Mary and I have been delighted to help formulate your thoughts and feelings, and to add our bits to them, and express it all through these messages to you, but now it is time for you to go it alone. Like a father who is pleased with the progress of his son, I want to say to you I am very pleased with all we have done, but as you now see things truly for yourself, you do not need to disguise such truth in our messages. You can take this step forward and see that you have finished making yourself available to us. We will of course still be more than willing to write and answer any questions you feel need our perspective on, but feel completely free now to formulate your own expression of all you think, feel and see.

Over these past days you have put the finishing touches on our work together, in as much as how we want you to see things, so from this point on, you can begin to express all you see in your own way. Do not feel obliged to serve us anymore for as far as we are concerned you have come of age and stand firmly on your own two feet. Feel within yourself that you are now confident enough to express all you think and feel with your own mind, through your own feelings, knowing it is all what the Mother and Father want you to know. Practise writing what you see and know and feel to be true, and we will overshadow you and help you to see more, but by supporting your mind and heart rather than impressing ours on yours.

Now I will answer the questions you have for me.

There are no such things as demons or devils that can possess another individual. People and spirits can be coerced by other people and spirits into doing sinful and evil acts, but each is ultimately responsible for their actions. There is no such thing as demon or devil possession of the mind, emotions, spirit or soul. Nothing of this nature has been allowed to occur since Mary and my life on Earth. All that one may attribute to such things is only the part of oneself that one refuses to accept. And all of this non-acceptance of one's whole self has ALL been caused by negative influences on one from conception through to sexual adulthood by one's parents and immediate carers. Every complaint about one's life and health, physical or spiritual, and every other bad feeling or experience one may have, can all be traced back to the root causes from your childhood and how you were treated by your parents.

There is in effect no outside evil force governing you other than what you refuse to see and accept from within. People are bad and evil and demon like, but only because of their upbringing. Every sin and evil can be traced back to childhood causes. The root of all your problems, both individual and collectively, are hidden in your childhood – how you were interfered with. Bad things only happen to you and others because of what happened to you as a child. As adults you are trying to fix the bad things and prevent bad things from happening to you, and you try to change yourselves into being other ways, but this is all superficial and is only adding more covering layers to the hurt and pain you suffered as a child.

The only way out of all pain, anger and anguish is by going back through your feelings to see the truth of your relationships with your parents and carers. Nothing else will help you. Everything else is only for the short term. And you may change your outer self and this may help you live what you believe to be a

happy, successful and fruitful physical life, but at some point in spirit it will begin to once again crumble. And in spirit you can do the same and believe you are a being of superb love and light, and doing all sorts of great works and carrying out God's Plan for Him, but still it's all only covering up the pain of your childhood misery. And in spirit you can continue to live on deluding yourself for thousands of years if you choose, but one day all your falseness will start to be exposed.

Everything that is wrong, in and out, is attributable to your childhood. At the moment of conception your whole negative package is given to you by your parents. During the phase of being in the womb all the essential elements of your negative state will be lived through. When you are born and until sexual maturity you will be bringing all these elements out into the world and fully taking on your negative package. From then on through the remainder of your physical life and then in spirit you will be outworking this negative state, and this will continue until you choose to do your Healing and choose to stop living in this negative way.

As you have seen for yourself now James, the Father and Mother have invited all those who live on this world to begin their life in Creation by starting in the negative experience, that is one without love, or negative love, anti love. Everything you do until you commence your Healing is exploring your negative condition – EVERYTHING. You – everyone – were offered this negative experience, just as Mary and I were offered our positive experience, and you choose to experience it in your individual capacities. And having accepted it, no matter how bad you may feel it is, you have willingly and wholeheartedly taken it ALL on. The Mother and Father are helping you in every way to fully experience all the ins and outs of the negative. They will, and are, helping you do whatever it is you want to do: to thoroughly explore all the unloved states you live in. This truth may be hard to accept from your negative standpoint, as naturally you would wonder why you are subjecting yourself to such pain and unhappiness, but to wonder is right, and if you follow it through, it will lead you to wanting to do something about changing it – to heal your soul.

For many people the thought that they have chosen this torturous life of abject misery and suffering, and that all the bad things that happen to them do so by their own doing, will seem absurd. But such people will not be in a state of self-acceptance to embrace such truth. Other people will find that such understanding will in some way ring true no matter how absurd it might seem. And it will inspire them to think and feel deeper about it and themselves, and if they sincerely want to know the truth, and see it all for themselves, they will be guided by the Father and Mother.

The *enemy* has been your parents, they are your demons and devils. And as parents and adults of negative minds you have become enemies of each other. You cannot do or be how I say: loving of yourself and your brother and sister, until you first see how unloving you are. I have revealed the perfect state to be. I have shown you with my life and through my words that you can be as I am: TRUE. You too can be the LIVING TRUTH. However, first you have to accept how untrue you are. First you have to go back through all your childhood and see and feel the truth of growing up in an unloved and negative state, before you can be born anew. First you have to fully accept you are the LIVINE UNTRUTH. I did not actively or openly reveal the whole truth when on Earth, it was not my mission to, and humanity was not ready for it. You first needed to explore other things to do with your negative condition. Now that this has been done, greater revelation can take place.

I told you of the offered Divine Love, but you – humanity – denied it. I gave you enough truth through my life so that you could work your way to seeing that how you are treated as children is the cause of all your ills, but it has taken this long for you to start looking into that. But at least now that you are, greater truth can be revealed to help you progress to the next step. A parent cannot reveal all to its child all at one time. It needs to help its child to see and understand for itself as it grows, being there for when its child asks for help and wants to see such things. And so too do the Mother and Father reveal

truth to their growing children in stages. As a child, humanity is now old enough to begin to look at itself and see whether or not it feels loved, and if it doesn't feel loved, why not. And this is what is beginning to happen.

I did not reveal all the truth back then or until now, because you were not ready to receive it. As it was, you denied the single most important truth I taught: to long sincerely to your Heavenly Father for His Divine Love. Had you kept this truth and actively lived it, you would have matured yourself with His help and would have progressed and evolved very differently. But instead you choose to deny such Love and carry on with what you knew best – no love.

I did not come to your world to die for your sins, I came to show you, you were sinning. I came to show you, and demonstrated it with my whole life, that you do not want love, and all that is good, true and loving, you reject. I was good, true and loving, and you rejected me. You rejected Mary and I, and the Mother and Father. You still do. You reject our love and truth. You reject your own love, and each others love. You believe you know better than us, you stand in for us in your ministrations to others, you even speak for us, and some even pretend to be us. But all the while you don't actually want to know us. You pretend to want to know us, and you read and live what the Bible says, but you do not try to know us personally and try to find out the truth we teach, for yourselves. You go by what your parents say, and they go by their parents, and you all carry on in your negative, denial, and rejection states in complete ignorance of true love and what really is good and true.

Yes, the Father and Mother will speak to you and tell you what you are to do if you ask Them, but They will be telling you how to further your negative state, because that is really what you are asking Them. If you ask Them to speak to you and tell you how to give up your negative state, then They will do this as well. They will do what you ask Them to do. All you have to be aware of is what your true motivations and intentions are, all through your feelings.

The Mother and Father want you to fully explore your negative state. They know all that you learn about it will be of valuable assistance to you in future. They are not going to restrict your experience of the negative. The more hurt, pain and suffering you want, the more They will help you to have. If you want fame and success and fortune in this wrong state, They will help you to have that, provided it is all within your soul-plan. They do provide you with certain guidelines, but these are to help you not go too far into the depths of despair of the negative. You only need to experience what your soul needs for its growth. So don't be deluded into believing that all the Father and Mother say to you is Their Will, and what They want you to do. It is up to you to choose which way you want to live: with or without truth and love.

I have told you to long to Them for Their Divine Love. And I also tell you to long to Them to show you the Truth. The truth of yourself, of your negative state; the truth of love (your love), and the Truth of Their Love – Them. Long when your heart naturally feels inspired – when you feel to.

And remember there is still more truth. I am still not revealing all. There is always more; but you have to want to know, feel and experience it. And the way to it is through your feelings, which will eventually lead you to love. Begin to love yourself by accepting your bad feelings and honouring your true feelings. And when you do this, you will *see*. Be patient, and it will ALL come to light.

Thank you James, once again, Jesus.

(10/10/03)

Yes James, I am here Jesus.

Good morning to you, and as always it is a pleasure to feel your call. You would like to ask me about why I called the Father, the Father; and if there is a Mother, as well, how does She fit into Their being One Soul. And why, if there is indeed a Mother, didn't I speak about her on Earth, if I knew of Her existence.

Before I answer these questions James, I want to say again that it does make me feel very good when you want me to come and help you. I feel good because your heart felt that as you would like clarification on these points you had been thinking about, you naturally felt to ask me. It pleases me to see that you are now free enough within your feelings to feel where you would like to seek the truth from, and this is a very important point. Most people being unaware of their true feelings, and unable to express them freely, are therefore greatly restricted, and do restrict themselves, as to where and what they allow themselves to see as help. They limit their avenues of help relying on such a narrow range of thought and concepts, and are not willing to step outside what they feel is safe and familiar to them. So many people stay with the Bible for instance, and don't want to believe that truth could exist outside it, and yet these people severely restrict their potential growth. They tell themselves that they are right, doggedly clinging to their beliefs, being unable to take even a small step outside their safety zone. This behaviour results of course from their negative state and the limitations of their well-trained minds and feelings. They cannot step outside what zone their parents made them live within, and this is most unfortunate and terribly cruel. To inflict such limitations on one's child is very bad.

Now to return to these questions. First of all I will say that I was well aware of the Mother during my life on Earth. Naturally just as you and many others have done, I wanted to know if there was also a Mother, my true Mother; a Heavenly Mother, and the Mother of All Things. I did first of all meet the Father, and by this I mean I did awaken to the Father's presence within me as a young boy, and this was mostly because on a personal level I was close to my father Joseph, and he was the one who taught me about God, and about God being the Father of our people. Later I came to understand that the Mother was not equally present with the Father because of the impact of the Rebellion, and then later the problem being compounded through the Default. Joseph and my ancestors being products of these two influences had chosen to delete the Mother in favour of their only being a Father so as to give them, the men, more power. They did not want to feel they were confined to, and controlled by, their mothers as adult men, and so the Mother and mothers were pushed back into an inferior and even non-existent position in all things – especially in the minds of men, and what they believed to be things of importance – important to them.

The Father first spoke directly to me in response to my prayers to Him. I would ask Him about things, as within my heart I truly wanted to know the truth of such things, and He told me about them. I was mostly focused like you were James on the Father, and later my own thoughts and deductions led me to asking the Father about the Mother.

One day, just like it happened to you, the Mother started speaking to me. I was in my early teens and still only a young boy, however it was a most wonderful experience. I felt so complete and free. I knew I had then both Heavenly Parents who were my caretakers and who were always watching over me. The Mother, like She did with you because of the rejection of the Feminine, evolved me to accepting Her, and to helping me accept Her as my Father's equal. This process caused me to work through many things and basically was the main reason why I came to understand how incorrect my ancestors and those of the Jewish faith were in their understandings of truth; just how limited they were, and how all they had deduced they clung to out of fear and not from love. I realised they feared the Mother, the Feminine

Aspect of God, as they feared their own mothers, so they could not bring themselves to accepting, worshipping and loving Her.

I loved my Heavenly Parents and felt so loved by Them. I could see that the chief spiritual leaders and teachers did not feel what I felt, and were actually afraid of the very God they said they loved. How can you love someone or something when you are so scared of them; when you have to do all these things to please them; when you have to live a completely obedient life, and if you digress, you will be severely punished? It being that you are scared of your parents and projecting such fear onto God. And how can you fear one who you feel so loved by? The spiritual leaders love was false. This was not the feeling I got, neither from my Mother and Father nor even from my earthly mother and father. I was never scared of any of them. Nothing added up so far as what those around me said was truth, so I decided to leave it well alone.

By the time of my sexual maturity I had completely severed myself from my ancestry. I was still a Jew by birth, but not by soul. I was a man and a son of my Heavenly Parents. My *Jewishness* no longer interested me, and I saw that I had only been born into this race because it was the wish of my real Parents for the work They wanted me to do.

I did not tell anyone of the real personal situation with my Heavenly Parents. I did at times in my enthusiasm speak openly to Joseph and Mary and my brothers and sisters about Them, but they did not appreciate or feel what I did, and I saw that it agitated and upset them more to hear me speaking of such things, so I chose to condition what I did say and consoled myself to being excited only when I was alone. I did this all through my life except when I was alone with Mary Magdalene. With her I found she was not scared by such things, and she wanted to know all I had to offer, and so delightedly I could be more of my true self when alone with her. She too, as she has told you, easily started her personal communications with the Mother and Father, but also following my advice and by finding out for herself, she chose to keep most of her relationship with Them private.

As time progressed and I came to understand the true condition of humanity, the Mother and Father started to educate me about what They wanted me to do. They helped me see the truth, just as They are helping you now to go about things James; and what They wanted made known to men and women – what Their whole outlook was for humanity. They helped me see through my soul perceptions the state of things, as it was then, and what would come from my impact on humanity. By the time of my public life I knew perceptively all that was to occur and happen to me, and I knew in a broad sense all that would be made of my teachings and that I would indeed need to come and one day re-reveal the essential truths, so future men and women could progress in their soul development.

About this time I saw that it would be wise to speak openly about the Father but not so the Mother. I had to make a certain impact, but not one in which the authorities would instantly reject me. I saw very clearly how limited I was, and that if I was to reveal all, then nothing of what I would say would be listened to, even if I performed the healing miracles. There were many prophets during my day, many claiming to be the long awaited Messiah, and many claiming to be something else. Lots of people were doing all sort of strange things. There were even others who had performed healing miracles with the help of mind spirits just as you have today. And so if I started to speak too openly about all I knew, I would not be listened to and not taken seriously, simply overlooked. It was going to be a lot to ask the people of my day to accept that I was the chosen one, the Son of God and the son of man, and that I was the one sent to help show them the way to redeem themselves and end the torment of their souls suffering. That was a mouth-full in itself, let alone introduce the concept of a woman being Heavenly, and that God the Father did actually have an EQUAL partner – God the Mother, the Two who were One Soul – God.

Women, you must remember James, back then were not considered equal to men, and the inequality

was extreme. They were accepted and needed in the house and on a very low personal level, but mostly to do what the men needed to support their greatness and their higher intellectual understandings of all things. Women were not encouraged nor meant to know anything about anything except those things men couldn't or wouldn't do, and didn't want to know about. Women were there to be seen and not heard. And I knew I could not tolerate this inequality in my teaching, so I spoke equally to women as I did men, and in the case of Mary 'M' and some of her followers, even more so than the men because they understood more of what I was teaching than did my male disciples. I foresaw that this would be more than enough for the authorities to cope with. To elevate woman to the status of a God would be not only be absurd, but simply impossible, and so I would have been instantly dismissed. Everything would have been lost. It would have been a bizarre case of the Son of God coming to man and being thrown out with the dishwater, never being able to utter a word about himself or his Heavenly Parents. Really it was amazing I got as far as I did.

Had the Default been complete, had Adam and Eve actually voluntarily chosen to join the Rebellious ones, taking humanity down another level, I would have been completely dismissed all together. I would have been too perfect to relate to such imperfection. I would have been considered mad like many others, and just babbling away to myself about inane things like my Heavenly Mother and Heavenly Father and Their Divine Love. That is of course had I chosen to stay just as man, and not resorted to the higher spiritual aspect of my sonship. But as I wanted to stay just as a man, the limitations that were on me during my life I accepted and used to my advantage. I played up the Heavenly Father's side of things wanting to show to those who wanted to hear and know and experience for themselves, that the Father whom many were at least familiar with and accepted to a point, was a Father of Love and not one of fear. And that He was to be loved and not hated, and that He would never hurt or punish a child whom He loved.

I therefore concentrated most of my personal attention on the Father, and also had to elevate the male apostles by giving them lots of personal attention, all to show that, in their eyes, I was not completely mad, that I was at least sticking to some of the 'rules'.

I want to say that sadly I could not spend as much time as I would have liked with the women disciples. Most of the women, and a lot more than were ever recognised, did grasp the meanings of what I said. It was women who did not have all the ingrained preconceived ideas based on male dominance; who were free enough within themselves to truly hear what I said. When I arrived in spirit, I was greeted by an overwhelming feminine majority, there were very few men, and it took a long time before any real numbers of men chose to embrace the Divine Love in the Mansion Worlds. Many of these highly spiritual women had to wait a long time before their soul-partners did their Soul-Healing and were able to join them in the Celestial spheres.

Your perceptions of who embraced my truth, owing mostly to the Bible, would ascribe such religious and spiritual things as men's business, however it was women who truly grasped what I said and wanted to live it, but owing to their lower status they were not considered worthy of knowing anything, and so mostly had to confine their discussion of what I said to themselves. Some men, but relatively few, were able to step outside of what they knew and grasp some of what I was teaching, and my beloved apostles did the best they could. Most of them believed in their hearts I was truly who I said I was, but their minds stubbornly refused to let go. Of course they were not in a position to do their Soul-Healing, and so this aspect of the truth I could not even begin speak about, particularly as the full liberation of the Holy Spirit and Mary's and my Spirit's of Truth, which one needs to do their full Soul-Healing, was not to occur until she and I had died. So I had to make do with what I could do. And allude to more and greater things being possible when I had gone.

With hindsight, I can see, as I saw it unfolding through these past two thousand years, the wisdom of

the Mother and Father limiting me in what I could teach. I expressed what I felt at the time, and the truth of the Mother remained mostly dormant within me. And this even continued well into my life in spirit. It took a long time before men were able to accept the presence of the Mother. But now all who embrace the Divine Love in the Mansion Worlds and move to live in the soul worlds of Divine Love, learn and are awakened to the existence and presence of the Mother. As you have come to see for yourself James, you need BOTH aspects to be real, personal and for you to complete your Soul-Healing. You can't heal your soul with only the inclusion of the Father. You had both a mother and father who created all the evil that's within you, and made you have all the bad feelings about yourself and others, and so you need a Perfect, True, Loving and All Caring Mother as well as a Father to help you heal it all.

The reasons why I spoke to Mr. Padgett revealing only the Father, and why I am still tentative to speak openly about the Mother to those of Earth and those in the mind worlds, are because still, most of the above mentioned state of awareness still prevails. Men still want to believe they are dominant to women. They still want to believe that there is only a Father and could not begin to accept the equality of a Mother because that would mean that men and women are after all, equal, and what would they do with their self-important superior lives. How would men cope if they had to include women as equals? What would they have to do with the Bible if they had to rewrite it to include a Mother, and what would they do with all the women who wanted to be equal in the Church? And what would they do having to give up so much power? And what would men do if suddenly women were able to grasp the truth and become teachers of it, and grasping it better, god forbid, then the men? What if women turned out to be more spiritual than men, and showed men up for the spiritual frauds they are; and what if women were more determined and able to commit themselves to their Healing and their growth of truth: what if women were the actual spiritual leaders of humanity!? What would men do if they were suddenly forced to feel powerless, inadequate and not really needed; if women were to reject them as they were rejected by their mother's? It would be all too shocking for most men, bringing about a reality crisis. What would they do if they discovered, much to their horror, that women were actually better able to grasp the meanings of these things and were better teachers being more loving, caring, sympathetic and respectful of all things? And what would happen if women started to leave men behind in their spiritual growth, and demand that their men change or else?

The ego of so many men is very delicately balanced and under threat all the time. They believe they are to be dethroned at any moment. That their mother is suddenly going to come in and chastise and criticise them, telling them to stop being so ridiculous and pathetic, to stop playing all those stupid little power games, to grow up and be real men, not a pathetic man like their father. And it is not for me to threaten them even more. Owing to the restrictions and limitations of the Rebellion and Default placed on Mary and I, we needed to somewhat *tow the line*. We needed to tread a cautious and delicate path appealing to men to seek the Father's Love on the one hand, whilst trying not to lose any support they gave us on the other.

You can see the futility of our attempts over these past two thousand years because men have altered all things to suit their power needs and maintain their domination. We will not interfere, as neither will the Father and Mother. Men and women have to agree to their equal status, and there are many women who want it how it is, for they are happy to accept their smaller power within the family that men give them, being the home keeper and mother of children, even secretly feeling they are more powerful because of their control of the children. And a great many women secretly believe that they are actually just as, and even more powerful than men, that they hold the real power, and men are pathetic only needing to be treated like pampered pets, always needing their mothers.

It will require someone else, someone who has come up through all the evil and has seen the truth of it, who can reveal the Mother to mankind. And it will be both a man and women equal in truth, who can

show the true equality of our Heavenly Parents, being able to do what Mary and I couldn't do.

We have told you about other limitations owing to the circumstances of the Rebellion and Default and humanity's relationship with them when we came to Earth, such as Mary's complete restriction of her Daughtership. And all in all this has all been in keeping with humanity's choice to maintain the male imbalance.

However, as you are aware many changes are underway within peoples lives and how they see things, and more men and women with each new generation are wanting to balance the power: men to let go of their false control, and women to come up. More people than ever before want to see what is false, what is wrong, and what to do about it personally and impersonally. They want to see the truth of what really is going on and there will be some who will want to embrace all of what you James and Marion will have to offer. Some are accepting that it is the way you parent that holds the key to future happiness, and are wanting to know why they were not treated with love, and what one needs to do to heal themselves of the effects of such abuse. And these people naturally don't want to do to their children what was done to them.

The Mother will fit nicely into what is needed. Her place is being made ready. And for those who do embrace Her, this will add a sharp contrast to those who wish to maintain only a male dominance, helping them to see more clearly were it is all wrong.

Mary and I did part of the work, and with our help through these messages, you are to fill in some of the gaps. Humanity wasn't ready for it all when we were alive, but now it is, however it will take those with open minds and hearts to accept all this.

Now I want to go a little deeper into the naming of the Soul that you call the Mother and Father. For your Soul-Healing you need to embrace God as your true Mother and Father. Two who are One, Two who are absolutely in every respect Equal. And who are absolutely united as One. You need to relate to Them as two distinct personalities. Why you need to do this is because you had a mother and father. You related to them as two distinct personalities, and when you were conceived they were as one. They remained as one until you were able to differentiate them as two completely separate people. Your parents are as different from one another as they can be. And you are from and of them. A great part of your difficulty in life is to reconcile this truth and to see that in many ways it is an artificial union. Your parents were most likely not soul-partners (soul-mates), and even if they were, perfect unions cannot occur between two people who live in the negative and are rejecting perfect love. And so being brought into life under such false circumstances causes a great many problems. You are not for example of them how you would have been had they been perfect, positive and a true soul-pair. You are in truth actually estranged from them just as much as they are from you. You are trying to love, and want to be loved, by people who cannot fulfil such a need. You are, as it were, trying to love the *wrong* parents. Your inner programming is all mixed up because of this falseness, and this is the most distressing of all things to find out about – that your parents didn't love you as you so longed to be loved.

At best you can love them as you would love another stranger. And the estranged feelings is what many of you feel, both child and parents alike. You look at your child and it looks at you, and you seen in many ways alien to each other, and this is because in many ways, it is true.

You try to love one another, but even though some may believe they do, others don't. And those people who believe they do still experience a love that falls well short of what love they would experience had their parents not been of the negative condition, not rejecting themselves and each other, and you. You don't know what it is like to truly love or be truly loved. It is something that is entirely foreign to your world, but destined to come to those who do their Soul-Healing and become Celestial perfect before they have children.

So with all this negativity within your mind and feeling systems, your relationship with a *mother* and a *father* figure are virtually non-existence in the positive. Being all negative. And it is these mixed up circuits that you will have to heal if you are to experience love and loving relationships with yourself: the mother and father within you; with each other: the mother and father in other people; and with God: the Mother and Father of All.

As adults you cannot relate to life properly, any aspect of it, as you do not have positive mother/father circuits. And these circuits are all your beliefs, and feelings and understandings of such things, and your resulting behaviour. You have all grown up with a *wrong* mother and father, and so wrongly seek a partner who will have to be the wrong one for you, even if you manage to live happily together all your adult lives, giving rise to *wrong* child. You are all wrong being of the negative. This truth then makes a mockery out of your beliefs that you love one another and your children. And as the truth of parenting is now coming to light, how many parents can honestly say they loved their children unconditionally, and never interfered with their will and self-expression?

So you now need a true *Person Picture* a real Mother, a real God – Mother and Heavenly Mother, to have alongside your real Father – Heavenly Father, to help you sort out your confusion. You need to personify the Mother for what and who She truly is, and invite Her into your life, just as some of you have done the Father. You need to sort out your cosmological confusion about who and what the Mother is, reassert the Mother, the Heavenly Mother in Her right place, equally alongside the Father. And you need to pray to both of Them for Their Divine Love. You need to keep Them equal in your mind and feelings, but of course you can relate to and express and speak to Them individually, and must do so if you feel the need. And if you feel you hate both of Them and They don't love you, if you feel ANY negative or bad feelings about Them or Mary and I, or anyone else for that matter, you MUST express these feelings liberating what is repressed within you before the truth and true feelings can come up within you. Don't be afraid to tell the Mother and Father negative things. If you feel They don't love you, have never loved you, hate you, and if you hate Them, everyone and all life, bring out the feelings, be true to them, and tell the Mother and Father, tell your partner, tell yourself. It is all your own parents that you hate and feel unloved by, but if this hatred and bad feelings are directed at someone else, then you must express them about the relevant person or object, and see how you feel about things as you progress expressing and uncovering the truth. Nothing bad, no punishment will befall you if you say negative unloving things to God.

You need to form a personal relationship with each of Them, and one that helps you to rectify all your negative circuits. And when you have done this you will have completed your Soul-Healing. And then, so far as how you will relate to Them, waits to be seen.

Once you have embraced and *married* the Mother and Father within you, you will be able to relate to Them more as One and will not feel such a need to relate to Them as Two separate Personalities. You are one, and so too will you look to Them more as One. And as to what name you will choose to call them you will find out, for it will naturally, like all truth, come to you of its own accord through your feelings and experiences.

In spirit, as you know from The Urantia Book, there are two universal languages, one for our local universe and another for the greater universe as a whole. When you learn these languages you will find new names for the Soul that you now can know as your Mother and Father. And even greater understanding will come to you regarding the nature of Their Soul, yourself, and how you both relate to each other on the soul to Soul existential level, and on the personality to Personality experiential, Creational level. But you will always affectionately know Them as your Parents who created you, and yourself as Their child of love.

However, for now I don't want to confuse you more than you are. You can see the next step humanity

is to take: to embrace the existence of Two who are One, and get to know Them both as your True Parents, the Ones who adore you like no other does, and who love you more than you can even know.

As to what I meant by sorting out the cosmology, you will have to understand for yourself who is who in the Universe of Universes. The Urantia Book has been given to you as a good place to begin. And all you need do is add the Universal Mother to all that is spoken of about the Universal Father within the book. When you read the book include the Mother with the Father and then follow what naturally you would imagine applies. For example, in the beginning there was Soul, One Soul, and it is the Mother and Father to all other souls. And this Soul's first feeling was to express itself, which it did, with a feeling/thought, instantly bringing the Eternal TRUTH – Their Eternal Expression of Truth – into being. The Word, the feeling united in perfection with the thought, was made Whole and personified as Truth. And then together with this Their first *Son*, the Eternal Son of Truth, They made manifest another feeling/thought and brought into being the Infinite MIND, Their first *Daughter* – Their Infinite Expression of Mind – the Infinite Spirit, The Infinite Daughter, and companion to their first *Child*, and so on. I will allow you to ponder on the rest James, but you get the drift.

The Urantia Book, as we have told you, was also subject to heavy restrictions just as Mary and I were, but enough was needed to be made available to give you at least a reasonable chance of working things out. It would have been too hard a task for you to search through and read all of humanity's ancient records, to have worked out humanity's religious, spiritual and cosmological progress for yourself (for humanity) – it simply couldn't be done, so other help was provided. The Urantia Book was presented as a relative update of humanity's progress, the best of what had been uncovered and worked out by individual people throughout history brought together for you in one format for all those who will want to embrace it and step out from there.

All the cosmology in The Urantia Book has been designed to be in harmony with the local and Superuniversal languages, so when you come to spirit and move to live in the Celestial spheres, it will naturally all progressively follow on. And of course The Urantia Book is not all there is concerning such matters. And please refrain from worshipping the book and making it a Bible substitute. It is only a book, and one that does not include the Feminine Aspect of God.

I trust I have helped you feel more certain about what you are doing James. I thank you once again for giving me the opportunity of speaking to you. Keep going. I know it seems like there is no end in sight to your Healing, but it will come – one day. Keep allowing all the truth and understanding to simply evolve within you; you don't have to do anything else. You don't have to know it all with your mind. When you need the information it will be readily on hand. Our soul is a truly marvellous thing, and a perpetual wonder as to how it moves one. Speak to you soon James, Jesus.