

Speaking with Mary Magdalene and Jesus



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Book 1

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1. Mary and Jesus are soulmates!

Introduction

My intention in life is to live the highest truth possible. I want to live true - to myself and to God. I, like many people, and no doubt yourself, have been on something of a spiritual quest seeking answers to the many questions I've always wondered about. And what I want to do with this blog is ask Mary Magdalene and Jesus these questions, asking them about how we, humanity, lives. In short: is all we do, right or wrong. And if wrong, why. And then: how does one live the right way, that being the way God desires us to live.

And I want to ask them about many of the daily problems we face, trying not to get too bogged down in the technical side of the laws or truths of the universe we should live by. However some of this will be unavoidable as one needs a bigger picture with which to relate to the smaller more personal one. And I hope to bring into question as to whether or not much of what we consider religious and spiritual is actually any good for our soul.

Mary and Jesus have helped me beyond measure over the years, and feel I am able to now invite them to speak publicly. And if it is okay with them, I intend for us to begin at the beginning going over much of what they've already told me, all so it might appeal to and help those people who are sincerely looking for answers and are open to consider new ways of looking at things and themselves.

I thank them with all my heart and feel very privileged that they speak with me.

Hello Mary and Jesus, I feel like I'm ready to begin.

Mary Magdalene: Yes James, it is our pleasure, we are with you. We will follow your lead as we've already talked about, just as we've communicated with you before. You ask us what you want to know and we'll endeavour to answer your questions.

Okay Mary, thank you.

One more thing I might add before we begin, Jesus and I will refer to you James by name when we are speaking to or about you specifically. When we are speaking generally about humanity, we'll simply say 'you' - you, meaning all people.

All right. And if I want one of you to specifically answer a question I will address it to you, otherwise either or both of you can answer it as you feel you'd like to.

Very well.

Mary, I don't really now where to start. I guess the first question that needs to be asked, but probably the hardest to be answered, is: is it really you? Am I really speaking with Mary Magdalene and Jesus of the Bible from all those years ago?

Well as far as we're concerned James, you are. However as for the truth of it, that we'll have to leave up to each person to decide for themselves.

Mary, as there are other people saying they speak with you and Jesus, or even claiming to be one of you, I feel rather foolish saying I speak with you both. And as you know, I've wrestled with

this over the years, and as you've both helped me to understand my life and myself so much, taking me way beyond anything I could have ever imagined concerning what life is all about, so I'll just add my ten bobs worth to the number of Mary Madgalenes and Jesuses on the Internet.

And it's not just people on Earth who say they are us, quite a few spirits in the mind mansion worlds also pretend to be us - even truly believing they are us. It's something people and such spirits have claimed ever since Jesus and I were on Earth. There is a lot of prestige and power to be gained by 'being' us, or even by 'speaking' with us.

Yes, something I've had to work through a lot. I don't want my ego to get a hold of it elevating myself to some level of contrived greatness all because I speak with you and Jesus, or at least, believe I do.

You don't have to worry about that James, your ego is doing fine. As you strive for the truth of yourself through your feelings, any such temptation will come to light, there to make you feel bad and then provide you with yet more opportunities to further your own personal growth of truth.

Mary, I'd like to talk about that later on, but as for now, and as I can't verify if it is truly you, I'll move on. So you say Jesus is there with you? And where is 'there'?

Jesus: I am here James. Mary and I are in our private quarters on Salvington, our home world in our universe. We'll refer to The Urantia Book and the Padgett Messages when relevant. We are resting having had quite an exhausting day. We have seen a lot of dignitaries from other worlds in our universe, something we often do. We ensure we see representatives from all worlds and all levels within our universe, we love meeting everyone and listening to their personal life stories. And of course, many spirits want to meet us.

I would love to ask you more about such things Jesus, but for now I'm going to try and keep to what is relevant for us on Earth, if you don't mind. I don't want to get sidetracked too much.

No problem James, as Mary said, we'll follow you, so lead on.

Okay. Now the next thing I want to ask you both is are you soulmates?

We are. Mary and I are equals in all we do. We are of the one same soul. We are the personal and unique personality expressions of that soul. And as soulmates, we incarnated on Earth so as to complete our personality individualisation process, this being what the Urantia Book talks about as our seventh universal bestowal. And we are just as you are, by which I mean, each person has a soulmate with whom they are destined to meet, or reunite with, at some point in their universal career, just as Mary and I did on Earth. However on Earth, Mary and I were not allowed to be our full true selves, we being severely limited and restricted by various influences. You know the story reasonably well enough: I was able to 'rise up' into more of my full Sonship,

whereas Mary had to remain oppressed, she being unable to rise up and express her Daughtership.

I'd also like to speak more about those influences, but for now, really it should have been you and Mary, side by side, equally revealing the truths to us - humanity - that we needed to know.

Yes, which as you can imagine, would have left humanity with a very different picture of us.

Very different! And I can't imagine it. And so you both go everywhere in your universe together as one? And is that what we'll do when we unite with our soulmate?

We don't always go everywhere together as one, but we are ALWAYS together in spirit, truth and love. And it is always a joy for us to come back together and speak about all we did and all we felt and how we feel about being back together. Mostly however we are together expressing ourselves as one, one united Son and Daughter of Truth, to Nebadon our universe. And it's wonderful to grow in truth together, to always be expressing more of your personality to each other so as to gain more of an insight into your common soul. And to feel the love you have for one another, and to know that Creation is but in its infancy and so there is a very long time to be together, growing ever closer and ever more in love with each other.

Half your luck.

Your time will come James, once you've healed your feeling-denial and uncovered the truth of your negative state. Then you will be able to live as Mary and I do; then you'll be able to experience true soulmate love and its perfection with your beloved one.

Mary, when did you know Jesus was your soulmate?

Some time after we'd met - he told me we were.

Did know before you met about yourself being the Daughter of Nebadon?

No. That awareness and the fullness of our being soulmates was something that came slowly to me as I grew in truth once I'd met Jesus. Jesus was more advanced in his self-awareness at the time of our first meeting. He being a man and not having been subjected to the same oppression as women were, was free to develop his psychic abilities more than I was. And I was more interested in feelings than such things involving aspects of the mind. Jesus spoke a lot with his Heavenly Father and so understood such things, I had to remain in my suppressed state not becoming fully self-aware of my true soul nature until after his death and upon my arrival in spirit after my death. As we've told you, Jesus and I spent a lot of private time together, and it was early on in our relationship during one of these times together that he told me about such things, all of which helped me make sense of my feelings. When I first met him I knew there was

something special between us, and yes, I knew he was the man for me. Up until that time I'd not spent too much time thinking about such things, relationships with men didn't interest me, but after we first talked together, then we were drawn together by our soul and new feelings arose in me. I was very attracted to him on a spiritual level, and yes, also on a physical one, however it was the truth that he spoke and was living that greatly appealed to me. I felt very drawn to him, I wanted to be by his side, to listen to every word he said.

And was it love at first sight?

In a sense, yes it was. However not romantic love, neither of us had any reason to indulge in fantasy; it was a deeper love, as I said, more of a spiritual love, and one that gradually awakened between us and is still awakening.

And Jesus, what was it like for you when you first met Mary?

I had been eagerly waiting to meet her. I had been told about her by my Heavenly Parents and other spirits and angels I spoke with. I had been told a lot about how we were to be together, that being in our limited way, and I understood many of the reasons as to why that had to be. I knew we were to meet when I arrived in Magdala, and when I saw her I felt very excited. I had not received a picture in my mind of what she looked like ahead of our meeting, and she was a very beautiful woman (so far as I was concerned anyway), and I couldn't wait for us to be alone and talk so I could start to tell her all I knew - and felt. We had in many ways a secret love affair, as we couldn't openly express our full love for each other, and our relationship was very restricted. A lot of what I knew was on an intellectual level, and it was with Mary's help that I was able to bring it all into the feelings level. I couldn't have done all I did without Mary. This I want your readers to understand. Humanity's impression of me is that of being a God, as if I didn't have human feelings, that I was too close to, or even in some ways, as God is (as if God doesn't have feelings either), but that is not so. And although Mary's life on Earth was very suppressed, still she was there with me and for me every step of the way, and I drew a lot of my strength from her love for me. It was a lot easier going through the ordeal of being put on the cross and so badly rejected by humanity knowing she was still with me, even though by that time it was mostly on a spiritual level. And we both looked forward to the time of her physical death so we could be fully together as one in our spirit lives.

It's been hard to adjust the picture I have of you, you alone, you with your Heavenly Father, you on the cross, and Mary, as just one of the women who loved and followed you.

I understand James, yet it couldn't be any other way. However as some more light has recently been shed on our relationship through the ancient texts you are familiar with, you James and humanity are beginning to see there was more to our relationship than once thought. And more is still to come to light through such old writings, along with what we tell you about ourselves.

So you mean more ancient texts will be found?

They've already been found, and in many ways they were never really lost, but they've been hidden. And yes, in time, and it's coming soon, such information will become more readily available. We'll talk more about it later.

Okay. In this blog you mean?

Yes, if you like.

Yes I would. Thank you.

2. Mary and Jesus - more on soulmates.

Mary or Jesus, can you please speak more about the spiritual aspects of soulmates - what are they all about, and why are we created as a soul-pair?

Mary: I will James. All souls are created with the ability to express two personalities in Creation.

Is that half each, half of the soul?

No, it's not like that, they are two full and complete and individual personalities, both of which feel they have a full soul, and even at times early in ones growth of truth, a separate soul; yet as one advances or progresses in ones growth of truth, the same soul. Jesus and I, as well as you James and all people on Earth, have a soul that is capable - if I can put it that way - of growing in truth, or as the Urantia Book puts it: evolving in truth. Truth, the growth or 'accumulation' of it, is what 'sustains' our soul, and experience is what 'feeds' it. As we experience, so certain light which you cannot see is liberated on higher levels, some of which goes into our soul. And that experiential or personality-light, then remains within the soul and at the same time triggering more existential soul-light to be expressed, or, to come forth into Creation. And as your soul-light interacts with Creation - interacting with your will in the universe, so you feel moved or inclined to act according to your feelings, and in doing so have more experiences. And from these new experiences, new light from your personality expression returns to your soul activating yet more soul-light to be liberated from your soul, thereby generating yet more experiences. And part of this process, if your will is intent on growing in truth - if *you* are intent on growing in truth, will be to uncover along the way, all such truth that arises from your experiences, thus enabling you to know what your life is about, what *you* are about, and what your is place in Creation. Your soul is what you really are, it's what in a sense we are evolving or growing into: the ultimate expression of our soul, however that expression is to be expressed through our personalities. So the more we grow in truth, the more we express our personality, and the more

our soul evolves in the light and truth of our personality experiences.

So Mary, we have a soul and it's always with us?

In truth James, as I said, you *are* your soul. So yes, it's always with you - you are it. It and you, you being one of the personality expressions of it, can never be separated. And were such a thing to happen, if it were possible, you'd cease to be.

And from what I've read, what some of the Celestial spirits in the Padgett Messages said, they can sense souls before they incarnate.

Yes. The souls are created, if you like, awaiting their incarnation, and such souls can be perceived by higher spirits and angels and other universal personalities before they commence their lives in flesh.

Are souls created as required, or are they created in batches like angels, such as all the souls that are to incarnate on Earth all being created at once?

It's not that, for as you see, where souls are there is no time or space, only soul. It's not like how it is in Creation. And really no one knows what the place souls reside in is like. However universal understanding does suggest souls are created as required, but also individually and in batches as you say. You see, you could say that on the level of soul, every soul that is to be brought into existence is already in existence, that it's not even created as we understand something being created - it having an actual beginning as such; or, that no soul exists until its time of incarnation, this being what the higher spirits sense.

Soul is God, and even though our souls are not God's Soul, still for all intents and purposes, they exist in the same place, if there is such a place. And where the 'soul realm', as it might be called, is, I have no idea. There are many over here in spirit who speculate on such things, however Jesus and I do not. We simply understand that in time, if God wants us to know such things, then we'll know them, and as Jesus said, there's a lot of time left in eternity.

So you and Jesus don't know everything?

Oh no, far from it. We are the most advanced-in-truth souls in Nebadon, however there is a vast amount we still don't know. And it would be rather boring to know it all with eternity stretching out far ahead of us. And being truth evolving souls, as Jesus and I and you all are, we live constantly growing in truth, which is the thrill of life. One never knows what experiences one is next to have, and how they will affect you, what truth they will give rise to.

Mary, it's often said that when we die our soul goes with us into spirit.

I know James, but it's not true. The soul never goes anywhere, it doesn't have to, nor can it. It

always remains where it is, in its soul-place or soul-realm - 'soul-land' as you've called it. It's the spirit part of the personality that moves between dimensions, planes, worlds, spheres on Earth and in spirit. As you understand, you are currently a spirit in flesh, your soul is manifesting you, your personality, that being the masculine aspect of your soul, into a spiritual and physical body simultaneously. And when you die, all that happens is you drop the physical part, with your consciousness waking up in your spirit form. And for most people, when you are in your physical bodies you are unaware of also being in your spirit body. You can't be in a physical body without also being in a spiritual body. The physical doesn't exist by itself in this respect. And your physical body is the physical expression of your personality, as your spiritual body is part of your spiritual expression of your personality. You are personality in Creation, your personality being more than just whether you're an 'outgoing personality' or a 'happy-go-lucky' personality, or a 'depressed or nervous' personality. Personality, your personality, is all of you that's being expressed in Creation by your soul. So it includes all your physical, emotional, mental, psychic, will and spiritual aspects. All your consciousness, subconscious, all your thoughts and beliefs, all your feelings and emotions, all the etheric subtle bodies that link your higher and lower aspects of yourself and link your physical and spiritual bodies; they are all parts or attributes of your personality. Of your: soul-personality. Your spiritual body is that which you express your truth through; and whilst currently in your physical body, the physical is simply a vehicle to provide you with experiences on Earth. And when you no longer need such physical experiences, that being determined by your soul, then you die, your 'silver cord' is cut by your attending guardian angel, or 'angel of death', and your consciousness moves to be awakened in your new spirit life in your spirit body. You wake up and carry on living, but in a spirit world or plane, no longer able to physically experience, but able to fully experience in spirit - in the spirit realms. Death is nothing to be feared of itself. It's merely a transition from one level of existence to another.

Mary, why do some souls or people, have but a moment in the physical, whereas others a long life and all the rest in between? Why don't we all have the same length of life?

Jesus: I'll answer that James. It's God's way. It's what God wants. It's simply - how it is. And it's for each of us to uncover the truth of ourselves, which means, the truth of our soul; which means, the truth God wants us to see. And as we do, so it comes to us that which we are to know about ourselves, life and God. And it's a marvellous and wonderful process. And so for the person who only lives but a moment in the physical he or she will in time uncover the reasons why God wanted them to experience such a small amount of physical life, and it's the same for the person who lives a full life as measured in the number of years. It's a personal journey James, our growth of truth, even though we do most of it with our soulmate. And it should be with such a longing to know such things about oneself, that ones approaches life. For if one does, then other questions will arise, all helping you strive for yet more truth of yourself. You ask yourself: why do I have the life I have; why has or is God giving it to me; what is it that God wants me to understand about it; what truth will I derive from it. And in time all such understanding will come, that being the sheer beauty of it all. However whilst you might be in a time in your life that you don't like, it can be very hard indeed, but in time that hardship and pain

will pass, and opportunity will be given to you to find out the answers and truth to all your questions.

It's not much fun when you don't like any of your life.

No, and of course it's not meant to be. As many people don't like their lives and many wonder why it has to be so bad for them, this is what Mary and I would like to help you understand. We are now in a position to be able to do so, unlike how it was for us all those years ago when we were on Earth. We are now at liberty to reveal to you more understanding of what life in the physical and spiritual is all about, this being what we hope to achieve through our writings and messages with you James.

Jesus, as many people believe in reincarnation, how does what Mary said about the soul fit into their understanding of the soul?

It doesn't, such people and many spirits in the mind mansion worlds don't understand it at all in the light of what Mary told you. And if they did, they'd not believe in it. As you know James, there is no reincarnation. So it doesn't matter what people or spirits say about it, as it's all a fantasy, something to entertain themselves with in their minds.

So once the soul incarnates, that's it, it never incarnates again?

It can't. Souls are not created to do so. The soul incarnates both its 'halves', as you know they are often referred to, and those two personality expressions - and always one half being a man the other a woman - grow in their experiences of life, destined, when the time is right, to come together reunited for all time. And they will never be separated again once their soul-union, or reunion, has fully taken place, that being when both have attained the Celestial level of truth.

Does anything happen between the two people or spirits when they reach the Celestial level that makes them feel this union?

No, not specifically, it happens on a technical level. However when they both attain this level of truth, they will know as part of that truth, that forevermore will remain as 'one'. They will know beyond a shadow of doubt that they are meant for each other, and will never feel attracted to another. Their love for each other will only grow ever stronger, never diminishing, and they will slowly over the aeons come to know what it feels like existing in Creation as 'two who are one', that being, two personalities who are of the one same soul. And between them, as they express themselves to each other, so they will fulfil all the experience requirements of their soul, all that is needed to keep evolving their soul in truth. It's the perfect union James, there is simply nothing else like it in Creation, and this one knows and comes to understand and feel with all ones heart and soul.

That being how you and Mary feel about each other?

Yes.

When did you achieve soulmate union with Mary?

We were always of a Celestial level of truth, we were incarnated on that level. Only it took a little time for us to grow into it, or awaken into it you might say. We were both incarnated true and perfect, and so of the Celestial level, unlike all of you on Earth who are incarnated currently into the lowest level of truth, seven mansion worlds below that of the Celestial level.

When Mary and I came together in spirit after her death, we felt a quickening between us, our hearts opened quickly to each other, for in a way we had a lot of catching up to do. We should have of course awakened in truth hand in hand during our physical lives, but as this was not to be, so the imbalance was quickly rectified with the corresponding love between us coming about, being felt, and so expressed. It was a wonderful time for us. We left Nebadon together to go to Paradise there to meet with our Heavenly Mother and Father - our Heavenly Parents. Then upon our return to Nebadon we retired to our private quarters on Salvington where we are now communicating our thoughts to you that you are writing, there to spend about three months your time in uninterrupted company of each other. We talked solely of our love for each other and the Mother and Father as we felt such love coming into being. It was a wonderful time for us both.

Heavenly Mother and Father?

Yes James, this being perhaps the greatest part of our revelation to you. It was my role to reveal to humanity and the whole of Nebadon the existence of our Heavenly Father; Mary's role the existence of our Heavenly Mother. In me is seen the Father, as indeed I am the spiritual father of all Nebadon. In Mary is seen the Mother, as she is the spiritual mother of our universe. And so had we been as equals on Earth, so humanity would now be longing to be at-one with God as its Heavenly Parents, both its Mother and Father, Two Personalities, that are of the One Same Soul - God.

So do you see, as you are created in the image of God, as are Mary and myself, so we are, as They - our Mother and Father - are, on the level of soul and personality. God is a SoulMate Pair, the absolute and ultimate pair, just as we are also a soulmate pair. So it's not that God is God the Father and God the Mother who are two separate Souls, but They are of the same Soul, being Two Personality Expressions Of That Soul.

And if humanity feels it would like to relate to God as such, then you will see that you'll start to feel very differently about God and about yourselves. And you'll also be able to see how imbalanced you have become by putting all your focus on God as being only a Heavenly Father. God is more than just a Father to us all, God is also a Mother.

It does make a lot more sense. But it's so heavily entrenched in us, how will we ever move to

embracing God as both our Mother and Father?

Time, and from the leadings of your souls. You will be led to it through your feelings, those people and spirits who want to uncover the truth of themselves - the truth of their souls.

So it's not that God is the Father, and the Earth, our Mother?

The Earth is the mother and father of physical nature, it's the womb in which you are to begin your spiritual ascension of truth. It's the womb you are to be born from (when you die) into higher lives of spirit as represented by the seven mansion worlds. And then upon your ascension of truth through such worlds you will attain a Celestial level of truth being able to live in the Celestial spheres, at which time you will have united with your soulmate and so be ready and able to relate to God in the same light, as a SoulMate - your Mother and Father of Paradise.

But what about the Urantia Book and the Padgett Messages, even the Bible, it's all only the Heavenly Father.

Yes, because of the imposed restrictions and limitations under which Mary and I lived through our incarnation on Earth. These restrictions literally limiting that which we could reveal to you. And it being why we can now come to you and speak about such things, because these restrictions are being lifted. Humanity is soon to be free to advance in truth to higher levels should it wish, this being achieved as individuals choose to embrace such information that Mary and I can now talk about. It's been a long time in coming, but the time has now arrived, it is arriving: the so-called long awaited spiritual new age is soon to commence. Humanity is currently in what can be termed the crossing over, or changing of, ages, this being reflected in all that you perceive to be as the End Times.

So the End Times have begun, and are real?

Yes, however mostly not as most people think they are.

James, we will speak more of such things later. It is now time for Mary and I to leave you. When you feel you want to write more, we'll be with you. So until then my friend - goodbye from us both.

Thank you Jesus and Mary.

3. Did Mary and Jesus have sex?

Mary, I've been thinking, would it better if I just gave over allowing you and Jesus to say whatever you like to me? Would it better if I just received your 'messages' without having any control in

our communication?

No James, that would mean you'd just be taking dictation, which is what we want to avoid. However that's not to say that there is anything wrong with that way of communicating with spirits, such as Jesus and the Celestial spirits did with James Padgett in the Padgett Messages. It's just that with you, we require a representative from humanity - yourself - who actively comes to us wanting to understand the truths of self and the truths of life.

You see our personal time with humanity, as we've told you, is now coming to an end. Had we been speaking with you at the beginning of our relationship with humanity, then we'd need to instruct you more and simply make the necessary revelations available to you so you could take such truth and information, apply it to your lives, and evolve yourselves and it during the course of our spiritual age with you. But now as our spiritual age is drawing to a close, it's up to you, humanity, to come to us for such truths and information, just as you are doing. It's more a technical reason than anything else. So please continue to ask us questions, and we'll see to it that we say all that needs to be said. And we don't mind at all going back over the same topics, even the same information, as we have with you over these years. It's all for you James, and now it's all for humanity. We are here to help you, however you are to tell us what help you require. And if it's within our power, that being, if it's within the requirements of your souls growth, we'll willingly respond. There is much we are not at liberty to tell you about if you ask us, the reasons being that we don't want to interfere with your natural soul growth and personality evolution. Humanity, as with a single person, has to come to the truth as they feel to do so, and it's not for us to go too far ahead of you at any one time. Where we to tell you all we know, you'd have no way of comprehending it in the first place and it would also jeopardise your souls advancement. The state humanity is in, which we'll cover through our conversations, is one in which your minds are very susceptible to corruption, to adding more untruth to what they already contain. And in no way do Jesus or I want to make it any harder for you than it already is. So it's better if we go along with you at your pace, rather than making you leave yourself having to rely more on your mind to take control. Your minds are already too much in control of you, and more such control we want to avoid at all times. So when you ask us certain questions pertaining to certain subjects, we will tell you that we can't answer them because we don't want such answers to interfere with your future souls growth.

Are you saying that personally to me or for us all?

Both.

Okay, I understand.

So keep going James, you ask us whatever you like and we'll respond to you through our feelings - feeling what's best for you.

So it's something like being with a young child, it can't understand all an adult does nor relate to it

as such, so one has to relate to the child on its level.

Yes, however that's not to say the child is to be spoken to without full respect for it, as so many parents speak to their children. As an adult you don't have to try and become a baby or child yourself to relate to the child, you remain yourself but sensitive to your child's needs.

I can't bear all that goo-goo, ga-ga baby talk when the child is clearly well beyond that stage, or when adults speak to children as if they are retarded having to go so slow almost spelling out each word.

It reminds you too much of how it was for you at times when you were young James.

Yes, I can feel myself starting to get angry.

More bad feelings for you to express and talk with Marion about.

Yes, however as she's feeding 'her' birds, I won't interrupt you and sign off now, instead I'll put my anger on hold until we've finished.

And as you know James, please feel free to stop and start writing with us anytime. Even if you break mid-sentence, that's fine with us. It's nothing for us to pick up at any time where we left off, even if it's days or weeks later. And if Marion wants to talk to you whilst we're talking, and you want to respond to her, again please just cut us off and we'll wait for you to return. It's far more important that you honour and respect your relationship with Marion than concerning yourself with how we might feel about suddenly being left in the lurch.

But Mary, don't you have better things to do with your time than hang around waiting until Marion and I finish whatever it is we're talking about?

What could we do better with our time than convey such truths and information to humanity - to you James. And besides, it's not like that for us, we don't do any hanging around I assure you. We have the ability to speak mentally like this to you wherever we are and whomever we are with, even if we are already in conversation with other spirits, angels or universal personalities. And I know you can't understand this, but once you come to spirit you will as you'll be able to do it yourself as your soul evolves. So our speaking with you is very easy, it requires no effort on our part and it's thoroughly enjoyable. We have loved every word we've said to you James over the years, it's been a great pleasure to both Jesus and myself. And I know this too you struggle to relate to, however I assure you, it has been. And also James, please feel free to ask about anything you like, and I mean anything. And as I said, if we can't answer your question, it will only be to protect you from your own mind's control over you.

Thank you Mary. I won't hold back.

Good.

Mary, did you have sex with Jesus?

On Earth you mean?

You can sex in spirit too?

Oh yes, if you so desire, however of course not as you have physical sex. But there can be a union of the spiritual bodies through the mind that gives rise to the same emotions and feelings of orgasm, yet again without all the physical elements.

That sounds like fun! So no fear of getting pregnant if you don't want to.

No, nothing like that to worry about. You can't get pregnant as you can in the physical anyway. However you can simulate pregnancy and all the feelings that go with it using your mind, if you want to 'adopt' a spirit baby from Earth going all the way to full term with it. Spirit sex, just like physical sex, can be a very addictive indulgence, and is as you might imagine, pursued by many mind spirits all of which causes further delay to their true spiritual growth.

I'd like to talk more about adopting Earth babies, but it will have to wait, I'll put it on my list. You say 'mind spirits', are there other sorts of spirits?

By mind spirits I mean those spirits from Earth that persist in living according to their minds (and without the Divine Love in their souls), seeking to advance their minds and not their souls. These spirits being confined to live in the four mansion worlds provided specifically for them. The other three mansion worlds for spirits wishing to live true to their feelings (and with God's Divine Love), and end their minds controls of themselves.

I want to also speak more about that Mary, but I'll leave it too for later. So in the meantime, let's go back to you and Jesus having sex because a lot of people believe you did, even having a child or possibly children.

I know James, but it's not true. I will tell you categorically: JESUS AND I DID NOT HAVE SEX WHEN ON EARTH. WE BOTH DIED VIRGINS. And in fact we've only had it once in spirit to see what it was like, that being something we did upon our return from Paradise. And we did it so we could relate more closely to the spirits from Earth whom we'd be helping during our age.

Jesus and I are the Creator Pair of Nebadon, we can create, however this level of creation, when we desire to bring universal personalities into being (and these are not souls as in truth evolving souls that God only creates), happens only spiritually between us and in complete union

with the Divine Minister. We are forbidden to create in the physical as are all universal Creator Pairs. And so for us to have had sex in the physical, it would have brought about an immediate conception, reflecting the perfect nature of our souls.

What about had you used contraception?

Too risky and it wouldn't have worked James, the simple act, our intention to unite on the physical would have overridden all such conception prevention.

But wouldn't you by having spirit sex also create something, bring someone into being on that level?

No, because we'd have to consciously desire to create that universal personality with the Divine Minister and Her agreement, we need Her 'Spirit' to initiate the 'spark of life'. But in the physical different laws apply, and so had we had physical intercourse, new life would have resulted. And as you might imagine, a child of the Creator Pair would have many unwanted consequences for it and the whole of the universe. So it doesn't happen.

Couldn't you have had sex to see what it was like and God prevent you from getting pregnant?

That would have been too much of a personal indulgence, and there was simply no need for it.

Okay, so what about sex itself, do we need to do it as many people believe we do?

Sex is not required as a stimulus for soul growth. It is a necessary form of self-expression if one wants to procreate, however once one has evolved beyond that level of being, then there is simply no use or need for it. And so spirits, and it will be the same for people too, when they have grown in truth beyond the need for sex, then they will no longer feel inclined to have it. One does not need sex to maintain a happy and full intimate relationship, nor even to keep healthy. And in fact you are to learn that to maintain a happy and truly loving relationship one needs to be able to fully express oneself, all one feels, and mostly by speaking and showing your love for one another through your actions *without* the need of sexual embrace or sexual stimulation. You can be very affectionate without sex being involved, as you might know. And Jesus and I being of perfect mind and will when we were incarnated on Earth, never felt we needed to have sex, we simply didn't have the urge or desire; and particularly as Jesus and I were not to have children.

You have read in The Urantia Book that Paradise Sons (such as Jesus), and the same applies to Paradise Daughters (such as myself) that the book doesn't speak about, are forbidden to have children on their bestowal worlds, and nor do they have them in spirit. It would not be right for our genes to be mixed with those of humanity, for such influence from the genetic material alone, let alone influences on all other levels, would elevate the mortal soul too quickly, it not having the ability to 'process' its life experiences as required so as to give rise to its desired growth

of truth.

So it would be like turbocharging an engine that's not made to cope with such an added acceleration.

Engine and vehicle. The physical and spiritual, emotional and mental systems wouldn't be able to cope.

So you mean that were you and Jesus to have had children, then those children being of Paradise origin could possibly unite with ordinary people giving rise to a mortal child with Paradise turbocharging.

Yes.

What about you and Jesus having children or a child, and those children not breeding with ordinary mortals.

That could happen in theory, however it didn't and wouldn't happen, as in it's not allowed. Because that then brings in massive complications as to the affect such a child or children would have on humanity and the rest of the universe on a spiritual level. Each local universe has, and only needs, one Creator Pair. As you understand, Jesus and I upon our deaths liberated our Spirits of Truth, these being the Spirits of Truth that are to serve all of Nebadon, not just you on, and spirits from, Earth. And so were we to have a physical child, then upon its death, so too would it liberate its Spirit of Truth, thereby causing vast confusion amongst our realm. It's inconceivable as to how much damage this would do. It would put the whole of our local universe out of kilter by having the extra Spirit of Truth, so it's something that can't happen as it's ramifications would go all the way to Paradise, thereby making the whole of Creation unsound - perfection on the Creator Pair level in the Universe of universes no longer existing.

I see, it would be that bad.

Yes. So our not having children is a very big thing to understand. It is enough for you to look at what has happened since Adam and Eve, Earth's Material Pair that is meant to procreate and add their valuable genetic material to uplift all the races of mankind, went astray and defaulted, it affecting every part of your lives to a huge degree. So for a Creator Pair to have children and in this way cause such imperfection, everything would collapse into total chaos. And because the Mother and Father are too perfect for that, it won't happen. It would mean the Creator Pair rebelled, and Jesus and I are just too perfect, too close to our Paradise Parents for that. We love Them too much, we'd couldn't do it to Them, even if in Their great love for us, They allowed us to.

So rebellion is left for us lesser beings.

Yes, you could say that.

So is it wrong for us to have sex when we don't want to have children?

Technically, yes it is. However as you're all in a state of feeling-denial, not living true to yourselves, it's to be expected that you want to do it because of your feeling so unloved, so unfulfilled in life, and so powerless. You want, and even in many cases, need, to do it, all so you feel better. But there is more to life than sex.

And so will we be punished by God for doing it?

No, God won't punish you for doing it or doing anything you do. Not even the worst violations of Universal Law. You will only punish yourselves if you believe you warrant such punishment, it all having to do with how you were parented, with what beliefs you developed about what is right and wrong.

There are universal laws, and if you transgress them you are brought to account, however it's done in such a way that you do it all to and for yourself. God doesn't sit up there on His throne with all His angelic henchmen standing around waiting to blast you with a lightening bolt if you step over the line, it's all to work for you, not against you, and it's all done with love. However there is a lot to it all, and it will take a long time for humanity to come to understand how it all works. But you've got a long time to understand. I will tell you, humanity is to be around for a very long time, it's not going to be snuffed out any time soon by your own hands or by some 'act of God' such a meteor coming suddenly out of space blasting Earth to pieces. All the same however, it will not be smooth sailing, but humanity is very important to Creation, you are all living vitally important and very significant experiences, and Earth will continue for a long time yet to provide you with all you need to do. Humanity of Earth is one humanity amongst many in Creation, however with a very unique story to tell. All humanities, as with all people, of course have their own unique stories, however you have a little more than most.

4. Jesus, were you gay? And did you kiss...?

Jesus, I'm sorry but I have to ask you this, you weren't gay when you were on Earth, were you? Somewhere I read speculating that you were.

No James. Mary and I were true, completely true to ourselves, to nature, and to God. We didn't transgress the natural or divine laws of Creation. We were conceived and born naturally, there was no immaculate conception, and we grew up as normal adults of our sex and with normal and natural sexual orientation. Only when you are living untrue, that being living against yourself, might you express your sexuality in the terms of homosexuality. But I want to make it perfectly

clear, that then doesn't mean that all gay men and women are the only untrue people on Earth - the only 'bad' ones. I want you to understand, that also ALL heterosexual people on Earth are living just as untrue to themselves and against themselves as those people who are gay. As far as you are all concerned, living in your anti truth and anti self states of mind and will that all do, means NO ONE is living true, and so no one is truly perfect as Mary and I were. This being what all of humanity has to wake up to and fully accept about itself. You are ALL WRONG in how you are, merely trying to determine within your wrongness, that which is right and wrong. So to label someone as being gay as being wrong or bad, is not right for you are all wrong and bad in the light of how you conduct yourselves in what can be called your negative states, all of this owing to the state of Universal Rebellion and Planetary Default you live under.

I want to talk more about that later too - so many things to talk to about! - but if you don't mind Jesus, I'll come back to sex.

Not at all James. A subject no doubt many people are interested in. As Mary said, you lead the way James, and ask us anything you like.

I'm still wanting to talk more about soulmates, but now we've got onto sex... however all my own doing, I do admit. So I'll stick with sex for the moment, otherwise we move on too fast and I forget what I want to ask you. My list as it is keeps growing bigger every day.

So Jesus, did you have girlfriends?

Yes, but girl friends. I didn't have an intimate relationship with anyone other than Mary, and nor did she as she will tell you, with any other man (or woman) other than myself.

I loved being with all men and women, I found them fascinating, and needed all my relationships with people to help me understand myself. But I had no feelings of taking any relationship with a woman to the next level so to speak. I thought about it occasionally, but it was never anything I felt anything for. I always had too many other things to think about, and I knew early on, before the Mother told me of Mary, that my life being different to all other people was not going to include regular marriage, family, work and so on.

Plenty of women, so it seems according to The Urantia Book, would have loved to have been closer to you.

Yes, and I had some very good and even deep relationships with a few women. I broke with the mores of my culture and enjoyed women as equals and people who had a lot to give and offer me; they helped me to understand myself and understand the work I was to do. They helped me understand that there was more than just the 'man's way' and that the man's way was not true. They helped me personalise even more, and especially more of my feelings. And as it turned out, something not generally understood, it was women who grasped all I was saying much more thoroughly, and with far greater enthusiasm and more intuitively, than men. So far as trying to

impart truth, women were much more easier to be with than men, all of whom had been so heavily indoctrinated by their fathers and religious teachers. Women were a breath of fresh air at times, far more relaxing to be with, and far more accepting of me and all I said. And they grasped and understood it all with their feelings not requiring their mind to do battle with all they believed they knew to be right, as the men struggled with.

Did you kiss any of your girl friends?

Not in a passionate way. In the way of greeting and friendship, and as a show of affection, yes.

And what about with Mary, did you express your deeper feelings for her publicly.

To a limited extent. We did often kiss and were somewhat affectionate with each other in public, however it was very difficult. Mary had the ability, being who she really was, to not only easily grasp all I spoke about, but to challenge me on it, to make me think more deeply about such things, and to teach and reveal her truths and understandings of things, just as I was revealing and teaching mine. However as she couldn't be all she is, she had to remain continually suppressed, there was a certain strain and tension always present in our being together with other people. Really had I devoted all my time to being with Mary, as we both longed to do with each other, then we'd not have imparted any of the truths we came to give to humanity. And as we couldn't be as equals together with other people, both teaching and revealing ourselves to the world, then we had to make sure the men's noses didn't get put out of joint. The men were mostly very jealous of my time with women, and particularly with Mary, and highly possessive of me. I was a man, and men were superior to the likes of women, women were only good for... you know the usual things, so I wasn't meant to, in their minds, spend what you might call, 'quality' time with women, and especially 'wasting my time trying to teach them the same truths I was teaching the men.' I had far more emotional demands placed on me by the men than I cared to have, their squabbling taking up more of my time than I would have liked. However it was all part of my experience, I wasn't to have the perfect life experience on the world of my physical incarnation - but it was trying at times.

Did you and Mary sleep together, as in share the same tent?

Yes, occasionally we did, but not as often as we'd have liked to. And we had a lot of walks alone away from everyone, we'd ask not to be disturbed.

So there was the understanding that Mary was special to you?

Oh yes, unmistakably. It wasn't in a conventional sense, yet nothing I did was conventional. Everything I did went against the Jewish customs.

And what about your parents, Mary and Joseph, did they try to get you to have a more intimate

relationship with a woman before you met Mary?

Yes, my mother Mary of course did her best. And my father spoke to me about what was considered the right and proper thing to do. However they soon gave up about such things as they both also knew that I always did as I felt was best and not something because someone else said I should do it, or it was tradition or the custom, it being - 'just what you did.' I wasn't into pleasing other people at the expense of displeasing myself. I lived true to myself and my feelings all the time, I wasn't born into, and so wasn't of, the wrongness, that I soon understood every else was.

And so where have the people who say you and Mary had a child, and Mary took that child after your death to France to live, got their information from? How do they come up with such ideas?

Either with their imagination, or under the influences of the mind spirits.

And how do the mind spirits come up with it?

With their imaginations.

But aren't there records of your life over there in the mansion worlds?

No there aren't, not in the mind mansion worlds.

Really?

Yes, just as I was not to leave any written material behind on Earth, so neither was I or Mary to leave any records in the mind mansion worlds, so no such angelic records exist there for such spirits to look at. And so they have been free to speculate to their hearts content about Mary's and my life, with many such speculations being passed onto willing recipients on Earth.

You see James, Mary and I were to come to Earth, which we did. We had an effect on humanity. And then we were to leave you to do whatever you wished with that effect, without interfering or continuing to have an influence from spirit. We came, we did, we left. The rest has been up to you. And you can see what you've been able to achieve, with many people even being very proud of their truth-denting accomplishments. And now it's time for us to come back for a moment, first myself with Mr Padgett, and now together with Mary with you. And we'll have something of another effect on humanity only to a far lesser extent this time. But one in which people will be able to gain some idea as to the direction they might like to go, should they be wanting to live true, to live as Mary and I live.

Pardon me Jesus, but I'm going to chop you off before you move on further. Mary, were you attracted to other men before you met Jesus? And did you entertain thoughts about marriage and family?

I did, when I was about twelve years old. But by the time I was fifteen, all such notions had gone. I knew I was not like my sisters and other girls and women; I knew I was not like my mother in so many ways. My parents struggled to understand, my mother particularly, however my father was far more open to my being a little 'unusual in my attitudes' supporting me as I matured in all I wanted to do. I was attracted to certain men and had some male friends, however it was always difficult because women had to fit into their place and role, all of which I wanted to be free of. It was a relief when I met Jesus, and once I did, never thought ever again about such things - I've never been attracted to another man since.

So your parents didn't apply too much pressure for you to conform?

No, the parents Jesus and I had were chosen specifically by the Mother and Father so as to apply as minimal pressure as possible. To interfere as little as possible and in our natural self-expression.

Mary and Jesus, I'm going to have a break now.

Very well James, speak to you soon.

Thank you to you both.

5. The True Way is coming.

Mary Magdalene: James, I want you to understand that Jesus and I felt a deep bond of love and affection for each other when on Earth. We enjoyed the feelings all soulmates have between each other, however we were not able to express such feelings fully or freely. We had to compromise so as to do what the Mother and Father asked us to do. Our lives were, as all lives are, in many ways for ourselves, however they were also in many other ways for all people and spirits in Neadon. We came to Earth to 'show the way', and it was (and still is) for every being in our universe to choose to 'follow us' or not. Our lives were perfect, that being to demonstrate the perfection of God. And by seeing us and observing how we lived our lives, that being how we fully expressed those aspects of ourselves we were able to, notwithstanding the restrictions imposed on us, one could see how the Mother and Father are in all things.

We are the Living Example to all in our universe, as The Urantia Book says. And if you aspire to be as we are, that being perfect, just as our Heavenly Parents are perfect, then you too will be able to enjoy the fruits of such truth and love as we do. And how you go about that is what we want to convey to your readers through these communications with you.

So, having said that, please continue with your questions.

I do want to go into how we are to live if we want to be true and perfect Mary, but first I want to talk a little more about soulmates. These initial posts being an introduction of sorts.

Rightly, so I understand, we should have children only if we are soulmates. Am I correct in that?

Yes, technically that is correct.

So how can people have children, when surely they are not all soulmates.

There is nothing to say you can't have children when you're not soulmates, it's just wrong, that's all. And by wrong I mean, it's not true. And as no one on your world is true, no one living truly as Jesus and I lived, then all you do is untrue, and so wrong. As Jesus said, technically all how you are, all what you do, your whole way of life on Earth, is wrong and untrue. You are imperfect and so living against your true selves and souls perfection. However you are allowed to do so. The Mother and Father, not only support you in your untruth, and what can be called, negative mind and will states of being, They have put you in them! So even though on a technical level the things you do are wrong, they are still right in that you can do them. And if you so desire, you can now seek to know the truth of all you are doing. So if indeed how you are is right or wrong according to your soul, you can find out for yourselves, and not just take my word for it.

No one on Earth has children from a true soulmate union, despite what many people wish to believe. It can't happen, because no one is living true to themselves. Were people living true and so perfectly according to themselves - their soul, and so true to God, as Jesus and I lived when on Earth, then people would come naturally together to unite as one being soulmates - one soul who are two personalities, both a man and a woman, all with the desire and so feelings and will to have children within such a union. And all such soulmate parents would then be perfectly in love with each other, as would they perfectly love their children; and their children feeling so perfect, true and pure love from their parents, would themselves love truly and perfectly. And humanity would be very happy and very loving, and your world reflecting this perfect love would be very different from how it is today. And this is the pattern, or truth, humanity can aspire to. In the way-off future, people will live in such perfection, and children will be born to completely loving, true and perfect parents, there to show the product of such a perfect soulmate union. However that is as I said, a very long way in humanity's future; and in the mean time, as you are all going the other way as fast and as determinedly as you can against such soul perfection and the truth, you first have to stop and understand what you are doing, how you are living, and then choose to end your truth-denial.

So we're all going the wrong way, as Jesus was leading to before I cut him off in the previous post. And we have to stop by healing ourselves of our wrongness?

Yes.

So Mary, what is it that people feel when they believe they are soulmates?

They feel all those good feelings that make them feel loved and loving, however it's all being done with their minds and not based on any truth. It's all a fantasy James. And as intense as such feelings might be, and no matter what one might believe, if you have (or even if you don't have) children, you are not soulmates, because soulmate pairs can't as yet have children on Earth. Humanity has to heal it's wrongness for that to happen.

So can soulmates be together without having children?

Technically, yes they can, however that doesn't then mean all people who don't have children but are in very loving relationships are soulmates. And only were people to do or to start doing the healing of their negative anti truth state of mind and will, would it be likely that the soulmate halves would come together. They coming together for each of one of the pair to help the other with their healing of their negative state and consequent growth of truth.

So we are really to experience non-soulmate relationships whilst we're in our negative states.

Yes. It all being part of your truth-denial. Soulmate perfection is one of the highest truths you can live, so whilst you're all living anti truth, so it's highly unlikely that each soulmate pair would unite.

Couldn't they unite both in denial of truth and so maximising their truth denial?

They could, however that's for a world that would have been witness to their Material Pair in outright and open rebellion. Your Eve and Adam only Defaulted, so by default you come together in so-called love for one and another.

Humanity is to understand, for those people who don't already know it, that you're all in a very bad way spiritually, that being living denying the truth of yourselves. And none of your religions or spiritual systems do anything to help you free yourselves from your negative and truth-denying states, such systems only serving at best to keep you in your state, or at worst, helping you to progress further in it, denying your true self even more.

But the Christians are waiting for Jesus to return and take them all off to paradise.

Yes, and they'll be waiting a long time. He's not coming back, not at least how they are hoping he will.

So all our soulmate stuff is sheer fantasy, even if a couple live happily ever after greatly in love with each other.

Yes. And as for your 'happily ever after', wait until such couples enter their spirit lives. They might continue on being so much in love being the 'great soulmate pair', if they are lucky for

some further time, however in time their souls will start to apply pressure to them requiring them to start seeking the truth of relationship, and it will fail. In the end, all that is untrue will fail. That being what you are also all to experience. Being untrue to yourself, being untrue to your soul, which is the same as being untrue to God, is being evil James, this being the harsh truth humanity has to wake up and accept about itself. As revealed to you in The Urantia Book, your world has been subjected to a System Rebellion and Planetary Default, which means all people are subjected to the ways of untruth, to the ways of evil. Which means you've all become of it - are it, and you can continue on pretending you are not, that you are true and righteous, or you can start to face the truth and come to terms with it. Jesus and I are here now with you to shed more light on this for you. As our age is coming to a close, so humanity is now being presented with a new way, that being, how people can once and for all heal themselves of their evilness - the True Way. And I assure you, you will not find the true way through any of your existing spiritual or religious systems. And as hard as it's going to be, as many people will not like to hear what Jesus and I say, still there are other souls who are ready to embrace such truth and understanding, and by doing so will start to enlighten themselves through their own pursuits of truth.

For these past two thousand years humanity has been able to take all Jesus and I have revealed to it, my part being very minimal in that revelation, and use it to further it's evilness. And by looking around your world and at how you treat one another and how you treat nature, I don't think it will take you much to realise that you've abused all Jesus said, you've continued to deny him, just as humanity rejected him by nailing him to the cross. And as you deny him and myself, you are denying the Living Truth, which really means, you are denying the truth in yourself for you are not truly seeking it nor uncovering it for yourselves. So you are not living true, you are not living lives of the living truth. But as I said, with the approaching new age of spiritual enlightenment, this can all change, that being if people want to stop being how they are and want to start living true to themselves.

Phew Mary, that's all rather intense.

Yes, but there's no use beating around the bush any longer. Humanity is in great pain. Too many horrible things are being done to too many people and nature is under threat. It's now time to wake up and take personal action, time to start to face that which you've up until now wanted to avoid. It's time to 'take stock', as your grandmother used to say James, and for those people who do seriously want to help themselves, Jesus and I are to provide them with the initial truths and understanding to do so. And the first big truth to be considered is that you are evil, irrespective of whether you believe you are or are not. You all are, you're all in the same boat, only in different versions or extremes of it. And you're not going to be punished by God for it, you've had no choice about becoming it; by being conceived onto this world you are forced into it, and up until this time you've had little you can do about it. But all of that is now soon to change. True help is at hand, and Jesus and I are very excited about it. It's been a long time in coming and so much suffering had occurred. Humanity is in a very bad state, shocking, and far worse than anyone can imagine, as you don't as yet understand the full significance of what you're doing to yourselves. And it's all because simply: you are not living true to yourselves. And as to what

this actually means, is what Jesus and I will shed light on. We will only be presenting you with enough to open the door and look inside. As to whether you want to step in is up to each individual. And if you do, then there is a lot of very hard work ahead of you, that being getting yourselves out of your negative truth-denying evil state of mind and will.

There is a huge challenge awaiting humanity, with all of your current worries paling into insignificance when it is fully considered. It is the true bottoming out time of the market so to speak James in trading terms you are familiar with. And the bottom formation, that to be determined by humanity, is being built; soon to show you the uptick that will signal a new advance. And that advance will be the true beginning of mankind's ascension of truth, something that's been denied humanity for many long and dark years. And it will not be anything people currently know about, it will all be entirely new, a whole new way to live life, something that's not been lived before on your world. And because of that, if people wish to embrace it, they will be required, but in their own time, to give up all they understand life to be. New truth will be revealed to them by their souls and they will come to understand, they will begin to see - the New Way to live. But it's early days yet, with yet more harshness and horror awaiting humanity all designed to bring pressure to bear, all so that more people will come to see that their way of life doesn't work for them, and all so they will be starting to open themselves up to new ways of looking at things - new ways of looking at themselves.

And as you look around, you can see the stirring signs, more people every day are feeling something is taking place, people are looking for all sorts of warning signs. You've just been through the end of the Mayan time cycle of December 21, 2012, which turned out to be a flop, however you are just looking in the wrong place and for the wrong signs.

James, we'll speak more of this as we continue. I've had a good say and I am grateful for you to hear me out. I have longed to be able to say to humanity all I've wanted to say. It's been a long time in coming.

I'm going now as you're soon to make yours and Marion's lunch. We'll speak again soon.
Mary M.

Thank you Mary.

6. It's all about Truth!

So Mary and Jesus, when do we find our soulmate, and how do we know they are our true 'other half'?

Jesus: You find your soulmate when your soul desires it is time for you to come back together, that being any time in flesh or in spirit. However in humanity's case, the soul will only desire it when both individuals have chosen to live true, have progressed in truth to a degree whereby it requires the soulmate union to take place so as to further ones soul growth, to further ones healing of ones evilness and negative state. We (all truth loving souls) can grow without being

with our soulmate in an intimate way to a certain level or degree of truth, or even untruth, however once that's been reached, then further truth progress can only come about through the ongoing interaction of the soul-pair. There is no specific time when this might occur, it happening on an individual and soul-pair basis entirely in keeping with the plan of their soul, that plan put in place by God upon the creation of their soul.

Two people, each being of the same soul, may come together in flesh in answer to their souls need to progress, or such a reunion might occur in spirit. Each of the pair may be on Earth together during the same or similar time periods or each might come at very different time periods. And you may be of the same race and culture, with similar beliefs and ways of expressing yourself, or you may be of a different race and creed. However the one thing all soul-pairs share in common is that when it is time for you to consciously together again, all you are and all you've been through will be perfect for all you need together so as to keep advancing the truth growth and evolution of your soul.

It's all about TRUTH. If you are not striving and desiring to live true to yourself, and so the truth of your soul, then you will not meet up with your soulmate. Whilst you are anti truth, which means, anti self, you can't be with your soulmate because being with your soulmate is always and can only be an expression of truth and the love resulting from such truth.

Many people along with the mind spirits believe they are growing in truth, however it's all in their minds. Many people and mind spirits believe the religious and spiritual practices they are engaged in and dedicating themselves to are helping them progress in truth, are evolving their soul to higher levels of truth, but they are not, they are only further advancing their minds. True truth growth will only come about when you are intent on healing yourself through uncovering the truth of your self- and truth-denying state, when you start to give up living with your mind in control submitting fully to your feelings; when you submit to your feelings looking to them to help you uncover the truth of yourself, this being something that currently only happens to a very minor degree on Earth, and not at all in the mind spirit worlds.

And whilst you persist in living untrue to yourself, then any and all relationships you have in this negative truth-denying state of mind and will, will only further enhance this condition. So although a great love may be felt and experienced by all involved, still it's all only serving to lead you further astray, further from yourself and further into the untruth.

Mary: The belief is that if you are with your soulmate you will be deliriously happy and completely in love with each other. Which is true, however only when you are both living fully true to yourselves. So whilst you are living untrue, if you come together with your soulmate it will be for the purpose of helping each other to heal your untrue state, in that you won't feel completely loved and deliriously happy. You will have to focus on all that's wrong within you, not having time to feel loved and happy together as such love would only distract and interfere with your healing process. So if two people who are soulmates come together to fully heal their evilness, their untrue states of mind, then it will be hard work as you help each other work your way through all your wrongness - to uncover the truth of it, to see what it is all about. The love will be your full acceptance of each other. It might not be demonstratively displayed, but the union of soul will keep you bound together so you can do the work of healing yourselves. And

when that healing has been done, then the full love expression of the truth the pair are living will be free to be expressed. Then with both of the pair being true and perfect in themselves, so they'll delight and enjoy expressing the love of that truth and perfection to and with each other.

So what you're saying Mary is that until we are striving to live true, we can't be with our soulmate despite what we might feel and think.

Yes. And when you are with our soulmate, at some point as a part of the truth you are revealing to yourselves, you will know you are soulmates.

What about Helen Padgett in the Padgett Messages going around informing spirits of their soulmate and introducing them, why does that happen, why don't those spirits come to it naturally as part of their truth?

As with everything James, it's all part of what their soul requires and it can have a good or negative effect on both parties involved. In the Padgett Messages all the spirits Helen was involved with as you have read were either in the Divine Love (and what I'd call 'feeling' as opposed to 'mind', mansion worlds), or the Celestial spheres. And it was all part of the required experiences by all souls concerned for Helen and other spirits like her that were able to unite soulmates. I will add that there are also many spirits in the mind mansion worlds that also feel they have such a 'gift', to tell which spirits are soulmates and to bring them together if so desired, however these spirits being only intent in furthering their minds control over their soul all at the expense of their feelings, are untrue and don't have any such gift. However many spirits want to believe them, and so come together for often very long periods of time all based on someone affirming their fantasy.

In the Divine Love and healing mansion worlds, healing your negative state through your ongoing feeling acceptance, hence the focus on feelings and why I refer them as the 'feeling' worlds, certain spirits like Helen do have the ability to introduce soulmate pairs, however as I said, meeting your soulmate might not necessarily mean you are instantly deliriously happy with each other. Nor might you even have any feeling for each other. You might even be repulsed by each other, yet the soul-bond will be true and strong, and you will set about working on yourselves to heal your negative states, and gradually or when you have healed, you'll have healed all that did separate you, wanting to remain together forevermore and being fully in love with each other.

So soulmates can be repulsed by each other?

Jesus: I will continue James. Yes. You have to understand that whilst you're living in your untrue state you will find other people of like untrue state that you're attracted to. The reasons for this being so you can help each other further your negative state or begin to help each other out of it, or for one of the two involved to become more aware of their truth- and self-denial. And so it's conceivable, but of course does not always happen, that when you come together with your soulmate, each half being untrue, you might not feel attracted to each other, yet will know, or it

will just happen, that you are to be together because of your shared intention of healing your negative states.

Some people I've read about have not been attracted to the other person and yet feel they are to be together, with a love and friendship forming to the degree of never wanting to be apart. Are these people doing their healing as you say?

No, as currently no one on Earth (other and you and Marion) are doing or has done their healing. That repulsion then attraction is still only happening within their untrue states, it's not the same thing as what I'm talking about.

So in our untrue states, no matter whom we're with and what we feel about them, at some point, be it on Earth or in spirit, when we become sincerely intent in growing in truth, those untrue relationships will end.

Yes. It can't be any other way, for if you want to be true, then all that's untrue will leave you. Your whole relationship with yourself will change - *you* will change; and if your partner doesn't change as well, if they do not want to grow in truth or if they do but change differently to yourself, then your attraction will cease to be.

So what about people reading this who might be in relationships and are faced with that relationship possibly ending if they start to do their healing.

It's as it will be. If such a person is intent of putting themselves first and living true to their soul, and if their relationship is based on untruth, then it will end. However, the ending of it they will know in their hearts is inevitable, because you all know you are untrue and the truth of how you really are, only mostly you don't allow yourself to have such feelings, you keep all such things hidden. But as you grow in truth, such things will come to the fore, and as you grow and change in truth so you'll feel you longer want to be in the relationship you are in, or no longer under the same conditions. And as I said, if your partner doesn't want to progress, then your feelings for being with them will decrease and eventually fade away completely.

And if one does want to be true, putting that as their goal in life and putting it above all else, then in time they will meet their soulmate and know the person, or if in they are in spirit, the spirit they are with, is the right one for them.

Jesus it's a huge thing to consider that all our relationships are untrue, and all the people having children are having them in untrue relationships, and all parents - my parents, were untrue. And I'm untrue and evil as a result... it's too horrible to contemplate.

Which is why no one has wanted to look at such truth until now. No one in humanity has wanted to embrace the truth of this, and so it's remained hidden, yet it's been there all along. And you struggle on in your relationships trying to find your perfect match, and many people believe

having children will help and be part of that perfect union, and it's all within the untruth. And it explains why so many people are unhappy, and why you have to force yourselves to be loving and to feel love, and why you live so much in your minds with them full of fantasy, and why no one is true.

So no one is true - no one?

That's right. Only Mary and I have been true since our time on Earth. Humanity has been in its condition of rebellion and default for a very long time. A very long time before we came. And it's all been building to this point its now arriving at. Your mechanised impersonal world is beginning to show the signs of pain from the burden of living untrue to itself. Many people are in great pain, some aware of it, others not so. It's time something happens, something to help humanity to come back from the brink, because to continue on as you are doing, as you have done over all these years will only mean certain disaster. You simply can't go on denying yourself as much as you do, for just like a person who is denying themselves, when it all gets too much, then their system starts to breakdown, they become ill, and humanity is very ill indeed. And all you do, such as all your doctors do, is try and correct the part that is obviously wrong, but nothing you do deals with the inherent causes making you sick in the first place. And that's what Mary and I want to help you to see, something of what is causing all your problems and how you might go about truly helping yourselves.

So no one has lived a true relationship over all these years. And even though we've spoken about it many times before, and I can see it in my own life, it still staggers me to think about it.

It's true James, no one has, and so all relationships are flawed, all children produced by such flawed relationships become themselves flawed, it all getting passed on one generation to the next. And all the so-called love in such relationships is being experienced within an anti love and anti truth state of mind and way of life, so there's a huge pressure being brought to bear on you all, all the time. And it doesn't matter what you think or what you believe, or whether you agree with what Mary and I are saying, because if you want to sincerely relieve yourself of your soul and spiritual pain, you will have to seriously consider making growing in truth your priority in life.

7. No truth; No love.

So Mary, the truth is the key. What about love?

Humanity clings desperately to love in the belief that love will cure all, love will be the way, love will make everyone feel good and happy. And all one has to do is love and everything will be okay. And all humanity must do, is love one another and all the worlds woes will end. However without truth you have no basis upon which to love or feel loved. And as you live all but truth-

less lives, so you live with the absolute minimal amount of love. There are vast amounts of love awaiting you all, your world could be such a beautiful and completely loving place, but it will never happen if you continue to deny truth, and the truth of yourself. No truth; no love.

And it's all very well knowing the truths of God, the truths of soul, the truths of life, but it's to uncover - for each person to do so - the truth of yourself where the focus must now be put.

And to uncover the truth of yourself you must look to your feelings, because you can't do it through and with your mind. All your spiritual and religious and non spiritual and non religious systems have been designed by minds that are trying to keep the mind in its controlling position, that being, in control over feelings. But to grow in truth, feelings must be liberated and in particular, all those feelings you don't want to acknowledge, all the bad stuff you're keeping hidden from yourself.

So doing religious or spiritual practices that keep you denying such feelings, to keep your feeling-denial in place and your mind well in control, will only serve as to keep you well and truly imprisoned in your untruth and anti-truth states.

But why haven't you and Jesus or the Celestial spirits told us this before, and isn't this what Jesus spoke about when he was on Earth.

I'll give over to Jesus and he can tell you.

No James, I alluded to it, I didn't actually come out with it clearly and simply as Mary and I can now with you, because humanity wasn't ready for such truth. And as Mary and I were heavily conditioned by the Rebellion and Default, we couldn't interfere with humanity's progress into its truth denying state.

So you both could easily see how truth denying we were.

I could by the time I began my public life, but up until then I was still seeing it.

And you knew that you couldn't help us completely, and that your coming would in fact send us off down a new truth-denying road.

Yes, I had to accept that, both Mary and I did. I came to realise that it wasn't my - our - place to interfere with humanity, that there would come a time later in humanity's evolution for that. And so I concentrated on revealing the level of perfect love and truth that I was, that being more readily applicable to being lived by those spirits in Nebadon who were true and perfect. And I knew humanity would not be able to relate to all I said, nor retain it, nor live it.

But Jesus, you are the Master Son of Nebadon, you could have ended our suffering right there and then.

It's true James, I had such power, but only when united with Mary. However we chose not to

interfere, we chose to be as our Mother and Father are, to allow the Rebellion to run its course.

Why?

Because it affords many souls a great amount of life experience, and experience that ordinarily in a perfect universe would not happen. The Rebellion and Default allow many people, spirits, angels, and other universal beings to all experience something that is very unusual compared to the majority of Creation. And as the Mother and Father have created souls to experience evil, so it was and is not our place to stop such spirits, people and angels should they want to experience what evil is like.

But we, I don't think, want to experience evil. Who would, you'd have to be mad!

You didn't, as in your personality James, however your soul did, and it's your soul, as you know, that leads you. Your soul required that you were conceived into evil, to the parents you had so they would 'bend you to their will' and you'd be inducted, against your will, into the same evil or negative state as your parents. And so it's the same for all people, all of your souls want you to experience evil, it all being part of your souls plan, your life path, and so here you all are. And because of that, it was not for Mary and I to stop you, to interfere with your souls plan. But as you - humanity - were evil, so it afforded Mary and I a golden opportunity to experience the 'other' side of life, the other side of love, albeit from the level of perfection, for as you know, we didn't incarnate with ourselves taking on and so becoming evil. So we incarnated on Earth, and we got all we came for. We being the Living Truth experienced being completely rejected, we got a taste of what it feels like to not be wanted, to not be loved, to not be accepted, that being what you are all experiencing.

So you didn't die on the cross for our sins.

No, nothing like that. I died on the cross because humanity didn't want to be true, it showed loudly and clearly that it hated the truth, that it wanted to remain evil. So it wasn't for me to say, no you can't be how you want to be, and stop you all being evil. I went along with it, as Mary did in her way, we both being fully rejected by humanity. We loved you but you didn't love us; we received our slap in the face, and came closer to understand the plight you are all in. Had we simply put an end to your being evil, we would be how you are, how you treat your children, so we'd be evil ourselves. It would be us saying: you are all naughty children being evil, we are the displeased parents, so we will make you stop, you are not allow to behave as you want to behave, you have to be as we say. But as we are loving spiritual 'parents' of humanity, and as much as we'd have liked to have ended your pain and suffering, to see the abuse of nature stop once and for all, we couldn't, we had to allow you to be as free as you wanted to be, so we didn't interfere with you. We don't want anyone interfering with us saying we can't be how we want to be, so we couldn't put that on you, we couldn't step in and take over. So we have left it to you, humanity is free to continue on in its evilness, free to see what happens when it completely rejects itself, God,

nature, and all that is good and true. Or, you can as of now, start to give up all that is wrong, seeking the True Way of Light, that which is based on Truth.

What would happen to us if we kept going down the road of no return?

I'll leave that to your imagination. More of the same but far more intense and far worse I should think.

I'm glad I'll be dead soon.

8. The mansion worlds.

Jesus, the other day on the news site Before It's News where I post excerpts of our writing together, there was a post that talks about the mansions in heaven. I don't understand the post in all it says, nor, as you know, do I understand much of what is written in the Bible, however I'd like to ask you, if you wouldn't mind, various questions that come to mind from this mansions in heaven post.

Of course James, please go right ahead.

Oaky, thank you. So what are these mansions in heaven that John is talking about?

The Father's house, is of course, Creation, it's all what the Mother and Father have created so far, and is forever growing. And we, all being children of our Heavenly Parents, naturally live within Their Heavenly House, just as you live within your earthly parents house as children. So it's been said to you that when you die, when you leave your earthly homes, you are not to worry for your Heavenly and true Soul-Parents will provide all you need, such as new places for you to live, in heaven. And they do. Every spirit, that being what you are when you come to live in the spirit worlds, is provided with a place for them to live, so you will still, should you choose to live in one, have a house and home that you can call your own. The spirit worlds are not just an empty space in which somehow you come and be happy for the rest of eternity living at-one with God. They are real places, there are houses and other buildings, great cities; there are lands, lakes, seas, trees and plants, other creatures, but all of spirit. And there are many spirit worlds, a vast number of them, all increasing in light, love and truth, the higher or further or deeper you go into Creation, with the highest and most lovely of all the worlds being Paradise, the very centre of Creation and the very home of our Mother and Father. And as you know, you on Earth being truth ascending daughters and sons are on a journey evolving your soul and personality expression, starting out on Earth and moving up progressively through all the spirit worlds to Paradise.

Okay, so, so far as our looking out into space and looking at the vastness of the universes, that is

all only physical creation. And then when we live in spirit, will we be able to look out into the vastness of the spirit universes?

Yes, the physical aspect or expression of Creation is only the surface, a relatively thin veneer, like how the continental crust is as it floats around on top of the earth. The bulk of Creation is in spirit, something completely unfathomable, and still it is only in its infancy so far as what is projected for the future.

So when I die, I will have a place I can call my own in spirit.

Yes, as will everyone if that is what they want. Many people, such as native peoples who are used to living more openly out in nature and with very little of what they'd call a house or home compared to what you know as your house and home, might and do still choose to live out in the open, simply enjoying the wide open spaces or the dense forest environment they are used to, and all is provided for them. But not as it was in the physical form, but in a spirit counterpart. And a lot of westerners, people who have lived confined to houses all their lives want to live with or along side these native people, and so can, just as many natives want to see what living in a big house might be like. In the spirit worlds you are far more free to do as you please, particularly as it's not dependent on wealth or having the amount of money you need to afford the place you'd like to live in.

It's sounds good.

The Father and Mother want you to feel welcome in your new spirit life, that being where you'll live - as spirits - for the rest of eternity. And so, as your parents should do for you by providing you with a loving home, They provide you with all you need.

So who builds all these homes?

The spirits do, using their minds. It's not physical labour that's required handling bricks and mortar, but instead what you can do with your mind. So once you come to spirit and become familiar with how to use your mind to create what you want, you can, as do many spirits, build their own homes.

And so within these spirit worlds, there are presumably lots of 'rooms'.

Yes, sectors we call them. And within the sectors, lots of more subtle subdivisions often referred to as planes.

The sectors are generally areas of varying size for like-minded spirits to live. So if you belong to a certain religion or church you can go and live, as more than likely it's what you'd want to do, in the sector of that religion or church. And the sectors are provided for all walks of and interests in life to be lived and fully expressed. If for example a person when arriving in spirit

wants to live in their own way, something of their creation, they will be provided with their own unique sector if that's what they want. If you belong to the Catholic Church for example, and you want to live in that Church's vast sector, so you can, and within one of the many planes within it.

When you come to spirit, life goes on, as many spirits have communicated to you on Earth.

So what about all the 'Chosen Ones' stuff, those people who are going to supposedly be treated specially by God for being so good and faithful and obedient to their Faith and beliefs.

It's all their own delusion. One's place in the spirit worlds is only determined by ones level of truth - or lack of it. No one is singled out, everyone is equal all based on truth. So if you want to progress in your spiritual ascent, so move up and progress to higher spirit worlds on your way to Paradise, then you can only do so by evolving your soul in truth. Simply, if you don't grow in truth, you won't progress, which is all right if that's how you want to be.

Jesus, in the Padgett Messages you revealed the fact that there are seven mansion worlds, the seven spirit worlds we go to live in once we leave Earth.

Yes, that's right. Seven spirit worlds have been made available for people to live in as spirits when they die. They are solely for the use of you from Earth, they are not shared by people coming from other material worlds.

Why do we have them all for ourselves?

Because you are living in rebellion and against yourselves, truth, and all that is good. Because of the Rebellion and Default you've been subjected to, you are kept apart from the rest of the non-rebellious spirit universe. It would not be right for you to interfere with them, and it's important that you work through all your evilness yourselves, including the healing of it. So humanity is confined to these seven mansion worlds, unless you choose to do your healing.

Okay, so if we want to heal ourselves of our negative state, what happens then?

There are a number of factors involved, just to make things more confusing than they already are.

Ordinarily, had Mary and I not come to your world, nor any other high Daughter or Son of God, such as an Avonal Pair, you would all die and move to live in one of the seven mansion worlds there to continue living in your negative truth-denying states by using your mind to control your feelings, and so remain unable to move or progress higher into the greater universe. You'd not be growing in truth so you'd not be able to evolve your way out of the limitations of the mansion worlds and into the higher more expansive Celestial spheres.

However, because Mary and I came, and because we liberated our Spirits of Truth, and because by our coming the Divine Love has been readily made available to you, so a way has been provided for you in the mansion worlds, should you choose to embrace it, to heal yourselves of

your evilness, and ascend the mansion worlds moving into the higher Celestial spheres and onto Paradise.

But what I want to point out today James, which is the impression one gets from reading the Padgett Messages, is that it's not simply the partaking of God's Divine Love that entitles one to progress up the Divine Love mansion worlds to the Celestial spheres, but it's ones growing in truth through the ongoing healing of ones negative state, by doing, as you call it, your Feeling-Healing. That being, the stopping of your feeling denial and healing any personality expression denial you might have. That being the only way you can grow in truth.

When Mary and I died, a segregation or division of the mansion worlds occurred. Those numbered 1, 2, 4, 6 (you arrive upon death in the first mansion world, or in the seventh as it's said in The Urantia Book, just to confuse things even more) were to be retained solely for spirits wishing to continue in their mind control over their feelings way of life, so in their evilness and negative state; and those numbered 3, 5, 7 for those spirits who want to heal their feeling denial, by embracing all their feelings and expressing them to uncover their truth.

However as I said, to make it all the more confusing, those spirits who do want to do their healing, can only do so by first partaking of the Divine Love and so moving to the Divine Love mansion worlds. But this condition is soon to change, for during the next spiritual age soon to begin, provision will be made in the natural love and non-Divine Love mansion worlds, for those spirits wishing to do their healing but not wanting to long to God for Their Divine Love.

So how does this all affect us on Earth?

The same conditions apply although very subtly, and things are now changing there as well. In short, people can now do their healing, that being, seek to accept, express and uncover the truth of their feelings all with their self or natural love. They can now do it without having to directly involve God if they don't want to. And people can of course still live as many do happily in their negative state. And then those people who want to include the Father and Mother directly by longing to Them for Their Divine Love, as has been revealed one can do in the Padgett Messages, can do so with or without their doing their Feel-Healing, with or without choosing to heal their negative truth-denying state. And for those people who do choose to do their healing whilst also longing for and receiving God's Divine Love, they will be doing as you call it, their Soul-Healing.

Jesus I want to talk more about this and the Divine Love in later posts, but for now, keeping with the mansion worlds in this post on the Before It's News website, it also talks about when God comes down to earth after what is said to be the second death, when all sin and error has gone, He'll bring "The New Jerusalem".

Yes, and what it's referring to is what will happen well into humanity's future, a time when all your sin and error, all your rebellion and so all your evilness, has been healed, both individually and collectively.

So our first so-called death, was when we fell from grace, when the Rebellion and Default was

imposed on us making us evil, and the second death is when evil 'dies', when we've healed ourselves of it.

Yes. And when humanity attains a level of truth equal to that of the first Celestial sphere when it's healed itself of all its evilness, then the Morontia Temple, as mentioned in The Urantia Book, will descend out of the spirit worlds onto the Earth. So in effect, God will be planting the heavens on Earth. The Morontia Temple being the immediate 'Gateway' provided for higher spirits, such as Mary and myself to come and be with people on Earth.

So this is how you might possibly come in future, you could descend from your spirit worlds using the morontial temple so people of that day could come and speak directly with you, being able to see you clearly... and would people be able to touch you?

Yes, it's like a window into the spirit heavens being provided by the temple. We remain in our spirit forms, but are as real and solid as if we were of the physical, so yes, it's a complete personal interaction we can have. Mary and I use such temples often when we visit other material or physical worlds who are so advanced in truth.

So this vision by John is a long term one.

Very much so James. And to add a little more confusion, the next spiritual age that's soon to commence, will last for only one thousand years and will be a full spiritual age as talked about in The Urantia Book. It is highly unusual for this to occur now in humanity's state of truth-denial, as such true spiritual ages don't ordinarily come until when a humanity is much further along in its truth progress. However humanity is being granted such an intense spiritual age for the purposes of helping you turn around, to choose to end and rid yourselves of your negative state of mind and will, and to firmly begin your healing of you evilness. As The Urantia Book points out to you, all that's happened, and indeed will continue to happen, and indeed is happening right now, is unusual and irregular concerning normal planetary proceedings.

So we have to first do the hard work of healing our negative truth-denying state before anything like the morontia temple will be earthed.

Yes. It's hard slog that awaits humanity. But what is happening, is now at least you can begin to work on yourselves, which is something that's not been an option previously available to you. Something you could have only found out about and done when you came to spirit, and only then if you were sincerely seeking the truth and willingly embraced the Divine Love.

So visions were obviously given to certain people but we don't understand them.

Yes, you have to evolve into them.

So why were they given, when all they seem to do is confuse us.

It's a natural part of the heritage of a humanity. All humanities are giving glimpses into their future. Such insights, visions and revelations are provided so as to help you see something of the track you are, to confirm ordinarily that you are going in the right direction, and to give you something to strive for. However as with everything on your world, because you are not going in the true direction, your direction being all over the place and anti the true one, all because you are denying yourselves and the truth, so as things are shown and told to you, it all gets mixed up, misinterpreted and misunderstood. So part of your destiny is to sort out the truth from the untruth, which people will do as they seek to heal themselves of their evilness and untruth.

And what you have in the Bible, is only a part representation of what was originally said to those who received such things. Most of what is in the Bible has been tampered with at one time or another, hence its difficulty in giving you the understanding and insights you need. And because of this, it is why The Urantia Book was brought into being, to help you understand and make sense of certain things, but not all, as it too (as well as the Padgett Messages) is severely limited by conditions imposed on it that it had to adhere to, as Mary and I did: all the restrictions of the Rebellion and Default.

Jesus, I'm sorry but I have to go, it's breakfast time. Thank you again for all you've said.

You're most welcome James. Mary and I are enjoying having our say. We'll speak to you soon.

9. Mary says she was not a whore!

Jesus or Mary, why are we created as a soul-pair?

Mary: So as to maximise life experience. As you know from any relationship, life has far more to offer when it involves another person, and you can only achieve so much if you are alone. And so to have another who is like you in many ways but also unlike you in many ways, and one in whom you feel completely welcomed, loved and able to share all of yourself; and then to express freely all your thoughts, feelings, ideas, fantasies - every emotion you feel, knowing you are completely accepted by the other person who unconsciously also represents the world to you, ensures maximum life experience to be gained in every situation, all so you can uncover the truth your soul requires from that experience.

You must understand James, that so far as your soul, the truest part of your is concerned, life is only about truth, and that being: growing or evolving in truth. We are all to keep growing becoming ever more self-aware, which means, aware of our soul and how it expresses our personality in Creation. This being called becoming self-conscious or self-aware in its truest meaning. And this process, the ongoing and eternal discovery of self, is what keeps us all going, drives us, and keeps us interested in and enjoying life. You only feel bad when this process is

interfered with in any way, when you're stopped from growing in truth. So if you feel bad in any way, then you are denying yourself your full personality expression at that moment, so denying yourself the ability of growing further in truth from your experiences. And if you keep denying yourself, you get sicker and sicker, having to rely more heavily on your mind to take over, trying to override your bad feelings pretending you are not as sick as you feel. And this you can do to quite a high degree. But one day, all you are doing with your mind to keep yourself afloat, so to speak, will become increasingly more difficult, and eventually fail, so you have to face the truth things are not well with you, having to face and accept the truth that you are feeling bad. All of which is to help you see that you are feeling bad because you're denying aspects of yourself, because you are denying many of your bad feelings. Which means, you are denying expressing yourself, your personality, as fully and vigorously as you should be. Which means you are denying yourself your growth of truth.

Evil denies truth, evil is anti truth, so when Jesus and I say you are all evil, what we mean is you are all preventing yourselves from growing in truth, from being the real and true you. And as part of this truth denial and so ongoing denial of self through the ongoing denial and refusal to accept ALL your feelings, you will deny yourself your true soul partner, all so you keep denying yourself the maximum truth you can receive.

What exactly is this truth you talk about?

It's all that your soul requires to keep evolving. To keep being able to express itself - you, the personality aspect of your soul - in Creation. And even though you can say that's a truth, or that is true because I know it to be, I've experienced it and so for me it's right and true, it's also more than that. It's really all that constitutes your experience, and it all goes into you - into your soul - and then gives rise to feeling that you are progressing in your life, that you are 'growing in truth'. And as you're now becoming more aware of James, you feel it, your growth of truth as something real and tangible, and something that is separate from your growth of mind and understanding of things. It's something more indefinable, more intangible, and yet in many ways more real. And as you grow in truth, so too does your mind evolve, such as for example, your ability James, to understand all that Jesus and I are talking about. You are able to relate to it now more with your feelings, as opposed to when we first started out and you could only relate to it with your mind and intellectual understanding. You are living it more, you simply know it to be true through your feelings - because it is true.

However the great confusion many people experience is that they believe they are growing in truth when all they are in fact doing is expanding their mind, growing in beliefs and mental understanding. But that is not growing in truth, it is not advancing your soul. And many people and mind spirits fall into the trap that because they feel they know more than others, they are more advanced in truth, but in this they would be mistaken. Your minds are heavily weighted to keep you in your truth-denying states, and until you set yourself free of their control, that being achieved by looking more to your feelings to lead you in life, so you will continue to prevent yourself growing in truth.

Oaky, so if I say, that is a tree, that is the truth-

Then you are using your mind to tell yourself that you know something to be true, but it's only a belief. You know that thing to be a tree because you've learnt with your mind that's what it's called. The truth is that it's a thing that has that sort of rough exterior with all those things hanging from then ends of those narrowing rough things as it reaches up into that space above you. The truth of the tree is what you have experienced with that tree, and really what you feel that tree to be, with your agreeing with other people to call that similar experience you've all had, a tree. So your mind comes into to help you articulate and understand those feelings, all to help you express yourself more easily to each other. So you can say, that tree... and you all know what you are talking about. But still that thing you all agree to call a tree affects you in various ways, it makes you feel various feelings, and as you express all these feelings every time you interact with the tree, then slowly over time you're having a deeper relationship with that tree. And it's within that relationship you find the truth: the truth of your relationship with the tree and with yourself, with all interaction designed to help you understand more about yourself all being done through your feelings.

And so your ongoing interaction with your soul-partner enables you to keep building on that relationship, to keep growing in truth together, to keep uncovering more about yourself and the other person. And between the two of you, you'll get the most out of life. As soon as another person comes along, that lessens the intimacy of your feeling expression with your chosen one, just as it does if you are alone.

And so really that's the same for God, why God is two personalities of the one soul, so the Mother and Father can share that intimacy, getting to know each other as They get to know themselves.

Yes James, and all through us, Their children. Because once you bring children into the equation, and providing your soulmate relationship is perfect, then there is further scope to increase the life experience of all involved - so to also increase your growth of truth.

And if your relationship is not with your soulmate and so is imperfect?

Then you all suffer more, as you are greatly adding to your truth and self denial.

Mary, to change the subject, archaeologists are currently digging up more of Magdala, was that where you came from?

Yes. My family lived in the more wealthy district, or area, as our town by your standards of today was very small; my father being as I've told you, a wealthy merchant.

So they could possibly dig up your house?

I don't know James, I've not had anything much to do with Magdala since I left it. I visited it a couple of times with Jesus, but once he died I went and lived in Egypt, I had to get away from everything that was happening after his death.

And as the article I was reading said, that mostly when people think of you, they think prostitute and someone who Jesus cast demons out of. How did that all come about, because you being perfect, you obviously wouldn't have been a prostitute nor have had demons within you.

My father supported me all through my life. It was with his money that I did all I did. And when I was sixteen I felt that I wanted to help other women in our area who weren't so well off as I. I used a disused granary, sort of an old warehouse, as a women's refuge, to which prostitutes and women with other problems came and we all looked after each other. It wasn't the sort of thing one did in those days, however as my father was very much involved in the governing hierarchy of Magdala, and also being a very highly respected man, no one did anything to stop me and the refuge, however a lot of people didn't like it, so stories were spread, and you know how it goes. So I was labeled a prostitute, and it was said that I must have been deranged in my mind to even want to care for such unfortunates, so I was possessed of demons, but thankfully, once Jesus came along, as I joined his band and left the refuge which soon ceased to be, all the women I was caring for also joining the throng following Jesus, it appeared that I had come to my senses and so Jesus must have cast the demons out me as I was no longer so deranged.

And as happens, rumours and untruth are spread by people who don't actually want to know the real truth or the real person, and so such rumours and beliefs were incorporated into the Bible or persist today.

And until people want to seek the truth for themselves, and whilst they persist in believing a whole lot of misguided and incorrect beliefs, they will remain bound up in such things.

How does it make you feel being called a whore?

It doesn't make me feel anything James. It never worried me being called names, I could see why those people said such things, they being afraid because I was threatening the status quo, and they feeling that somehow bad things would happen to them if I kept going. And as far as I'm concerned, if people want to live believing such things, they are entitled to, it's not for myself or Jesus to make them stop. And if they want to find out the truth for themselves, there are ways to do that, even if they have to wait until the die and live in spirit. And if they want to live the Whole Truth of themselves, they can seek to heal themselves of all their untruth, do what you call your Feeling-Healing, which we will talk more about later, and rid themselves once and for all of such errors.

How does one have demons within oneself anyway?

There are as you know, no such things as demons to begin with. So there are two such influences that one can suffer from. One, the fragmentation of your own mind, giving rise to

what you call multiple or split personalities, which can support, or seek, so it would seem, to destroy you, as in having demons within you; and the other is to have mind spirits always attending you and always trying to get you to do things, so always in your mind by impressing their thoughts upon you. And people with mental problems might be more susceptible to such annoying, abusive and infringing spirits.

I have mental problems Mary, saying I speak with you and Jesus.

That's right James, but you don't find us annoying - not as yet at least.

Mary, you didn't happen by any chance to leave a little insignia, like 'Mary M was here' inscribed in the wall of your bedroom, so the archaeologists would really get a big thrill.

No James, I'm afraid not. You will remember, Jesus and I were not to leave anything written on Earth.

Why weren't you?

Because it would have interfered too much with humanity, more than we were already interfering with it by our coming in the first place.

Mary what about your home, could you describe it and what it was like growing up.

No James I can't. This is one of the boundaries I will not cross with you.

Why?

Because as we've discussed before, there is another person to come who will have such information revealed to them by Jesus and myself.

Yes, you've said you and Jesus will speak in future to a couple of people about your personal lives.

Yes, each one covering different aspects of us, so humanity will end up with a better understanding of us and how it was for us. That is part of humanity's heritage, and so in time all will be known. But for now, and so far as you are concerned, we're only going to help you understand and reveal more truth and more information to help you come to the truth yourself. There needs to be a bigger picture of truth in which people can relate to us, themselves, and the Mother and Father. So we'll not be going into such personal details any more than we already have with you. And we will keep bringing all we discuss back to the truths we want you and other people to know.

However having said that, that doesn't mean you should stop asking us such questions if you feel to ask them, because they will always lead onto more truths, even if we aren't so forthcoming

about what you are asking.

I understand Mary, and I enjoy that. You've done that all the way along, and it's why I like asking you such questions and even the same ones over and over. It always leads onto something else.

It's all part of 'our way' James, all designed to help stimulate more feelings within you, and all so you can grow more in truth.

Yes, and thank you for helping me so much.

It's been and continues to be our pleasure. We get just as much out of it as do you.

Mary, are you and Jesus speaking with other people like you speak with me?

There are a couple of people mostly Jesus still speaks with, however we've cut back a lot compared to how many we used to. And when our age officially ends then we'll stop speaking with these people as well. And we'll only then 'return' to Earth, that being done by this form of writing James, through those few people we were just speaking about, in the future. And that future will be well beyond anyone living at this time. Certain events are to occur relatively soon that will give rise to more insight into Jesus and myself and our lives on Earth, and these will need to be first well digested by humanity before we'll come back and speak telepathically with these other people about our private and personal lives.

Can you tell me more about these 'certain events'?

I can, but not now, further on in our blog.

And when is your age officially going to end?

I can't as yet disclose those details to you, however you will know.

Thank you Mary.

Speak to you soon James, bye for now.

10. The end of religions and Mary and Jesus' Second Coming.

Jesus, are many people going to believe it's you and Mary speaking through me, or to me, and that I write what I 'hear' in my mind.

No James, not many. Most people are too skeptical, and too afraid of stepping away from what they feel safe with. But enough will to give you something to do, enough to keep you wanting to write with us.

Not many people have been interested in the Padgett Messages.

No, and for the same reasons. Not to many people were interested in me when I was on Earth, and for the same reasons. Not to many people want to live true, being too scared to change, too scared to face the truth if they find out something that makes them feel bad, of which most of what Mary and I say will do. But we are not writing this with you for people now as such James, it's more for people in future who will come seeking answers to their lives that are no longer making any sense to them. There are a lot of such people now, however they are still wanting to find a better alternative to what they are used to, they don't want to embrace the whole truth of themselves and come to understand that most of how they are is wrong. And many people will look at new things, even change what they will consider to be quite substantially, however it will still all be within their negative mind state. It will be nothing more than shuffling the same deck of cards rather than looking to find a new pack altogether.

And it's been the same these past two thousand years in the mind spirit worlds. The majority of such spirits want to continue being how they are. And many of them are happy, so they believe, and content to grow in what they perceive the truth to be, which is only advancing their mind with minimal truth growth. And then out of such a huge number of spirits there is a steady, relatively small but constant flow of spirits that want to uncover the whole truth of themselves, and so being prepared to do whatever it takes to do so. And these spirits are attended to by the Celestial spirits, spirits who were once like themselves but have progressed up through all the mansion worlds into the Celestial spheres, offering them a new way, that which involves healing themselves of their negative and truth-denying states. Mary and I have been, up until relatively recently, busy with helping a lot of these spirits who come out of the mind mansion worlds and into the light of truth. But for the past two hundred years we've been gradually easing back on our personal and direct involvement with humanity.

And so this brings us to this point with you, the last of our direct communications in this manner with Earth during our age. We are no longer actively speaking with anyone else on Earth as we used to. Occasionally still we might make personal contact with a Divine Love group or one or two individuals who have embraced the Divine Love and are progressing toward embracing the doing of their healing, but soon we'll stop these communications as well. And then when we've finished all we want to do with you, we'll no longer have anything personal to do with humanity (excepting those people Mary spoke about whom we'll contact in the future), our time with you finished with the closing of our spiritual age.

And what about your promise to return to Earth. I know you said in the Padgett Messages that your coming to James Padgett was your Second Coming, so is that true?

It was part of my Second Coming as in my re-revelation of truth to humanity. This now, and all

we've done with you, is also part of that. It concludes all the truth Mary and I wish to impart to humanity, it being done in stages all in keeping with the limitations imposed on us. With James Padgett, Mary couldn't have any say, we having to strictly adhere to the restrictions we adhered to when we were on Earth, but with you, as you've chosen to grow in truth, Mary is able to have her say. And by you allowing and wanting Mary to come to you, and for you to be open to what she and both of us say, we're able to complete our revelation to Earth, this being down at the end of our age.

Shouldn't it have been done at the beginning of your age?

Yes, and so you understand the level of restriction we've been placed under by not wanting to interfere with the Rebellion and Default in any way.

But aren't you interfering with it then with me?

No because you and Marion have moved to embrace the whole truth of your negative states, this being solely of your own choosing and not influenced by us in any way. And because you have done this, then we have and are able to come to you and speak now as we are doing and about all of this.

But surely other people have chosen to heal themselves of their negative state.

Not as you both have James. And up until now it's not been possible for anyone to do it anyway, not as you are both doing it. So we've not been able to impart such truths and information even if we'd have liked to.

And presumably you knew this is how it would happen all those years ago.

Yes.

Okay, and so what about your coming again, The Urantia Book emphatically states that you will come again sometime in person, but it doesn't say how or when. And if you are to, how will you, as you won't be surely bestowing yourselves again.

No we won't bestow ourselves again, as there is no need for that. And we can't anyway. We'd affect our personality expression were we to become unconscious and be born to parents for them to raise us. That's all been done, we've experienced our seven levels of universal bestowal as is pointed out in The Urantia Book. Now if we are to come again it will be as full adults, however we will not be coming again to inaugurate a spiritual age, that will be left to the future Avonal Daughters and Sons. But I will tell you, yes, Mary and I will at some time in the future, but it will be very distant future, that being when humanity has well and truly healed itself of its evilness, come again, which will be for a short time only, and as part of the celebration of the

truth being triumphant over evil.

So there's not much point anyone keeping an eye out for you in the immediate future.

No.

So what about all the Christians who are hoping you'll show up any moment, and no doubt all the ones in the mind mansion worlds, what will happen to them?

One day they'll cease to wait, understanding that it's not going to happen. Many of them in the mind mansion worlds have been waiting for their beloved messiah for aeons as it is, and many more are waiting for me, and they will wait, and time will pass, and one day, as it has also happened to a lot of them, their soul will start to wake them up to the truth of their folly.

So what about during these End Times, as all religions from what I can gather are awaiting and expecting the imminent arrival of their prophesied world leader.

And they will wait, and time will pass, and one day-

Okay, I get what you're saying.

But there's so many people waiting for you, you can't let them down can you, they've been so faithful, steadfast in their conviction, belief and love of you...

I'm not letting them down James, as I'm only in the business of truth, and that part of it that enables one to ascend their soul to Paradise. I am not interested in fantasy and mind delusion. And for those people sincere in their conviction to begin their spiritual ascension to Paradise, I will deliver, I will not let them down, as many Celestial spirits will willingly testify. But I will let people and spirits down if all they want to do is remain being evil - false and untrue. I don't do anything to help you remain evil, I just won't interfere in your evilness.

What about if we blow ourselves up, if we begin World War III?

It's none of my business what you do. You can blow yourselves up and with my blessing. You can do whatever pleases you in your evilness. The Mother and Father have it all under control. There are certain guidelines unbeknownst to you that are always in operation and under which humanity is evolving its anti truth state. And there are legions of angels willing to serve you if such service is required to stop you blowing yourselves to bits, because you will be stopped before it gets to that point, for as I said, humanity is to remain on Earth for a long time to come, with the next big stage in its growth being the healing of its evilness.

I guess as you haven't stepped in so far, and as we've still been allowed to drop atomic bombs on

each other and develop such weapons of mass destruction, you won't be doing so in future as you say.

I am not a controller James, I am only an uplifter - an uplifter of souls. I only came to Earth to impart truth and to demonstrate the Father loves all his children. And during my association with spirits from Earth who have striven to heal themselves of their negative state, I have done the same thing. I have never been involved in the politics of your world, I have observed those people and mind spirits who have sought control over the masses, but I have never interfered with them and never will. And nor has or will Mary.

If you feel the need to call upon us for help, love and care, then you will receive it from us via our Spirits of Truth when you aspire to live true to your soul. Other than that, we'll have nothing to do with each other.

What about all those women who have given themselves to you?

They have given themselves to a fantasy Jesus, one of their own mind, not me the real person.

Does believing in you do anything for your soul growth?

No, only truth does anything for your soul growth. Whether you *believe* in me or not is immaterial. And it requires more than mere belief to advance your soul. And I am not going to come and save all those people who say they do believe in me. It's all a game people have invented for themselves, the game called - Let's be a Christian. There is no such thing as a Christian, that's only based on mental belief. Being a true 'Christian' comes from being a brother or sister in truth, that being what you all naturally become as you grow in truth healing yourselves of your negative state. You are simply a soul, a child of loving Parents, and children from humanity of Urantia, you don't need any other label. You are children of truth, and until you start to live such truth, you will never be happy, you will never feel truly loved, this being what you are all to realise through your lives of truth-rejection.

So it doesn't matter what religion you are?

It does matter in so far as it helps define how you are rejecting truth, rejecting Mary and I, and rejecting the truth of yourself. But in the context of evolving your soul in truth to Paradise to meet and be with your Heavenly Parents, no, it means nothing. All religions do contain a smattering of truth, all are worthwhile in that respect, but as all have been evolved out of the wrongness, none of them offer you the true way of salvation. And even though they all oppose each other, believing one is better than the other, they are all the same in that they are keeping all their adherents under the spell of evil. Such mental systems are heavily controlling, they are not personality liberating, they work to keep the individual depowered whilst maintaining the illusion they are empowering. They are systems that will have to go should humanity choose to fully embrace its growth of truth. And in time they will all go, and one day they will be relegated to

the long past dark history of Earth, a time when evil reigned supreme, and the individual under the illusion of having freedom, lived greatly deluding himself that such systems were the spiritual means to an end. All they do is keep you imprisoned within your untruth. They hold a carrot of truth out to you, a promise, but never fulfil it. And they can't fulfil it, as evil and wrongness and denial of truth by its very nature is anti truth, so one will never get anywhere within such systems if one is serious about growing in truth.

Thank you Jesus.

11. Religions and spiritual systems are a product of our evilness.

Mary: James, humanity is to realise that such spiritual systems as your existing religions are a result of your evilness, a product of it, so are entirely of it. They are not going to help you heal or rid yourself of your negative condition. They are to be seen for what they are, which is beginning to happen. The writing is on the wall so to speak. Humanity is now beginning to outgrow them in other ways. And the more people that leave them, the less control they will have.

But Mary it's very difficult to leave them, especially when you've grown up in them and they are part of your society, culture, tradition and every day life.

I know James, and it's going to be very hard for many people to do so, however when ones soul is ready, then one will not be able to resist or fight ones inner pressure, and one will have to change.

So our soul drives everything? What about our free will?

Within the realm of personality expression you have your free will, but your soul underpins everything, everything you do, think and feel. Your soul drives your existence in Creation. And if you submit to its control, which you can only do by living true to all your feelings, then you'll feel such things. You'll be able to live knowing your soul is in control of everything, but part of that control is allowing you to have the experience of having a free will.

So we believe we have free will, when we don't actually have any at all.

In one sense that is true, however the wonder of how we've been created is that we are separate, unique and so individual personalities, individual personality expressions of our soul. And how God has designed us, we being the consciously aware personality expression of our soul, is that we can live perceiving both levels of reality simultaneously: the experiential and existential. So you can become aware of your existential soul which you do as you grow in truth, feeling how it is guiding you and bringing you into being, and also can you feel the full experiential integrity of your freedom of will. And as you make your free will choices, so you also can perceive how your

soul has taken all such freedom, not only into account, but is also guiding that freedom. It's the relationship between the existential soul and experiential personality, something we will all marvel over for the rest of eternity.

Mary, will you come again as Jesus said he will?

I will come with Jesus when we return to Earth in the far distant future. We will come together, as that's how we always do things.

So even if the Christian's were right and Jesus did come again, they'd still have to accept you coming with him.

Yes, something that they'd not have bargained for. They want it to be an all-male thing, they don't want a meddling woman involved, that would only complicate things too much, and threaten the men's power and control.

As you are aware, the higher spirits that brought evil to Earth all those years ago, set about creating the imbalance of the sexes. And so the ongoing subjugation and suppression of women, which is really the truth of women; and the unnatural superiority given to men, causing men to deny their truth, has become so much a way of life that many people fail to see that it's wrong.

Many of the men - speaking for myself. I have all the male superiority stuff.

As do many women, for many women are good at gaining the power they feel they need whilst in the subservient victim role. Both men and women are equally to blame. You are all equally victims. It's not all Eve's fault. Adam is to be blamed equally for they both allowed their relationship of truth to become untrue, just in different ways reflecting the different natures of men and women. And NOT as portrayed in the Bible Story. The Urantia Book is a little closer to the truth, but still heavily weighted in the masculine. And even though Eve did transgress the universal laws first on the physical level, followed by her mate Adam once he'd resigned himself to their fate, it could have just as easily been the other way around, for they had both reached the point of relationship failure, of their denial of truth.

Why wasn't it the other way around?

Because those evil spirits who were plotting humanity's downfall and fall from grace or truth, knew that if the onus could be placed on women, she being the spiritual leader of truth, as she is the mother, then their insidious (nefarious) game would become passed on down through the generations, this being the control they sort.

The woman being the spiritual leader, that's what it says in The Urantia Book.

Yes, as she is, as she is closer to her feelings. So she can lead either way, into the light through the

truth, or away from it. Marion leads you in your feeling expression, thereby helping you to grow in truth, as you come to understand the truth of your evilness.

She does, I haven't a clue when it comes to expressing my feelings. I've learnt it all from her. I was heavily shut off from them, and she's had to not only help me, but do all her healing herself, as I've not been much good to her in that way.

So women's liberation, is that a genuine attempt by women to reclaim their spiritual leadership?

It is in some ways, however the trap many so-called liberated women fall into is in competing with men for power in their negative state. So it's a false liberation, if you will. It is however very necessary to at least bring women to a more even level within their evilness, and from there, if women want to be sincerely true to themselves, they will need to go further still by doing what I say. By honouring ALL of their feelings. And by being brave enough to.

Your feelings are the key to your spiritual growth and ascension of truth. However in your negative truth-denying states you deny many feelings because were you to accept them, they'd make you have to confront yourselves, you'd have to take a very serious look at yourself in the mirror and you'd not like what you started to see. But it is as simple as that, and it's eluded humanity all these years. If you are to live true, that means you are to live true to yourself, which in turn means: live true to all you feel. And so if you deny one feeling in any way, you can't live true to yourself and will remain living untrue. So feelings are the key, however as you've come to understand James, it's not as easy as it might sound to simply start accepting and honouring all your feelings instead of doing all you can to dishonour and reject them.

You're telling me, I had no idea.

You didn't, but you're getting the hang of it.

I don't know about that, the more I feel I make any headway, the more I feel I don't have a clue about any of it. Marion is the bastion of truth, she never deviates from expressing her feelings. They all seem so strong in her, and she is so sure and self-confident and super aware and sensitive to them. I blunder along behind her... what, what was that? A feeling was it... that slight aberration within me... and ah... what, sort of feeling - what am I feeling... I don't know. It's bloody hard work.

It is James, but as you know, it's the only way for you to come to terms with your negative condition.

Yeah I know, I'm getting to know. I've been getting to know for these past sixteen years, and I'm still getting to know.

No one said it was going to be easy.

No one said anything Mary, it was all Marion's idea. It wasn't until we were well into it, that you and Jesus started to fill me in on some of the extra details.

You needed to establish firmly within yourselves that it's what you wanted to do, and to fully commit yourselves to the process without any interference, including encouragement, from Jesus or myself or any other spirits. To come to it yourselves and to see and feel and even know to a certain extent that it was the way, and the ONLY way, out of your evilness, and that to fully divest yourself of your badness, you had to 'go into' your feelings.

Yeah, and it's turning out to be one hell of a trip. For Marion it's just life. She is it, she is feelings, it's what she does whether she likes it or not. But for me with my more mental approach to it, I feel like it's one horrible experiment I'm being subjected to. That God gets his kicks out of putting me in the shit, and then bringing to me to a point in which my life failed, then start to turn me around and me wake up, all so I can have the fun of trying to get myself out of the shit. Oh it's been great fun, I highly recommend it!

But has it been worth it James?

Well Mary, that's just it. It has. And what more can I say. It's the most incredible thing I've done in my short life, it eclipses everything I'd thought and dreamed about. And as horrible as it is because I feel so bad so much of the time, as all my yuk surfaces, during my good days, rare as they are, I do know and I can feel that I am progressing in truth and changing. When I look back at how I was, and how I am now, well it's not only worth it, but I wouldn't have it any other way. And I can't go back, no way, I can't even get off the train and take a breather. And with all my heart I want to see what happens. I want to see, to experience, if there is indeed, an end. The theory and all you and Jesus have told me says there is, but until I actually experience it, and to know that I am fully healed and no longer evil, well... But that's all I long for now, and of course for the truth of myself, the truth of my feelings, and our Mother and Father's Divine Love.

And would you want to go through it all again James?

Mary, ask me that question once I've finished healing myself. As you and Jesus have told me, when I am free of my negative state and being of a positive one, I will see everything and feel everything in a new light, so I'll wait until I feel a bit of that light around me, and in me, or whatever it is.

It being the light of the truth you'll be living.

Yes, so I'll wait until I'm living it. And in the meantime, please don't ask me how I feel about it now, because that's what Marion keeps asking me, and it's back to drawing board... now what is this feeling I'm feeling, where is it, what am I feeling, what does it feel like, and what does it mean...

Mary, I'm going now, it's dinner time. Thank you once again to both you and Jesus. I do love writing with you both, you're always shedding more light on things even though we've been over some of this countless times. I'll speak to you soon.

Speak to you then James, bye for now.

12. Jesus often referred to Mary Magdalene as his wife.

Jesus, the fragment of coptic writing on papyrus which was in the news last year says, "Jesus said to them, 'My wife...,' - did you say that?"

Yes James, it's true, I did refer and often to Mary as my wife. However she was not my wife in a traditional sense, but in a spiritual one. We didn't get married, we didn't make such a social or cultural union, and our lives weren't about obeying or even supporting convention. There was no need for it, as we were already more together than any manmade custom could achieve or even infer. We were soulmates, the greatest union there is, however as that concept was very difficult to impart particularly upon the men who followed me, so it was just easier to relate to Mary as my wife, especially when it came to illustrate certain points I wanted to make.

Your women followers found it easier to relate to the concept of soulmates?

The men could understand it intellectually, however the women being more intuitive and closer and truer to their feelings could relate to it on a deeper level. And they also had Mary to instruct them further on much of what I said. Mary, as she will tell you, spent a lot of time helping the women to understand the deeper meanings to what I said, helping to bridge the gap between the spiritual and physical. Much of what I said needs to be interpreted on a higher spiritual level, which is difficult to do as I also wasn't able to reveal all I would have liked to. I was spiritually handicapped you might say in my spiritual revelation, so unless one understands the bigger picture, it would be easy to take much of what I said out of context, which as you know has been done a lot.

I referred to Mary in many different ways, each one elevating and alluding to her greatness, to the truth that she was the Creator Daughter of Nebadon, and my soulmate. But I couldn't go too far, and it didn't matter anyway, as most of the higher spiritual truths were too difficult for the people back then to understand. Their minds were not of a condition to understand them, let alone for them to live them. It took Mary and I a long time to educate the people with our biggest difficulty being having to make them see that all they believed, their religious and spiritual traditions and beliefs, were incorrect. And it's the same now James. Even if Mary and I were to come to Earth again, there would be very few people who'd be of a level of mind and soul development to listen to us, to consider what we said, and then to apply it to their lives. Can you imagine the reception I would get should I walk into the big Christian conference you were

reading about the other day in America, and if invited to speak, speak about all we're writing: how the Christian religion is an aberration based on untruth, and the Jesus they are worshiping is a contrived fantasy and has nothing to do with me, the real man, and spiritual leader of Nebadon. I don't think there'd be too many ears open to my words, and it was the same when I was on Earth. We only had a very small group of serious spiritual followers, mostly the numbers of people that came and listened to me and lived in our camps were there to either receive a blessing from me - the hope that I might magically heal them; get free food and shelter as we didn't turn anyone away; and just to be in on the fun and to see what happened, including how the authorities would deal with me. I was the latest form of entertainment. And it would be the same today. If I were to come again and even do a few miracles, many people would no doubt be interested in me, following me, even wanting to be healed and in on the action, but very few would actually want to do the hard work of beginning their truth ascension by healing their evil condition. I would in fact achieve nothing more were I to return today to your world, than I did back then.

Yeah, I see what you mean. It's disheartening.

And it's why humanity is going to have to work very hard on itself if it ever wants to rid itself of its evilness.

For people, and in particular, the average person to consider we're all evil, *that they are evil*, I can't see many people liking it very much. I'm not expecting many people to take this blog very seriously. I didn't like it very much when it dawned on me that I was evil, considering I thought I was a nice guy because I didn't go around raping and murdering, and that those people did were the evil ones.

And it doesn't matter James, it's not about numbers at this stage, it will in fact be for other people in future to do the hard work of convincing the masses that their way of life is not actually good for them. All that matters now is for these higher truths to be revealed, it is time for that, and that's why you and are talking about such things. It hasn't been time for it up until now, and so I've not spoken with anyone on Earth about such things. But it's now time for Mary to have her say, which you have been wanting her to do, and that's the most important part of it.

And little pieces of information such as this coptic snippet you are referring to, all help. They allow a little speculation to come into play. They start people thinking along new lines. And even considering that what if the status quo is not true, what if it's not as it seems. And in many ways a little bit is better than suddenly revealing a big amount, for it would be too much to digest at one time.

Yeah, like our blog.

This blog is for a specific purpose, spiritual reasons, reason which in time will become more apparent, and reasons which we've not as yet revealed to you. It's something you feel you want to

do, as it is something Mary and I feel we want to do. So we are doing it. And you know how it goes, each experience that results from it has a great impact on you, on you personally James, just as it does on Mary and I. And as we're all wanting to evolve our souls in truth, so we want to know how we feel about it all, and by our expressing such feelings, as Mary and I speak about all we feel always to each other, so the truth comes that we are see, all that our Mother and Father want us, Their children, to see. And we move on in our eternal life, ever growing more in truth, ever expressing more of our personality through our feelings. And even though I am Jesus and I am the joint head of this local universe, so far as a soul growing in truth is concerned, Mary's and my soul together with yours and Marion's, and people and spirits of humanity, is all the same. Truth is what our soul needs to be fed, but truth arising from our own experiences. It's one thing to intellectually entertain and embrace truths from another, but when you experience that truth for yourself, it's entirely a different and more fulfilling experience. And so we are going to tell you the way to experience truth for yourselves. This being done through our work together.

It also says on the bit of papyrus, "As for me, I dwell with her in order to...". Jesus, did you say these words, and are you referring to Mary again?

Yes. It's all about Mary, I spoke often about Mary making her an example of much of what I was trying to help the others to see.

Can you complete the sentence?

Yes. However it will be not as I actually spoke it, but it goes along the lines of, "As for me, I dwell with her in order to uncover the truth of womankind. It is to she (Mary) that I look in all such matters of the woman. And as I look, what I see, tells me that she has, as do all women, the ability to live with me (meaning, to be of the same level of truth that I am)."

I spoke a lot about the goodness of women, trying to build women up in their personal self-esteem on a religious and spiritual level, and trying to help men understand that women were their equals in all matters of the spirit - of truth. And that the men would do well to seek the truth and understanding of women, that women have a lot to offer the men in the area of helping them to understand what I talked about. Women weren't considered to be of any spiritual worth, and yet because of that, they were as a whole far more open to all I said. It was such a pity, for I could have enjoyed the friendship and companionship of women disciples more than I did, but it wasn't the way things had to be. The male dominance on all levels, and especially the spiritual, was well in place and I had to honour that.

It gives me the impression you'd have perhaps preferred to be more with the women than the men.

No, I loved being with the men, even though it was harder to impart my truths to them, they had more barriers and resistance to all I said. It was just that I would have loved it had Mary been able to be her full and true self, and we could have both worked together imparting our truths to

both men and women equally. It was all so unbalanced.

Jesus, what happens if someone brings to light more of the fragment of the text you just completed, and it's shown that you didn't say what you've told me?

Wait and see James.

Hmm, you're not going to say more...

No. But if you have any worries or bad feelings about it, you should speak about them to Marion.

Yeah I know, but no, not as yet I don't have any. I would have had many bad feelings about it years ago, I'd have not even been able to write such a thing even had you wanted me to, because I would have been too afraid of making a fool of myself by saying Jesus and I speak together and he said... and it turns out to be something I've made up and a load of rubbish. But I've worked through most of those fears - at least I think I have. And really I don't care now. I know there will be - there are - discrepancies in what you and Mary and all the spirits have told me over the years. And I understand they are all relative to my souls growth. And as I'm fucked and coming out my evilness, if any of what I say or you say through me turns out to be true being confirmed by an outside source, as say more ancient writings coming to light, I'll be amazed.

All I know is that all you've told me over the years has helped me no end. And still is helping me. And that's good enough for me. As to what other people might think and feel about it- well that's for them. And if it makes me feel bad, then, yes I know what to do - more bad feelings to express to uncover the truth of.

That's right, and that's all you can do. You have no way to prove anything of what Mary or I say to you, or even as we've discussed, if indeed I am the man Jesus that walked the earth. Or, even if there was such a man as Jesus for that matter. And so all you can do is rely on your feelings, and as they are all heavily controlled and tainted by your negative state of mind, adding even more difficulties for you, all you really can do is start to express all your feelings with the intention of finding out the truth they are to show you. Just as you said.

Yes, and my doing that over these years has helped me to feel so much better about myself. And as such truth and insights and understanding about it all keeps coming to light within me every day, so I keep going with it.

13. All will be revealed.

James?

Yes Mary, please go ahead.

More of such writing as what you were talking with Jesus about is going to come to light (*refer to message 12 and the coptic fragment*), a lot more. And in fact so much more that it's going to have a profound impact upon the Church - that being, all the Christian churches, but in particular the Catholic church, it being the most untrue, and the most controlling. I am currently not at liberty to tell you how and exactly when such information will come to light, however I want you to know, as well as your readers, that in time, and that time is coming very soon, ALL WILL BE REVEALED, and in more ways than one. Jesus and I are making a certain revelation of truth to you based on your understanding and growing awareness of truth. However there are also to be other 'revelations' which will have the compounding affect of adding more pressure to the untruth. With more people each day beginning to question the status quo, and with more control and brutality having to be used to keep people under control; and as peoples' longing for the truth increases, so such longings will be fulfilled.

Our speaking with you is part of this. It began back in the sixties when people started to throw-off some of the shackles that had been imposed on them, and it's still continuing, and is going to gain more momentum as the years pass. And on this 'wave of new awareness' are Jesus and I coming to you now. We are wanting to help uplift mankind into a higher state of awareness, with our input being on a true spiritual level.

There are huge depositories of ancient texts waiting to be liberated, and such liberation will come. And there are now the many scholars who will be more than willing, and more than capable of, translating and interpreting such work. It's part of the ongoing breaking down of the control that humanity is under. And as those in control, both on Earth and in the mind spirit worlds seek to tighten their grip on the people, so forces beyond their control will step in and take over.

It is indeed the End Times that humanity is moving into, however the beginning of the End of your evilness, something far greater than most people are aware of. It's not about the end of the financial system or the end of ones way of life, it's about the end of the 'whole dam rotten thing'; that which is your life - your life in evil. However it's not all going to end all of a sudden, it will end in steps - stages, some being quicker than others, but the 'writing is on the wall' so to speak, and now it's only a matter of time. And it doesn't matter what anyone or any group of people or spirits try to do, for humanity's spiritual welfare is far more important than anything else. And, as it's been denied for so long, it's now time for that to change.

And presumably what you're saying Mary about a change on the spiritual level, is also going to be seen or matched on the physical one as well.

Yes.

I want to speak more about such things with you both later on.

We know, so I am introducing it now. Building into it, so you might say.

That's fine by me Mary.

For the time being Mary, I want to go back to focusing on things that have been said about you both concerning your relationship.

I read the other day, it being suggested that you were actually Jesus' real mother.

I know James, but it's untrue, mere speculation based on untruth. But it's good that you ask us such things, for it all helps the reader, as does it help you, to make up your minds about us. There is much untruth in the Bible and accepted religious texts, many people have made up many things about Jesus and I over the years, and it's still happening. And for that reason, to know how you are, how people are, and to accept ancient writings as *ALL* being true, is ridiculous.

You mean all that's in the Bible.

Yes. However when one is indoctrinated into such untruth and meaningless rubbish, as so much of it is, it's very difficult to stand up to it and say, no, I'm no longer going to have anything to do with it. And the whole problem is further exacerbated by the fact that some of what is contained in the Bible is true. But as we've told you, it's minimal, and of what there is it can't help you heal your negative state.

Can it help you get into a condition enabling you to accept the truths and information that can help you heal it?

No. It will only lead the *believer* further from the truth. It's outright manipulation, to use some truth to make untruth believed to be true. It's exactly what parents do to their children. They manipulate various truths all so the child will believe their untruth, that which the parents want them to obey. All so the parents gain their desired control over their children.

For example?

You only have to look at your mother and how she treated you James. "Darl, you do this for me will you, it will be good for you - it's what your father and I do, it's what everyone does." That being the 'truth' she was imparting to you. Then: "And if you do it, then it will make things better for you, you'll see." Then the implied threat, the untruth - for if you don't do it, then you'll make things worse for yourself, and "YOU DON'T WANT THAT, DO YOU!"

I can hear her words in my head Mary. Don't go on!

And none of it is true, it's her way of getting you to do what she wants, saying it's all for your

own good. If you believe in the Bible, then you're doing what someone else wants - God? Jesus, perhaps? Or, the religions leaders? And if you don't do it, then look out because you're going to make things very bad for yourself. And you don't want to make God any more angry than he already is - DO YOU! And if you do, do it, then all the glories will be bestowed upon you and you'll live happily ever after in the Promised Land. And when you're young, forming, coming into being, and you're looking to your parents as being gods, it all goes in and there it stays, even so much so that you're prepared to die for it. And whom are you really dying for - your parents. And if that is what true and loving parenting is all about, then...

I see what you mean.

Mary, I realised, that in a way, if you took all of my parenting and put it in a book form and called it my 'Bible', then really that's what I have been trained to live, believing in my personal bible and trying to adhere to all its commandments, rules and regulations. And it's nearly driven me mad.

And all because you were never allowed by your parents and grandmother to have any power within their 'system'. So you never felt it was for you, it never really appealed, it was something you just had to do, was forced to do, like going to school. And because you always felt powerless in it, so you've been able to turn your back on it and look for alternative ways to live your life. But for those people who grew up having power within their family systems, they enjoy, even love, and won't want to give up such control, just as those people who derive a lot of feeling powerful from believing in the Bible or whatever their religious or spiritual text might be. And so it will also be very hard for them to relinquish that power, and to instead start to accept and focus on how underneath they actually feel powerless.

You see, you all feel powerless, because you all live untrue to yourselves. The power you believe you feel is just that, a belief, and so it's contrived and false. And it only requires your familiar situation to change, for your mind-fabricated power structure to be threatened, and you start to panic, desperately holding onto the remaining threads of your power support system.

But if you want to live true, then that support system is going to be systematically stripped from you, and you're going to have face the deeper truth you're doing your best to avoid - just how powerless you actually do feel.

And that's the challenge that confronts humanity. So much, if not all you do, is about trying to empower yourself, yet it is all only to keep yourself trapped within your powerless state of mind. It's a grand delusion you live under. But as we've said, many of the existing and well-established false power systems are going to come under threat, thus giving rise to the real End Times.

James, it's now time for Jesus and I to go.

Thank you both again.

Bye now.

14. Searching for Meaning. 'The Religion of Feelings'.

Posts, 14, 15, 16 and 17 are most important if you are seriously intent on living a true spiritual life, giving up all the rest of the rubbish that we call religious and being spiritual, all of which only helps us to further our self-denying state. "The Religion of True-Self": The 'religion' no one wants to know about! Yet the one we all need to live if we want to feel happy and loved.

Mary, Marion was reading what a young girl wrote in a book, one she bought this morning from the op shop. The girl was saying the search for meaning involves relationships, which being very trying at times, is what's needed to find meaning. So what is it exactly that we are searching for?

The truth James - the truth of your lives; the truth of yourselves, which in turn will lead you to the truth of God. And to find that, as we've touched on, one needs to look to ones feelings, for it's within feelings that one will find such meaning.

Much of your approach to life is based on trying to find meaning with and through your mind, but this only leads you around in circles, and eventually to a dead end. Only feelings will truly liberate you. Only through your feelings will you find what you are looking for. And it's all so simple, right there in front of your nose all the time: feelings; your feelings are trying to tell you what you need to know, they are always trying to show you the meaning you're longing for.

So if it is our feelings, then why don't we naturally find the meaning, why after all these years are we still searching?

Because your most important feelings, all your bad feelings, you are mostly doing all you can to avoid. So whilst you avoid these feelings, so too will you avoid the truth and meaning you are looking for. And because of this, you look all over the place, you climb the highest mountains, you sit for endless hours in medication, you read all the self-help books, and yet this young girl is far closer to the truth than even she recognises. Because how you are stimulated to feel is through relationships, and the more deeper, that being, feeling-expressive, your relationships are, then the closer to the truth, the closer to yourself, can you become. However the deeper and more personal, intimate and intense your relationships, then the more likelihood of them making you feel bad in some way, stirring up all those unwanted bad feelings. So you feel intuitively that you do want to have deep and intimate relationships, and yet when it comes to the crunch, most people shy or even run away, refusing to open up and bring out all the bad stuff.

So we believe we're being spiritual by longing for the Divine Love, reading the Padgett Messages and The Urantia Book, by going to church, by saying our prayers, by believing all we're told is important to believe, and yet what you are saying is that really the only real and easiest way for us to be spiritual, is for us to honour, embrace and accept all our feelings.

Yes, it's as simple as that.

You understand James, as I said, your soul has been designed to bring you, its personality into being, and for that to happen on a personality level, you need what is called your will. And what your will does is will your feelings into being, first, and then your thoughts. And so you live being driven by feelings, your feelings making you feel to do this and that. Which ordinarily would be the right way to live, because as you naturally went along expressing all you felt, truth, meaning and understanding, would result. It's a natural process, effortless and thoroughly enjoyable. You'd lovingly look to all your relationships as sources of feeling inspiration, so you'd put into them as much as you could so as to generate as many feelings as you could, all whilst knowing such feelings would then lead you deeper or further into yourself, always helping you see more about yourself, and also everyone else, nature and God. So you'd be happily growing in life, loving your relationships and feeling very strongly connected in life. And life - your life, would make sense to you. However unfortunately, this is not how you live, as you've all been prevented from doing so. And the biggest part of that prevention is, that you've been, right from conception, forced to deny certain feelings, and mostly bad ones. So your natural growth of truth, or finding meaning, has been thwarted, with your mind being made to take over, making up all sorts of things for you to believe life is about, stopping you from feeling what it is about. And then added to this, your mind has also been allowed, and even forced, to make up feelings for you to feel, so you don't actually know from the point of view of truth, if your feelings are true; that being, true feelings based on or being derived from truth, or false feelings if you can call them that, being derived from untruth. So you can passionately feel something to be true, however those feelings, even great loving feelings, might still be only coming from your mind, being derived from your beliefs and behaviour you've been led to believe is acceptable. So as part of your Feeling-Healing you will have to work your way into all your feelings to see if indeed they are coming truly from your heart and soul, or if they are being heavily influenced by your mind. And this will then lead you into questioning and uncovering the truth, if there is any, to your beliefs and why you behave the way you do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of your mind.

Okay, so what you're saying is there is only feelings, they are the true way, and really because of that, you can scrap all the religions and spiritual belief systems and ideologies because they are mind created and based on beliefs, all adding to our true-feeling denial.

Yes. However, so far as a humanity evolving into being is concerned, it is important for it to go through such a religion and religious stage, but to eventually evolve its way out of it. So what Jesus and I are offering you, revealing to you, showing you, is the way to now move beyond such constraints if that's how you want to live.

And from what I read in the Padgett Messages, and from what other spirits have told me, the spirits who embrace the healing of their negative state and the Divine Love, who move from the mind mansion worlds into the Divine Love worlds, and who heal themselves and move into the Celestial levels, don't have a specific religion they live, having all given up their religions and

spiritual beliefs. And so presumably, that's what's in store for people on Earth to do at some point.

That's right James, these spirits are simply living the Religion of Feelings, which is really only the Religion of Life, and hence: Light and Life; light being that which is generated by your feeling experiences; that which moves into your soul, triggering more soul-light to come out advancing your personality expression and truth evolution to the next level.

So it's the light from our feelings, and not from our thoughts.

Feelings are real, they are true, in that they have substance, they are permanent, because you feel them. Thoughts are transient, they come and go, and beliefs are only your choosing to keep your thoughts in place by using your mind. So when you free yourself of your controlling beliefs, you'll find that as you start to live a true feeling-led life, then your mind, having been broken down, will give rise to the necessary thoughts, ideas, concepts, understandings, insights and so on, that you need, but all to help you further understand your feelings. How you currently live is using your mind to dominate and control your feelings, which is the wrong way for it to be used. It should be used in support of your feelings but NEVER taking over from them. So to come back to allowing yourself to be feeling-led, something you have to understand you've never experienced, as your mind was made to take over right from the beginning, is a huge undertaking. And it's NOT something you can do with your mind. It's something you can ONLY do with your feelings. So being so heavily programmed to live according to your mind, to stop that, and go the other way and live according to your feelings, well, that's what lies ahead of humanity, that's the great challenge that awaits you. And it's what Jesus and I can now reveal and speak to you about.

Okay, so then, how do we do it?

First of all you decide it's something you want to do. To start to look to see how you're denying feelings, to acknowledge to yourself that you are. And then to decide you want to stop doing it. And if you do, that you want to stop because you don't want to keep hurting yourself, because with every feeling you are not expressing; with every feeling you are keeping locked away in yourself, you ARE hurting yourself. And although you might not feel like you are hurting yourself, you are; and you're in great inner and soul-pain because of all the millions of feelings you have denied since your early life. And all those feelings are still within your soul, if you like, encoded as light-experiences, and waiting for you to express and fully feel them. So all your denied feelings are still 'alive' and real, and waiting for you to one day express. And whilst they are waiting they are causing you all your pain. So you decide that you want to stop denying any feeling and bring out all your hidden or buried ones. And why you want to do this, this part being as equally important as accepting and allowing yourself to express all your feelings, is to uncover the truth of them, of why you're feeling them - why you feel bad. You want to know: what's happening now in your adult life, and what happened back in your forming years to make

you feel these bad feelings - the truth of your relationships.

So you want to find and then live the whole truth of yourself, or simply - the real and true you. You decide that you want to stop being awful, unloving and mean to yourself by denying these parts of yourself, your bad feelings; and instead be nice, kind, loving and accepting of yourself, allowing yourself to feel such feelings, to bring them out, to let them have their say, to express them, all so you can find the truth of them. All so that by finding the truth, you are advancing your personality, advancing your soul in truth, living a true spiritual life, that which you've been created to live.

You will is currently focused to keep you in your feeling-denying negative state, so you have to use your will, re-focus it, to stop being this way. And how you achieve it is James, as you and Marion have been doing over these healing years, by trying to accept all your bad feelings, allow them to be, and to bring them out of you by expressing them to one another, all whilst you long to uncover the truth of them. And as the truth comes, so you've been led by your soul back down into your early childhood uncovering what you call your Childhood Repression. And as that's happened, so you've come to understand the true nature of your relationship with your parents, and grandparents, they being the most influential people in your early life; together with the true nature of your relationship with yourself, and with other people - particularly Marion, and with nature and God.

And it's been very hard work Mary, feeling so bad most of the time and laboriously trying to express my feelings, which I'm no good at, and being such a pain for Marion who effortlessly expresses hers. However as you say, it's all worth it because I know I'm going in truth, I'm changing, and over the years my mind has lessened its grip on me. I've been mentally broken down, and I am much more aware of my feelings. However, I've still got some very deep feeling blocks in me, beliefs that won't allow me to express all my feelings. I still believe it's bad to express them, and in doing so I'm going to get into trouble. I still feel like most of the time, I'm still only about three or four years old, fearing being punished by mum and dad.

I know James, and it is extremely difficult. You have formed into this false you that is bad-feeling-denying. And to change yourself, all your mental, emotional, spiritual, psychic and even physical circuits of your personality that keep your negative evil state in place, is a massive undertaking. However, amazingly, which you and Marion are proving, it can be done. And many Celestial spirits will tell you, they've done it.

I do find it amazing how Marion worked it out for herself. She had some good therapists who helped her break through her depression and many of her blocks that were stopping her from expressing her feelings, this being what she did before we met; so when she told me about it, that I was fucked because I wasn't truly expressing myself - my feelings, and that I had masses of deeply repressed feelings from my early life that still had to come out... well, it sounded good. But gee Mary, to do it. I wrongly thought I'd work through all my shit in a few years, especially with the help of the Divine Love and what is said in the Padgett Messages about the Divine Love removing all our sins and errors. And now, sixteen, coming up on seventeen years later, I feel like

I'm still only just beginning in my bad feeling expression, still only just understanding all that's involved in it, even after all you and Jesus and the other spirits have told me.

You've had to work your way up through all seven mansion worlds of truth-denial James, so there's a lot of feeling blocks within you. And it will be the same for other people. Some people might naturally be a little further on in their feeling expression and resultant truth, having seen the value of their feelings or having undergone some good therapy that might have taken them back through their feelings into their early childhood traumas; but still, there is a lot ahead for all of you to do. And you can start now, and finish your healing in spirit, it's all up to you as to how much you want to commit yourself to the process; or you can give over to it completely, as you and Marion have committed yourselves to doing, and possibly even finish your feeling-healing during your physical life.

But as I said, you have to do it all with your feelings, long to do it with your feelings. Of course you can understand the principles involved with your mind, however, you've got to try and keep your mind out of it as much as you can.

Yeah, Marion's very good at that, she only relates to life through feelings, I'm far more caught up in all the mental stuff, even like this and our writing about it. Marion's not interested in writing about it, that's too much with her mind, she just lets it all come and go through her feelings, and incredibly, she just seems to know it all anyway. For me, she is an example of what Jesus and the Celestial spirits say in the Padgett Messages, that as your mind is taken over by your feelings, you seem to just evolve your mind naturally, you don't have to school it, all such understanding coming from your increasing truth and feeling expression.

Going to school as you did James, cramming information into your mind, using your mind to take over from your feelings, is all part of your feeling-controlling ways, it destroys and severely limits your feeling expression, and so your personality interaction, and all you might get out of your relationships.

Yeah, don't remind me, sitting bored out of my brain for hours on end trying to learn all that stuff, most of which I've forgotten. When all I longed to do is be out doing things with my friends, being in real life - expressing myself freely.

And it was the same for you at home, confined to being with your mother and grandmother who presented themselves as your early teachers. Bored out of your brain listening to them, unable to express your own feelings, unable to relate to them or life freely as you felt, and so learn about life from the truth you evolved naturally out of your feeling expression.

15. Search for meaning continued: 'The Religion of Feelings'.

Mary: I want you also to understand James, what you said about Marion coming to it all herself - all through her own feelings, is very important, because, it's because of her doing that, that I've been able to come to you both. And even though I don't have anything personally to do with Marion, as in we don't speak to each other like I do with you, still I have been with her through her whole life as she's suffered all her feeling abuse. And by her choosing to live true to herself, which means, true to her feelings, so I've been able to come to you and shed more of the conceptual light on it all for you both. And so has then Jesus been able to come to you as well, joining me in our revelation to you about all of this - your feeling-denial state, your evilness, your rebellion.

Sorry Mary, but I'm still coming to terms with what you said earlier in the previous post, that really we don't need any formal religions at all, like, no churches, no priests, no religious men or women, no holy places, no nothing like any of that.

That's right James, you don't. You can still of course have holy places, and places of worship, prayer and meditation, but these would be places you would go to be with others, or quiet places, to long to your Mother and Father for their Divine Love. And as well, such places could simply be places you go to sharing your experiences and expressing your feelings as you seek the truth of them. However, really your whole life is your spiritual experience, you long for the Divine Love of God when you feel you want to long for it; and you long for the truth of your feelings when you feel you want to long for the truth of them; and you keep striving to express all your feelings to your partner, and ideally, out in the world if other people are also open to it - if they are understanding and sharing the same intention in life.

To imagine that one day humanity will not have such religions... that's hard to imagine.

One day it will happen, but not for a long time, however in the mean time, as more people come to understand about the significance of their feelings and their relationship with the truth; and as they venture into doing their feeling-healing, (or soul-healing, which is inclusive of their feeling-healing, together with longing to become at-one with God through longing to the Mother and Father for Their Divine Love), then less power and control will such institutions have over the world.

We are all so heavily indoctrinated into believing so many of our bad feelings are bad and should never be expressed, god knows how we will ever change that.

God does know, and so too will humanity as they do it. And what you say is true, you don't like feeling bad, which is natural enough of course, no one does, but that doesn't mean you should do all you can to stop yourself from feeling bad. You see James, by stopping your bad feelings from being there, and by stopping yourself express them, you ARE making yourself feel bad, worse than you are already feeling, even though with your mind you might convince yourself that you are feeling much better. But you are deny feelings, denying parts of yourself, as your feelings are

a vital part of yourself coming into being. Each feeling is like a newborn child pushing its way into Creation, and you are knocking it on the head saying no, you can't exist, go away, I hate you, I don't want you. And then once you've banished your bad and unwanted feelings, which is also the greatest act of self-hatred you can do to yourself, you have to then use all your will and all your mind to then keep those bad feelings suppressed, for if you don't, they'll come up again, causing all such grief all over again.

However, by keeping your bad feelings suppressed, you are keeping them and all that pain and grief you are causing yourself, to remain within you, when all you need to do is let them be expressed, to emote them, to speak about, or yell or curse or do whatever you feel to express them. And once expressed, they are gone, leaving behind the truth you are to see.

I like that: that the truth is left behind, it is revealed as we express our feelings. And it is, that much I've had lots of experiences with now. And it does make you feel good when you see the truth.

As I've said, our types of creation James, that being souls that are truth-loving, do love the revealing of truth to oneself, it gives you many good feelings when you see how it is for yourself. And that only increases as you become true, healing all that's preventing you from living a feeling-led and so truth-ascending life. And as Jesus and I have told you, once you are healed, then your growing in truth will accelerate markedly, you'll feel like you're flying along as it all clicks into place. But in the meantime, it's keeping your nose to the grindstone I'm afraid, the relentless struggle for you to express your feelings to Marion, all so you can break down and break through your feeling expression blocks. And those blocks consist of all the parts of your relationship with your parents and grandparents from your conception that have prevented you from naturally coming out into being. They heavily clipped your wings, you're a bird trapped in a cage, but one day James, you'll set yourself free, for that's what you are doing through your healing. You're taking responsibility for your untrue state of mind and will, and you're saying, no more, I don't want to live this way anymore, I no longer want to be false. And you're getting there. And all you have to do is see all the truth the Mother and Father want you to see, and the truth comes as you express your feelings, as you well know now.

It is incredible Mary, how I might be feeling so bad, so wretched, so utterly fucked, and with no feeling of ever feeling better or good, just completely immersed in my bad feelings, and I mumble and bumble my way along trying to express how bad I feel, with Marion coaching and pushing me; and fuck, as I feel so bad, the last thing in the world I feel like doing is speaking, let alone speaking about how shit I feel; but somehow I manage to struggle on, and then all of a sudden, the truth starts to come to light, I see what it's all about, and almost instantly the bad feelings are gone. And I feel I've come up out of my hole, the darkness no longer there, and I no longer feel weighed down with the horror or yuk of it all, I feel light and even good that I've had my breakthrough and understand more about myself.

It's a wonderful process James, revealing truth through your feelings, and all the more special

when you're trying to extricate yourself from being evil. It's doubly hard than just growing were you perfect, but of itself, as you'll one day say, doubly rewarding.

I hope so Mary. There's got to be some good reason for God to put us all in this mess; for God to subject us to evil and then make us have to get ourselves out of it.

Oh there is James, that much you can count on. And in time, even as it is already beginning to happen to you, the Mother and Father will reveal all what it's been for.

So Mary, all that you've been saying about our feelings, is really all you and Jesus are helping us with, that being what we should have received from you all those years ago.

Yes, however had you been perfect, we'd not have come to Earth, we'd have gone to another rebellious world, of which you understand from The Urantia Book a few currently exist in Nebadon because of the Lucifer Rebellion.

So we came to you, knowing you would reject us, that you were not as yet in a state of mind to accept all we could have told you; that being, all about your feeling denial, which is your own self-rebellion, for that's what you are doing, you are going against - or rebelling against - your own true self. You are in perpetual crisis, denying or refusing, and so rebelling, against your own personality coming into being. You are doing all you can to stop your soul manifest you in Creation in an ongoing truth evolving and truth loving way. This being the influence the Rebellion has had on you all.

So our self-denial, that being what is our feeling-denial, is really rebellion against our self, and we're saying: we hate ourselves, not loving ourselves.

And that's borne out in how you treat yourselves. Your self-help areas of life keep telling you that you should love yourself, giving you all sorts of ways of doing that, but if you look more closely at such ways, even if they say they involve feeling acceptance, they are all still ways of just apply your mind over your feelings, yet more ways of deluding yourself into believing you're treating yourself more lovingly.

And it's true what you said James, you are self-hating, which is all those dreadfully bad feelings you keep very heavily buried and locked away. Very few people have ever ventured into opening their Pandora's Box. Some people have been forced into doing so, and have lived even most, or a the greater part, of their lives in it; and some have been forced into institutions being called mad, and all because their bad feelings have been too overwhelming. And yet, it's not actually that their bad feelings have swamped them into oblivion, it's that their beliefs are they are not meant to feel as they do, they are not meant to hate themselves as much as they do, that causes all the problems. And yet if you have a feeling of hating yourself, then you have a feeling of hating yourself, it's a very real and valuable feeling. **AND IT'S A PART OF YOU AND SHOULD BE RESPECTED AS SUCH.** And you should embrace it, not try and keep it away; and then seek to understand the truth of why you hate yourself, this leading you deeper into yourself, and no

doubt hating yourself even more, but those are then more bad feelings for you to express and uncover the truth of. And if you embrace your feeling-healing, you will find that as hard as it might be, to feel bad so often and so much and to such an extent, still, you'll never be forced beyond all you can deal and cope with - PROVIDED YOU KEEP ACTIVELY LONGING FOR THE TRUTH OF YOUR BAD FEELINGS; AND DOING ALL YOU CAN TO KEEP EXPRESSING THEM WITH THE INTENTION: TO SEE WHY YOU ARE FEELING - AND WHY YOU *REALLY* ARE FEELING - THEM. And not just trying to work it all out with your mind. But to really uncover the truth of why you're feeling so bad with your feelings.

I'm constantly tempted to use my mind to do that. I have a bad feeling, I scan back into my early life now as I'm more in touch with it, and then quickly use my mind to grab onto a mental explanation of why I'm feeling bad - ah, mum used to do that to me, she treated me like that, yes, I understand that with my mind, and so that explains why I'm feeling bad. Instead of keeping my mind out of it and allowing the truth to come of its own accord. And when it does, it goes way beyond anything I was able to work out with by using my mind.

Yes, and you feel it immediately connects you with yourself, with that forgotten and hidden part of you, that being something your mind can't do.

Yeah it does, that then giving rise to the feeling and knowing that it is the truth I am seeing and not just something I'm making up for myself.

If you choose to heal yourself of your negative mind state, of your evilness, you are going to be faced with masses of very bad feelings, and for a lot of people a great amount of self-hated. And to be faced with the truth that your parents didn't love you as perhaps you have believed and convinced yourself they did; and even to have to accept that they didn't even want you, even though they said they did; and to have to face the truth that you feel you are the nastiest, vilest, slimiest, vilest, most putrid person alive, and you should be instantly killed and everyone should spit on you, thrown stones at you, string you up and nail you to a cross... is hard going, and certainly very trying. But if those terrible feelings are in you, they are in there for a reason, and it's those reasons you have to find out - the truth of why you're feeling this way about yourself. And it will come down to how you were treated by your parents. And as most people hold their parents high above themselves, up there on some sort of pedestal, two people who are only good, always right, and always loving of you; to have to bring your parents down off that pedestal and accept all through your feelings that perhaps that love wasn't all it was made out to be, can be very harrowing. It's gruelling, to have all your beliefs, the whole fantasy of your life, the false picture of yourself you've diligently worked at making for yourself; to have it all shown up to you for what it truly is...

I know Mary.

And yet it has to be done, everyone has to do it some time, be it now on Earth or when you're in

spirit. You will all have to work on uncovering the whole truth of yourselves, so that being, the whole truth of your rebellion.

16. Feeling-Healing: accepting your self through your feelings.

Mary: James I want you to understand, that to heal your negative state through your ongoing feeling acceptance and longing for the truth of such feelings, you have to understand that what you are doing is actually setting out to accept yourself as you are, that being, the false you, the untrue you. So it's not about, as I said earlier, using your mind to find the causes of your bad feelings, and then use it to stop them; it's simply for you to see and feel all how you are in your evilness - **AND NOT DO ANYTHING ABOUT IT.**

That's been one of the hardest parts for me Mary. However it does actually make it easier.

Yes, it does. All that is required of you is to see the truth, as it's only about the truth, this being done as I've been saying, through your feelings. So what this means is that when you feel bad, you stop and acknowledge that you do feel bad, to accept and allow yourself to have those feelings, and you don't push them away. Then you express them to your friend or partner - even your therapist, someone who is willing to listen to all you have to say. And as you're expressing your feelings, speaking with the emotion of how you are feeling, you long to uncover and see the truth of what's causing them. And that's ALL you do. You don't try and find the causes, you wait and allow the truth to come up within you and show them to you. You by all means discuss all you want to, all you think and feel with your partner, but all of this being done simply with the aim of seeing how you are, understanding how you are in your negative state. You don't have to try and change yourself, it's only and all about accepting yourself as you are. And naturally as you see how you are, as you see especially all the bad parts, your bad and unloving behaviour and the beliefs that control it, you will choose to no longer be this way, however that's all you do. You don't try and use positive affirmation for example to change yourself, to make yourself be loving or a better person. You just keep expressing how being this way makes you feel, as you see all the bad and unloving parts of yourself, all your dark side if you like; you just keep speaking about how seeing how these aspects of yourself make you feel. And of course if they make you feel like you don't want to be that way anymore, you express those feelings - why don't you want to be that way anymore, and how does being

that way make you feel. You keep the focus on yourself, it's all about you, you accepting ALL how you are. You are owning up to your evilness, saying I am like this, I am wrong, I am bad in these ways, and I hate being this way, and being this way makes me feel... And you keep going. You DON'T have to do anything else. The aim is not to solve the problem, not to correct your wrongness, not to even make amends if you don't feel so inclined; and even if you do, to ensure you keep speaking about all you feel. You must always keep speaking and expressing and emoting your feelings and longing for the truth of them.

So we just have to see how we are. I know that sounds obvious, but see the whole truth of how wrong we are? And not try and change or even stop being bad.

Yes. Slowly the picture, the awareness, the understanding will come to you. And over the years of your healing, more and more will you be able to connect with your badness. You'll see all those aspects of yourself you don't like, all you've been trying to hide, and you'll see the truth of why you are as you are. And as I said, that's all you have to do. Your actual healing takes place of its own accord and without you having anything directly to do about it. Neither you or anyone else can actually heal you, in so far as changing your inner personality circuits - God does that for you. So when you've seen all the truth you are to see, then the Mother and Father will remove the causes, and you will adjust and change, gradually becoming the real, loving and true you.

How does God heal us?

The Mother and Father enlist the angelic agencies together with the Divine Minister of Nebadon. They, in conjunction with your soul, affect such changes when required. And those changes will start to happen on all levels as soon as you start consciously longing for the truth and wanting to uncover it through your feeling acceptance. And as you've experienced James, you will change, a bit, you might not even be aware that you have, yet this will enable you to then move deeper into yourself liberating yet more bad feelings for you to find the truth of. And as more truth comes, so you see more about your negative state, understanding how you are it, how it came about, how you've been unlovingly influenced and by whom through your developing years, allowing a bit more of you to change. And so you gradually change, growing in truth, growing in self-awareness, all the time continuing to accept your bad feeling self - all your bad feelings and all how you are.

Along the way, the more wrongness you uncover about yourself, the more you might hate yourself, even becoming disgusted with yourself. And that then might trigger more

of your self-denying patterns and you might want to fight the acceptance part of the process not wanting to admit, face and then accept that you are not the nice, loving and caring person you might have thought you were, however that's all just more bad feelings to express and long for the truth of.

So your blocks and resistance will come up, all trying to make you use your mind to change yourself. You may find yourself making such statements as: I am no longer going to eat that extra food; I am going to stop myself being like that; right, that's it, no more, from now on..., and yet the next thing you know, you're doing it again; or you realise you're still the same, you haven't changed after all.

But this is all your mind trying to regain its control over your feelings. So as with everything through your feeling-healing, you have to speak about and express all such declarations, why are you making them - why do you feel you have to make them. Why don't you like yourself as you are, what are you trying to run away from. What bad things are going to happen to you if you are this horrible, nasty, evil person.

So always talking, expressing, and longing to see the truth. And in time you'll come to see just how you are in your evilness, and accept all such bad and negative things about yourself. You'll find you are powerless to do anything about them anyway, you can't actually change them and stop them within yourself, so you can only accept them. And this is true self-acceptance, which is true self-love. Accepting the truth of yourself. And all through your feelings.

So Mary, first we have accept the truth of our whole negative state?

Yes, and once that's done, and you're of a Celestial level of truth and you've finished your healing, you will live on expressing your feelings and growing in truth and acceptance of your positive state of mind and will.

Mary, all of this is all very well, but what about those people that might not have someone with whom they can speak about all their yuk to. Marion and I were lucky to find to each other.

There was no luck about it, as you know James. If you are intent on becoming true and ending your evilness, then you'll have all the people in your life you need to be your true friends or friend. To live true to yourself - true to your soul and its personality expression, is given the highest priority; so if that's what you need, then such people will come into your life or already be there. However, that's not to say that you might also benefit from time alone, time being unable to express all your feelings, whilst you build your desire and

longing to do so.

Marion spent about five years actively working on herself before we met. She decided the best thing she could do for herself was to stop doing all those things she didn't actually want to do, but felt obliged to do, or felt she should do, or had to do. She'd say yes to things but she didn't really want to do them, so then she'd have to say no and see how she felt about it all, but she didn't have anyone at that stage to speak about all her feelings to.

She needed that time to become stronger within herself and more convinced that it was the only way she could help herself. And by the time she had made such inner commitments to herself, no longer wanting to be how she was, which was how other people (her parents) made her believe was the right way to be; wanting to die rather than go on as she was, you and her met. And so she was given someone with whom she could express all her bad feelings to.

I didn't know what I was getting myself into. I believed that of course in an intimate relationship that's what you did, I even believed I did it - that I expressed and loved speaking about all my feelings. And boy oh boy, how wrong I was! As Marion quickly helped me see, I hardly expressed any of my feelings, having very shallow and limited relationships, which now I've come to see, adding up to virtually no relationship at all. God, I look back now and wonder why my girlfriends wanted to be with me, what did they see in me when I hardly spoke about my feelings, nor was very interested in them speaking about theirs. I was only interested in sex, and in sex you said all you needed to say - I love you and all that: because if I didn't, I wouldn't want to be with you, so wasn't that enough! No wonder my relationships never went anywhere. I have something of a deeper relationship with Marion now, but still I don't open up and come forth as much as I should, but as you said, all I can do is keep seeing how much I don't, I can't change myself and make myself suddenly be more feeling expressive. I can only keep owning up to and admitting how retarded and shut-off I am, as it comes to light, and seeing why. And as much as I hate seeing all these bad things about myself, I am that way, I've been made that way, so there's no use trying to deny it.

And the more you can accept how you are James, the less of it you will be. The more one can accept one's evilness, the less evil one will be. It's acceptance through truth, and truth through acceptance, with your feelings being the conduit. This all being the greatest act of self-love you can do for yourself. This is truly loving yourself, not all that self-love stuff that involves using your mind in some manipulative way over yourself.

In the latest book Marion is reading, she read out to me, and we read it all the time, how when a person had a very bad time, reaching a point that's not usually in ones life, instead of going with it, and speaking about it all to their partner, the bury it all, pushing it away, not wanting to subject their loved-one to such pain, or horror, or misery. And so there are lines in their relationship in which neither cross over, all in the mistaken belief that if they do, that will put too much pressure on the relationship and it will possibly end. And were they to cross those lines, sure it might be the end, but also it might not, it might take the relationship into deeper areas bringing each other closer to one another. But Mary, I know those lines, and you can't cross them when you've never done it, and when they are so well entrenched within you, and when you're so scared of crossing them.

I know James, and what you say is right, you can't, but if both of you commit to speaking about and expressing all you think and feel as much as you can, all whilst longing to uncover the truth you are to see from such feelings, in time you'll work your way closer to those lines, you'll see them for what they are, why you have them, what's keeping in place, and you'll be able to feeling-express your way over and through them.

So we just have to see how bad we are, and accept such truth, expressing along the way all how being so bad and how it is for us, makes us feel?

Yes. You are bad and wrong and evil because you've been made to go against yourself, to disconnect from your true self, developing a false self - your false self being imperfect, and so wrong. And so to become right, good and true - perfect, you have to first see all the wrongness and imperfection that you are. You have to understand completely all that entails your evilness. And as you can't have possibly any idea as to what it does entail, so all you can keep doing is expressing your feelings and longing for the truth of them, all the while accepting all you see about yourself.

Mary, all through my healing years, the whole emphasis has been to show me just how badly I communicate, express my thoughts and feelings, and how fucked my relationships are. And I was led to believe by my family that I was okay, that really there wasn't anything wrong with me, that I was even one of the superior people coming from such a loving family, all of which, so I've found out about myself, couldn't be more from the truth.

All of which shows you James, just how self-deluded you can be. How you can even feel good about yourself, when underneath, feelings you are refusing to acknowledge are telling

you, all is not right, and you are actually feeling very bad. You'd been led so far from the truth and your true self, living such a fantasy of false-self, that you had no idea as to the extent or state of a lie you were actually living. All of which you are now far more aware of.

And this is the self-revealing process that your feeling-healing is. You reveal the truth to yourself of yourself, and of your relationships with yourself, nature, other people and God. And this is what Jesus and I want you to understand. That it's all within you, you don't have to believe in anything else other than your own feelings. And to believe in anything else outside of yourself, is only going to keep you away from your true self. So at a time when humanity is the most highly conditioned and controlled by all sorts of authorities, self-imposed and outside ones, we are here to help you see that none of that actually matters, and all that does only matter is how you treat yourself. And if you are denying any feelings, you are disrespecting and treating yourself badly - without love. And so to love yourself, you have to set about working at accepting all your feelings - accepting all of yourself. And even though Jesus and I are more than happy to speak about ufos, aliens, other religions and spiritual systems; the actions and whereabouts of the mind spirits; whether Jesus and I had sex when on Earth... it's all just information and really has nothing to do with your feelings. It can however make you feel feelings and bad ones that you can express and uncover the truth of, but really all you need is yourself and your feelings and the truth will come.

That is how Marion is, happy with her feelings, expressing them, all the good and bad ones as she feels them; and doing whatever she feels to do being moved or not moved through her feeling expression. I however find I need something of a framework, a picture in which to relate to all of this. I need the outline of what's involved so I can see what I'm doing, where I'm going, which is all really so I can agree to it or not, rather than just being taken blindly along without a clue by my feelings.

You only need the picture to keep giving your mind a feeling or sense of power, that it has some power left. But that's lessening, and gradually you're not needing the pictures for power, so they can just come of their own accord as required by your soul, all to help you make sense of it all. You grew up being talked at by your mother and her mother, they instilled the pictures about what life was for them in you, believing that was all there was to life. They didn't allow you or encourage you to find it out for yourself. They told you, and as you were forced to believe them, so in effect you believe you already know all there is to know about life, so you're bored, waiting for something new to happen, which really is only to be told a new picture. And so it was that the spiritual stuff gave you new

pictures, and Jesus and I have utilised that need in you, even though it's false and only a product of your self-denial and unloving state. But as you've worked to see the truth of your relationship with your parents and your grandmother, so you've come to these understandings yourself, and so you've been able to give up your need to have your picture and have it all in place. And gradually are you not worrying about needing to have it all under control. And so you're allowing Jesus and myself to write whatever we want through your mind. And although we are still highly limited by your mind, still, we're able to impart more than we need to do to satisfy the requirements of our truth revelation for humanity. And then from your own experiences and understandings of such things, you can augment and back up and expand on what we say, that which you've done in your other writings.

And so there will be some people more like Marion who only want to come to it and relate to it all through their feelings, and once they've got the general idea as to what's involved in their feeling expression to find the truth of themselves; understanding that's what they have to do so they can live true, will be happy living only according to their feelings, leaving all the rest of the unnecessary mind stuff alone. And then there will be other people more like yourself who need and enjoy understanding the bigger picture and how it all relates to life as they know it, all whilst they go about seeking the truth of themselves through their feelings.

Thank you Mary.

17. Relationships, and the Divine Love.

So Mary, all you've been saying that's truly spiritual in our lives, involves how we express ourselves in our relationships.

That's right James. It's all **ONLY** about your personality expression. And if you are doing this fully and truly, which means, perfectly, then you are living as fully, truly and perfectly spiritually as you can in life. You would be living as you're meant to live, no longer denying yourself or stopping your full and true personality expression in any way. And then you would be free to enjoy life in all its glory, feeling truly and fully happy and loved. But if you deny but one aspect of your personality, you don't express one feeling or thought you should be expressing, then you are not true and so imperfect (evil), and then in some way you'll feel bad and unhappy. And those bad feelings will persist until you stop

and pay attention to yourself, to the fact that you are not feeling right because you're not fully expressing yourself. And when you do express this part of yourself you are denying and see the whole truth of why you're denying it, then you'll return to feeling fully happy and full of love. Your bad feelings are the natural indicators that something is not right within you, and so they are to be loved, honoured and respected for what they are; and that they are trying to help you love yourself fully, showing you by making you feel bad, that you are not fully self-loving, you are being unloving to yourself in this area that you are denying them. You can only be fully and truly self-loving when you are fully and truly expressing all of your personality. And of course, it's in your relationships that you express your personality the fullest, so it's wanting to have true and perfect relationships that will help you to see where you are denying parts of yourself. And if within your more personal and intimate relationships you agree to help each other to fully express yourselves, then within your everyday interactions such imperfections will be show up resulting from the ongoing feeling interaction between you.

And this is how you are to live perfectly in your natural love, that being the love you naturally grow up and want to express when you feel good. And once you achieve living in perfect natural love, you'll be ready to move higher spiritually by including God's Divine Love in your soul, something that is different to and separate from your own natural love.

This being what Jesus reveals to us in the Padgett Messages.

Yes, that you are created in the image of God, in your natural love, and you can become of the very essence and substance of God, that being divine, and all through the ongoing longing to God for Their Divine Love. And you understand it's the soul we're talking about. You are created and brought into being with a soul that manifests the image of God's Soul through natural love personality expression in Creation. And by partaking of the Divine Love, you start an inner process of transforming your natural love soul into become a divine soul.

Okay, and that applies to a world of natural love that hasn't been interfered with by rebellion and default.

That's right, it still applies to you, however because Jesus and I came to your world before you'd perfected your natural love, so the extraordinary and highly unusual situation has arisen, enabling you to actively and consciously (and even unconsciously) long for the Divine Love and receive it, whilst being in your negative love state. This being what you did James, which led you to where you are now.

Yes. However in the Padgett Messages it also says or implies that if we partake of the Divine Love, then somehow, as it doesn't make that clear, all our sins and errors, all our yuk, will be taken away from us, removed, as the Divine Love transforms our soul. But that, so I've found out for myself, is rather misleading, it's not as simple as that, is it Mary?

No. Certainly the Divine Love will transform your soul, however what you've discovered for yourself James, is first it needs perfect natural love to transform, it doesn't just transform your imperfect natural love. So you need to do your healing whilst you long for the Divine Love, with your healing process helping you perfect yourself, and so your natural love expression, all of which the Divine Love can then act upon and transform.

So does the Divine Love transform us along the way, or does it somehow wait until we've completed our healing and then transform our soul?

It acts upon any perfect natural love as you progress in your healing. So if you already have some perfect aspects of yourself, it will immediately transform these as you partake of the Divine Love, but then so far as it transforming more of your soul, it will wait if you keep longing for more Love, until you've further perfected yourself.

So that's why we might feel good for a time when we first start longing for and receiving the Divine Love, but then not feel so good later.

Yes, but unless you are actively seeking to heal your evilness, you'll reach a point relatively quickly in which you'll have no further natural love to transform. And then you are either faced with the point of longing for more Divine Love, but receiving less and less of it, as only a certain amount will actually keep coming into your soul if you are not actively growing in truth; or contriving using your mind that you are still receiving Divine Love when you pray for it, believing you are still feeling it coming into you. Really what should happen, is you feel good initially receiving the Divine Love as it transforms those aspects within your soul that it can, but once that's done and as you long for more, you should start to feel bad, like something is not quite right, which is true, as you've not got further perfect natural love to transform. And so with those bad feelings, you then have further opportunity to start expressing them and seeking their truth - doing your soul-healing, which is just your feeling-healing but including the Divine Love. But as most people don't want to allow themselves to feel bad, and even believe they shouldn't feel bad because they are now partaking consciously of the Divine Love, believing the Love should be taking all

their sins and errors away, all within them that's causing them to feel bad, so they apply yet more levels of their mind to deny these bad feelings, thereby defeating the impact of the Divine Love upon their soul. And so they contrive that they are divine, that they are more loving and caring, but it's all to cover up the bad feelings that by rights should be pushing up within them to help them see things are not right.

The Divine Love James, is merely to transform your natural love, but you need to have that natural love there to transform. The Divine Love of itself does not heal you, it does not remove all your imperfections of their causes; that part, I'm afraid to say, is all up to you.

But that wasn't said in the Padgett Messages.

No, because it wasn't a full revelation, it was limited as Jesus and I have told you. It had to comply with the Rebellion and Default imposed restrictions; so that part, all that includes your need to do your healing and how to do it, was left out, all being the more feminine part, all being what the Rebellion and Default are - the denial of the feminine, as in emotions and feelings.

I initially believed the Divine Love would help show up my imperfections.

It will, but indirectly. As you leave your minds controlling state and so your evilness, those parts being then transformed by the Divine Love if you are actively longing for it, will then put pressure on your other imperfect parts, thereby bringing to light more bad feelings for you to express and uncover the truth of. And in this way it helps you. But as you've seen, really you just concentrate on doing your healing and perfecting your natural love, that's the most important part of it all; and long for the Divine Love as you feel you want to, but it not being the main focus as such. Too much focus on the Divine Love at the expense and denial of your bad feelings will only cause you more problems resulting from more self-denial.

Marion and I do want the Divine Love, that's our main overall focus in life, but we don't always long for it, for we understand we have to make the immediate priority our bad feeling expression. And I've found that I might want the Divine Love, but it doesn't always come into my soul when I long and pray for it. So that sort of puts you off. So we ask and long but don't expect it to come, finding it does come, and sometimes of its own accord, even when we're not actively longing, when obviously our soul needs it.

Yes, so long as you have made it your primary intention in life, that you want to become divine and so at-one with God, and you long for the Love as you feel to, then that's what you do, all the while setting about working on your feeling acceptance and perfecting your personality expression. And doing that, understand that as you perfect your natural love, so then the Divine Love can, when and as required by your soul, transform it into such divinity.

And as with all things, it's different for everyone, you are all to have of course your own experiences. So for some people they might find they receive Divine Love regularly as they work their way through their healing, it transforming those aspects of themselves that they perfect; and for others, such as yourself James, you transformed a small amount of your soul in the first two years of your actively praying for and receiving the Divine Love. Then you began your healing. Then you kept receiving more Divine Love, sort of a storing of it, it remaining somewhat 'dormant' so to speak within your soul until such time as you complete your healing. And for Marion, her experience has been different again, she receiving a huge amount of Divine Love when she had her big spiritual experience when she was very sick, it revitalising her life force and making her feel like she wanted to keep living. But then she hasn't received much more Love, even though she keeps longing for it, for its important that she completes all her healing just through her own natural love endeavours and without the ongoing support of the Divine Love.

Yes, she longs to be at-one with God all the time. She prays for the Divine Love far more than I do, but she says only very occasionally does she actually feel a little coming into her. But it was a huge, as you say, experience that she had when she was sick and on death's door before we met, when she didn't want to live anymore.

I long for the Divine Love about once a day now, but I don't expect the Mother and Father to give it to me. I ask Them about it, and They say I don't need it at the moment, that I have all I need within my soul; but when I do need more, They will give me more. But with what I do feel I have in my soul, I love Them and can feel Their loving me, even though I've also had to express a lot of hatred of Them being really angry with Them for giving me such a shit life.

That's right, and even though you are longing for Their Divine Love, should you also feel you hate them, any bad feelings, you MUST express them, even if you think it's wrong to. You are all heavily conditioned in all your relationships, including God, even though God wasn't included in much of your early life James. But as you've followed Marion's example, when you feel you're angry with or hate God, then you go with those feelings, expressing them and seeing what truth they lead you to.

And so Mary, we can either seek to perfect our natural love and live confined to the seven mansion worlds; or embrace the Divine Love and move out into the higher Celestial spheres of truth.

Yes, you can do that when you are a spirit, or you can do it now. As you grow in truth now you are in effect working your way up through the mansion worlds, and when you are fully healed, you'll have reached the level of truth equivalent to that of the first Celestial sphere. So when you are fully healed, and if you are still of flesh, you will be as if you were a Celestial spirit living in the physical. And when you die, you'll move to live in the Celestial spheres having already worked your way through the lower mansion worlds through your healing. And then once you are true and perfect and no longer evil, and so being of a Celestial level of truth, you can keep growing in truth and keep receiving more Divine Love, that love making you more divine as you ascend all the way to Paradise.

And what happens to our natural love when we are Celestial, do we still have it, or are we completely of the first stage of being Divine Love?

You still have it, you will always have it, only it will also be expressed with the light of your divinity, that being, the light of your truth. It doesn't get transformed into ceasing to be and then you are only of Divine Love and only express Divine Love. Only the Mother and Father (and the other Paradise Deities) express Divine Love all the time, for the rest of us, we're divine natural love creatures as you might say.

So when we're true and perfect, we love expressing our natural love still, and with this added light of Divine Love, that which reflects our level of truth.

Yes.

So it's wrong when people say you will be able to perform healings with the Divine Love because you are divine.

No one can give Divine Love to another, including Jesus and myself. We are the most divine soul in Nebadon, but we can't give another such Divine Love. ONLY the Mother and Father give Divine Love to us, to our souls, and once given, there it stays, in our soul. It cannot leave our soul or be withdrawn by the Mother and Father, it is ours - Their Love of us, forevermore. And so nor can we give it on to another.

All such healings, including those performed by Jesus, and those by the mind spirits, are done complying with the laws of natural love, done with natural love, but in Jesus and my case, with also the light of our divinity.

Did you do such miraculous healings Mary?

No, not on Earth, but I did help other spirits in such ways during the early times in spirit after I'd died.

But aren't we healed and perfect when we die in our new spirit bodies?

Yes, but the healings Jesus and I did in spirit were those of the mind. Certain people who became spirits were very mentally deranged, very confused, as many minds back then were not of the order or level that they are today. So we undertook such mental healings, so as to allow such spirits to become of a normal mind, so they could either get on with living in their truth-denying state in the mind mansion worlds, or embrace the Divine Love moving into the Divine Love mansion worlds to do their soul-healing. But all such healings and all the ones Jesus performed, were done by the Divine Minister through Her angelic agencies and in conjunction with our natural love.

So James, to conclude this post, no one can heal with the Divine Love, and consequently and contrary to what a lot of people believe, no one can heal with the Holy Spirit. The Holy Spirit as said in the Padgett Messages can only and does only convey the Divine Love into ones soul. All such supernatural healings are carried out by angels under the command of the Divine Minister.

18. Spontaneous and miraculous Healing.

Mary can you please talk more about miracles and spontaneous healings - how they come about?

James, I'll give over to Jesus, he can tell you about them.

All right, thank you.

Hello James. Mary and I want to make sure there is an equal amount of our talking to

you. So I'll tell you more about such impersonal things, whilst Mary concentrates on the personal - the more feeling acceptance side of things with you.

As Mary touched on, mostly such healings are brought about by the mind spirits. All of my healings that I performed when on Earth were brought about by angels, and other than those healings I did, there have been no other angelic healings carried out on humanity during these past two thousand years. So all such miraculous healings have been done by the interference of the mind mansion world spirits, and no one else.

So not God, as in instructing some higher agency, like the Divine Minister or Her Holy Spirit.

No, nothing like that. The Divine Minister was directly involved only with the angelic healings that I performed. However of course She allows the mind spirits to do what they want within Her mental circuits. And the Holy Spirit only conveys the Divine Love into ones soul, it doesn't affect any healing.

What was it like doing them Jesus? Did you know you were going to do them?

Not in the beginning, they completely surprised me. I had a desire, an intent and longing for them to happen, but I didn't want to act in such a way. I'd decided through my twenties as I became increasingly aware of the power I had within my soul, and with what the Mother and Father were telling me along with Gabriel and some of the Melchizedeks I spoke with in my mind, that I could perform such miracles, but the more I thought about it, the more I could see myself being swamped by masses of people, virtually everyone, wanting me to heal them in some way. And I couldn't see how I'd be able to impart the truths I knew I was to teach if I were to spend all day long healing everyone.

My heart ached at times with a deep yearning to indeed ease and heal the suffering of many people, but I decided, that as I was not God, and because I didn't know or couldn't see the ramifications or what affects such a supernatural thing might have on the recipient and everyone involved, that it was too much for me, and it were best that I leave such matters in God's hands.

If I were to start healing, where would it end? And was it my mission to simply heal all the woes of humanity when they were living untrue, living against the natural laws; and I'd only be healing the surface wounds if you like - the outward signs of ones inner soul discontent and untruth. I wanted people to look to me for the truth, not for me to heal themselves of their afflictions so they could go off and live a happier life in their evilness. I couldn't heal them of their evil, that wasn't for me or even God to do, that I saw being

what everyone would have to do for themselves - but of course with God's help when they committed themselves to doing their feeling- or soul-healing. And if I were somehow able to magically take away everyone's soul-pain, then I would deprive them of the wonderful experiences they would have healing themselves through their ongoing feeling-acceptance, while they expressed their feelings uncovering the hidden truth of them. Just as you are experiencing for yourself James.

Yes, truly wonderful, if you like feeling bad most of the time for years on end trying to express all the pain out of you - great fun! I truly recommend it. I do!

But wouldn't your healing of them have made them more interested in what you had to say.

Certainly with perhaps some people, and that is actually what happened with those people I did heal; but still, I didn't want to be known because of the healing miracles I performed, I wanted to be known for the truth I taught - the truth I was living.

But what if people didn't understand the truth.

Then so be it. It wasn't up to me anyway, it was all what the Mother and Father wanted, that much I increasingly felt as I got older. I went through a phase of saying to Them: if You want me to heal anyone, then I will, but You have to do it, I don't know what to do, I don't know what is wrong with everyone. Then I moved to just not wanting to have anything to do with it, there was too much of my mind involved in that. Should I heal this person, he had leprosy, he was in a very bad way. But then, what about this other person, he only had very bad and painful leg ulcers, should I leave them to fester and for him to die an agonising death. And what about that little deformed child, surely she should have a decent go at life. And... and on and on it went. It was, as I said, too much; too much mental deliberation and I wanted to stay away from that. So I decided in the end to leave it entirely up to God, if They wanted it done through me, or because of my presence or whatever it was, then They would have to do it. I knew the angels carried all the power needed to heal any affliction on the physical level, that being physical, emotional, mental and spiritual; and I felt happier within myself once I'd resolved the issue, so I could just focus on imparting the truths I wanted to reveal. And as it was, we had enough of a difficult time trying to see to all the people who did follow me around - just feeding them, and most of those people weren't interested in growing in truth or understanding all I was talking about. Mary and I came to your world to impart the universal truths required by all Nebadon, not to put on a superficial healing show. The truth will heal all afflictions if one

chooses to live it. And now with what Mary and I are telling you concerning your complete feeling acceptance and looking to your feelings for the truth of yourself, so you can now heal yourselves of all your troubles and problems, of all that afflicts you. That is what this revelation with you James is all about, imparting such long-awaited truth and information.

Had the Mother and Father not brought about the miracles you did, I don't think we'd have much of the truth you gave us, not even that which is mucked around with in the Bible.

No you wouldn't, and your stories about me wouldn't be so spectacular. However it served its purpose; but really, I wasn't about attending to the direct needs of everyone on a personal level. I was about attending to the needs of everyone's soul, and everyone being everyone in Nebadon, not just on Urantia. My revelation of truth was for Mary's and my whole universe, not just for the people of Earth. Yet I needed to speak with and to people on Earth so as to have the personal interactions that brought forth my revelations of truth. I think that were I to have taken up the healing wand, I would have become misguided in all I was trying to do, all what I felt in my heart to do. It was a very hard decision, and to see such abject misery and suffering all the time knowing I could just say the words and it would be taken away, was indeed very difficult, but it would have only interfered in what I came to Earth to do and with the greater good of all Nebadon. And as you know, it's about healing yourself with and through the truth, by looking to your feelings to do so, rather than to get all caught up in a good show of the supernatural.

I can relate to what you're saying. When I first started with all the New Age stuff, I wanted to have 'the healing powers'; I wanted to be able to help people by doing hands on healing and things like that. I didn't consider myself in your league of course, being able to do a miracle healing, but I secretly hoped one might somehow happen in one of the meditation groups I attended. I just wanted to see something fantastic, something my mind couldn't understand, something beyond the normal. But now I'm not interested in it, and I no longer have any feeling for doing such hands on healing or taking meditation groups or anything like that. I like what we do, talking about truth that's relevant to what Marion and I are doing in our healing.

You have understood James from your parents, that there wasn't any substance in putting on a show, as their shows never made you feel good.

That's right, that's what I've had to wake up to through my healing. That it's the truth that's all-important, not just a good falsity. I've had enough fantasies going around in my mind without having to add more to it.

So Jesus, all the amazing healings that say faith-healers do; that happen at places like Lourdes, and other Holy Places, are all done by the mind spirits? And how do they do them?

They are all done by them. They form into groups of like-mind, and on and in the same planes and sectors and with the same motivations to carry them out within their mansion worlds, and then they look to see who on Earth will be susceptible to their ministrations, and when they find their 'chosen one', they go ahead using their mental energies to carry out the desired healing.

A lot of such healings James are done by well-meaning spirits, even though they are still denying the truth of themselves and the one they seek to help and heal. Many spirits who were doctors or healers, or were involved in caring for and nursing people in one capacity or another during their Earth lives, feel drawn to keep trying to heal humanity. Many of the native people, like the Red Indians have what you'd call a lot of natural healing power, as they were able to 'draw from the earth' such raw power, which in fact was really yet more mind spirits giving them such power, but the Indians were very psychic attributing such spirit power to the elemental levels and so forth. But it all amounts to the same thing, one on Earth in the physical cannot carry out such a supernatural healing without help and the spirit power required from the unseen realms, so from the mind spirits. And a lot of the bands of these spirits have at times become very strong. And if they have a strong and open recipient and so channel on Earth, as in a person through whom they can work and direct such light and spirit energies, then they can work a lot of miracles. And over the course of Mary's and my age, there have been high and low times of this natural spirit energy that such spirits can harness using their minds, and so having greater or lesser affects on people on the physical plane. And humanity is soon to start moving into one of these heightened times again, the power being somewhat less of late, and so you will see more of an influence coming from mind spirits again, so people will start to experience more such spontaneous healings. Many of which will of course be attributed to God, to angels, even to the work of the Devil, as such things have been over the years.

So these mind spirits take it into their own hands, doing it all as they want to do it. They are not doing it as God might actually want them to do it, even through no doubt many of them I would imagine would say it was God who was guiding them and giving them such power.

Yes, just as people on Earth say the same things, that God is leading them, and so on. But in your negative states, even though God is of course at the back of it all, God is helping you and allowing you to do such things, as are the mind spirits allowed and helped, all to help them and those involved in receiving their healing to further their negative growth. All such things of that nature that occur within the duration of Mary's and my age can only further you in your negative state, it's not time yet for the next age, when people will be able to fully help themselves, and when the Divine Love feeling spirits and Celestial spirits, those who've healed their negative state or are working to heal it, will be able to help you.

So up until this new age, and all through your age, these past two thousand years, the spirits seeking to heal their wayward minds doing their healing with the help of the Divine Love, and the Celestial spirits, have not been allowed to help us, allowing just the mind spirits who want to stay in and continue to advance their negative and feeling-denying states, to do as they please.

Yes. But that is soon all about to change. And the Celestials will be able to give, and indeed provide, a lot of unseen help to many people; however, those people WILL HAVE TO BE DOING THEIR FEELING- OR SOUL-HEALING. They will not be allowed to help anyone who wants to remain in their negative mind controlling and dominating state. For such people, they will have to rely on the mind spirits to help them further their wrongness, for the other truth-loving spirits and truth-living spirits will not be able to interfere with them. If you are not wanting to live true to yourself, and are not seeking the truth through your feelings as Mary and I have been telling you, then you are still truth-denying, and so will be of like mind as the mind spirits who are also truth denying.

But when the Celestials are able to help, then of course that will cause even more problems for people trying to work out what it going on and who is actually helping and so forth; that being, problems for those people wanting to keep living denying their true selves. But for those people who are striving to live true by the full ongoing acceptance of their feelings and their longing to uncover the truth of them, they will know by which spirits they are being helped, because they won't want to have anything to do with the mind spirits.

Okay, so to get any sort of help from the mind spirits means you're only helping yourself, and so being helped, to further advance your negative condition.

Yes, that's right. Like attracts Like, it's just how it is. And the positive mind and willed spirits that are the Celestial spirits, will only be able to connect with people who are striving to be like how they are.

And what about the Divine Love mansion worlds spirits, or those in the mind worlds, but who are intent on doing their Feeling-Healing.

New sectors of their own, unaffected by the mind spirits, will be established for these spirits who want to do their Feeling-Healing yet without the inclusion of the Divine Love. These new sectors being established within the mind mansion worlds. Still, the Divine Love mansion worlds will remain separate and only for those spirits intent on doing their soul-healing. And because most of those spirits will be very occupied by their healing, few will participate in such healings or helping people on the physical with their healing. They know there are plenty of willing fully healed Celestial spirits more than capable of doing all that would be required. But still, having said that, it's not to say that many people will receive and have a good rapport with some of the Divine Love spirits, just as you have done James, all so you can relate to more of what you're going through.

Yes, they've helped me a lot, as they are going through their healing still.

And many people will have family and friends that will be doing their healing in the new to be established feeling-healing sectors in the mind worlds, and in the Divine Love mansion worlds, with whom they will want and enjoy communicating with, just as you have spoken with Belen and your grandfather.

Has Reg finished his healing, I've not spoken with him for a long time.

I'll leave that for you to ask him James, he'll tell you what he's doing.

Okay.

So Jesus, in this new age, will angels and nature spirits and other universal personalities be able to help people with their healing.

Yes. It's going to be a very exciting time for some, those people who do embrace their full acceptance of their feelings looking to heal themselves of their negative anti truth state of mind.

There is more I will be able to tell you about this James, but not now. Later when that

age begins.

So I'm going to around for it's beginning?

Oh yes, very much so.

That's a pity, I was kind of hoping I'd be done with my life here soon. I can't bear to see the destruction and our disregard and disrespect and outright unfeeling abuse of nature. I dread seeing another Cape Barren Goose lying dead for no reason on the side of the road, let alone all the other birds and animals. So I was hoping I might be lying dead before too long.

I'm afraid not. And besides, you've still got more of your healing to work through before you come over to our side.

Yeah well, by the amount of yuk I still feel is in me, I'll be here forever slogging my way through it. Maybe I could finish it in spirit...

It's all inspiring stuff James. Good for your soul and all that - what?

Yeah right Jesus, if you start carrying on like that, I'll begin to wonder who I am speaking to, if I've got my wires crossed and you're now Verna. I have enough problems in my mind as it is. Ah! I see, you're beginning to work on me... I can feel those strange energies coming around again.

Yes James, all to help you work more on that problematic mind of yours. I've said all I want to say today about the healing subject. Mary and I will have more for you later. And like you're feeling, we want to next write more about the Divine Love.

Okay, so do you want to finish now?

Yes, this subject; however if you're still feeling like writing, we can move on.

Okay, I think I'm okay. If I start to feel strange I'll stop and speak to Marion about it.

Good. So let's talk about the Divine Love.

All right, I'll start a new post.

19. Natural love and Divine Love.

Right Jesus, please go ahead.

I came with the Celestial Spirits to Mr James Padgett early last century to reveal the essential truth that Mary and I came to your world for, to reveal it to our whole universe. And it was that you are created in the image of God, in what you might call natural love, that being your own self love, that love that is nature and sustains all of natural Creation. And when you have progressed to a certain level in your natural love, that equivalent to the highest mansion world, then you are ready to move out into the higher or inner and deeper levels of the universe, that which in the Padgett Messages I simply referred to as the Celestial spheres, doing so with the help of the Divine Love.

So Jesus, natural love is all what we might call the natural light of Creation, the love or light that sustains everything that God creates in Creation.

Yes, that's right.

And is there any difference between light and love?

Yes, the love really being an attribute of The Light, the Light being the spiritual light that sustains all life in Creation. And within that Light you have your being, you express your personality; and in your relationships with each other and other creatures you can give and receive love, that which makes you feel the best you can feel.

And humanity of Urantia - Earth, like all humanities in Nebadon on all the physical worlds as spoken about in The Urantia Book, is its own unique expression of natural love. And each of you are your own unique expression of natural love, that being expressed by your soul.

And ordinarily, had you not been interfered with by the rebellious higher spirits and turned away from, or against, the truth, you'd have progressed or evolved up through the levels over the spiritual ages, to one day reach that of the highest mansion world. So you'd have grown in your natural love perfection to that level. But because you'd still be of the mansion worlds, you'd remain confined to them. And unless one partakes of a greater

love than ones natural love, one cannot spiritually progress higher into the Celestial spheres.

So on a normal world, by the time the majority of people and spirits in the mansion worlds progressed to the highest mansion world of truth, the seventh as you number them James, then a higher love would be made available to them. And that love is what we call the Divine Love, and it comes directly from God via the Divine Minister here in Nebadon, and is brought into your soul, by Her, Holy Spirit.

And when the people and spirits would be ready for the Divine Love, then, as The Urantia Book points out, a Higher Son (and Daughter, which it doesn't reveal) - a Higher Spiritual Pair, would come and bestow themselves on that world, be born naturally, and grow up through the seven mansion worlds of natural love perfection; but being of a divine origin, that being what is within their soul and not of a natural origin having been evolved from the Earth as are all people and spirits from Earth are; they would tell - reveal - for they would know it from within themselves, that God, being their true loving Mother and Father, desire all people and mansion world spirits to have Their Love - the Divine Love. And so the Divine Minister would make the Divine Love available to all those people and spirits who so desired to advance their souls from being in the image of God and of natural love, to becoming of the essence of God, as God is Themselves so far as Their Love is concerned, by partaking of the Mother and Father's Divine Love. And how you long for the Divine Love I spoke about in the Padgett Messages. And all of this pertains to a normal world, not one like yours that is in rebellion and default.

And so by Mary's and your coming, and making the Divine Love available to us, as you said in the Padgett Messages, telling us that we can long to God for it, we can do that within our evilness, way before we manage to evolve our truth and natural love to the seventh mansion world.

Yes. The Mother and Father are offering you Their Love whilst you are of your negative states of mind and will, all so you can begin to know Them. And all to help you relinquish your self-denial.

And as Mary was saying, so we can transform any natural love within us as we do our healing, by partaking of the Divine Love.

Yes.

But it's very much around the wrong way, isn't it? I mean, why did the Mother and Father

do that? I can understand that it was too good an opportunity for you and Mary to miss out on, so you came to our world to experience what living in evil is, what being openly and directly rejected, feels like... And so because of that, because of your coming, by the nature of your soul, you had to liberate the Divine Love, as that's what your bestowal life was to do irrespective of whether you came to a perfect natural love world ready for the Divine Love or one in such a mess like ours. I think I've answered my own question.

We came to say to the whole of Nebadon that the Mother and Father love you all, and that Their Divine Love is now available for all to have; however, that is all who are of a natural love level of truth and able to receive it, notwithstanding what we've said about humanity and it being offered to you whilst you're denying truth and love, you being the exception to the rule.

BUT, and this is a big but, that doesn't mean that all you have to do is long to God for Their Divine Love, and all your healing, the whole rectification of your negative state, all your evilness, will be instantly removed from you. It won't I'm afraid, even though the Padgett Messages are a little misleading in this. You will still have to do your healing, however you can do it with the inclusion of the Divine Love, so what you call James, the doing of your soul-healing, because you will be setting out to heal all of your soul and at the same time, transforming it as you progress into becoming divine.

Okay, and so for those people who read the Padgett Messages and think that's all they have to do, long for the Divine Love and you'll be healed, that's not how it is.

No, they will still have to do their healing. If they were living in the mind mansion worlds, they would move to the Divine Love mansion worlds, or feeling-worlds as you've been calling them of late James (to distinguish them on the natural love level from the mind mansion worlds), and set about doing their healing as they worked their way up the Divine Love worlds. And effectively that's what people will be doing on Earth should they want to do their healing with the inclusion of the Divine Love.

Jesus, also in the Padgett Messages, another thing that is very misleading, which we've spoken a lot about, as it took me ages to work it out and understand it, is that you say, or it seems like you say, the mind worlds as I call them, are the natural love worlds, and those mind spirits are in fact working towards perfecting their natural love, when in fact they aren't, as they are still working at perfecting their evilness or their self-denial and negative state.

That's right James. It will not be until those spirits who do their feeling-healing, not wanting to include the Divine Love, and who will be given their specific sectors in the mind worlds in which to live, who will be truly working toward perfecting their natural love. And of course at any time, as it will still also be for the mind spirits, can they long for the Divine Love during the course of the next spiritual age, because the Divine Love is going to remain available to humanity for that age, so for the next 1000 years of that age.

So how will it remain available, when yours and Mary's age is ending?

Ah James, the subject of another post at another time.

All right then. But the Divine Love, as you said in the Padgett Messages, is going to be withdrawn for a time after the end of the next spiritual age.

Yes, that is what is to happen. Then humanity on Earth, and in mansion worlds, as it will also be withdrawn from there too, will work at perfecting its natural love, just like it would have done had the Rebellion and Default not interfered with it.

And then presumably when humanity does reach the upper seventh mansion world of natural love perfection, the Divine Love will be made available again, that requiring yet another bestowal Pair: Avonals.

Yes, there will be another pair who will come and fully bestow themselves on Earth making the Divine Love once again freely available when that times comes. And they will be Avonals, for as I've told you, Mary and I WILL NOT be coming again in flesh on a full bestowal.

Okay, so what about The Urantia Book saying that as you've come, there will be no further full bestowals.

That applies to ordinary worlds in ordinary situations, on which ordinarily there would only be one full Paradise Daughter and Son bestowal, because the world would be of the perfect natural love level requiring it. On Urantia, as The Urantia Book also says, it comes under Mary's and my personal jurisdiction, and nothing, as you know from your lives on your world, happens as you might expect. And so nothing will. And so there are other full bestowals to come.

Bestowals? You've mentioned one, but...

And that too I'm keeping for another day, as actually it is not for me to say about such things, it's for those people concerned.

The Avonal pair themselves.

Yes.

Jesus, on that point, I'm going to stop now, it's dinner time. Thank you once again for all you've said.

It's my pleasure James. We've covered all I wanted to say for now anyway. We'll talk more when you want to. Bye now - Jesus.

20. More on the mind spirits.

James, I will continue from yesterday - Jesus.

I want to talk more about the mind spirits. One must understand that they are just people, like so many people currently on Earth, who have died completely ignorant of the truth and the availability of the Divine Love, suddenly to wake up in the mansion worlds, not dead, very much alive, and in their new spirit body. And once they've settled into their new spirit life, they mostly get on doing all the things they enjoyed doing when on Earth, and trying out all sorts of new things. Some of them strive for higher meaning, 'knowledge', as it's commonly called, and some believe they are progressing and making headway in their soul development of truth. And some are able through applying their mind, to 'perfect' themselves, that being how they believe they should be, and move up higher in the three mansion worlds fully allocated to them. And as you understand, they mostly achieve this by focusing their minds on controlling their feelings, increasing in perfection of their feeling control, and so feeling-denial, as they move up to the high planes of the sixth world. And on doing this, they are living a higher moralistic life, and one in which they believe they are not harming anyone, which they are not, only they are still harming themselves through their feeling denial, the truth of which they refuse and so fail to see. And you have examples of what these spirits are trying to achieve through their mind control on Earth, as in some of the Eastern teachers, masters, guru's and

swamis. Those people who have given up all the material aspects of life, choosing to live only a higher 'enlightened' life of the mind, striving to be at-one with God of Mind, that being who they identify and relate to God as; trying to live in the eternal bliss of cosmic consciousness, and all that is said to be attributed to that. However all they are doing is leading themselves further into their self-deluded states of mind, ever further from their true selves, their true natures, and their true feelings.

So Jesus, what you are saying is that for the many people who worship and strive to be like these Eastern gurus and mystics, what they are actually doing is striving to perfect their evilness, trying to perfect their negative state. And not actually living true to their feelings or themselves at all. That it's all only a fantasy and mind escapism.

Yes. And so they refuse to acknowledge Mary and I, they do not choose to follow us and long for the Divine Love and do their feeling- or soul-healing. They go the other way believing they are right and heading toward God, when all they will ever achieve is eternal confinement in the upper sixth mansion world planes and sectors. Whereas those people and spirits who do strive to be as Mary and I are: perfect in their natural love through the full expression of all their feelings; and longing for and receiving the Mother and Father's Divine Love, looking to have a very intimate and personal relationship with their true Mother and Father - the Mother and Father who created their soul; and have a full relationship with Them all being expressed through ones feelings, will do their healing and move beyond the limitations of the sixth world, into the Celestial spheres, or equivalent levels of truth if they complete their healing whilst still of flesh; then to continue growing in truth on their way to Paradise.

So those sixth world spirits, and really all the mind spirits, are in prison.

Yes, a self-made one, one of their own minds creation - nothing more than a self-made fantasy. And they are of course free to remain as they wish, no one is going to interfere with them. However Mary and I want to make people understand that they have a choice, and they don't have to remain confined to such worlds - the mind mansion worlds and their own inner mind 'worlds'.

But those mind spirits must love being in their negative states, wanting to remain in them.

Yes they do James, just as many people love being in their negative state now in flesh. Not everyone feels as bad about themselves and their lives as you and Marion, as you well

know.

And so really, if we want to grow spiritually, then we have to confront all those dreaded bad feelings we're denying, so we have to feel very bad as we do our healing, before we can feel good.

Yes, that's right. And if everyone were to understand that you are all conceived into a state of evil, you are conceived as sinners as you might say; you are inducted into the Rebellion and Default by your parents and the societies you live in, then you would have to ask yourself, if you did feel good about being evil - why do you feel good?

Yeah, but that's very hard to do. God we all want to feel as good as we can. To have to face the truth that all we're doing to make ourselves feel good we might have to stop; and what if all our good feelings go and we're only left with our bad ones... I can't see too many people, Jesus, being very happy with all you're saying.

Of course they won't James, but now is the time for it to be said. For too long humanity has been left to live in its self-delusion, endlessly creating fantasies for itself, such as all the religions, the Eastern spiritual philosophies, the New Age and so on. It's all a mental aberration, nothing more than fantasies of the mind, and it all has to come to an end. And of course that's much easier said than done, but many mind spirits during the course of Mary's and my age have woken up to the untruth they are living; have left their mind mansion worlds, embraced the Divine Love, and moved to do their healing in the Divine Love worlds, then have moved into the Celestial spheres once having completed it. And so it's time now that such general information is made available on Earth, so those people who don't want to remain in their evilness, being subjected to and controlled by it, can do something about it.

So everyone who seeks to heal themselves and better themselves using their mind at the expense of some feelings, are actually making things worse for themselves.

Much worse James, much, much worse. Because once you arrive in the mind mansion worlds, and you see just how much easier life is without all the physical restrictions; and how there are so many other things to busy yourself with, taking your mind further off your bad feelings, allowing you to deny them even more and more easily; then it becomes that much harder to let it all go, to wake up and realise that that way of life is actually detrimental to your souls well-being. And that you are heading in the wrong direction, not

getting closer to God at all, but getting further away.

You said in the Padgett Messages that it was better for us to begin longing for the Divine Love whilst in the physical, as it will help us more in the long run when we come to spirit, is that all apart of what you're saying now?

Yes, because should you begin to long for the Divine Love understanding what it's doing for you and why you are longing for it, not just doing it unconsciously as you long to be with God like many people do; then when you arrive in spirit, if you have not considered doing your healing, you will be introduced to it by higher Celestial spirits, and more than likely you will choose to move into the Divine Love healing worlds.

Some people who have received the Divine Love, albeit unconsciously through their own private or religious longings to be at-one with God, still find it very difficult to let go of their minds controlling ways, even though they are qualified to live in the Divine Love mansion worlds, because they are not usually ready to embrace their healing. And a lot of them actually choose to go back and live in the mind worlds until they've done all they want to do in them.

So if we have some Divine Love in our soul, we don't have to live in the Divine Love mansion worlds when we come over to spirit?

No, you don't have to.

Jesus, there is so much confusing and contradictory stuff available to us, with us having to go no further than the Padgett Messages, when you compare a lot of what you and the Celestials said in them, to what you are telling me. And I only believe what you are telling me because of my having worked on my healing these past sixteen years and having found out for myself a lot of what you are saying to be true. But all the confusion about the worlds and planes and who's in what and doing what in them, will surely cause a lot more problems for people.

It will, and is already James, but I'm afraid that's the way of things in the negative. Nothing is straight forward, it's all evil, the truth is always shrouded in untruth, and so it's a huge maze for people to work their way through. But as you and Marion have set out to do that in your different ways, so Mary and I can now come and shed more light on it, and hopefully what we say will make more sense when people study it and live it, finding out for themselves as you have done.

I mean Jesus, you are saying that everything we consider as being a worthwhile religion and spirituality, is wrong. That all the Churches and other religions are wrong; all the Eastern stuff is wrong; there is no reincarnation; and all the New Age stuff is meaningless, all that about raising your vibration into being able to access higher dimensions of consciousness or whatever is the latest thing they are going on about. And even The Urantia Book and Padgett Messages are highly limited.

Yes James, and isn't it perfect! What could be more perfect than that! Because it's all in keeping with your negative state, because being of it and in it, you can't be true - you are not true, you are living untrue to yourselves, so all you do, has also to be untrue; reflecting your state of mind and will, being an expression of your evilness - or, untruth.

So as The Urantia Book, and even the Bible in its own way, tells you, you are living against yourself, wrongly, evilly, sinfully, in rebellion and default - whatever you want to call it; so then the logical conclusion to draw from that is that all you do is wrong, that you are all wrong, all heading up the proverbial river without your paddles.

And so taking the next step of logic, wouldn't it be right that were Jesus to return to Earth, he would come and tell you, you are all wrong, untrue, and that how you are living and all you believe is not right, that being, all anti him. And that's how you live, all anti Mary and myself. So that's what I'm telling you. I have returned, only not in flesh, and I am telling you. Many people say and believe they want to follow me, but actually, like everything else, they don't, for how can they when they are steadfastly mired in their negative state of mind and will, doing all they can to deny so much of themselves.

Which brings us back to how so many Christians believe you are going to appear any day now.

And I won't, for here I am now, right before their very eyes, only invisible to them, and I can't come back, because like everything else they believe, it's all wrong. Were I to come back and appear in flesh as they are all hoping, I'd be condoning their wrongness, I'd be saying they are right, that the way of evil is right, which I am not saying in these words I am inspiring you to write James. And so were I to actually return to the Earth world, I'd be saying all I am saying to you, and no one would want to know what I was saying other than a few people who were genuinely seeking the truth, just as it was when I was on Earth; and I'd do miracles and everyone would be agog, but still they would cling to their religions and spiritual beliefs, and nothing would change anymore than it did with my coming.

And why wouldn't it change, surely you have the power to change it?

I do, but as I've told you, I'd never use it on people. I would never force or make another person go against themselves, making them do or believe something they didn't want to. So I would come and go, and all those people would still be looking to the future for their beloved messiah to come and lead them to the promised land. And I will tell you this, there are no such people coming to any of the religions or descending out of the sky, be it in spaceships or with the help of angels. There will be from time to time charismatic leaders within these systems of belief, just as there always has been, some leading the people for a time, some causing disruption within the system and starting breakaway groups, but no one like the Chosen One who'll come and elevate their religion or spiritual system to be the right and true one, the best one, the one better than all others, will come. And they won't come because they don't exist, and never will. It is all only part of the fantasy inherent in such systems to keep everyone in them looking to a better future, which is-

I get it, just more bad feeling denial, all to keep them happy; and that if they are good, then they will be one day be rewarded for upholding the faith, for staying true to their beliefs, all just to keep themselves bound up in their controlling mind states.

Yes. And such systems have to be that way, they have to have such an appealing element, all to keep the people bound into them. For if they didn't, if they said what Mary and I are saying: that it's all up to you, no one is going to save you other than yourself by your striving to live true to all your feelings as you uncover the truth of them, then such fantasy based systems would disintegrate.

So the spirits that created those systems knew what they were doing.

The original higher rebellious spirits did, and humanity has unwittingly followed along.

Jesus, I have to say this to you, but lately, as in the last few days, I've started to feel rather tired of all this. We've been over so much of it before, so many times, and even though like now, in going over some of it again, you still amaze me how you can frame it and add new bits to make it seem like we're just beginning with it all, but I'm feeling like I've been on a long marathon and I wish the end was in sight. I am still very much enjoying posting it all, and doing all I do on the internet and writing all I do; and speaking with you and

Mary is always so good, but as I used to hang on every word you said, always wanting you to tell me more, now I feel like I've almost had enough of it all. Almost like, well I've done that, I get it, I want to move on, which is how I am with everything, all of which I've worked through over the years; and so I guess it's just more of all of that coming up in me again, more to talk about with Marion.

Yes James, always more until it's all out of you. But in fact it is good that you are feeling this way, because it means you are no longer approaching it with your mind as much as you were, trying to use all the information to give your mind its power over your feelings. Now as you're letting go of your mind and allowing your feelings to lead you more in life, so you're wanting to express them, and not just tediously go over and over all the mental side of understanding it all. So it's all a good sign James, and as you know, you've thought that you might even get to a point in yourself when you no longer want to write about it all, only speak about it if there were the need. And it would appear you're moving this way.

Each time I reach a point where I feel, right, that's it, I'm not going to write another word, that lasts for a few days and I talk about such feelings to Marion; then no sooner have I talked about it all with her, and whoosh, I can't write fast enough. I just wish I enjoyed re-reading and proofing it as much as I do writing it.

Jesus, I'm sorry for stopping you from continuing with what you were saying, did you have anything further you wanted to say about the higher rebellious spirits and how we've been seduced into following them - doing what they said?

No James, not at the moment. And always just respond to your feelings James, it's right that you do.

Jesus, and Mary, as I know you are listening Mary, thank you both so much for all you've done for me. I have thoroughly loved every moment of it all, working it all out with your help, and you telling me so much about everything. I do feel good about it all, so grateful to you both, and I can't wait to meet you both in person when I come to spirit. I only wish I could meet you now and didn't have to wait until then. And I also wish I didn't feel so bloody wretched so much of the time so I could feel very good and really appreciate all you have done for me. But mostly, as I'm consumed by my bad feelings and struggling to express them, I feel I hardly have time to fully appreciate and understand the great privilege afforded to me by the Mother and Father by being able to have such a close relationship with you both. So, thank you both again. I do hope you understand that I do

love doing all of this with you, and even though, as I said, I feel like I'm tiring of it all, it's not being with you and talking with you that I'm tiring of, it's just going over the same old stuff, as that's what it's becoming now.

Mary: James, it's to be second nature for you, for you to live it by feeling it and knowing that it's true through your feelings. And it's all to show - demonstrate - how one can extract themselves from such heavy mind control as you've been under. You and Marion have been subjected to extreme mind control, more so than most people, which has rendered you all but inept in being able to live in and cope with and make a go of life in the negative as most people can do. But it's all vital that you both keep going through it all, keep expressing all you feel and think about it, and whether that is to each other or to Jesus and I. And the more you talk about it all, and especially all your bad feelings, the better it will be for you, that being how it will be for everyone. All your hidden and repressed bad feelings from your early childhood have to come out. And the only way they can is by your feeling them now, as they are the same feelings, and expressing them now, all that you couldn't express back then, and by doing so, so reconnecting in a sense with them.

Marion was saying this morning that she doesn't see that she's reconnecting with them, because she is always them, she's never not been them, she just wasn't allowed to bury and push them aside and convince or delude herself that she wasn't feeling them anymore, like I did and keep doing. So I see what you mean by saying "reconnecting in a sense", because as she said, those same feelings are always there with us, they haven't actually gone away anywhere.

That's right James, and it's why it's been so very difficult for Marion. She was not allowed to escape and bury and hide them away as most people can do. So she sees and feels she is them, the same feelings as she felt when young that she feels now being older, that there is in a way no time difference or separation. Whereas you tend to look back at yourself when you were young trying to use the feelings you now feel to reconnect with that young self, that person you 'used' to be. But the truth is, as Marion said, you are still that person, you've not changed on the feeling level, only got older. So you tend to feel like you and that little boy James are almost two separate people, whereas for Marion she is still that little girl, nothing has changed for her.

I do Mary, I look back at myself as if I can see myself there running around and feeling mistreated by mum, dad and Gran. Marion was trying to help me see that I shouldn't do

that, that I should see that I am that little boy now, even though I'm not still running around. And that there is no difference between me now and me back then; and that's what I'm trying to do, to just have the feelings as the conduit so to speak, so how I feel now is how I felt back then and all the way along. And mostly how I feel now is bad, which is showing me the truth over these years of just how bad I've always felt but refused to acknowledge, that being, how bad mum and dad made me feel. I've never stopped feeling bad, that being the truth and the worst and saddest part of it.

That's right James, and it is very sad, but it's true. And it's good that you can see what Marion means because she is right in all that she says and how she perceives herself and her feelings.

The more I'm able to get my mind out of it, as Jesus said was slowly happening, the more I can relate to how Marion does, all on the feeling level. It is extraordinary how she does without having any mind crap and fantasy stuff to separate her like I do from my young self and all the parts in-between.

Mary and Jesus, I have to go now, dinner is waiting. Thank you both once again, I do so love speaking about it all to you as I've said. And thank you both for all your help.

You're most welcome James, and it's been our pleasure and delight, and continues to be. However should you feel you no longer want to speak with us, that too is fine by us.

I want to always speak with you, I can't image never speaking with you both, but I guess it has to end one day. It's the actual writing it all down and having to re-read it all so many times that's making me feel tired with it all.

We understand James. It's a laborious process, and particularly as English was not something you liked or appreciated much.

Only because it was all part of the denial of myself. Little did I think that it was right and good to fully express yourself, all you feel, all you are of the language that are. Anyway Mary, I'll be speaking to Marion about my tiring of it all. And I'll speak to you both soon.

Okay James, we'll be here if you want to keep going with it. Bye now - Mary.

21. An example of my feeling-healing.

This is not a post containing more of my conversations with Mary and Jesus. It's an example of my feeling-healing, which I thought I'd put in here so as to give you reader an example of what 'doing my healing' involves for me, that which Mary and Jesus are constantly referring to. I have other healing examples in my free books on feeling-healing, which can be found on my *Childhood Repression* and *Feeling Bad? Express your bad feelings* websites, but this example I'm posting here as it's in keeping with all I've been talking about with Mary and Jesus.

It relates to a comment posted in post 20 and the feelings it made me feel as I read it. I wanted to know why I felt such feelings; what was the hidden and underlying truth that made me feel them, this being all part of my uncovering the truth of my childhood repression - it being part of my ongoing feeling- and soul-healing. I will point out as I write about my healing experience the basic feeling-healing principles as outlined by Mary and Jesus.

The comment itself is irrelevant, it's immaterial as to what is said, so I've not added it here, it's only the effect the words had on me that is important to me. And also, it's important the effect its immediately having, as the next day when I re-read the comments, I didn't feel anything about them at all. So as with anything in life, as our feelings change, we can choose to move with them, fully acknowledging them, or not. So my healing experience is only for me, it's not for anyone else, it's only for me in my moments of feeling and expressing and seeking the truth.

As I read the comment I started to feel bad, this being the first important step in the feeling-healing process, to acknowledge to oneself that one is indeed feeling bad (or good, but really it's the bad feelings we need to focus on the most). So I allowed myself to feel as bad as my feeling was making me feel, and stopped myself using my mind to try and soften or lighten, or even remove, the bad feeling. I want to feel bad if I feel bad, no longer wanting to try and do what I used to do to stop myself feeling bad. But I don't want to just feel bad for the sake of feeling bad, I want to then use that bad feeling to help uncover hidden truth in myself - the truth of why I am feeling bad. And I want that truth to come up naturally within me through my feelings, I don't want to go off trying to find it using my mind. I want my mind to keep out of the whole process as much as possible.

As part of my bad feeling acceptance, I am writing about it. Ordinarily I would have spoken to Marion about it, but I didn't feel the need to, as I've expressed many such

feelings like this previously to her, so this time, I only felt like writing about it. But I want to stress, speaking about it all is what's most important, to let the energy of your feelings come out your mouth. Writing about such things is still too mental and only a very poor second when you can't openly speak about such things. So if you, dear reader, want to do your feeling-healing, yet don't have anyone you can openly share all you feel with, and writing is a possible option for you, then you are more than welcome to use the Feeling Bad? Forum to do so.

Anyway, to continue: I feel bad, bad, bad, very bad, I feel very bad. I feel like I'm sinking down, down into a dark hole; and I have a feeling of despair coming up within me, deep despair... And feelings of feeling hopeless, a hopelessness of not being able to have a say, just having to be subjected to this thing, this thing I don't want, that which is making me feel bad.

The idea is to try and describe all the bad feelings, and then to speak (or write) them as much as you can. What the feelings are making you feel, with the idea of using your feelings to take you further into other feelings. So for example: what does the feeling of feeling hopeless make me feel; and of despair: what does feeling so despairing make me feel? To keep trying to say as much about these feelings as possible.

Feeling so despairing and hopeless makes me feel powerless. I feel so inept, unable to do anything. It's as if I'm being hit by this thing, I have to take it, I have to accept it, even though I don't want to. Yes, I have to believe it. I hate what was written, reading it makes me feel like I want to vomit, I hate all what I call New Age shit, it's all so meaningless, so pointless, there's not truth in it, and it's parroted out by everyone as if it's all what being spiritual is all about, when it couldn't be further from the truth, it taking you further away from yourself. But why I feel bad is because I feel that I am supposed to go along with it, join in with it, accept it, and even say yes to it, that it's right, I agree. I can't say no, I hate it, I disagree with it.

And this then leads me further into myself: why can't I say no, this being my feeling of feeling so powerless, that I must say yes and not no, that I can't have my own power, this being of course why I really feel bad. And so at this point I long for the truth. Mother and Father, can you please help me to see the truth of why I can't say no. I ask Them for help through my feelings and not just with my mind, it's not a mental exercise. I long to know the truth with all my heart. I know it's within me somewhere, and down hidden in my early childhood, so I'm also longing to know how does this relate to my early life, and

the relationships I had back then that formed me. But again, I don't use my mind to go hunting back into my childhood trying to work out how it all came about, what happened to me, how I was treated that made me not be able to say no, and that gave me all my bad feelings about this.

The main feeling I'm the most intrigued about is why I believe and feel I have to go along with what was said in the comment; why I have to put myself aside, all I believe, and for some reason, go along with and agree with what is said. Because as I said, the next day I had none of those feelings; so why now, what is 'up' within me today making me feel this way; what is it all about, what is the truth of myself in this moment, and what are my feelings trying to help me to see about myself.

Having longed for the truth of these feelings I let that go and concentrate again on speaking (writing) about what I'm feeling. Why do I feel like having to drop myself, put myself aside, and instantly, and pay attention to them, and then do as they say. Why do I have to do what the words in the comment say when I don't even believe them, when I hate them, when I detest them, when I feel they are so wrong, when I feel like they are an insidious creeping horrible thing that's trying to creep into me and change me, and make me be as they are. And why do I feel so powerless in not just being able to say: Oh that rubbish, who's interested in all that crap, it's all such nonsense, so why even bother with it at all. But I have to bother with it, and that really annoys me; and now I feel really angry about it. I have to bother, it makes me say that I have to pay attention to it, that's what it's saying to me: 'You have to listen to me, you have to take me seriously, I know better than you, I know what you need, and you need to listen to me. So, DO YOU HEAR ME! LISTEN TO ME! I know what's best for you, you don't know, you don't know what is good for you; I do, I AM YOUR MOTHER, AND I KNOW, AND I KNOW WHAT'S BEST FOR YOU, AND YOU MUST LISTEN TO ME!'

It's all deep hard psychological self-therapy, but as you keep expressing your feelings the truth comes, you might just hear yourself saying what was said to you during your forming years.

And there you have it, the truth! It's come up and out of me. I can hear my mother's words in my mind as I'm writing them, as I would, should I be speaking them to Marion. And this is the truth I was longing to see, this is what my feelings are showing me. That I was forced to listen to her, that she insisted that she was right, that I was wrong, that she knew better than me, so I had put myself aside and go along with her, be as she is, all of

which has caused me no end of problems within myself.

And so now: how do I feel, how do I feel about her interfering with and controlling me in such a unloving way? And I feel very angry, I resent her intrusion in my life, her very presence, and I feel very bad that she doesn't love me, that she forces me to be as she wants me to be. And over the years I have expressed endless amounts of misery feeling so bad because of her not loving me. Now I no longer have such misery with me and it's more about being so angry that: How dare she treat me this way, what right did she have to make me have to put myself aside and take on all she said. And I've seen for myself as I've grown older that all she said was bullshit, meaningless, it was just nonsense, just like these words in the comments. And then to top it all off, there are those love and kisses at the end of the comment, just as my mother would always say - 'Love you Jay'. And yet what is all this love, when all I feel - ALL SHE MAKES ME FEEL - is not loved. It's false love, affectation, a show she's putting on, just as it is in the comment. I feel de-powered, I feel very despairing in my relationship with her because I don't have power in it, I don't have any say; I can't say no, fuck off, to her, that wasn't tolerated. She came down hard on me, I had to comply and go along with her, doing and being as she said I was to be, and all at the expense of myself being able to express the real and true me. So I crunched myself, and then I had to accept as well, just to complete my self-denial, that she loved me. And the worst part was, I DID! I believed I loved her, I went along with it, I swallowed it all, I became as she is. So I changed myself, I put myself - my truth, aside, just as I feel I'm supposed to do when I read these words in the comment. I am meant to instantly wipe myself aside, to stop being as I am, and be as these words are saying. I am to stop believing all I do and believe what these words are saying. But NO, not now, no longer, because now that I'm uncovering this hidden truth within myself, I'm bringing myself back, the me she didn't want; and I am being able to say no, fuck off you horrible and nasty words, go away, I'm not going along with you. All of which is really what I'm now able to say, at least in my mind and in the safety of my own living room: fuck off mum, go away, leave me alone, I'm not listening to you, I'm not going along with you, I'm not putting myself aside and compromising myself, damaging my will and self-expression. I am not going to do as you say, you can go to hell. And if you try and make me, then look out because I am no longer the little helpless and at-your-mercy child I was, now I will yell and scream and punch you in the face, if it comes to that, all to stop you from overpowering me and making me be as you want me to be.

And I keep going expressing and talking about all the different aspects of it with Marion. And I go back and start again, putting myself back in the first bad feeling as I read the

words, if I feel I need to, if I feel there is still more to come up, all by using my feelings to lead me. And I keep longing for the truth, and I keep speaking all that comes to mind, no matter how mad it all might sound; and I keep going and going until I feel there is no more to say. And then I know for the time being I've uncovered all the truth I am to see.

And when I've seen all I am to see through my feelings about my relationship with mum in this case, then the bad feeling will go, as I will have expressed it all out of me. I might feel bad again about it all later, or the next day, and that just means there's more to be seen in it, so again I'd go back into the bad feelings speaking about them and longing for their truth.

And this is my spiritually growing in the truth of myself. And I believe that it's the only way we are to, and can, grow spiritually, by using our feelings to uncover aspects of ourselves. And all the rest of the stuff, like what was written in the comment, is just mind stuff, having nothing to do with going into yourself, into your feelings, all just fuel to give your mind what it needs to stop you uncovering the truth through your feelings.

So I am grateful for the comment as it has made me feel bad, and through those feelings I've now connected more with my relationship with my mother, it adding to all the other parts of my relationship I've uncovered about her. It all adding to the evolving truth within me about myself, all helping me to get to know myself and to understand why I am as I am. And as I know I am fucked living in a negative and unloving state of mind, it's helping me to see the truth of why I am, how it all came to be, and how I've been made to be of it. I was made to take on all mums shit, believe it, putting myself aside, and not being able to stand up to her and say no. And it's fucked me up so much that now as an adult I don't know my own mind, I don't stand true within myself, I still have this part of me that as soon as anyone says, that no I'm wrong you should believe this or be like that, it keys straight into how it was with mum, and I think I should be as it says, even though I can clearly see and think with my mind, no, that's all wrong and I don't agree with that. But under this, as my feelings have helped me see today, my ingrained patterns are still very strong, and I have to accept that really I do believe that as soon as anyone says anything to me, I must drop myself, push all I think and believe aside, and do as they say, and believe and think as they do. All of which is killing me to do. All of which is a huge part of my self-denial.

So today I have seen more of my problem, how I was treated and how I treat myself. And that's all I have to do. The last part of my healing is that I don't have to do anything

to then try and fix myself, I ONLY HAVE TO UNCOVER AND SEE THE TRUTH OF WHAT I'M FEELING. And when I have, the Mother and Father through the Divine Minister, and in conjunction with my soul, will change my inner circuits, my inner patterns - they do the actual healing. And gradually as I come to see the truth of myself in my negative state, I am healing, I can feel it. And then next time should I receive such a comment, and if I've healed all that's blocking me from being my true self; and if there is no more truth for me to uncover about it, then I won't feel bad. It no longer key into that part of my pattern anymore.

So that's basically how Marion has helped me to accept, express and use my feelings to uncover the truth of myself. She helped, and still helps me, to identify the bad feeling, even helping me to understand I am feeling bad, when I'm so often shutting out such bad feelings. Then to express the feeling, to effectively allow it to say what it wants, for it - which is really me, as I am my feelings - to say what I'm feeling. And to not be judgemental, just to go with it, prompting me to go deeper and further by asking: And how does this make you feel... and how does feeling this make you feel... and... And then to long for the truth. And all the time to keep expressing all I think and feel. And not to then try and change the problem within myself when it becomes apparent, to simply stay focused on the feelings and the truth. And how does seeing this truth about myself make me feel. And on and on it goes. Always more feelings giving rise to more truth.

And so to conclude, if you feel angry, anger I would imagine being a very common bad feeling of yours, then try to go deeper into yourself by asking yourself as you acknowledge your anger: yes, I feel angry... but why: What am I feeling before the anger or underneath it, that is making me feel angry? Such as: Am I feeling powerless in some way; and if so, why: why do I feel powerless, what's happening, what am I feeling that's making me feel powerless and so angry. And instead of dumping your anger on the thing or person making you feel angry (which of course you can do if you feel to do it), stop and bring yourself back to yourself looking to uncover the truth of why you are feeling angry. The dumping of anger and hitting back, might only be part of your defensive behaviour, all designed, so you believe, to give you back some feelings of power, yet all whilst you are using your anger outburst to block out all the deeper hidden bad feelings. So your so-called anger expression is merely yet another way of denying bad feelings.

And as far as I'm concerned, all the other so-called spiritual and religious stuff that we call being spiritual or say is helping us to grow in truth, is only mind stuff, and is all about helping us to stop ourselves from using our feelings to uncover the truth of ourselves,

which is how we do actually spiritually grow.

To see the truth of your whole negative state through your bad feelings is a gruelling experience to say the least. It's agonising, having to systematically be stripped back to your bare bones, to feel all your hidden pent up pain, and to try and express it all, pushing on through your blocks and all that's within you resisting such pain. But it's all pain you felt during your early forming years from conception onwards. And it's all still within your soul, and one day, it all has to come out.

22. What happens when a child dies.

Mary, Marion's reading a book about a little girl Hannah who loves her red shoes, and who got cancer when she was about three and died just before she was four. Can you please explain what happens to a child such as Hannah when she dies?

Yes James. And it's the same for everyone. When the time of ones death approaches, ones angelic guardians draw closer awaiting the actual time when they will take you over the threshold and into your new spiritual life. And mostly, these angels are not seen by anyone involved, that being the people on Earth should they be witnessing the death; the person dying; or the spirits who might also be attending the death, as there will always also be numerous spirits present as well. The angels come in a different plane and so level of reality to the spirits present, unless those spirits are of a Celestial or higher level of truth, in which case, such spirits can see the angels.

Everyone has assigned to them, someone, a spirit, who will meet them upon death and introduce them into their new life, should this be what is required by their soul. So for the average person who is mostly unaware of life after death, such as Hannah's parents were, at her death, any of her dead relatives, and dead friends might be there, along with other spirits who will take her and care for her.

The first world of spirit is, compared to how you live and experience your physical lives, a place of greater love, and so when those spirits, who are all people who have themselves once lived on earth, come to you, they will be doing so expressing such love. So the person dying has nothing to fear, and will only experience their awakening as a good experience, and often one that's very loving.

And as in Hannah's case, as soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself as you might well imagine greatly

adding to ones good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.

Would for example, Hannah feel bad because she's not with her mummy and daddy anymore.

Yes, because as spirits you can still feel all your pain and bad feelings, however for the most part, and for most people, because you are all so intent on blocking out and denying your bad feelings, you quickly do so once in spirit, as it's even easier to do so using your mind in the mind spirit worlds than on the physical world. And so no doubt with little Hannah, she would be helped to block out such bad feelings, they slowly (or even quickly) receding into her childhood repression.

And at the same time, as Hannah might feel bad, she is also still a child and so open to new experiences without all the judgemental beliefs and expectations of an adult. So she will naturally quickly adjust to her new life, particularly as she will be met with and surrounded by such loving spirits. No person goes into the spirit worlds simply to be left to rot. And people will only have bad experiences upon arriving in spirit, such as waking up in one of the hell planes, because of their mental state and beliefs, but no child would suffer these things because they are still only a child.

So what about all those people who are aborted one way or another before their physical births?

It's the same for them. They will be taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the mansion worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

Mary, in The Urantia Book it talks about a world specifically for children, a nursery world I think it says, is one provided for the Earth spirit children?

No, that applies to more normal worlds and their associated mansion world experience. The nurseries for Earth children are scattered throughout the various sectors and planes of the first mansion world. This enables children of different cultures and religions to be specifically attended to. On such normal and non-rebellious worlds The Urantia Book talks about, such cultures and societies are more blended than on your world.

And Mary, what about having an abortion, is that wrong, should we not kill unwanted people?

It's no more wrong than everything else you do in your negative states James. As you do your healing, the pain you will feel will be the same pain you have caused another, such as the pain you've caused in the one you aborted, and it will be the same pain you are already causing yourself, the pain you've been made to suffer because of your unloving parenting. You can ONLY do to another what was done to you. You can only cause the amount of pain that was done to you, the pain that you're still in but are keeping hidden from yourself; the pain which will come to light as you progress in your healing. It all comes from you. And I will add, that often the pain of the abortion is felt by the woman, her having to undergo the trauma of it, however there will be just as much pain to be experienced by the man, especially if he is unaware that he got the woman pregnant. He will be made aware of what his unloving act caused, he will meet face to face the result of his actions in spirit, and so as he comes to do his healing, he too will feel the pain he has caused the one who was aborted as well as the pain he caused the woman. And that pain will be the same pain he is causing himself by denying himself his true feelings; the same pain that was caused by his parents denial of him. The amount of pain that was inflicted on you by your parents, is the same amount you then inflict on yourself by maintaining your self- and feeling-denial, and will be the same amount you will inflict on others. However do not judge the amount of that pain by outward actions, and by this I mean, it's not right to conclude that someone who kills another causing obvious pain to the victim is feeling that amount of pain and so will also suffer accordingly; and more pain than someone who lives their whole live being nice and friendly to others outwardly not causing any suffering of another. One can't judge ones own pain, the amount of it, or how it has come about, as one can't judge another's pain. It is for each person to uncover that pain for themselves. And there will still be a lot of pain for those people who don't outwardly hurt others, because they are still living denying the truth of their soul - denying their true

selves, and so causing themselves the same amount of pain as their parents made them feel. You James didn't outwardly hurt another, yet inwardly you are 'killing' yourself all the time, and so this is the pain you are causing yourself, this being the pain you are experiencing through your healing. It being also the amount of pain your parents made you feel as they 'killed' you (the true you) by not allowing you to freely and fully express yourself. And it's also the amount of pain you are inflicting unconsciously on others in your interactions with people and nature, even though mostly they and you are unaware of it. But Marion is helping you see how you deny her and the pain you cause her in your relationship together, as is your soul helping you feel the pain you are causing nature - and your own true nature.

Okay, I understand that, yes, lot's of pain, pain every day, always more pain.

And so Mary, the woman who has her pregnancy terminated and the doctor doing it won't got to hell for punishment of their sins.

No, what determines whether or not someone goes into one of the hell sectors after death is ones intent, that being, did they intend consciously and so wilfully to inflict such pain, harm, suffering and death upon their victim. And if they did, then they will suffer extra pain equivalent to the amount of pain they caused their victim. And I say extra, meaning, on top of all the pain they are already suffering being in their negative state, that pain having to be worked through when they do their feeling- or soul-healing.

So once they've worked through their sin or wrongdoing by suffering the extra pain - the pain and suffering they caused their victim to feel, they can then come out of their hell-state, that being the pain they are subjecting themselves to, it all being their own doing as I understand, thereby free to carry on with their spirit mansion world life like everyone else, awaiting the day when their soul begins their true healing, that being of the healing of their negative state.

Yes. And you understand, most women don't wilfully decide to get pregnant just so they can kill their child by early termination of its life, and most doctors don't decide to become doctors so they kill foetuses - kill people before they are even born. Such things are all caused by 'mistake' - a product of the Default - and so no extra pain will such people be made to suffer. It is enough they are already suffering in their negative state.

And what about suicide, such people wilfully taking their own lives?

Yes, but not as in they are setting out to deliberately kill themselves, and in so doing, deprive themselves of life and so cause themselves great suffering, as if it were another they are wilfully intent on harming. Such people are mostly trying to rid themselves of the unbearable pain of their suffering, the pain of their negative state, the pain of not feeling loved as they needed to be loved, and so take their own lives as a means of trying to stop such awful and tormenting feelings. The taking of their lives being just another, and the most extreme, way of denying their bad feelings. And as part of their self-denial, they will suffer pain for such actions, just as everyone will suffer pain for denying their bad feelings - denying themselves. But it won't be any more than the pain they are already in, no extra pain, for it's all still only the pain of their negative state they are inflicting on themselves. Some people however believe that by taking their own lives they are being very bad, and so should be punished accordingly, and so they are allowed to 'punish' themselves, or, 'be punished by God', if that is what they believe they need to happen so they will be 'forgiven'. So they are kept aside in their own isolated state until such time as they deem they have paid for their 'terrible sin'. Other people as you have read, those who don't feel they should be punished for taking their own life, have woken up and carried on in spirit like all people who die, believing that God understands why they committed suicide and that it was okay that they did. So it has a lot to do with ones beliefs as to how one initially treats themselves upon their arrival in the spirit worlds. But for those people who do need to suffer the pain of their 'evil deeds', as in the extra pain that we talked about, that is a separate thing, requiring agonising time spent in the self-created hells that are spoken about.

But isn't the wilful criminal still only acting on and reacting to his or her own inner pain and torment of their self-denying state.

Yes, that's true, however once one is an adult, and so wholly responsible for ones actions, then if one does wilfully subject another to ones own will against their will, then that is what incurs the extra pain. In suicide you are only subjecting yourself to yourself, so as it doesn't involve another, it's all just part of your self-denying state, of which everyone is required to take full responsibility for as they do their healing.

So our healing is our becoming responsible for our evilness.

Yes. And you do that through pain as you come to see the truth of your unloving-ness; and because you need to feel you have erred - what that feels like, and that it's wrong being as you are.

So for people who've had an, or lots of, abortions, they are going to be able to meet their child or children when they go to spirit.

Yes.

And how do such people feel and deal with this?

It's all depends, like everything, on the individual James. Some people are very happy about the idea on both sides, others not so; some apprehensive with rejection issues having to be faced. But overall, it's a good reunion with a lot of often long-held deep pain finally being able to be expressed when such parents or women see their child is all grown up, living very happily in their spirit life. And for other people, this applying to a lot of men in particular, to be suddenly told you have x number of children, when you'd not given them another thought, or even knew you'd got the woman pregnant and that she had abortion, it can be quite a surprise.

Yes, I can imagine it would stir up all sorts of feelings.

It does James, and if they are bad feelings, most people (now spirits) then set about denying them, whereas for people reading what you are writing James, I would strongly suggest, as we've been saying to you, that instead, one might consider embracing bad feelings, welcoming them as yet another opportunity to express them, to speak about all you feel, and all with the intention and strong desire to uncover the truth of why you're feeling them. This applying equally to your lives now of flesh, and something for you to consider when you become a spirit, if you've not already done so.

And Mary, is there a time when the foetus technically dies and so goes into spirit?

Yes James. From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality. And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your first heartbeat, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth. Only that growth of truth will be somewhat waylaid initially whilst you begin your incarnation in a truth-denying negative state of mind. But eventually as

you start to do your healing, you'll get back on track.

And Mary, what happens to Hannah's illness?

It ceases to be because it's only a physical manifestation of the illness of her spirit - of what's actually going on deeper within her, on her soul level. Physical illnesses don't have a spiritual counterpart, so she will no longer have her pain or illness. She will however still have within her soul all that's caused her illness, however because of the differences between the spirit world and the physical, such problems being of a spirit and mental level will not manifest until it's time for her to start doing her healing, that being, the healing of her negative state. So until that time, she is free to live happily in the mind spirit mansion worlds growing up to becoming a mature adult spirit. And she might be fostered to spirit parents, it all being her decision as to whether she'd want to have a new 'mummy' and 'daddy'; or she might prefer to say with other spirit children being looked after as a group. She's old enough to make those decisions for herself, and one matures faster in spirit than on the physical.

So spirit life is in some ways more perfect than physical life, all our illnesses and disabilities being removed from us upon our death?

It's not that it's more perfect, it's just that the perfection is different. There are different natural laws that apply to the differing levels of reality. You are familiar with the physical laws, which are perfect in themselves, nature perfectly expressing such physical perfection, which you'd express too where you not so heavily influenced by the Rebellion and Default. And then in spirit on the first mansion world, perfection is expressed that way, and then on the second world, that way, and so on.

But why all the suffering on our world, why do we all have to be so subjected to it all? Why does God allow it, and then even further: why does God want it, it is after all, all God's doing.

Yes, you are correct in that the Mother and Father have created all that is evil, and want you to experience it, and suffer in it. And as strange as it might seem, this is still all an expression of Their love. You see, for Them to truly unconditionally love us, They have to allow us to rebel and default, and go against Them. And it just so happens, They then, having allowed the Rebellion and Default to occur - having made it happen, have incarnated you into the horror, and have made your lives be as they are, experiencing it.

And as to why They have done this, and why They are making you suffer, and why They are subjecting Their children who They love so much to such pain; and why They put you in it, then make you have to do all the hard work to get yourselves out of it, is for you to find out through your healing of your negative and unloving state. You'll never find out such answers whilst you remain of it, and it's not for me to tell you the answers because it's all between you and your Heavenly Mother and Father, all very intimate and very personal, and something you will ONLY ever come to know and live the truth of, by honouring and accepting and seeking the truth of ALL your feelings. It's through your feelings you have relationships, and so your relationship with your true Soul Parents, and not with your mind as so many people and spirits believe it is. This being something one should be able to work out for oneself through ones own relationships. And as you do seek the truth of yourself through your feelings, the understanding, awareness, appreciation and full acceptance will come to you. And in time, you will know for yourself why God has done it all to you. And believe it or not, but it will in the end, and once you've healed yourself of it all, make you feel the love the Mother and Father have for you on a much deeper level, as will your love be felt and expressed far more intensely, truly, and with a great passion. You will know what it feels like to deny yourself and God, this being not what all souls have experienced in the universe. Comparatively, only a minuscule percentage of souls have and will have experienced what it's like to be evil, by the time the Lucifer Rebellion is no longer in Nebadon. So you are, whether you're aware of it or not, living a very exceptional and special experience by starting out being thrust into evil, by then becoming of it, and then by waking up to the fact that you are it, and then by choosing to do something about it - heal yourselves of it.

Hannah and her older brother seemed to receive a lot of help from spirit as far as dealing with Hannah's illness and subsequent death. Hannah told her mother she'd not have her fourth birthday, which was true. How did Hannah know such things?

Presumably, she'd be speaking with spirits who'd be with her during her illness and who'd be welcoming her into her new spirit life, as it seemed she was that way inclined - open to the unseen realms. For a child that's open to such things, there is little of a distinct boundary between physical and spiritual life. So she'd be told such things, all to help her prepare herself for what was to come. Which, as you and Marion discussed, she could do, ONLY because of how she was parented. It was only because her parents weren't as controlling as many parents are, allowing their children to be freer to express themselves, could the children live more true to themselves. There is always a huge amount of help on offer from the spirit worlds and the unseen angelic planes. It's just that mostly because

of your beliefs, and mostly religious beliefs, you stop yourselves from having it. Really the physical and spirit have a lot to offer each other, and you are not meant to live separate from one another. Life carries on, you all keep living, and you wake up in spirit as you are, only relieved of your physical pain and burdens. So just because you are now of the physical, it's no big mystery life after death, and certainly nothing to be afraid of.

So we've nothing to fear from ghosts?

Ghosts are nothing to fear as they are only people who are now spirits that you can't see. And they are people, now spirits, that can't hurt you, whereas of course potentially other people can hurt you. You have the power in your relationship with spirit; there are laws spirits have to abide by, so they can't interfere with you if you don't want them to, and if you understand this, then you have nothing at all to fear from them.

So the people who are possessed by a spirit, and the poltergeists that do all those strange things, only happen because people haven't said no to them.

Yes, because somewhere within them they want such things, even if such a need is based on a negative pattern of self-abuse. And were such people to start to do their feeling-healing and express all their fears whilst seeking to uncover the true causes and reasons as to why they have them, they'd come to see that they believe they should have them, all because of things that happened to them during their forming years.

So spirit life for Hannah is just as life was on Earth?

Yes, in the sense that she'd be able to do all the things she liked doing on Earth, and of course, many other things one can't do on Earth for one reason or another. So as she said to her brother after she'd died, she was playing baseball, and if she still wanted to go swimming as she used to love to do on Earth, so could do that too.

And would she be free to be with her parents as often as she wanted?

Yes, that all being up to her. She'd be shown how to come into one of the Earth planes so she'd be with her family, she being able to speak to them if they were receptive to her like her brother was, as they too could speak to her, all such speaking being done with their minds - telepathically, like we are James.

And we can all do this, speak with spirits?

Yes. It's only your beliefs and inclinations that stop you. However those beliefs you understand might be very deep, so it's not simply a matter of deciding that you want to do it because you understand you can, you'd have to once again do your healing to uncover the reason why you're not simply naturally doing it. And not everyone might want to do it. Look at you and Marion, you enjoy it, and do it often, whereas Marion feels no need to do it, even though she's demonstrated she can easily do it.

She has, only she doesn't believe she can, although we've not spoken about it for some years now. And as you say, she's not interested in doing it anyway, preferring to stay wholly focused on expressing her feelings.

It is part of humanity's negative condition, that you deny regular contact with spirits as a part of everyday life. You say you love and value your relationships so much, and yet don't do all you can to keep them going once you've died. I know many people would love to, but often such people belong to a religion that doesn't encourage or openly speak about such things. So you keep living with death as something you greatly fear, with no interaction between you and your loved ones - even including your pets - who have died, can cause you even greater grief and suffering; when the truth is, in time, you'll all be together again, if that is what you want. You can continue to live with your heads in the sand, or you can start to accept that physical life is only the beginning.

23. The child is the teacher.

Mary, one of the great things about the book with Hannah was how her mother changed upon learning about her daughter's illness and as she accepted that Hannah was going to die. Everyone involved with Hannah, including the hospital staff, learnt from her, all these adults, learning about themselves, the truth, life, from a three year-old. And it was clear that these adults only did learn because they wanted to, they allowed themselves to learn, all by respecting Hannah. And had Hannah had other parents who were more controlling, such parents would not have learnt anything.

Most parents refuse to learn from their children James, look at yours. Your mother saw you only as an imposition on her life, she didn't want to grow in truth, she didn't want to

change the way she was, she forced you to change yourself to fit in with her.

The child, right from conception, is more true than adults are on your world, because of your living in your negative state. The child is the most true at conception, losing such perfection as it comes under its parents control. So whilst a child is still in its forming years, if the parents allow it to more freely express itself, even looking to it to help them understand themselves and their lives, it will naturally do so. If you are treated well, respected, made to feel wanted and cared about; if you are loved as you are coming into being, then naturally you'll express this truth; and so for those people about you, if they are open to growing in truth, will see the little child as an inspiration, as many of the adults did in Hannah's life. And it's not that Hannah was any specially gifted child, or anything like that, it was just that her parents allowed to be more true to herself, they didn't railroad her into becoming as they were.

And it certainly shows you the potential we all have. I remember a couple of the young children when I was working at the Fishing Park, they were obviously freer, and were just a joy and inspiration to be with. One little Asian girl, not knowing what to expect, screamed with such ear-piecing joy when she caught a fish, I'd never heard a child express its happiness and sheer delight so fully. And sadly, compared to most of the other young children, she was a one-off, so many children hardly raised a smile.

Humanity has no idea as to its potential James. As young children you are all very quickly and heavily brought under the thumb. You are all but living dead, even the people that feel relatively well loved. An emerging personality being expressed as a young child is power-packed with wonderment, as some parents have touched on with their children. And in Hannah's case, even though her parents, and in particular, her mother, was wanting to uncover truth, still it was all very limited and strained, as she still had masses of feeling-denying beliefs within her. But to imagine, even though I know you can't, what it would be like for yourself as a parent have not one self-controlling belief, and so not apply one such level of control to your child, your child being completely free to grow up as its soul wanted to express itself. That is what humanity can strive for, as you set about the healing of your negative state. However also understand, it's going to be a long hard road, for you have seven worlds worth of controlling beliefs to work your way through, and each world contains many such feeling-denying beliefs.

So Mary, if we looked to our children for help, trying not to control them and trying to support their self-expression, then in a few generations we'd be well on our way in our truth growth as those children would more freely grow up and then in turn more freely

parent their children.

Yes, in an ideal world, but your world James is far from ideal. However, any work you do on yourself to uncover the truth of your self-denial through your feelings is going to help you in your relationship with your children; is going to make you parent them more truly. And as far as getting such help from your children, it's the same with nature, it too will help you if you are striving to live true, for it too is true and perfect and always remains so, unlike your children who have to eventually give way to being as their parents are.

Yes, our little grey cat - Potsy, sure helped Marion and I with our healing, it was full on with her. I can't begin to imagine what it might have been like had we had a child or children.

They too would have helped you to uncover the truth of yourself through your feelings, and yet it would have been far more intense. However, as you've come to understand through your healing, you'll never be given more than you can deal with, and as you wouldn't have been able to deal with the intensity of a young child, so you weren't given one. You and Marion were both damaged too much to be able to deal with a child and struggle on with your healing. So all you could cope with was having a damaged cat. (Pots had rickets as a kitten.) If people want to live true, the way Jesus and I are suggesting, then all that you need to help you do your healing will be provided for you, just as all you've needed to help you progress in developing your evilness has been provided for you. You will always get what you need for your soul growth, it's just a matter of whether or not you want to live true your soul and yourself.

Mary, I was reading about parents complaining that they'd been very free with their children giving them everything they wanted, and yet their children now as young adults are very selfish, expecting their parents to keep providing everything for them.

Parenting your children with freedom is more than just giving everything to your child that it wants. What Jesus and I are advocating is allowing your child the freedom to fully express itself, and as to what this means, and how one might go about it, that's up to parents to work out for themselves. And if such parents want to live that way themselves, then naturally will they parent their children the same way.

Can you please say a little more on what allowing ones child to freely express itself might involve?

To begin with, one can consider allowing one's child to freely - to be free to - express ALL its feelings, especially ALL its bad ones. So to not stop it expressing all it feels. To not interfere with it by any means, to not limit or thwart its self-expression. But to do this, one would first have to be very aware of all the ways one is limiting one's own self-expression, and even how one might interfere with and stop another adult in their self-expression.

So I would suggest as adults, deciding that you are going to speak about all you think and feel to each other, no matter how horrible those things and feelings might be. And to speak about it all whilst seeking the truth of why you think and feel such things. And as you set about doing that to each other, then you'll naturally apply the same things to your children. But it's all much easier said than done, and being adults, you are already locked into your feeling and self-denying patterns, so to change them is extremely hard work.

So for example, let's imagine your child does something that makes you feel bad - angry. What do you do? Do you take your anger out on it making it stop what it's doing all so you no longer have to feel bad. And then do you punish it further so it will get the message that such behaviour is unacceptable because you don't like it, and it has to comply with you and your way of life. Or might you acknowledge you are angry, and before you yell or growl at or hit your child, you bring yourself back acknowledging you have the problem, for your child doesn't have a problem, it's happy doing what it's doing, and so talk to your partner about all you're feeling. You strive to bring out all your anger, rage and pain, all your bad feelings, whilst longing for the truth of them. And you keep speaking about and expressing your feelings, and all your bad feelings for as long as you can.

And are you prepared to change, and possibly change your whole way of life - everything, so as to give yourself and your partner the time and space to express all you feel to each other. And I know that's hard when you have to earn a living and so on, however you can still want to be this way. And you can only do what you can do, you don't force yourself or try to take over in any way if you can help it, that being only more self-control.

So if nothing else, you start to talk more to each other about all you feel, that's a good place to start, all with the intention of getting closer to each other as you come to know each other better. And then if you feel up to it, move into speaking about and seeking the truth of all those horribly dark places within you, all those ones you'd prefer not to go into, all those ones you've tried your hardest to hide and keep secret.

And understand that your relationship might not go the distance, it might be torn apart as you have to start admitting to yourself and your partner that it's a lie, a relationship

based on fantasy, and that all the so-called love you have for each other is false, something you've both had to work very hard at contriving with your minds. If you expect the worst - AND SPEAK ABOUT ALL OF THIS AND ALL YOU FEEL ALL THE WAY WHILST SEEKING THE TRUTH OF SUCH FEELINGS - then you might start to gain some appreciation of what being more true to yourself, true to your feelings, and so living true, is really all about. And then this might follow through to how you treat your child. As you respect yourself, as in, value and respect ALL your feelings, then so too will you value and respect all of your child's feelings.

And it's not about asking your child or partner how they are feeling in every moment and doing *this thing called your feeling-healing by using your mind* because you believe it's a good thing to do, you try and do it all naturally, with true encouragement when it's appropriate - when you feel too, and not when you *think* you should.

That's my biggest problem Mary, doing it because I think I should, and trying to learn the way to do it. And it doesn't work, I've tried it - I keep trying to do it!

All because it was your programming James, it was how your parents and grandmother made you believe life should be lived. Just learn the formula. 'and of course we know what's best for you', as your mother and grandmother kept telling you, so what hope did you have of finding out anything for yourself.

Yeah, tell me about it. And it's taking me forever to give up trying to control how I am.

Yes, but you're getting there James, which is testament to all we're talking about. It does work, you and Marion are proving it. You are witnessing it in yourselves. You are two living witnesses to the truth as so revealed through your feelings. You are witnessing it in yourselves and in each other.

I will also add James, further to what I was saying about such people giving their children all they want, that they are only giving their children things, and so naturally if your parents have always given you all the things you want, then you'll keep expecting them to, it all being part of your pattern.

But these parents have not given their children the most important thing of all - themselves. They've refused to give themselves, which means, their feeling-self, to their children. And instead, they've given them things as a substitute. And really such parents are saying: we don't want our children, here child, have these things to amuse yourself, so we can go off and amuse ourselves without you. So the child takes, and keeps taking, and demands and never stops, never feeling fulfilled, always wanting, demanding and expecting

more, but never feeling happy and loved. Such children are not loved, you don't feel loved by things, only by loving feelings being expressed from the people you are with.

And yet to give yourself to your child or partner, when your parents didn't give themselves to you, well, you can't, and so that's where you have to start, to admit and accept that you can't, and then set about expressing all the bad feelings such self-acceptance makes you feel.

I realised this morning Mary, that as I accept myself, my bad feelings as they come up, then it's in that acceptance I am giving love to myself, loving myself by accepting I feel this way and not dismissing and rejecting myself, and this then in turn is what actually allows my bad feelings to be liberated, to come up so I can express them. And that whilst I'm not accepting them, I'm of course preventing them from surfacing, as I don't want them to, so I'm not loving myself. And then the more bad feelings I express out of myself, the more I accept I feel them, thereby loving myself more, and so allowing myself to liberate the next lot.

Yes James, that's how it goes. You do it all yourself. That's how you work your way out of your self-denying and so negative state of mind and will. And as you accept and express your feelings, so the truth comes because you're always longing for and desiring it, that being your motivation, focus and intention in life. And so the process moves along, so you steadily grow in truth, just as you experienced today. For your seeing this about your feeling acceptance is part of your growing in truth about yourself and how it's all happening for you.

24. Hell.

Mary, can you please explain about Hell. What it actually is, and is there a real place called Hell?

There isn't an actual place you can go and visit or live in that's called Hell. There are only the various spirit worlds and spheres, their sectors and planes. However what is generally referred to as being Hell is to be found in the lower two Earth planes, those you can live in before you actually start your mansion world existence.

Hell, as you know is more a state of mind and will, and it comes about because of unloving actions you do to another, such as we were speaking about the other day. If as

an adult you wilfully interfere with and hurt another person or creature, then you are incurring the extra pain we spoke of. And this pain must be compensated for under the Law of Compensation as explained in the Padgett Messages. Mostly people hurt other people and nature simply out of ignorance, they don't actually mean to, or set out to. And often they are not even aware that their actions have caused any suffering, have crossed the line and interfered with another's will. And all these actions come under the heading of being done by default, which means, because of being in your negative state and being untrue to yourself, all of which you have been made to be by default - it being imposed on you as you were growing up and forming, if you're not outrightly seeking to hurt another but do, then it's by default. And so such 'mild' transgressions, if I can put it that way, one also has to compensate for, however, they can be done as you continue your life, so as a spirit, as you live on in the mansion worlds. And most of such unloving actions you account for during your healing. So you don't have to go into any particular - extra - condition in which you pay for such unloving actions. And so you'd not have to go and reside in the hell planes paying off your debt. Your debt being the negative ledger you accrue through all thoughts, words and deeds that transgress the Laws of Will.

But ultimately we all have to balance the books - that's what you're saying.

Yes, which you will do through your healing. All the bad things you have done to yourself, another, nature (which also includes your pets), and even God (by denying God), you will feel the pain of; all to help make you feel bad, all so you can then seek to uncover the truth of such pain (see why what you did or said was wrong) of such bad feelings; all so you can 'say you are sorry', thereby forgiving yourself for what you've done, and thereby healing yourself of your evilness. Forgiveness is self-forgiveness through your ongoing self-acceptance of your bad feelings and uncovering the truth of them. It doesn't come from God saying, all right then, you've paid the price, you've been a good boy for so long now, so I will forgive you. You impose the sentence on yourself, you imprison yourself, and you do your time, that all being done as you work your way through your healing. And because it was all done to you, imposed on you; and because you have taken this unloving, truth-denying way of being on by default, so you can 'pay for your sins and errors' as you seek the truth of yourself. And even though it's all been done to you, you having seemingly no say in being incarnated into an evil world, still you are living against the Laws of Perfection, which are the Laws of Personality, and so you will have to make amends.

Okay, that being because even though we had no say in it, still we've taken it all on, and as adults live it, so we have to at some point take full responsibility for ourselves.

Yes.

Now in the case of those people who go the next step, that being, wilfully setting out to hurt and harm and cause suffering and pain to another, that is outright rebellion, and it can be done through physical aggression, such as raping and murdering (including murdering a creature), stealing and so on; and it can be done through more devious means such as deceit, financial fraud where the person harmed is not even aware of you who is doing it, that sort of thing, it all depriving someone of how they want to be, completely interfering with their will. So it's anything you do in which you are wilfully setting out to force someone to live your will, that being, making them do what you want against themselves - against their own will. This is breaking the Golden Rule: that one must always honour another's will as one honours ones own. And so special, or extra, compensation is required to settle such an account. And to do that, so the sectors and planes within those sectors in the two Earth planes are set aside for you. And you have read those stories of people as spirits living in their own self-imposed hells, greatly suffering for what they have done.

Yes, and mostly they are not aware that it's a self-imposed suffering.

No, they believe it's happening to them, that someone else is doing it to them, someone else is depriving them of living how they want to live, or being how they want to be, which is exactly what they did to their victim. And when they have fully 'paid the price in pain', they will come to the realisation that in fact it's not anyone else subjecting them to such pain and torment, confining them to their 'hell', it's all what they are doing to themselves, it all being what they did to someone else. And once that realisation happens, which will take the time for them to feel the same amount of pain they've inflicted on another, then they will be released from their prison.

And presumably the type of self-made hell one makes for oneself is based on one beliefs, as to how one should be punished if indeed one is to be punished.

Yes, only mostly the soul and ones indwelling spirit in league with ones guardian angels know what those beliefs are, and so such people (spirits) find they will be subjected to the perfect hell, that being, the one that allows them to feel all the pain they have caused another, all with the objective of helping them finally wake up and come to the realisation that they are doing it all to themselves, it's all of their own making.

So is it like asking a criminal who has admitted his guilt and truly feels sorry for his actions, to decide what would be the punishment he thought fitting for himself to endure.

Yes, only it's done unconsciously by the person (spirit) concerned. However if the person does wake up and so feel the guilt of his actions accepting how bad he is, and does want to willingly make amends, then his time in the hells will be suspended, and he will instead find some other self-imposed task through which to exonerate himself. He will set about helping other spirits - human or animals mostly to acclimatise to their new lives in spirit and doing so by 'putting himself out', and not just looking to his life in the mansion worlds as one of being completely self-indulgent.

James, you read a story of a spirit who was a butcher, working in a horrific abattoirs when he lived on Earth, one which subjected animals to a lot of cruelty causing them to arrive in the spirit worlds completely panic-struck and full of fear. And there was a spirit (one of many) who was there to receive such suffering animals, to take them and care for them, to love them and give all he had of himself to them so they would feel better, this being this butcher who had woken up to the cruelty he had inflicted on such creatures during his physical life.

Yes, it was a good story, especially to know that the creatures are helped in the end to recover from our mistreatment of them. And Mary, I was thinking, that it does boil down to your intent doesn't it, as you say, such as if you were drafted to fight in a war and killed people, and as you wouldn't ordinarily want to kill people, so wouldn't incur that extra pain.

No, that's right, you wouldn't, because for one thing the war is organised with each country defending itself against the aggressor. In such self-defence one won't incur the extra penalty, unless of course, you step over the line and wilfully want to start causing extra pain on the one you are defending yourself against. And so as it happens with some men in war, once in action they cross that line, wilfully wanting to hurt another, it being more than just having to defend themselves or their country, it being a more deeper personal wilful intention, and this would incur the extra pain. It's all highly personal, with each and every individual dealt with according to their will and intent of will.

And as you said, even though parents hurt their children, mostly they do it unknowingly, so by default, and so don't suffer the extra pain, only the pain of healing their negative state when they will wake up to the full horror of what they've subjected their child to. Whereas a parent that does hurt their children or other children wilfully, would.

Yes.

Mary I read a message from a spirit years ago that spoke about there being a very high staircase many newly arrived spirits had to climb, they all being people who were Christians, and all, mostly women, believing they would have to pay for their sins, that being, paying off God's judgement of them before they could enter Paradise, or the Pearly Gates. And the spirit saying such things was showing another spirit these steps that seemed endless in number, with all these spirits dragging themselves up step by step trying to reach the top. And they were suffering untold misery and agony, all of which they believed they had to suffer, all to make them pure. And the spirit telling the other spirit, then said, and look over here, here are other spirits arriving into spirit and instantly free to carry on with their lives in the spirit worlds, not having to subject themselves to such horrors just to gain entry. And it was all a belief, these women spirits just believed they were bad and have sinned and should suffer by climbing this endless staircase until they'd appeased their angry God.

Yes James, that sort of thing still exists if newly arriving spirits believe they have to 'do time' or penance of some sort before God will accept their unclean bodies, their unclean self or unclean soul. These things are set up by the spirits who understand these other spirits need to do such things all in accordance with their beliefs.

So you put yourself through all sorts of agony just to begin your new spirit life, when you don't have to do anything, that life just being naturally given to you.

Yes, all because you believe you will not be worthy unless you undergo some sort of harsh trial, and pass it.

Yes, I remember reading there were a lot of those spirits almost at the top, but then they seemed to slip back down, having to start out all over again, obviously believing they'd not past the test.

And the sad part of it all is that it's all something they are doing in their own minds to themselves, it having nothing to do with any of the healing we've been talking about.

So they are putting themselves through it all for nothing.

Yes.

And I suppose everything we do to ourselves in the belief we're helping ourselves and making our lives better are the same sorts of things.

Yes James, everything. Nothing anyone does, unless they are working on themselves to uncover the truth of their actions through their feelings, is actually helping their souls progression of truth. It's all helping them further deny themselves and so advance their evilness.

It's all very depressing.

More bad feelings for you to express and uncover the truth of James.

What you are to understand James is that you're already in hell, the hell of your own making, which really is the hell your parents and early carers made for you to accept as being right - the right way for you to live. And all you do to another that crosses the line making them feel bad you are already doing to yourself. And so the pain is there to help you see this truth, for really you should only feel pain when you go against yourself. And so if you hurt another, then you'd only be doing so because you were actually hurting yourself in some inner way, and by rights you should feel instant pain, you should feel bad, both for hurting yourself and for hurting the other person. So if your hurt another person yet don't feel bad, then you are very disconnected from your true self, for you should really be feeling the pain in you that is driving you to hurt the other person or creature. And so what I am helping you to see is that you are in a bad way, it's been done, and you can't change it using your mind. So all you can do is look to your bad feelings because they will make you feel pain - the pain being the bad feeling you are feeling, and so use this pain, the bad feeling, to look deeper into yourself to uncover the truth of what you are really doing to yourself that's hurting you. And this will lead you to see the truth of what was initially done to you to hurt you, and how you've been made to wrongly believe this is good for you and the right way to live, and how you've then taken it all on. How you've been turned against yourself, making yourself believe you are being kind and caring and loving to yourself, when in fact you are hating and hurting yourself and being the very opposite. So you are in prison, you are quarantined in your isolated false self, living in your own little fantasy world pretending you are all right, when you are not, and far from being all right.

And that personal state of ours is reflected in what The Urantia Book means by saying

Earth is currently quarantined being kept separate from the rest of true Creation.

Yes, Earth, your lives, are your own living hell - literally. So when you move to live in the 'Hells', it's only in the more extreme part of yourself based on your actions. And the pity is that many spirits having 'done their time' then believe there is no longer anything wrong with them, in which they couldn't be more wrong, for doing their time of self-imprisonment has done nothing so far as helping them actually heal any of their negative state. That still awaits them, with all they've been through, their harmful actions brought to bear on another and their redemption from such unloving acts, being just a part of, or a subset if you like, of their overall negative condition. So many of them get a big shock when their soul starts to wake them up to their evilness, and they start to feel many familiar bad feelings again, when they thought it was all over and done with.

But Mary, these people and spirits are only doing such heinous crimes because they are in such a bad state, in such a fucked-up way, worse than most of us who just bumble along in our unconscious default states. So why do they have to suffer seemingly twice as harsh a life.

It's all part of their soul plan James. And one can't judge it. It is as it is for very good reasons to do with the person themselves and their growth of truth. There are compensations for them having such, what you might say, a raw deal, and many of them are more susceptible to doing their healing and embracing the Divine Love compared to the many other spirits who just ignorantly carry on in their negative truth-denying ways in the mansion worlds for a long time preventing themselves all opportunities to wake up and start to see the truth of themselves.

And what about say a criminal who spends the greater part of his life incarcerated during his life on Earth, does this time go towards contributing to lessening his time in the hell planes should he be required to still go into them.

It can do, it all depends on the person themselves. Some people can pay for all their crime during their earth imprisonment, fully redeeming themselves and coming to terms with the extent of their crime and the pain they have caused their victim. And yet for other people, as you know, time in your prisons only exacerbates or can even turn mild criminals into more wilful ones, into people who will only make things much worse for themselves when they are released. You don't understand why people commit crimes in the first place; you don't understand about your negative states; and you don't understand what crossing the

line truly means concerning yours and another's will, nor the harsh universal laws imposed on such will infringement. Your prisons and imposed sentences are only based on and subjected to your self-made laws and all within your negative states. So like everything you do, none of it is based on truth, or sets out to genuinely help and care about the deeper issues and problems that would drive someone to deprive another of their freedom of will.

But still, no one gets away with it.

No, all you do and say and think is recorded, and if any of it, even your fantasies, go against the Laws of Will, then you will suffer accordingly.

So even if I fantasise say about having my way, nicely mind you, over a woman in a sexual fantasy, they I am still transgressing and have to pay.

Yes James, all your sexual fantasies that you've done so as to try and make yourself feel better, have all been going against the laws of truth; and so yes, like everything else you do in your every waking moment in your negative life, has to be compensated for. And that's why you've spent all these years in so much pain, looking to your bad feelings to help you uncover the truth of why you feel so bad, there's a lot of will transgression you've done in your short life. So naturally your healing is going to take a long time. But it's not that you have to necessarily go systematically back through every bad thing you've done or thought and see it for what it was, it's all done on a circuit by circuit basis, so as you move through a level of truth, that which you are to see through your feelings, then you feel all the pain of the associated negative or wrong beliefs and behaviours you've lived and how such things have affected yourself and other people, nature and God. And gradually, as you work your way up the levels within yourself becoming progressively more aware of the truth of your evilness, so you change such patterns, letting go the bad beliefs, changing your behaviour, and so feeling differently about yourself, other people, nature and God. And once you complete your healing, then there will be no more pain for your will shall be fully and truly aligned with the Will of God, that being the natural laws of the universe and Creation, and you will have changed being able to look back on what will seem like your old life, that one of being evil and feeling bad.

I'm looking forward to that Mary.

It's coming James.

Thank You Mary.

25. The New Age has arrived! Has it?

Jesus I was reading a message supposedly from you to a man who was feeling angry about the end of December being such a non-event. And in the messages you were reassuring him that indeed the much anticipated promised New Age had in fact arrived, only not being so obvious on the physical plane. And I can imagine that a lot of people who were expecting such a 'New Beginning', having been told by various spirit sources, are feeling rather let down that they've not been elevated in consciousness into the fourth or fifth level awareness or however they put it. And I image they should be very angry at their spirit sources as this man is, and that those sources would be trying to mollify them, saying it is all happening, it's all in fact happened, the big change has occurred, only for one reason or another, it will take time to come into the physical reality. That people's vibrations will have to adjust, but they will receive the promised rise in consciousness and spiritual awareness elevating them above all their suffering and pain, both on a personal and impersonal level. And that even though all the suffering of the poor and the little children still keeps going on all around them in our rotten and corrupt world, don't worry about that, it's all part of the plan, it's all being taken care of... as you will see.

So, what do you say about this, as it's the sort of stuff that was being said back in the late eighties and early nineties when I was involved in the New Age?

First of all James, as you understand, this is not myself, not Jesus of the Bible speaking with this man. It may well be a spirit in the mind worlds with the same name as myself, just another spirit pretending to be me, but what you can be sure of is, it will be a mind spirit seeking power over such people on Earth, and so will say whatever it is such people want to hear, or what such a spirit will think they will want to hear.

The man said, as I can read in your mind what you were reading, that I Jesus said I will willingly speak to anyone on Earth who is open to hear my words, inferring that for being the reason why so many people claim to be speaking to me, but it's untrue, as I've told you, first of all, I have nothing whatsoever to do with mind spirits and so such people on Earth who are of like mind and would attract such spirits to themselves, as neither of them are seeking the truth. They are all only wanting to advance their minds in their evilness, wrongly believing they are growing in truth.

And I would only, should I want to communicate with anyone else other than you James

about such higher truths that Mary and I are relating to you, select someone who is actively and fully aware of longing for the Divine Love and all it involves. And also, I'd only be able to come to them as I can come to you, because you are actively growing in truth through the doing of your Soul- and Feeling-Healing. So unless those conditions were met I'd not consider speaking directly to anyone on Earth because they'd not be wanting me to. In a mental fantasy they might believe they are wanting to speak with me and wanting my help in revealing truths to them, but in truth they are not, for if they were, they'd be living those requirements.

You see James, even if I wanted to come to such people who are not living these conditions, and there are other conditions as well that I need not mention at this time, I still couldn't come to them, because to do so I'd be forcing myself upon the person against their will, against the truth of their soul. I'd be interfering too much with them, my light of truth would be too bright for us even to make a connection, and I wouldn't want to push them further into their rebellious and untrue ways. It would be the same were I to come to Earth again, only a handful of people might be able to receive me, the rest rejecting me, and as I've said, I've already interfered too much with humanity as it is.

Were this man you have been reading sincerely seeking the truth, he'd move with his feelings of anger and disappointment at all that was promised on December 21, 2012 didn't come to pass, to help him uncover the truth his feelings are wanting him to see about himself. His intuition and feelings are there leading him this way, because he is feeling angry, however he will more than likely disregard such feelings, and not keep questioning this spirit who is talking to him, and in the end, give it up and seek 'truth' elsewhere.

Now, as to the New Age having officially started as this 'Jesus' spirit says, it's nonsense, the spirit doesn't know what he's talking about. He's making it all up. The mind spirits can feel something is in the air so to speak, but they can't know what is really transpiring because they are not living wanting the truth. So all they can do is keep making things up with their minds and passing such things onto like-minded people on Earth who also want to make up and believe such things.

So Jesus what is going on?

As I've told you, the new spiritual age is approaching, and I can tell you that within the next forty years it will begin. And I'm not going to be more specific than that, as that would be giving too much away.

However I can tell you that indeed there are new energies coming to your world, as there always are, from Salvington, and even Paradise on a spiritual level, all of which affect

the physical. And there is something of an up-stepping of the spiritual vibration or energy as is suggested by the mind spirits and New Age people, however it's all coming from your souls and affecting everyone in ways that no one would be able to understand or feel or know about.

And I can tell you James, that right now, right before your very eyes, right now as we speak, right now as you type these words, so is it an expression of this new soul-light coming into being, that being, into being through your soul because you are actively growing in truth. And it's coming into being through Marion's soul, as she too is actively growing daily in truth; and it will come into being through everyone else as they seek to grow in truth through the doing of their feeling- or soul-healing.

So you see, the individual doesn't have to wait until an official or technical end and new beginning is formally announced, they can end their old way of life now, in any moment, and begin a new way. They can end Mary's and my age within themselves before the official planetary end, and start their new spiritual age of self-revelation, but only through their feelings and doing as Mary and I have been helping you to understand - not through their mind.

And when the true new spiritual age does officially commence, it's not going to affect anyone, no one is suddenly going to feel they are of a new and higher conscious level, or that their soul has risen or their spirit has been suddenly uplifted. They will remain exactly as they are, it being only new information for them to assimilate with their minds.

So what I'm telling you is that for the individual, you'll stay as you are irrespective of whether a new spiritual ages comes to pass, if you are still choosing to live as you have done, by denying your bad feelings and using your mind to control yourself and maintain your evilness. And such people will die and move into the mind mansion worlds, there to join with all the millions and millions of other mind spirits, who might say they are well-meaning in trying to help humanity heal itself of its sins and errors, but really don't have any idea about what they are saying or doing.

I see, so the new age official starting point will come and go, and none will be the wiser.

Yes, unless they are told by someone (or someones) who do know of such things, and that someone (or someones) feeling it and knowing, themselves even being the official end and new beginning. And even then, if told, a person can say: hey, that person says we're now in a new age... but that will be all, they will of themselves not feel any different. But they will feel different if they understand that this new age will be for people who want to set themselves free of their evilness, and they start to accept and honour and live true to all their feelings whilst seeking the truth of them. They will feel different because they will

be growing in truth. And as I said, you don't have wait for the official start of the new age to begin that.

And so Jesus, what about the Bible's End Times stuff, how does that all fit in?

It's all part of the ending of Mary's and my age and the beginning of the new one. And some of what has been prophesied will come to pass. And all you are seeing in the current earth changes is also part of it, there are elements that will indeed affect humanity on all levels, however none of that will do anything for ones spiritual enlightenment if they are not seeking to live true to themselves.

And I will add, as you know James, many people claim to know what 'living true to yourself' means, and offer all sorts of ways of achieving it, so it's nothing new for people to understand that they are living untrue and false lives, many people being aware of that within themselves - they feel it. But such living-true-yourself ways are again only of the mind, and will only help you live more untrue, despite their claims. The only true way to live true to yourself is to live true to ALL your feelings.

Yes, I understand that. It does make it difficult and all so confusing when we're told so many similar things. And many people will no doubt find all you are saying difficult to understand and confusing when adding it to all they've already got going on in their minds.

To be sure James, and it can't be helped or avoided. Humanity is a huge confused mess of conflicting beliefs, and it's very difficult to see your way clear of them. And as the truth of how you live true to your feelings has remained unknown, there's been nothing anyone has been able to do about it.

Jesus, I still find it staggering that over all these years and all the people who've been on Earth, the truth of our feeling denial has remained hidden, all when it's all so obvious that we do it. Most people even know they do it, saying it's the right thing to do. And some even say it is the wrong thing and that we should express all our feelings or else we'll keep getting sick.

Yes, but no one has made the connection between feelings and truth, that by honouring ones feelings one can grow in truth. No one has understood what growing in truth means or what the point of it is, even that there is a point and that's what life should be all about. And humanity up until this time has not been of a condition for such truth to be made

available. You can see how you are making a little headway in understanding more about the subtle aspects of yourself through psychology, this being only something relatively new. Of course other cultures have made some inroads into psychological understanding, but their societies have not been complex enough to provide the sincere truth seeker with anything more than a few made up religious or spiritual beliefs to go on. Even with the advent of the Internet and the explosion of people freely being able to share their thoughts and feelings, you can see how it's freeing up parts of life that up until now have been heavily controlled by religious (and mostly superstitious) belief or social mores. You are slowly allowing yourselves to be freer within your negative state confinement, enough at least for the likes of myself and Mary to come and have our say once again, through the likes of you James.

Yeah, but who am I, I'm a nothing no-one person, who's going to listen to me, let alone believe it really is you and Mary Magdalene.

That doesn't matter James, the fact is, it's happening, you're making it available, and the rest you don't have to concern yourself with. The fact that you and Marion are living such truth yourselves, that you've found this new way to live for yourselves through your own endeavours, Mary and I not telling you about it before hand. That is enough, because that says that it can now be possible for people to do their feeling-healing. And Mary and I are only coming in on the back of that. We are not making a whole new revelation, giving it to you and Marion, and you are then choosing to live it. We're only able to come to you because you are already living it. And if you hadn't been, we'd not have been able to come.

Yeah well I'm feeling pissed off again Jesus that I still feel like shit most days, today as well, and as much as I am grateful to and love speaking with you and Mary about it all, I'm going to have to end it for now because I want to express my bad feelings to Marion. I want to speak about how shit I feel, yet again, the same old boring as hell feelings. Perhaps if I'm lucky some more truth might come to light. Anyway, thank you again Jesus, and I'm sorry to subject you to my yuk feelings.

We'll speak some more when next you feel like writing James. Until then... Jesus of the Bible.

26. Out of Body, Near Death Experiences, Death itself.

Mary and Jesus, let's start with the basics about death. You've said when we die, we go to live in one of the spirit worlds, or, one of the worlds in spirit, spirit being the rest of Creation that is not physical. So what about all those people that believe death is final, you, your body, is put in the ground or burnt - end of story, you are no more, what happens to them?

Mary: They wake up in spirit, still alive, still with a body, albeit one different to what they were used to in their physical body, but still one in which they can touch and move around in - their spirit body, or spirit form.

And in our spirit bodies we don't need to eat or drink, right?

No you don't, your spirit bodies simply exist in the 'Light', that being the light that sustains all spirit life, and it's also the same light that sustains your physical body only you're mostly unaware of it. However should you feel you still want to eat and drink until you get used to your new way of living, you can. But it's all done with your mind with no physical substances moving into your spirit body. It's all something you pretend you are doing.

So there's more to keeping our physical bodies alive than just eating and drinking the right things and treating it well.

Yes, it's sustained by your soul, then your will, then your spirit body, and all in-between these levels, all that unite these levels. Your soul activates your physical genes through your spirit body using its soul-light, and once activated and maintained, so your physical grows into being and exists, whilst you, your soul, requires it to. And if you choose to abuse it, as it does have to also live in accordance with natural physical laws, then you can damage it, or even 'kill' it - you can die.

However for you to die, that will still only occur because that's the plan within your soul, your physical body can't just can't cease to be of its own accord. And you can't, by simply using your mind, decide, ah, today I've had enough of my body and this physical stuff, I'll die and go to spirit. You can of course kill yourself, however that still is all in keeping with your soul plan.

So if you commit suicide, then on your soul level, that's what you were always going to do, it being part of your plan.

Yes, it's a state of mind and will that you've been moved into, one in which you can no longer bear being alive, and so chose to end it by your own doing.

I want to talk more about suicide, but I'll leave that for later. For now I want to get back to what happens when we die.

Okay, so we don't get put in the ground and then when the resurrection trumpets sound the call, all somehow come up out of our coffins and into heaven.

No James. Your physical body when put in the ground is food for the worms and other organisms that will break it down into its physical elements so it can be reused, just as all that's physical is recycled. And humanity has to grow up, and grow out of such restricting beliefs if it ever wants to truly get anywhere in its spiritual growth. Such religious beliefs will only keep you all locked into the dark ages mentality and spiritually. You are to understand and KNOW, for that is what Jesus demonstrated to you by appearing to me and other people after he died on the cross, that there is life after death - life goes on, and it's the beginning of the rest of your life in eternity, not the end of life.

Jesus appearing in his spirit form?

Yes, and so much so that we could touch him as he had form, he felt real, all so we knew that he was still alive and as he promised; he returned, all to show there was far more to just your physical life. And for people to still persist in their beliefs that there is no life after death, or if there is, then in some way it's just more of the same physical life in your old physical body, is a sad state of affairs. It shows just how spiritually retarded you are. And especially when you've had over the years many very good mediums who've given ample proof of life after death with many people speaking openly and freely to their loved ones, and even having their pets return to be with them, but in spirit. The spiritualists have worked very hard to show life carries on, and yet still you refuse to move on and grow with such understanding, preferring to stay locked in your spiritually dead and stultifying religions.

You don't think much of our religions Mary?

James, gather them all up and throw them in the bin. It would be the best thing you could do for yourselves. And the small amount of truth contained within them, although lost when you pressed delete, would easily and quickly be recovered through your enlightened

lives of living simply true to your feelings and free of your religious bondage. Humanity's religions are your millstones around your necks. They prevent you from getting anywhere in a true spiritual sense. And by one being apart of them, one is ensuring that nothing will ever change, that humanity will go on as it has done all these years, getting nowhere spiritually.

What about the New Age and more alternative spiritual systems?

The same thing James, just more of the same mind control.

But what about all the fervent prayer people do, doesn't that have some good effect on them?

Yes it does if you want to continue living in your negative state. But if you truly want to ascend in truth to Paradise, no, who wants to listen to all those prayers that are mind based, mind said, all contrived and focused around untruth and fantasy. The Mother and Father certainly don't. It's all part of your delusion, that you're doing what God's wants, but this God you are praying to is a fantasy. The real God wants you to honour all your feelings, which means, to live true to yourself - true to all you feel. And if you start doing that, I assure you, the first obstacle you'll come up against is your religion and it's beliefs, because so many of them stop you from living true to ALL your feelings. They make you keep denying many feelings, banishing them, telling you they are bad, your bad feelings being the Devil trying to get you, to have His way over you, so you must pray away all those temptations, all those sinful and bad thoughts, you must not allow them all to come out and be expressed, seeking the truth of why you're having them. And you must fear your bad feelings doing all you can to get rid of them, to keep them hidden, buried, out of sight at all times. You must NOT do all you can to welcome and love them - they shout from the pulpit.

Humanity should by now in its spiritual evolution be well and truly living with everyone knowing that life continues in spirit once you die. And that many people are more than capable of communicating with the dead. It's relatively easy to do what we are doing James, the human form is created to be able to easily - if it's what one wants and is part of ones soul plan - communicate with spirits. You are not meant to remain all alone, locked away in your religions, desperately clinging to the false security you believe they give you, whilst your body clock ticks down ever closer to that dreaded end time. You are meant to understand that as your physical gets older so it's preparing you to move on. You are to go with your old age allowing it to help you adjust to your upcoming transition. And to

look at it with excitement and anticipation, that it's a good thing. And certainly it might be sad that you will be leaving your loved ones behind, but it won't be long before you see them all again, and more than likely you'll have other loved ones eagerly awaiting your arrival in spirit. And then if those people you've left behind on Earth can speak with you like we are doing James, just using their minds, or through a medium, then you don't have to see death as the scary thing you believe it to be.

Death is not meant to be scary. Sure it is an unknown, but you can bridge much of that gap by understanding what to expect, be speaking with spirits already on the other side, and by not looking at death as the great evil that's trying to take you away from life. Physical life is NOT the be all to end all. It's only one facet of your existence, and a very minor one in a time sense as well. In a hundred years time, well into your spirit life, how do you think you'll see life in the physical. And what about a thousand years on in your spirit life. Two thousand, Ten thousand - a million years on.

And Mary, also with peoples out of body and near death experiences, astral trips and other reality shifts, there is a lot of ways open to us to see there is life beyond the physical.

Yes. And it's not just stuff for nutters, for people who are a bit funny in the head. And if science decided to consider such things as real and valuable, and not to be treated with scepticism, but to be fully explored, you'd even be able to relate to life after death scientifically. However whilst you keep putting your religious beliefs first, nothing will change.

As we're so afraid of dying, having to put ourselves through such extremes these days with all our advanced medical procedures, I suppose people will have more near death experiences and the like.

Yes, and more wonderful stories of life on the other side will emerge. However, what is it all for, trying to prolong the physical for as long as you can? If you were happy to die, allowing yourselves to go when you knew the time was right, instead of putting yourselves through such pain and suffering, you'd all be able to get on and enjoy life so much more, instead of always having that horrible experience waiting for you at the end. You and Marion read how so much time, and money and heartache goes into keeping the little baby alive that's so ill and is showing every sign that it can't exist by itself and without huge medical intervention and support. And yet you struggle on, and finally medicine seems to win, and the child, often severely handicapped, lives on for a few years more, having to continuously suffer being subjected to such terrible pain. And okay, so you 'all gain so

much from the experience', and, 'there is so much love to be had', but still, what about the quality of life, doesn't that count, for what if the little baby was let go, free to go into spirit, there to be looked after by loving spirits, there to grow up having a full life, and there for you to meet when you die, and to even speak with all the way along.

What I want people to see James, to think about, is that all you do, all how you see it, irrespective of the love you feel, is still all keeping you bound up in your negative states. And that if you do truly want to set yourselves free, there is another way, and that it's mostly the very opposite of what you are doing and how you are currently living.

That little baby that the wonders of medical science managed to keep alive, and whom grows up, and even had a wonderful life, is still one day, going to have to work back through all the pain and suffering it went through to stay alive, and in doing so, it's going to question the motives of its parents. And what it uncovers is not going to make it feel very happy and as loved as it might have felt with or for its parents, for it's going to see that they selfishly kept it alive, they wanted it because of their love deprivation. So it gave itself to them, it had to suffer hugely, all so its parents could feel better about themselves. And that its parents had it for themselves, they insisted it be kept alive for themselves, that they didn't actually put it first, they didn't actually do what was truly loving and allow it to go. They didn't allow it to go into its spirit life, there to be free of the pain, there to grow up perfect and with no imperfections, no retardation, there to have a freer life in spirit.

And I know James that one can't generalise, and each case needs to be looked at on its own merits, however it's to give people a new way to look at things that Jesus and I want to help you with. If you let your little one go you're not going to be punished by God. God might in fact want it to go, showing you that it's not capable of existing on its own in the physical.

That would mean Mary that a lot of the medical stuff would no longer be warranted or needed.

That's right. You live being dependent on it, on your doctor, not on your own soul, not on your own feelings. And so you create this monster, just like your monster religions, and it takes on a life of its own, devouring you, making you suffer far more than is intended. And you delude yourselves that you're living a better and higher standard of life, a life of higher quality, all because you can take a few pills and make your pain go away. But where are these pains going away to? And so your doctor says, you're well, you're healed, your illness has gone, and so on you go back into your feeling- and self-denying life until you get sick again. But even though you might be physically well so far as modern medicine can see, nothing has been done to heal the deeper underlying causes of your illness and

pain. It's all band-aide stuff James, all to prolong your physical live. And so I will let you into a little secret. If you truly do want to prolong your physical life, to do the best for yourself, to align yourself with your soul, then look to your feelings, because they are they key. Look to expressing them all, speaking about all you feel, and wanting to uncover and know their truth, that is: what you have them for, what they are telling you, the essence of what they are really making you feel. And you might be surprised when you stop denying all those bad feelings you don't want, and instead accept them, allowing them to have their say and fully come up and out of you; you might be surprised as to how long you do live, and how so much of your pain can be expressed away, and how little you would need to rely on another person such as a doctor to take your life out of your own hands. If you truly want to empower yourself and keep such power, then look to accepting all you feel, and strive not to deny ONE feeling, good or bad. Look to express them all, and as I say, and as I stress, always with the desire and intention to find the truth of them, to know why you are having them.

27. Death.

Jesus, why are we so afraid of death - how did such fear of it come about?

Because of the influences of the Evil Ones, those being the evil spirits that instigated the Rebellion and brought about the Default. Nature doesn't fear death, and neither would you, had you been left to grow up normally and naturally. However to make you fear death is a way to keep you under control, to keep you from understanding that life continues on. If you keep seeing that only the physical is important, then you won't ask too many difficult to answer questions about spirit life. And you won't work out that you're being led astray by spirits who seek to keep their power over you.

You see James, the Evil Ones, the Lucifer's, Satan's and Caligastia's, who are talked about in The Urantia Book, all had overseeing roles of Earth. From higher levels in the spirit worlds they were to look after humanity and help humanity to grow and evolve in truth, and so also in your understanding of all things to do with the spirit as well as the physical. However, their rebellion was their choosing to go against Mary and myself, and the Mother and Father. They claimed that God was too controlling, and that we could all, and should all, take matters into our own hands - out of God's, and make our own way in Creation. They said we were mad to keep being dictated to by a God that pretended to be all-loving, because if God really was all-loving, then They'd not have all the spiritual laws

that there are, and that we'd all be free to do as we pleased. And that way of being, for you are all then effectively your own god and master of your own destiny, many lower and lesser spirits and angels found appealing. And because humanity was only in its infancy when these higher spirits finally decided to go it alone and turn their back on God, you were easily influenced by them. And as they were all spirits, how they controlled your long-ago cave men ancestors and such was through fear. So they made you fear the unknown, the spirit world. And in doing so, you started to fear yourselves. And they've worked on you for a long time, all the way up until Mary's and my coming, subtly influencing you from spirit, keeping you 'earth-bound' you might say, and ensuring that you don't honour and live true to your feelings. For if you did, you've have out-grown their controlling ways, you would have advanced to a level of truth that showed them up for not actually caring about you and having your interests at heart as they told you they did. And you'd have chosen to divest yourself of their evil and rebellious ways.

However their control was so strong over you, and once they coerced Adam and Eve into defaulting, then they more or less had you entirely under their power. And so they wanted you all to remain ignorant of higher levels of spirit life and the greater spirit universe, all so you'd die and wake up still ignorant in the mind mansion worlds, there to stay looking to them as the Great Ones, for they would sit on the throne being the Great Lady and Lord of All - in short: God.

So had you not come when you did and de-power them ending the Rebellion, then when I died, I would have gone into the mind mansion worlds there to see the Caligastia's and Satan's and Lucifer's all as the god of my new spirit life.

Yes. And you'd be none the wiser. You'd not now of anything beyond or greater than the mind mansion worlds, because being quarantined and isolated from all the regular universal circuits, you'd all be aspiring so be as your controllers are, the Evil Ones, all so unbeknownst to you, to keep the Rebellion going.

Yes, I see it now from what you've previously told me. Those mind spirits that are transcending the mind mansion worlds, trying to become enlightened reaching nirvana and their bliss states of being; trying to merge with or become part of the God of Mind, are really just trying to emulate the Lucifer's and Satan's. But because of yours and Mary's coming, the Evil Ones are no longer there in those mind worlds, or able to come into them, so these mind spirits are actually on their own, striving to be the top dogs - gods, as it were.

Yes. And up until recently, the Caligastia's and Daligastia's were still in the mind mansion worlds, but now as they've been removed, humanity is free to live to its ultimate conclusion in it's negative state, living with your mind completely in control of yourself, being as you said, gods yourself, however it's all only a fantasy, it's gods within your own minds.

In our own lunch box! And so all those people and mind spirits who are looking to advance their minds are all going this way, to ultimately become gods. It is what some in the New Age talk about, that we're all gods, and we have to develop our god-self to become fully self-realised.

Yes, and what such people will have to realise is that it's a dead end, that it's giving over to your mind completely at the expense of your feelings. And so in your minds ego you can fantasise you are as God is, however you're nothing, and will never, and can never be, ANYTHING like the Mother and Father. You are of Their image, and as I've told you in the Padgett Messages, you can become of Their essence by longing for and receiving into your soul, Their Divine Love, but you will forevermore always remain Their child. You can become at-one with Them, as you will upon your arrival on Paradise and when you personally meet your Heavenly Parents; and your soul through eternity will become increasingly divine like They are, but still you'll always know, you are NOT god. I know it, I AM NOT GOD, I AM ONLY STILL AND WILL FOREVER BE, A CHILD OF GOD, AND I'M VERY HAPPY WITH THAT, despite what many believe, saying I am God and of God. And were I to delude myself into thinking or believing I were God, then I'd be just like these mind spirits, and so I'd have rebelled against the Mother and Father, joining the Lucifer's camp.

And so people only say and believe you are God, because it's all part of the confused mess being handed down by these mind spirits.

Yes.

So if the Lucifer's are not in the mind mansion worlds, that leaves, so I would imagine, a huge power vacuum to be filled by wannabe gods.

Yes, and many such mind spirits are heavily involved in vying for such power. Other's aren't, more intent on their own personal power trip, but there are a few groups of very dominant and controlling mind spirits.

Okay, and so following the feeling I've got as you were saying that, I'll complete what you were going to say. And these groups are heavily influencing us on Earth.

Yes. And it's important for you to come to see this and feel it yourself James. It's not just for me to tell you. So can you see how you've been working your way to understanding this over the years and through all we've spoken about?

I can. It's dawning on me now, it's all slotting into place. Another piece of the puzzle.

So Jesus, truly, how much are these higher mind spirits influencing humanity?

A lot James, a great deal, and more so every day. As I said, it's only been within the last thirty years that the Caligastia's and Daligastia's and all their support crew have been banished to the prison world, so these mind spirits are suddenly finding they are no longer answerable to anyone, there is no longer anyone above them, there is no longer any higher spirits telling them what to do and how to be. They are in the top spots, and I can tell you, some of them are relishing their new found power.

You see James, it's been very sudden, for one thing, they accepted, and many of them having been in these upper mind planes a very long time, even well before my and Mary's coming to Earth, that they'd never be the top spirits, that there'd always be the likes of the Caligastia's over them. And so they have long since accepted that, and so have striven to be their right hand man so to speak, and this is both women and men mind spirits equally. But all of a sudden, their controllers are no longer there, suddenly vanished, and even though they can't explain where they've gone to, do you think they care. But during the past years they've thought their controllers would return any day soon, but as time passes, they are no beginning to think that, and now thinking that perhaps they won't come back, and so you can imagine how that's making them feel.

Very excited indeed. It's like a story in one of the fantasy novels I used to read - like many of the stories.

Yes, I can understand, however it's very real and very true, and it's having a profound affect on humanity. So these groups with their new found confidence and all the false power that comes with it, are beginning to assert themselves over humanity, taking over the roles of the Evil Ones. So you see, all of this what you call the End Times, all the so-called 'Quickening', apart from the natural changes taking place within and around the Earth, is coming from these high sixth world mind spirits.

And how are they influencing us?

All the usual ways. Influencing certain minds. They can to some degree accelerate people in their careers, give people ideas, visions, feelings and thoughts, and close the doors on others. You'd be hard pressed to see it in action and I'm not going to name names, however if one wants to be a power-player on the world scene of humanity, then more than likely one will also be accompanied by such spirit presences. However as with all things, different people are open to and so susceptible to such things, and it's not necessarily a case of judging someone as being evilly minded as being under the influence of these spirits, because just as many people who'd be said to be kind, caring and loving, are also heavily influenced by them. Such spirits have a far better understanding of human nature than anyone on Earth does, and a bigger view of life on Earth, and unlimited time to play with.

Okay, but really, so what, humanity has, so you say, been influenced by mind spirits forever, so what's new, other than they might now have more power.

And I agree with your sentiments James, and what is new, is that such new found power they have will be going to their heads - or I should say minds, and this is going to exert a great unseen pressure on humanity, all of which will lead it to literally crack, as in break down, like one would have a mental breakdown. This being all part of the End Times.

Okay, so we're going to fuck ourselves up even more with this even greater pressure and influence from spirit.

Yes, all which is needed to bring about the desired changes that are to take place.

All right, but what about the little person who has no power, nor is interested in having any. I'm sure the mind spirits won't be bothering with them.

No they won't, and for such people it is hoped they will like the idea of taking their lives further into their own hands by doing as Mary and I suggest, that being by deciding to accept all their feelings and stop denying them. To break the control your mind has over you, to accept all your feelings, express them, and seek their truth, instead of doing as you do and deny them.

And in doing that, you'd also presumably be stopping any mind controlling influence such mind spirits might have over you.

Yes.

Wouldn't these mind spirits try and stop me, try and stop you saying all of this to me or me putting out in public?

They won't like it, once you start going public, however they'll be powerless to do anything about it. Certain universal laws apply preventing any mind spirit interfering with a spirit or person who is striving to live true to themselves. The truth you are evolving in your soul will prevent them from being able to influence your mind. And also you, as will anyone else, mortal or spirit, who seeks the truth of him or herself through their feelings, have many spirits about you that are free of their evilness, having healed it, so are higher in truth than such mind spirits. And how it works is the one with the higher truth in their soul also has a higher light in their being, and that light repulses all that are living untrue, such as the mind spirits, and people on Earth who are only intent in living untrue through their minds.

Yeah, well that light must be doing a good job keeping everyone away, because I sure don't have any friends.

You don't want any friends James, and it's not for you or Marion to have any anyway, not until you've finished your healing. Friends would only distract you both too much. You've had people come into the periphery of your lives, all to help stir up more bad feelings and to help you see things about yourselves, but not to distract you.

I certainly don't want to be distracted, it's all I want to do. I don't even want to get a job as that too would be too distracting. I want to heal myself and be true, and heal myself all just with Marion - in our relationship together. And I've actually long since felt that such mind spirits can't affect me in any way. Once I started consciously longing for the Divine Love, that ended all of that.

So if people,- and years ago when I was conducting Divine Love meditation groups, I met quite a few people worried about spirits trying to possess them or interfere with them - want to stop such spirits meddling in their minds, they should long for God's Divine Love and start to honour their feelings and do their soul-healing.

Yes, it's the only way to protect yourself fully, if you are worried about it. But for most people who never give a thought to spirits, good or bad ones, it will be of little concern to them, however they should still be concerned about the wellbeing of their soul.

And all that 'surrounding yourself in white light to protect yourself' stuff-

All wishful thinking James. It does nothing. Your mind can't even create such 'white light'. It's just fantasy-land material, and the more one indulges in it, the more one will draw to oneself, and indeed make oneself more available to, the very evil spirits one is trying to protect oneself from.

So Jesus, something like the global financial madness that I read about, the bankers printing endless paper money, and all the currency wars, all that sort of stuff which just seems to get more mad as trillions and trillions of dollars are given to the hands of a few who are free to do as they please with it, whilst billions of people are starving and living on the poverty line, is all part of this wind-up by the light from these mind spirits.

Yes, it's all coming to a head, it's out of control, a run-away train. And it's all being added to and fuelled by on a soul level, with the incoming soul-light signifying the end of Mary's and my age and the beginning of a new spiritual age. The 'speeding up of life' that many people talk about that they feel is a real thing, the vibration is indeed increasing, however not as the alternative spiritualists believe or think it is. And along with this inner soul-light is light coming from deep with the universe, from Paradise, inner 'star-light' you could say, and that too is affecting the physical planet and solar system.

So it's all coming together for one big crushendo - I don't know whether to scream with the horror of it, or be happy that possibly the whole rotten lot might collapse.

I'll leave you with those feelings James, if you feel worried about it, more bad feelings to express to Marion.

Yeah I know. Thank you Jesus. I'll speak to you soon.

Until then, James - Jesus of Nazareth.

28. The Comforter and Holy Spirit.

Jesus, could you please explain about the Comforter and the Holy Spirit, and are they one and the same?

They are not the same James, however in each of their ways they give comfort, either directly or indirectly.

The true comforter is the Spirit of Truth (are the Spirits of Truth), because it helps you uncover the truth of yourself and of life through your own endeavours should you seek the truth; meaning, should you seek to live true to yourself.

As The Urantia Book points out, when the higher Descending Sons (and Daughters) of which Mary and I are one such pair, come to a world to reveal the truth required by its people, then as a parting gift to that world, and in Mary's and my case, to our whole universe, upon our death and from our soul, is liberated what is known to be the Spirit of Truth, this Spirit of Truth being expressed individually by us. I liberated my Spirit of Truth upon my death and release from the physical, as did Mary release hers when she died. And together, united as one, they are ever present and always ready to help you should you be intent on uncovering the truth for yourself.

As we've told you, you need to use your feelings and not your mind to show you the way, and were you to look to your feelings, then they would lead you into uncovering the truth; and that being, all the truths you need to know that will enable you to live happy and fulfilled lives. So it's right when it's said the truth is within you, it is, contained within your soul, only you have to use your feelings to allow it come up within you so you can express or live it - be it.

So yours and Mary's Spirits of Truth overshadow us all the time, is that what you mean by they are always with us? And they help us see the truth, that being, as you and Mary saw it. And it's a partnership between both of you and us, for without your help through your Spirits of Truth, we'd not grow in truth.

Yes. You'd not be able to grow in truth beyond the mansion world level for our Spirits of Truth have been liberated covering the Celestial level upwards because we lived on Earth in perfect will and mind states - of a Celestial level of truth.

So that's why we need other Spirits of Truth to help us with our healing, those from another bestowal pair who've done their healing.

Yes, and it's why people on Earth haven't been able to grow in truth to any degree because of the lack of such a partnership, they having to wait until they've come to spirit where Mary and I could help them. So there's a gap in your being helped by the Spirits of Truth, which the next age is all about rectifying. The gap being filled in now, so people can start to do what Mary and I are saying, which is why we're coming at this time and why we've not come previously.

The Spirits of Truth are the stand in for Mary and I being with you in person and helping you to use your feelings to uncover the truth of yourself, life and God. We being individual finite personalities, just as you are, can't be everywhere at once. So personally - in person - helping every person and spirit in our vast universe should they be seeking and longing for the truth is beyond us. However our Spirits of Truth can, as they being 'our spirits' can help you all at the same time as if we were with you helping you in person. So the 'spirit of us' is literally with you when you long for the truth through your feelings.

So it has nothing to do with just believing in you and 'following' you with our minds.

That's right, it has all to do with your sincere longing to live true to yourself, then you are longing to be as Mary and I are, perfect and honouring all your feelings and growing in truth from expressing them, just as we do.

And the comfort we get from uncovering the truth for ourselves through our feelings, is why they are called the Comforter.

Yes. You know now for yourself James, the deep inner growing feeling of comfort you are feeling as you continue to work your way through the healing of your anti truth state. When you are living evilly, that being by denying your feelings, using your mind to dictate a lot of what you feel and thereby keeping you away from the truth of yourself, you feel bad, you feel uncomfortable, all so you are alerted to the fact - the truth - that something is not right within you. And really you should stop when you feel bad, and use those bad feelings, where you to accept and speak about all you feel, to help you go deeper into yourself to find out the reasons - the truth - of why you're not feeling good. And were you to do this, then you'd also be calling upon the help of Mary's and my Spirits of Truth, all of which with their unseen and mostly unfelt assistance, would make you feel better, bringing comfort and peace of mind to you, when the truth has been revealed. When you've uncovered it within yourself and seen it for yourself.

And does it help if one believes in you and Mary?

No, it has nothing to do with belief. It has only to do with intent, your desires and intentions. And if they are true, meaning you sincerely are longing for and wanting to uncover the truth within yourself and ALL THROUGH YOUR FEELINGS, then our Spirits of Truth will be there to readily assist you. And this happens irrespective of what else you might believe, what religion or non religion you are; and so if someone is true in their desire to uncover the truth of themselves using their feelings to guide and lead the way, then you can reveal, and WILL reveal, truth to yourself, and consequently derive a level of comfort from that truth. Truth is the ONLY thing that will make you feel truly happy, safe and secure, and help you to know you are truly loved by the Mother and Father, and that you have all rights in Creation to be as you feel you want to be - that being: living true to your truth.

So it doesn't matter how much one prays to you or God for the truth, hoping you or God will somehow give it to you, because it's really about getting on looking for it through your own feelings.

By all means should you feel to long to God for the truth, do so, as you are to express all such feelings, however, your whole focus, should you want to grow in truth, is to accept and express all your feelings with the sincere and earnest longing to uncover the truth of them. And then so far as how many times you might pray or go to church or do your religious duty, it's all meaningless so far as advancing your soul in truth. Growing in truth has nothing to do with what religion you might belong to or what beliefs you might have. However many such beliefs and being part of such religions will help prevent you growing in truth because they will help you deny many of your feelings. They are all designed to put the mind first, above and before feelings, so will thwart any true and sincere soul evolution of truth. Within such religions, and just in peoples normal lives, individuals might actually inadvertently uncover some truth for themselves because they have honoured and expressed some of their feelings, and so feel good about that, but often such good feelings then get attributed to ones belief in and actions within ones religious organisation or spiritual group, all of which further confuses and keeps one bound up in such overall truth denying ventures.

So we only need ourselves and our feelings to uncover the truth, and really we don't even have to believe in anything.

That's right, it's that simple, and so it should be, for it's not that everyone on the planet has

to belong to the same religion, and if they don't belong to the right one, they are labeled evil. The truth is, from a spiritual point of view, you don't need any of your religions, they are all only standing in the way of your feelings, of you expressing all you feel fully and truly, and so preventing you from discovering the truth for yourself within your everyday lives. In the Celestial heavens, in the greater universe, there is not one religion every spirit and angel adheres to, there is only every day life in which we all fully accept, honour, and express our feelings, all whilst longing to see and uncover what truth they are to show us; what truth our soul wants us to see - which is really, what truth the Mother and Father, the Creators of our soul, want us to see, know and live. Humanity has complicated life no end with all its religions and erroneous beliefs.

It seems almost too good to be true. So if say we stopped all such religions, just somehow gave them up, nothing bad would happen, we could all live as you say growing in truth and finding our own way.

Yes, only as you are all still bound up in your anti truth negative mind and will states, were such a thing to happen, humanity would instantly start to form new religions, all so you could keep going belonging to such truth-denying systems. You can only be and express what your truth and beliefs are, and so whilst you're anti-truth, even if you believe you are not, you'll continue to create for yourself an anti-truth environment. And so if one is sincerely wanting to advance ones soul in truth, and does so through honouring all ones feelings, should one be a part of a religion or spiritual system that is truth denying, then one will eventually be lead, and all through ones feelings, to end ones association with it.

Okay. So what about the Holy Spirit, where does that fit in?

The Holy Spirit has a very unique and individual role to play, that being, to bring the Divine Love when it's sincerely longed for into the soul of the one longing for it. This is the main truth I came to impart when on Earth, and as you know, in the Padgett Messages.

You, that being every person of humanity, is born onto Earth of natural love. You are NOT born divine. You are a naturally evolved creation of this world, though, unlike all other creatures on the world, you also have a truth-evolving soul that is expressing you in life.

So we're not higher than the animals being of divine origin?

You are higher in that as I said you have a personal soul that was created by Divine Parents, whereas all other creatures of Earth don't, they having more of might loosely be called a collective soul, although one of a mind creation; however on the level of natural love, you are equal to your fellow creatures.

But we don't have to stay that way.

That's right. As I said in the Padgett Messages, and some of what is said in the Bible, because of my coming, and once again you must include Mary in this; so because of OUR coming, when we died, the Father and Mother made Their Divine Love available to you. This being what I told people when I was on Earth. That the Divine Love will become available to everyone, however you are to long to God, to your Heavenly Mother and Father for it. And why you have to ask Them for it, and it not simply being given to you by Them, is because of your being in your anti-truth, and so also, anti-love state. And in this state, you are rejecting, rebelling against, and so are anti-God. And so if you want God's Divine Love, you are to come, or go to God, and ask Them for it. They will not just give it to you without your sincere longing for it or because of mental prayer, for if They did, They'd be interfering with your rejection of Them. Truly They love you, but They won't stand in your way if you want to keep living against all that is love and truth. If you want to keep living against Them. They will even help you to do so.

But a lot of people believe they are loving, and surely are; and love God, feeling loved by God.

Yes, and some people will be longing truly and sincerely to God for Their Divine Love, even if They only refer to or relate to God as their Father or Creator or Allah or whatever; yet, as a result of a true and genuine longing, will receive God's Divine Love into their soul.

And by receiving the Divine Love into your soul, you start an inner soul transformation process as I and the Celestial spirits explained in the Padgett Messages, so as to transform your natural love soul that's been and is expressing itself in the image of God, into the very divine essence of God.

And the Holy Spirit?

It is what conveys the Divine Love directly into your soul when you are truly longing to God for it. And you can feel it come about you if you are sensitive to such things, and

because of that people have described it as the Holy Ghost. You might feel a presence, a spirit, something like a cloud of light or energy come about you, and then move into you, and it will be bringing the Divine Love into your soul in response to your direct and sincere FEELING prayer or longing for it, and not in response to only mental prayers.

And I will add, that this 'light' of the Holy Spirit coming about is not to be confused with the unseen and yet sometimes strong light one might feel coming from the unseen influence of spirits in the mind mansion worlds, for these spirits under certain situations can exert a strong sense of a presence also being around you and moving into you, which a lot of people attribute wrongly to the presence of the Holy Spirit.

So what about people who so say they can heal using the Holy Spirit.

That is what I just said, it's not the Holy Spirit they are working with, for the Holy Spirit ONLY conveys Divine Love into the soul, it DOES NOTHING ELSE, it's mind spirits influencing them, if it is anything at all.

You mean some people make it up.

Yes.

Like speaking in tongues and attributing that also to the Holy Spirit.

Yes, making it up or also more of the mind spirit interference. Many mind spirits have led people to believe that doing such a thing is very important, as mysterious as it seems to be, and that in some way God is speaking through these people who have 'the gift', but if God were to speak to you, make no mistake, They wouldn't speak in such a garbled way like speaking in tongues.

So we can't give the Divine Love to each other using the Holy Spirit.

No, the Holy Spirit, although it is all about you like the Spirits of Truth, only deals, as do the Spirits of Truth, with the individual concerned, it's all very specific and personal. You are asking the Mother and Father for Their Divine Love. If you long with your heart and with feeling and so in a personal way, and not using your mind in an impersonal way, then the Mother and Father will personally respond to you, so you will feel Them loving you as you receive Their love into your soul. And once it's in your soul there it stays, you cannot give it or any affect it might have on you to another. Nor if you pray to God asking Them

to give another Divine Love will They give it to that person, for that person has to ask Them directly themselves.

And Their Love comes via the Holy Spirit because They are not directly with us.

Yes, it comes through an intermediary. It actually comes from the Divine Minister, as She attends to all such things in our universe. So when you long truly to God for Their Divine Love, She is directed by the Mother and Father to direct Her Holy Spirit to you. And as She is a divine creation, so as you partake of the Holy Spirit; which means, as the Spirit doesn't actually move into your soul, it only bringing the Divine Love to the doorway of your soul, you are receiving Her Divine Love on behalf of the Mother and Father. And then as you progress higher in your truth ascension, once you move beyond the confines of our local universe, then you can start to receive the Divine Love more directly from the Mother and Father, and then specifically and directly from them when you attain Paradise, when you meet with Them face to face, and when They fully express Their love to you. Where you actually, whilst of a truth that confines you to our local universe, to receive God's Love directly into your soul, it would be too much for you, you'd not be able to cope with it and it would damage your soul. So as you progress ever closer to Paradise growing through your feelings in greater truth, then so you are moving closer to being able to actually be at-one with your Mother and Father, able to receive Their love directly. And so naturally you feel you want to be with your Heavenly Parents, to be able to see and touch and hold and be with Them and feel completely loved by Them, and so naturally you are aspiring to be with Them on Paradise.

So on Paradise we can actually see and hold and touch God!?

You'll see what I mean by that James, when you get there.

29. What is our problem; and how do we fix it?

Mary or Jesus, what really is our problem, and how can we fix it?

I'll begin James, Jesus.

Your problem is you deny aspects of your personality - of yourself. This being seen in your refusal to accept and so express many of your feelings. And in particular, your bad

feelings. It's all very easy really, and is why you feel bad in any way, and why any bad things happen to you. You started off life being denied the full expression of yourself, so you didn't feel fully loved, and as you've formed you've mistakenly believed that this is the right way for you to be, so all you do is done to keep your self-denial and negative unloving behaviour patterns and the beliefs that sustain them, in place. And you live refusing to accept these aspects of yourself in the erroneous belief they are wrong and you shouldn't feel them. But they are you because you do feel them, and so you should go the other way and accept them. And if you were to do this, then you'd be fully accepting yourself, fully self-loving, feeling fully able to express all you feel and think in life. This being what you can do to fix your problem. As you seek to uncover the truth of why you are as you are, that being living denying parts of yourself, then as the truth comes, so you can see the folly of your ways, change yourself by choosing to no longer be as you are, thereby healing yourself of your negative, unloving, self-rejecting and so evil state.

Evil is the condition of truth denial. If you deny the truth, so deny the truth that you are feeling bad when you do feel bad by denying any bad feeling, then you are treating yourself evilly. And as you treat yourself evilly, so you treat another, nature and God, evilly. As you deny yourself, so you deny others. As you limit, restrict, condition and control your feelings and feeling expression, so you do that to other people. And where your real trouble lies in all of this, is that mostly you don't see that you are doing such things. You say, that man is evil because of the horrendous acts of violence or cruelty he is doing, and because you are not behaving as he is, so you rationalise that you are not evil, you are even good, right, true and loving. However, as true as it is that this man is evil, it's just that you refuse to look more closely at your own actions and motivations, and if you did, if you enlightened yourselves to the truth, you'd also see that in your ways, you too are evil, you too are denying many aspects of your own self-expression, and so will be doing so in your relationships and interactions with other people, nature and God. You might not actually be outrightly hurting another person or creature, but still you are evil because you are not living true to yourself. And you have all rights to continue to pretend you are not evil, or not as evil as the man who murders and rapes or sexually abuses his children, but still, at the end of the day, you will have to deal with your evilness, as will this man. You will have to see the truth of how you are denying yourself, your true and full self expression, and in your ways, just as he will in his ways.

So what you're saying Jesus is that any denial of our personality expression is evil?

Yes. God is Personality, the Mother and Father are two very distinct personalities, just as you are all very distinct personalities. Were the Mother and Father to suddenly deny a part

of Themselves; were They to suddenly become imperfect in some way; were They to suddenly be as you are denying but one of Their feelings, then They'd be evil, and with that act send vast ramifications through the whole of Creation, nothing would be as it is. And worst of all, They'd then not be fully and truly, and unconditionally, loving us. You can only fully love yourself and another if you're fully and truly, and so perfectly, expressing your whole personality. And by personality I mean, every part of you, every part of your physical being, as well as your emotional, mental, spiritual and will parts. If you are denying one tiny part of your full personality expression, you are imperfect and so technically, evil. And on your world, as you are all conceived into self-denial and grow up learning how to deny many aspects of yourselves, so you are greatly denying your personality expression, as can be seen how you treat one another, nature, Mary and I, and God. Your world is not a happy place, everything lives in fear of its life, nothing is perfect other than nature, and you live trying to take its perfection away from it by destroying it and subjecting it to continual horror, and all because that's how you are treating your own inner nature — yourself.

But what about primitive man, say before the Rebellion and Default was imposed on humanity, those people weren't perfect — where they?

In their imperfection they were perfect. And I mean, that for the level of truth growth and personality evolution, although they were not as perfect as say compared to someone living a Celestial level of truth, still, for what they were, they were true to themselves. They were expressing themselves, and so their personalities, as perfectly, fully and truly as they could. So, although they were still imperfect, they were perfect in their imperfection if you know what I mean.

And had you not all been subjected to the intrusion of the Rebellion and Default, you'd all be still evolving your personality expression toward the Celestial level of true perfection; or as one might say, the first real stage of true personality perfection. So although you'd still not as yet be at that level of truth, you'd still be living true to your lower levels of truth, so still be perfect in your lesser truth or imperfection.

But you had the wilful intrusion of the Rebellion and Default forced upon you, and this then interrupted and interfered with your natural personality evolution, thereby confining you to continual levels of self-denial and personality imperfection - to evilness, and all until you decide that you don't want to be as you are, and set about healing yourself by seeing the truth of your error.

So really our lives are about our true and full personality expression.

Yes, that's what it - everything in Creation, is about. It's about what God is all about. It's about bringing into being the full expression of your soul personality. Soul seeks eternal personality expression. At the moment of your incarnation, your soul starts to express one part of its duality, its personality - you, in Creation. And ideally, it wants to keep being able to do this forevermore without any interference. But you don't allow it to. So you live in rebellion against yourself - against your own soul; and you do by default, as you don't know you are doing it, you're mostly unconsciously of it. And your self-rebellion is as I said, your refusal to allow yourself to freely and truly express all the attributes of your personality. So if you deny one feeling, you are denying and so rebelling against yourself. So you are being evil to yourself, and so are expressing evil in Creation - you are evil.

You know, after all these years of talking to you and Mary about it and discussing it all with Marion I've not understood that, that I am being evil to myself, that I'm treating myself evilly. And I am!

That's right James, and it's what everyone has to wake up to if they want to end all their self-denial and so stop bad things happening to themselves. For you see, bad things only happen to you in keeping with your beliefs that bad things should happen to you, all because you are denying yourself. You are saying to yourself, 'I am bad', because that's what you're parents told you, how they treated you, and so how they made you believe; and so because you are bad, then naturally bad things should happen to you, because bad things happen to bad people, also what your parents told you.

So if we were perfect and true, not one bad thing would happen to us. You were true and perfect and yet I don't think I could say being nailed to a cross was a good thing to have happen to oneself.

It wasn't good, it was bad, but it didn't make me feel bad, and that's the big difference between us. If it were to happen to you, you'd feel bad, because it would tie in with your self-denial, self-blame, self-hatred.

It didn't make you feel bad? Surely it hurt physically at least.

It did, but that didn't make me feel bad. Me, the person, Jesus, I still felt good, and in fact, even though there was considerable physical pain, I felt very good, the best I'd felt because I was ending my life on Earth soon to return to the Mother and Father and soon to

resume my true spiritual life free of all the restrictions that has been imposed on me.

Did you like your physical life?

In so much as it was a good and true and perfect life. But the more I progressed, I longed for my true spiritual life. My feelings of myself being a spirit were very strong within me, and grew more so each day. And by the time of my death, in many ways I was more spiritual than physically, longing to cross over and resume my spiritual life. By the time I died, my physical life was merely a means to an end, that end coming about upon my physical death. So I was looking forward to dying. I wasn't looking forward to leaving Mary, however that was only going to be for a short time, and it was vital and very necessary for her to keep experiencing all her rejection by humanity, all of which helped her remain and look deeper into her feelings, all to see that was the truth of where all your problems lay, all so she'd be able to impart such truth and understanding to those spirits in the mansion worlds who no longer wanted to remain as their evil selves, in their personality-denying lives.

So if we were perfect, bad things might happen, and yet we might not see, or rather - feel - them as bad, not as we see and feel them now.

Yes, that's right. It's all a matter of perspective, of belief really, however not one you can contrive with your mind, but one based on and lived through your feelings. It is a bad thing if you feel it's bad, but the same experience can be good if you feel it's good, and you've had experiences like this James.

Yes I have, and more so as I've progressed in my healing. Many of the things that happen to Marion and I now that we used to feel were very bad, don't bother us at all; or, as you say, we even enjoy them, they making us feel good. But we've still got a million things that happen to us that still make us feel bad.

You've not completed your healing James, give yourself time.

Well Jesus, it would certainly be a different way of living.

Yes, that being what everyone will experience when they stop denying themselves, stop treating themselves badly and evilly.

Thank you again Jesus.

It's my pleasure James, I'm glad I can shed a bit more light on your problems for you. I'll speak to you soon.

30. Continued: What is our problem; and how do we fix it?

Mary: I want to continue on from what Jesus was saying. I want people to understand that to heal their personality-expression imperfections, their self- and feeling-denial, their evilness, as Jesus was saying, is to be done through the ongoing acceptance of their feelings, of all those parts of themselves they are denying. And something one can only do with ones feelings. I want to stress this point, because how you are in your wrongness is you deal with every problem you have by using your mind to try and fix or remove or solve the problem, but this, using your mind to have control over your feelings, will only keep you locked up in your negative state. All of what is called positive thinking and applying your mind to gain supremacy over your bad feelings; to in short, contrive to make yourself feel good using your mind when you feel bad, is not going to help you, it only serving to further advance your self-rebellion.

So the way to heal yourself, as we've spoken of before, is to simply look to see what feelings you are refusing yourself to feel, and accept them instead of denying them. And to fully accept them, you look to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

So we're to allow ourselves to feel bad, is that what you're saying Mary?

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

are leading you to see, then you can speak all day long, as many people do, about how bad or good they feel, but that is all you are doing, and doing nothing so far as getting to the truth of your problem, that being understanding your evilness and self-denial, and healing it. And if people just want to emote and express their feelings, then there is of course nothing wrong with that, and it will certainly ease some inner pressure, and it's better to have such feeling-energy coming out of you than suppressing it within you; but if one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use ones feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You The Way', then the truth will come as you express them.

So Mary, this is how we are to grow spiritually, by seeking the truth of our feelings.

Yes.

So what about all the other stuff in religions and spiritual systems, all the beliefs and understanding, all the concepts and even truth — what does that do for us?

Mostly it just keeps you bound up in your self-denying states. The more beliefs you can add to your mind, the more control you are giving it over your feelings, and so the more you'll deny and keep the truth from yourself.

You see James, we are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. So any mind interference will only empower ones mind to stop one naturally truly and freely expressing feelings to uncover the truth of them. And so if you choose to bind yourself up with a lot of religious and so-called spiritual beliefs, then you're not going to allow yourself to accept all those feelings you are currently denying. Such beliefs are all to help you stop feeling bad, you pray and 'believe' and worship, all in the hope that you are doing the right thing by God, and so are going the right way, all so you will feel good. But really you're only doing all of that because underneath, you're feeling bad.

So such religious and spiritual beliefs are doing us more harm than good.

Yes. If you have to fit yourself into a set of beliefs so you can become part of the system, then you are affecting killing yourself, because you are then selectively denying other parts

of yourself. And even though Jesus and I tell you many things, it's only information, we don't expect nor want you to even 'believe' us. We just want you to think about, if you want to do so, the notion that you might be denying some parts of your personality expression, and that if you are, it's because of this that you are feeling bad; and so to make yourself feel truly good, you have to stop doing this bad thing to yourself, and go the other way, loving yourself by accepting all your feelings. And then if you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. And it's as easy as that. So you don't have to belong to any group or church or system, you do it all yourself. However a lot of people won't find that very appealing because belonging to a group or system in which they share like beliefs, attitudes and behaviour, is all apart of what makes them feel good, it all helping them to further block out the bad feelings they are refusing to feel, so they'll not want to relinquish doing such things and allow themselves to instead feel how they actually are feeling underneath, that being: bad.

So people only belong to such systems to help make themselves feel good, when really they are feeling bad.

Yes. And that's how you do everything, it's all to make you feel good - all, so you hope, and all because you feel bad. You can only feel bad being evil, by living untrue to yourself, by living against all that is good, true and beautiful; living in a negative feeling-deny state of mind and will. You can't actually feel truly good because there is no truth and so no true love. Yet because you don't understand this, and because you don't want to admit this is actually the truth of how you are, you use your mind to make yourselves feel good, true and loved, but such feelings are not real or true, they are all based on, and so conditioned by, your mind and its beliefs. And all because you believe the worst thing you could do in the world to yourself would be to give in to those bad feelings. You're afraid that if you do that, then with no good feelings to feel ever, how will you survive, how will you cope, what will you do, and who wants to live always feeling bad. Yet the truth is, underneath your pretence of feeling good, you already feel bad, and so there is no real escape from such bad feelings, other than of course, doing more of what you're already doing to yourselves - deny all the bad feelings you can. So Jesus and I are wanting to point this out to you, so you can perhaps reconsider what you want in life, and if you do want to live true to yourself, then you are going to have to give up all your bad-feeling denying things you do, and look to allow yourself to feel bad, and so very bad, and bad all day long if that's how you feel, and bad for years and years. AND, all the way along, LONGING FOR THE TRUTH OF SUCH BAD FEELINGS, all so you find out the hidden and underlying causes of them, and heal them, which naturally happens when you see the truth

of them, so your bad feelings will leave you as you'll no longer have that dysfunction within you that's been making you feel bad. And as you know James from your healing experiences, facing and accepting all your bad feelings is not fun, however, if you choose to go down this road, you'll only be made to feel as bad as you need to feel at any one time so as to bring up the truth of those feelings. It's a progression, you won't just completely fall in a heap drowning in the agony of your pain, it all being too much; you'll be able to still carry on, but with a different focus and intent in life, that being: to uncover the whole truth of yourself.

And really James, when you do feel bad in life, that is your starting point. Simply take those bad feelings, and instead of doing what you usually do to ignore them or make them go away, go with and 'into' them by speaking about them, and at the same time, longing for the truth of why you're feeling them. And just take it one bad feeling at a time. And in time, if you feel it's something you want to keep doing, then you can, it gradually becoming more of what you do in life; or, if it's too much like hard work, you can stop going back to how you were.

And so if we didn't feel bad to begin with, then we'd probably not do half the things we do.

You'd not do ANY of the things you do, as you do them. Some things you still might do, but you'd do them with completely different motives and feelings. And as people start to live this new way, so the world will change, because people will find there are other things they'll want to do, no longer needing to do what they are currently doing, all as part of their bad-feeling denial, all being done to block out all the hidden and repressed bad feelings they've still got tucked away and buried inside them from their forming years and early childhood.

So we've created these huge religious organisations, all just as something to help us keep denying our bad feelings.

Yes. And all that you believe they will do for you, they won't. They'll do the very opposite, that being, help you stay exactly where you are, or even further your minds control over your feelings.

So none of mankind's religions can actually help us in a positive way.

No, they can only help you maintain, or further, your negative state. They have all been

formed because, and in response to, and so out of, your evilness, and so that's all they'll do for you — keep you in it. And if you could visit the mind mansion worlds, you'd see the billions upon billions of spirits who are still actively involved in their church or religion or new spiritual belief system, all still merrily doing the same thing. All believing they are on their way to become at-one with God, with All There Is, with Source, with Spirit, with the Heavenly Father, with Jesus, with the Lord, with the Creator, with The Great Personality, with Mind, all with who they think God is, but all they are really doing is advancing their minds control over their feelings, denying themselves their natural and daily truth growth, and really doing nothing more than going around in circles still outworking their childhood repression. They are doing nothing to face and address the real issues of their feeling- and self-denial, of their evilness. And so such mansion worlds are kept separate from the rest of Creation because they are refusing to accept and acknowledge the truth: that they are living in rebellion against themselves, and so against Creation - against God.

And what will happen to them?

They will be allowed to remain in this condition, just as will people on Earth should they still want to remain in their feeling-denial, until God says, enough is enough.

And will God say that?

The Mother and Father are saying that now James, that's a part of the reason why Jesus and I are speaking to you about all of this, and why you and Marion are working your way through your healing so you can know for yourselves that all we are saying is real and true. It's the beginning of the end so to speak, the end of humanity's Rebellion and Default.

Is it really Mary, or are you only saying this to me in compliance with my remaining negative mind patterns, and it's what I'm hoping is happening.

Both James, however, it is also true, and this you can feel within yourself anyway, you've progressed enough in your truth to feel this for yourself.

It is, as Jesus and I have said, our age is coming to a close, we are in the official end times, and not only is it the end of our spiritual age, but also of humanity's rebellion. However, that is all on technical levels, and so far as humanity collectively ending it's evilness, that is going to take a long time.

So all you're saying is the way for us to end our evilness within ourselves, and if enough

people were to do it, then things would no doubt change.

Yes, slowly at first, but then gaining pace. There will of course be a lot of resistance to it, both individually as people strive to live true to their feelings, and collectively, as you and Marion have found within yourselves, however every feeling someone accepts, expresses and uncovers the truth of instead of denying, will be another step into the light.

So individually and collectively we're going to be clawing our way out of the darkness.

Yes. It's going to require a great effort, however as things are changing currently to take people even further from their true selves, so every day people are feeling more bad feelings, and in the end will be happy to be offered an alternative instead of trying to keep denying them, the alternative being: to accept them. The squeeze is coming, it will be exerted on humanity from all quarters, inner and outer, all to start you to feel that you're losing the control over yourself and your lives that you think you have. And people will have to work harder to keep their self- and feeling-denial in place, but as it becomes known that you don't have to do that, and to do so is only going to make life even harder for you than it is, so giving in to and embracing your feelings, learning to love and appreciate them and what they are really trying to show you, will show people that they don't have to keep on living causing themselves more and more pain.

Mary, can you talk more about these pressures that might possibly cause people to seek an alternative way of living - by accepting all their feelings, instead of only some of them.

Yes James. You are currently observing changes taking place with the earth itself.

The increase of earthquakes, the magnetic field altering, the increased volcanic activity and the weather changes.

Yes, and all that's only going to increase further.

How much further?

I can't tell you exact details, that would be my interfering too directly with you, however suffice to say, much further. The websites you keep an eye on that are forecasting such change are not too far off the mark.

So we're in for a rough ride.

Yes. However how it will affect the individual, like everything, is up to you as to whether you try and fight the change or flow with it. But to flow with it, I mean to accept, express and seek the truth of your feelings, to go right into them as such changes bring up bad feelings within you. And not to simply use your mind to try and ride out such changes, doing what you do to keep denying your bad feelings.

Okay, so it doesn't really matter, as Marion and I have experienced, that dramatic things happens outside us, as our soul is obviously more than capable of making us feel bad using only the slightest bad things.

Some people will need a heavy intrusion from the outside to drastically shift the axis of their lives, to create great change, and so much so that they will experience something of a breakdown as they struggle to give up their old beliefs trying to adjust to what life is making them live. But as I said, if one fights, then the fight will be long and hard and inevitably many will lose - which mind you will be a good thing. But if you go with your feelings instead of resisting them, it will be so much better. If you seek the way of truth as Jesus and I are revealing and offering to you, then it will help you no end in your adjustments to all that is thrown at you by life. And at times it might feel like it's a hell-ride into oblivion, however if you keep going expressing all the bad feelings whilst longing hard to see and find the truth of them, wanting to see and accept that truth that comes, you'll find that all you go through will be nothing more harrowing that what you've already gone through, that being what you suffered during your early life. And now being an adult you can express and find the truth of it all the way along rather than just being subjected to it without you having any say in it, as what happened to you during your forming years.

Okay, so we can expect lots more earth changes.

You've not as yet experienced any real earth changes James, they haven't as yet begun.

Okay, so I'll think about that one, unless you want to say more.

No, I'll leave that to your imagination. However I will add, they won't all happen quickly and be over and done with, it's a whole cycle of changes that will happen over a number of years. With many happening after you've died.

Okay, so we're building up to them.

Yes.

So what other pressures can we expect to be brought to bear on us?

Microbial. Humanity will see that its interfering with the natural way of things is not living in its best interests.

We're already seeing signs of this, with all the GMO's and the vaccinating making people sicker rather than better; and the fact that it seems, so I was reading, that some people are concerned that antibiotics won't be much good after another twenty years or so.

That's right, all of that and more. There are still elements of the natural world you don't as yet understand, and these will become more obvious - you're not understanding of them - as they make themselves felt.

When something, a living creation, be it a micro organism, a higher level of life: a tree, an animal, a human, is not living true to itself, then nature, which is always striving to maintain natural love perfection, seeks to destroy that which is imperfect, remove it, and so things don't go too well for it. It might be able to maintain some life for a certain period of time, but its destruction will inevitably result, so it will not be able to live a full true and perfect life. And so it's the same with people.

However because you have a soul, it can prolong your physical destruction if that be what is desired by its pattern, if that's what God desires, all so you can maximise your required life experience. However as the pressure coming to bear on humanity is all designed to make life harder for you, to show you that you are going against yourselves and nature, that you are wrong, that your intentions and motivations are evil, then it will be increasingly more difficult to maintain your health if you are intent on living furthering the denial of your feelings. And it will have nothing do to with what you believe, whether you are a church-going Christian or an atheist, as it will all only depend on how many bad feelings you are denying, how much you are going against yourself by resisting growing in truth through your ongoing feeling acceptance.

Of course a lot of people are clinging to their faith in the hope they will be spared all the bad stuff.

Yes of course, but it will all turn out to be futile in the end. And really what do you want;

do you want to keep going on in your present course denying so many aspects of yourself, all so you can keep living in pain, keep suffering, all whilst pretending to yourself that you're happy and have loving relationships, all serving to keep you forever confined to this miserable state. Or, do you want to go with your feelings, accept that your life is wrong, that you are going the wrong way, and stop hurting yourself, and so start your ascension of truth to Paradise. You can brake out of your self-imposed imprisonment in your evilness and aspire to heal yourself and become of Celestial light, love and truth, there to move ever higher and deeper inwards towards the Mother and Father; or you can remain restricted to the mind mansion worlds until such time as the Mother and Father says no more. And should that happen, then be faced with the huge task of undoing all the self-denial you're suffering, feeling all the pain of such age-long abuse, all whilst you then struggle to come back to your true self.

So the more time one spends in their self-denial the more pain they are causing themselves, which is self-evident; but also the more suffering they will have to endure to heal themselves of their negative state.

Yes.

All right, so what else is going to happen to humanity?

All that you do to yourselves. Things are going to become very hard economically as many people are currently forecasting. There will be wars, big wars, as those in power start to assert more control, as they feel the power they have slipping away from them.

Mary, I think a lot of people believe the governments will do what they do and make things better again so life will return to normal, the good old days, whatever they were, and all the current economic problems will be overcome or fixed.

Many people and indeed also mind spirits do think along those lines, and many of the problems will in time be overcome, but not before causing a lot of suffering. Many things are going to change James, and it might even be said, everything. And although as I said, the majority of people will fight and hate all that happens, it is the best thing that can happen. The worst thing is for humanity to be able to keep going along on its merry way as it has these past two thousand years, that would only cause you more suffering in the end, making it increasingly difficult for you to extricate yourselves from your negative states. But it's not to go that far as that would be too self-defeating. Evil is to serve a

purpose, that which you're finding out, that which the whole of humanity will find out, but there's nothing to be gained by it were you to completely give into it and be annihilated by it, for that is its end point.

Evil is personality denial, as we've talked about. So for evil to actually win, were such a thing possible, that would mean cessation of all personality. And that's not going happen because Earth offers too much valuable life experience for humanity to wipe itself out. And no great space rock is going to crash into you as a statement of God's wrath and being finally fed up with you. God, your Mother and Father, have put you in it, They are doing it all to you, and They will show you why They are and all They want you to gain and see by it, as you grow in truth. And there is a vast amount of life experience to be had, as you and Marion are understanding in your small ways. To be forced into evil, then to live it wilfully, then to heal yourselves of it, offers you a huge range of experience. And once you've completely healed yourselves of it, you will cherish.

Yes, I have to admit it, it does, on our better days, fill us with awe and we're amazed by it; and even dare I say it, are grateful for the whole horrible experience.

You will end up treasuring it James.

You've said such things like that to me before Mary. I can intellectually understand what you say, but I sure would love to get there with my feelings.

All in good time, it's all valuable and vital, every moment of your suffering and your healing of it, as one day you will see.

Yeah, which is all very well when you're not feeling like shit.

I know, but feeling like shit is just what your soul currently needs you to feel, and you know how to embrace such shit feelings and feeling like shit.

Yes, Mary - express them whilst longing for the truth of them. I do the best I can, but you know, sometimes it's all too much, it's too hard. And I get sick of it, even though it is and has helped me so much, but I feel too fucked.

I understand James, and you can only, and should only, do what you can. Nothing more is being asked of you, you do it only if you feel you want to do it. There is no pressure on you from Jesus or myself or the Mother and Father do anything you don't want to do. It's

all what you want to do, you're only to do it for yourself, to heal yourself of your unloving state.

Oh I want to do it all right, but when you're right in the depths of your dark, cold and lonely hole and you feel so bad, and you've felt so bad for so long, well...

I will speak to you soon James.

Bye Mary, and thank you once again. I'll go and speak to Marion about how bad I'm feeling.

31. Childhood Repression.

What Mary says in this post I've found the most difficult to accept throughout my healing, however the further I go the more I understand and can relate to what she's saying. It's the hardest part of all Mary and Jesus are saying for us to face.

Mary and Jesus, I'd like you please to speak about childhood repression.

Mary: Yes James, I'll begin. Your childhood repression is as you understand, all that happened to you during your forming years that interfered with your will and so personality expression, all causing you to feel many bad feelings, none of which you were allowed to express. So all those unexpressed bad feelings are still repressed within you, and you live still suppressing them. And as you've grown up in this state of feeling-denial and being unable to fully and truly express yourself, so you've formed behaviours and beliefs to keep existing in your negative state. So all that you've suffered at the hands of your parents throughout your whole childhood, and all you're now as an adult refusing to see and accept about yourself, can be called your childhood repression. So you live keeping yourself under the control of your mind as we've talked about, and to heal this condition, Jesus and I are suggesting that you have go into your early life to bring out all you're keeping repressed.

So what you're saying is that we've all grown up damaged, all because we've been parented unlovingly; meaning, that our parents have interfered with our natural will expression, which had they not, would have allowed us to grow up true to ourselves.

Yes, they've stepping in and taken your own development away from you, away from your soul. Instead of being simply your loving custodians, supporting you to wilfully come out into being, freely expressing yourself, they have stepping in saying they know what is best for you, taking over from God, and making you do what they want, making you be how they want you to be. All of which was very unloving causing you feel very bad - all the bad feelings of feeling so unloved, uncared about and so disrespected, but none of which you've been allowed to express. As soon as you protested you were forcibly told to stop being as you are, to change and be another way - how they wanted you to be. This adding more to your pain and suffering. And then over the top of all this torture, for that is what it truly is, you've been told that there is nothing wrong, that they, your parents, do love you, and all they are doing for you is good and right and will help you get on in life. And that if anything, you should be very grateful to them, for they have had to suffer the trials of you being that wilful child that fought them and wouldn't do as it was told. But that's all okay, as it's all over and done with now, and now that you've grown up we can all get on pretending we're friends and love one another. So it has all been for them, and all against you as the child. And so having grown up being forced to feel so powerless, you've sought to gain power, even by trying to have power over your parents; and then by having your own children and pets which you are free to do with as you please. And so by being the parent you are then doing to your children what was done to you, although in many cases, in a 'nicer' way, but all with the same result, with the child feeling powerless and having to seek ways to gain power as it gets older.

So having children is really the ultimate power trip and power tool we have.

Yes, and that's what parents have to understand, that their love was conditional, it wasn't freely and unconditionally given. And because of that, they have caused their children untold problems by putting it all on the child: that it was all the child's own fault, as the parent can do no wrong.

So you grow up in false loving relationships with your parents, these you live out and continue on with your own children, the whole thing being one huge corruption and what is at the root of all your problems.

So really Mary, what you are saying is that all our problems, from our lives not working properly to our being sick, is all caused by our parents unloving treatment of us when we were young.

Yes, and even your lives so-called working properly, it's all the same thing, for what is properly when all you are doing is being successful in your evilness. You see James, you are all wrong, you are all evil, so all how you parent is evil and so unloving, and has nothing to do with helping your child evolve its own personality expression so as to seek the truth of itself through its own feelings. Everything is done to stop your child from living true to itself, from expressing all its feelings, from uncovering the truth of itself. So this is the rebellion, the corruption you live in, and it's what is and will be the hardest truth to face. Because to have to face the truth that your parents didn't love you, not as you needed to be loved; that all you call love is only relative within an evil, negative, untrue and unloving state of mind; and all you are doing is being done to refuse this truth, to keep up the pretence that you do love one another and that everything is all right, is not what most people will want to do. But one day everyone will have to look into the cold hard mirror of truth, and that's what they will see. And so as you seek to heal yourself through all Jesus and I are saying, by looking to your feelings for the truth, then they are going to lead you back down into yourself, back into your early life, and back into all that pain you were forced to keep suppressed and then repressed. You are going to have to go back into all the pain of your childhood repression, bring it all out, and see all that's it's showing you, all that will be the truth of your relationship with your parents. And none of what you uncover is going to make you feel good, because there is nothing good there for you see, and if there were, then you'd already be feeling good with no bad feelings, and so no bad feelings to express and seek the truth of.

So we're all faced with having to come to terms with the truth that we weren't fully loved by our parents.

Yes. And that's what so gruelling about doing your healing, because you have masses of beliefs that are there to stop you feeling such pain and prevent you from seeing such truth, and all those mental obstacles are going to have to be broken down and seen for what they are. Because why do you have them, what are you hiding from yourself, what is it that you're not wanting to see? And what that is, the 'Great Mystery of Evil' is that your parents didn't actually love you. And all because when you are evil and in an unloving state of being, you can't truly love, for that's what evil is all about, it's anti love.

And so Mary, those people so say they feel a great and deep love for their parents and children, that love is-

False. It's still untrue. It's all being generated by beliefs of their mind, projections of

loving themselves being put onto the other person, and this is what has to all come out and be shown up for what it is. And as hard as it might be to conceive, that all those good loving feelings are not real or true, and that one day they will all fade away as they truth is revealed, is what has to happen. And that's the plain hard truth of it all. That's what is facing humanity and every individual to accept.

And so all the love we feel for our pets and each other, it's all the same, false love as you say?

Yes, in the context of truth and what is true, it's false. However, within the context and relative to experiences of good and bad you have in your unloving negative states, it is all you have, and it is love. But it has to be seen in its right context. The feelings of love are still love, but they are love within an anti love state of mind, so they are not true love, true love being what you will feel and experience when you are of a positive mind and will.

So is it like there is positive love and negative love?

Yes, you could look at it like that. But eventually as you grow in truth, the 'negative love' if you want to call it that, will fade away, it will no longer give you such good feelings, it being replaced by real and true love, and real and true good feelings coming from 'positive love'. So the love you will feel when you're fully healed and of a Celestial level of truth will be very different from that you are currently feeling in your negative states.

So it's a bit of a contradiction, that we are unloving and yet feel we love and are loved.

Yes, all adding to the confusion that has perplexed humanity all these years. But this is what the new revelation of truth to you is all about, helping you to look deeper at yourselves, enabling, if nothing else, some consideration as to this new and different perspective. And as everything as you are has now thoroughly been gone over and extensively written about for years, still with nothing really changing, still with no real progression of truth, so something must be missing, some vital element that humanity is not seeing, and the looking into your childhood repression will show you all you need to see.

So Alice Miller the Swiss psychotherapist was on the right track.

Yes, she was heading in the right direction, only she couldn't go the whole way, take all the

steps to see the full extent of the problem. She wasn't ready within herself to uncover that truth, but she certainly took humanity closer to its darkness than anyone else has previously done.

And so now she has died, no one seems, from my small looking on the Internet, to have taken up her banner and be running with it.

No James, it's too scary. Some of what she said has been integrated into mainstream psychology, there is a general acceptance now that most, and even in some circles, all your problems do stem from your early forming years, but no one wants to take it right to the heart of the matter: that ALL parents are unloving treating and abusing their children all in the name of 'I love you'. And no one can take that next step and face that truth because they would have to do their full feeling-healing to do so, for it won't be until one completely does it will one understand and so be able to know such truth for oneself. You and Marion are getting closer to it each day as you continue to work on yourselves, but still there is a way to go before you fully understand the truth for yourselves that your parents didn't love you at all, not in any way.

Parents won't like this.

True, but if they want to uncover the truth of themselves...

And, you are right. That's the hardest part of it for me to accept. Not so for Marion as she never felt loved by her parents, so all her healing simply confirms such truth to her. The love and good feelings I thought and believed I had with and for my parents is still fading away, just as you said. Every day I am facing more of the truth of what you are saying. It's like there are dimensions to it, levels, and I'm being taken back down and into them one by one. And when I think I have seen all the horror, still I feel more pain and uncover more truth of how unloving my parents really were, and then I move more within myself to see the fuller extent of it all. This morning after more bad dreams and more talking about it all to Marion, I am seeing more how much I hate mum and dad and don't love them; how much I am so furious with how badly and unlovingly they treated me; bringing up and expressing yet more anger about it all and at them, and so seeing even more that there was no love, and all that was said to be love, was false. And this has been going on now for sixteen years, so there is certainly a lot of truth to see. All so I can get to the bottom of it, to the bottom of just how unloved I feel I am, because of how much they didn't love me.

Yes James, it's a progression, an evolution of truth, the truth of your unloving childhood and how you've come into being feeling fully unloved and unwanted by the very people who said they did want and love you. This being the hardest part of all of the negative condition to grasp, for, as you've wrestled with over the years: what is love, and surely such intense good feelings of love you feel for another person and your pets and your family and parents is love... But, then, why don't I feel so good, and why aren't I true and perfect, and why do I still have all the pain I do... So perhaps, something is not as it seems... and something is very wrong... and it is, as you are coming to see.

So really Mary our whole healing is about uncovering the truth of our relationships with our parents.

Yes James, that is what it's all about. Which then in turn is uncovering the truth of your relationship with yourself. Which then leads you to uncovering the truth of your relationship with your own children and pets, with one another, with nature, and ultimately, with God. And you come to see that all how you relate to yourself, all how you treat yourself, all how your relationship with yourself is, is, how you relate to other people, nature and God. And it's all unloving. And it can't be any other way because you are in an unloving state of mind and will. Because you are evil, anti truth and anti love. And the best you can do is pretend you love one another in your anti love states.

So we're all unloving even though we feel at times a great love for ourselves, others, nature and God. That love all being within our anti love and negative states. And so all the love we go on about, such as, how we're to love one another and be as Jesus was-

It's all forced and contrived by your minds. No one can be like Jesus and I were, fully loving and unconditionally so, because you're not of a perfect mind and will, whereas we were. You can of course strive and want to be as we are, but if you start to make yourself *be* that way, then you're being false and untrue. And for you to become as we are, can only be achieved through the doing of your childhood repression healing as we've been speaking about. And what that means is that as you start to submit to your bad feelings, allowing yourself to feel as bad as they will make you feel, the last thing you'll feel like is being loving, for when you are feeling full of anger and hatred of yourself and everyone else, and of God, to then be loving overriding such feelings is very false, and yet that's what most people are trying to do all the time.

So what you're saying is that because we all feel so unloved and really bad about that, which we don't allow ourselves to truly feel, that if we start to allow ourselves to acknowledge it, all our yuk, all our hatred and vile putridness is going to come to the surface, all our unloving-ness.

Yes, and you have to accept that you're then not as loving as you believed you were, like you have done James, that you're not even loving at all. And all you believed about yourself being loving and caring was wrong. And waking up to and accepting that about yourself, that you are a horrible, nasty, selfish and unloving person, when you've made yourself believe all your life you are not that way, is not something that's going to make you feel good.

No, you're right about that. It's been very humiliating having to accept that about myself, having to feel it, so know it's true. I've had to give up all notions that I am loving and caring. That it was all put-on, a show, determined by what my parents thought of as being loving and caring - their show. But Mary, surely other people might have some true loving-ness about them.

That will be for them to discover as they do their healing James. If they do, then such love will remain, and if they find out as you are doing that all of it is false, then all they have believed and felt love to be will change and go.

To accept that love within a negative state is not real or true love is a big thing to do. Your parents James weren't their true selves, just their true everyday self, so they weren't connected with themselves, so they didn't just feel good within themselves, and had to contrive a good, happy and loving reality. And you were brought into and became part of that show, and so that's how you are, all of which you're letting go off as you break it all down, allowing yourself to just be your own true feelings - your true self.

So Mary, all that we've become through our forming years is what we remain as?

Yes, as well as adding to that throughout your whole childhood, until you're about twenty-one. Once you reach this age then you pretty much are set in place so to speak, although all the way through your life you can add and subtract, but mostly these are only minor beliefs and behaviour. If one starts out on something of a self-help, a self-identification or spiritual path, one can add a lot of beliefs. And doing such things as positive thinking, and using mental affirmations or prayers to try and change yourself, one can to some degree, only it will mostly be to further your mind's control over yourself. And of course

if someone enters into some sort of reasonable therapy one can change, but for the most part, most people are simply the adult expression of their child-self. And this will continue also right the way through their mind mansion world experience, simply repeating the same cycles that were established in their early life, caught in their negative self-denying state forevermore. A state that is not progressive, not evolving because they are not actively growing in truth. Only when you start to grow in truth, which means in humanity's case, beginning your healing, can and will you start to actively change your early childhood.

And how does it change, I mean, what does it change into?

It changes from the negative to the positive. Through your healing you are paying attention to and expressing and uncovering the truth of yourself, and that whole process is one of being self-loving, the greatest act of love you can do for yourself. And as you love yourself by healing your childhood repression, so you are giving yourself the love your parents denied you. You are in a way, being the loving parents for yourself that you didn't have. And so in loving yourself, by taking such care of yourself - of your feeling-self, which is the real and true you, you are healing yourself, coming out of your negative self-abusive conditional love-denying relationship with yourself, and into one of a positive all-accepting and unconditional relationship. And so by the end of the process, when you're fully healed and of a Celestial level of truth, then you will feel as if you were loved right the way through your early life, as if you had been parented by fully and truly loving positive minded and willed parents. So you'll feel what is said, like you've been born anew or born again, with all you were deprived of, all those aching gaps and holes within yourself having been filled in by your own love.

So we end up feeling like we've been parented perfectly in some way, and yet also knowing and of course remembering and being fully aware of, just how imperfectly we were parented.

Yes. You retain all your feeling-memories of how bad you felt when you felt so unloved, and all the truth of how it all came about; how you took on your negative state and why, and how you healed it all, but within yourself, having crossed the line back to being perfect, living the true expression of your soul - of yourself, you'll feel completely loved, so as if you'd always felt loved and were never subjected to such unlovingness.

But once again James, I must stress, these feeling of complete self-love will ONLY come as a result of your having fully accepted just how unloving you were, and once

you've felt all the pain of that, and seen why and how it all was for you. This complete self-love will NOT come about simply by applying your mind to cover over all your bad feelings like the mind spirits and those similar minded people on Earth are trying to do. You have to go right back into your hell and darkness, accepting it all, accepting fully the unloving and unloved person you are, then giving it all up as you express your way out of it, as the truth comes. And it is the VERY OPPOSITE to how most people see life to be, that they are to use their mind to make themselves be loving, to make themselves be how they think and believe they should be. So to be like the 'ascended guru', or the so-called 'Ascended Ones', anything like that, is the wrong way, it's all trying to achieve the ultimate evil you can be: using your mind to believe you are all-loving. Whereas what I am suggesting is you strive to become naturally all-loving through your feelings - how your soul desires you to be.

So all this trying to be loving, and love everyone business; and give your loving energy to the world and yourself, nature and everyone; and all that is you is loving; if you give out love then love will come to you, all that mind control stuff, is just as you said Mary, being as false as one can be. And actually is the most unloving one can be.

Yes James, that's right. The high sixth mansion world mind spirits are supposedly the most loving as many people who have had any contact with them feel during their out-of-body experiences when they stand in front of such a Being of Light, or whom they wrongly believe to be Jesus or even God himself. These people are simply flooded with the light from these high mind spirits all of which stimulates their Light-Centres or chakras as you call them, making them feel loved, but it's all false, all contrived, all a show to impress these people. Jesus and I would not, nor would any high and truly loving spirit or angel come and shower you with such light to lead you astray, all to get you to do what we wanted you to do, as that's the intention of these mind spirits. We'd for starters tone down our light, we'd not subject you to it, for it would be simply too bright and might cause you more harm than good. And we'd not need to impress you, for if you were genuinely seeking the truth, you'd feel it in us, and you'd be drawn to us, and we could slowly get to know one another, just as we have done with you James over these years. And the more you advance and grow in truth, so your own natural spirit and soul-light increases expressing that truth, and so we can then be more of our light with you, which is what has been happening between you and I as you've healed yourself. This light you can increasingly feel, which gives rise to more feelings in you that I am who I say I am and what I am saying to you is true, because it resonates with your own light, your own truth and understanding.

Yes Mary, I feel much stronger about all of that with you, even more so now I'm putting what you and Jesus write on the Internet.

You saying that about keeping your light toned down reminded me of some of the Padgett Messages when Jesus apparently turned up his light and all the spirits were in awe of him, with many of them having not seen him like that before.

That's right, we don't come to the lower Earth planes or the lower Divine Love mansion worlds (and we very, very, very, very rarely go to the mind mansion worlds), or even to the lower Celestial worlds, in our full light. As I said, it would be too much to cope with for those spirits we wanted to speak with. They would have to turn away from the brightness of our soul, which would defeat the purpose of our wanting to talk with them. So we tone down our light, being able to move about with many spirits being none the wiser as to our true identities, they merely assuming we are just one of them.

So you could say materialise on Earth and walk about the city streets with no one even suspecting you were Mary Magdalene.

Yes. I could even tell them, and they'd not believe me. The physical body I would create for myself would very effectively cloak my spirit light, and I'd also keep my light toned down, something that's very easy for us to do using our mind.

So you can effectively go incognito anywhere in Nebadon without being known who you are other than by those who do know you. What I mean is, I think, you don't go around - or do you - your universe wearing a certain robe with your light on full so everyone knows they are in your presence.

No we don't. At times we do as they are required, but for the most part, no, we don't make a show of ourselves. We do have a certain garment that Jesus and I wear, it's created for us by our soul as is all spirits' attire, and it is unique of itself in that it expresses who we are, that being the Master and Mistress of Nebadon; and of course that's wholly recognisable, but as you say, we could by using our minds dress ourselves differently so no one would know who we were, we could even change our outer spirit appearances, particularly as we can draw upon our other bestowal lives before we came to Earth.

So you could use those memories to be say an angel, a Melchizedek, a Lanonandek and so on.

Yes.

And have you done such things?

No, there's been no cause for it, and we would never do it just for a joke or that sort of thing - to give someone a surprise; or to be sneaky going around spying on spirits or angels seeing what they are getting up to in our universe. No, nothing like that James.

Mary, we seem to have got off the track as usual concerning Childhood Repression, was there anything more you wanted to say about it?

No James, it will come up as we go along.

Okay then, I'm going to stop now.

I'll speak to you soon James.

Thank you Mary.

An after thought, and after more discussions with Marion...

Mary, Marion and I have mostly felt miserable our whole lives. I've had some good times in which I've felt sort of okay, but mostly I have always been aware of a deeper depression within me, and I never really felt like I fitted in. But what about those people who've felt good most of their lives and like they do fit in and life is all for them; and they don't have a deeper inner longing for something else, something they can't define, they being happy and content with their lives. They surely feel love and loved?

Yes James they do, as it's what they feel, yet as I said, still all within the negative. Within an anti true love state of mind and will there are the extremes and all in between, so you have some people feeling very good most of their lives and living what they understand and experience to be with a lot of love, and other's feeling mostly bad and without any love. Yet still, and this is what I want your readers to consider, that that love and those good feelings are all still occurring within an evil and negative and anti truth state of being. And so from that perspective, what really is this love and those loving feelings they are feeling? And I'm not going to say anymore, as it's for everyone to find out the truth of their love

for themselves through their healing.

So such happy and full-of-love people will still have to do their healing even though they might not feel bad at all, even though they might feel ecstatically happy as many of the mind spirits seem to be.

Yes James, and they will have to look into their feelings to uncover the truth of such love and happiness, and as to what they will discover... well, that's not for me to say, I've said enough as it is. Humanity now has to work on themselves - those people who are intent on uncovering the truth of themselves through their feelings to see what they come up with. You and Marion are knowing what you're coming up with, but will that be the same for other people? And that's what you too will have to wait and see as we do, for it won't be known until people start to do their healing and speak about it.

Okay Mary, so as for what love really is, that's what we're doing by uncovering the truth of ourselves through our feelings to find out: the Truth of Love.

That's it James, that's what it certainly is. And so with that profound thought, I'll speak to you tomorrow as you want to write more with us, that I can sense in your mind. And so until then... Mary Magdalene.

And more...

So Mary, within our negative states we are to explore all we know love to be.

Yes, which if done sincerely, will lead you to wanting to uncover the truth of your love, all the loving and unloving feelings you feel.

Which few of us want to do owing to our anti truth lives.

Yes.

So if one is treated well and with respect when a child, one naturally responds positively, feeling good about oneself and life and not wanting to do bad things to oneself or other people and nature; but what you are saying is that we have to see all of this, like the positive and negative, the good and bad sides of love and life, all within the negative.

Yes.

And so within the negative we can accept that we are or aren't loving, and do or don't feel loved, and experience all those feelings; but still, it's all within an overall anti or no love and no truth existence.

Yes.

I find it so hard to get my mind around, Mary. With our feelings being very strong making us feel bad when we're not loved and very good when we are, and yet as you say, it's still all within the negative, so really we still don't have any real idea as to what love, and I guess also, what even feeling bad is all about - the truth of it.

That's right James, you don't. And that will come as you work your way through your healing, as you grow in the truth of all your feelings, those feelings coming within your negative state. And then when you're healed, you'll experience and uncover the truth of all those good and true loving feelings that come in your positive mind and will state.

And Mary, so far as our healing our childhood repression goes, really what we're doing by setting out to accept and express and seek the truth of all our bad feelings, is to accept that we are fucked, that we are evil, that we are in and of the negative no matter who we are. And just to accept and see what it's all about, and not do anything to try and change ourselves of it.

Yes. It's all love, real and true love through real and true self-acceptance. And so to completely accept how you are, means to completely accept how bad you feel and all how you feel in your negative state - even your good feelings. And you don't have to do anything else. Any changes required to heal you of your state as you accept it, will naturally occur without any need for you to do anything on your part to make yourself change. You just keep going with your feelings, expressing and seeking the truth of all you feel. That's all you have to do. And your soul will take you this way and that, and back again, all whilst you grow in acceptance of how bad you are.

So in a way, what you're saying is really there is nothing wrong with us being evil.

That's right, and particularly as you didn't mean to become of it and be it, it being forced on you. You are only evil by default, not outright rebellion. So you only have to accept

and see and understand and connect fully with your evilness, accepting it through the truth of it, so in a way being it fully, but NOT being it fully using your mind such as the sixth world mind spirits are trying to do.

So instead of using our minds to control ourselves - our feelings, we are to strive to give that up by submitting to our bad feelings, to go with them instead of rejecting and fighting them. And to keep expressing and speaking about all they are making us feel. So we stop denying them, stop ourselves overriding them, and just be them, just let ourselves feel as bad as they are making us feel - as bad as we feel.

Yes, all so long as you keep speaking about and emoting all the emotions you feel and longing for the truth, wanting to know why you are feeling and being as you are. That part is vital, or else you're not doing anything other than submitting to your bad feelings in a masochistic way allowing yourself to feel bad as a means of self torture. It's the continual speaking about and expressing your feelings which releases the energy that's trapped within you; that helps you move within your severely conditioned states; that opens doors within you; that allows you to break through your barriers, so eases the pain as it comes out of you, and in the end, completely removes all your suffering.

Thank you Mary.

And please James, keep questioning me if you feel to do so, even if we go over and over the same things, it's all very important that you understand what it is you are actually doing in your healing, and what your childhood repression consists of - how your parents treated you and how you feel about that treatment, all the good and bad of it.

I will Mary, I am determined to understand it all. As you know, Marion and I are constantly talking about it all, as there always seems to be a new bit to understand or to see it from a new perspective. She seems to naturally just know what it is all about; but for me, it's all new, nothing I had any idea about, so I have to keep trying to make sense of it. But as you say, not to then lock it down with my mind as if I have it under control and so don't need to bother with it anymore, but to keep allowing myself to just feel it, and to see what my feelings give rise to.

Good, I'll speak to you soon.

32. I'm full of shit. I hate myself!

Mary and Jesus I'm so fucking angry, so much anger is still within me, every day more shit to work through, more bad feelings, more yuk to bring up and express.

Mary: Yes James, and it's all good, it's all helping to bring *you* out, helping you to become your true self.

I know Mary, and I want it to come up and out, but shit I hate it when I'm in it, I feel so mad, nothing makes sense, I just want to smash myself, everything and everyone else. I feel torn apart deep within me, nothing is right, I'm all bad, and it doesn't matter what I do, it's all wrong.

All being how your parents made you feel and all the beliefs you're locked into James. And all you can do is all you are doing, just keep speaking about it all whilst you're longing to uncover the truth.

I try, but as you know, I'm no fucking good at expressing my shit feelings, it's still so difficult for me even after all these years. Every time I move into deeper stuff, it's yet another part of myself that's hidden away, and then I've got to go through the same process of trying to feel what I'm feeling, accepting those feelings and express them to Marion, all over again. It's so difficult, and it's such a shit that God puts us in our shit and then we're left having to get ourselves out of it. I feel so alone, so unloved by God or anyone else at times; and really writing all this stuff with you, I mean, what is it for, I still don't know why I want to do it, and when I feel like this I want to dump it all, for what good is it going to do anyone, let alone myself.

You can only do all you feel to do James, expressing all your feelings along the way and seeking the truth of them.

But I don't know why I want to write all of this and put it out there for everyone to feel bad about. I mean, nothing I say is going to make anyone feel good. Okay, so it might be the truth, so you might actually be who you say you are, and I might not be deluding myself, and it might not be one huge fantasy of mine like Marion reckons it is, but still, I can't find the truth of why I want to do it, I just feel I want to do it, and it's almost like a compulsion - I have to do it!

All so you have the experiences you need James, all so you can slowly become true to yourself. You want to live true, that is your intention in life, so that is what's happening. You can't control or determine what you need, and as you're trying to set yourself free of your negative mind and will imprisonment, so you need to be moved around in life making you feel bad all so you can express those feelings that are making you angry, all so they will lead you further back into your repressed childhood anger, so you can connect with it, accept it, express it all to Marion, and uncover the truth of it.

Yes Mary, but it never fucking ends, it's all right for you, you and Jesus were perfect and didn't have to worry about all of this shit, but it's so fucking maddening, so dementing and it just goes on and on, years now, years and years of feeling fucking awful all day long, miserable day in day out, and all so I uncover the truth of how fucked I am. I know how fucked I am, I've been shown it for years now.

But you still don't see it all yet James, there is still more of how wrong you are to see, for if there wasn't then you'd not be still needing to do your healing.

I know and that pisses me off too, because I don't want to still be wrong, that's what it's all about this morning, mum and dad kept saying I was wrong, wrong how they wanted me to be, it was all always for them, never for me, and I'm fed up with that, I want to go back to them and tell them to fuck off, to leave me alone and that if they don't like me how I am, to kill me, to give me away or something, because I don't like them how they are always telling me that I'm bad and making me have to change myself. I've changed myself so much, and into what; I've changed myself into being wrong, into being this evil fucked-up person when I wasn't fucking wrong or evil to begin with. They made me be how I am, God made me perfect and they've fucked me around, and I'm fed up with their fucking me around, but I can't go back, it's all too late, so all I can be is the fucked-up person my parents have made me be.

That's right, and all you can do is keep expressing all how bad you feel and uncovering the truth of such feelings; and as you're seeing, the understanding is coming to you, along with the feelings of how it should have been and how your parents should have treated you and how they should have loved you. You, as does everyone, has to come to see the truth, and so understand, what was done to them by their parents, how they were treated to make them deny themselves, to make them be wrong and evil, and to heal all their buried repressed feelings, and all the bad feelings you feel about it.

But Mary, seriously, who's going to want to do that. I am telling everyone that they are wrong, no one is going to want to hear that shit. All they will do is feel hurt, and threatened by me, no one wants anyone telling them they are wrong. And talking about peoples religion, it's their whole culture and way of life, it's all what a lot of people only have in their lives, and so for me to come along and tell them they are all wrong in what they believe, their religion is shit, just one big fantasy and it's only helping them deny more of themselves and their bad feelings, they'll want to nail me to the cross just get rid of me and stop me making them feel bad - worse than they are already feeling. And I don't want to make anyone feel bad, as so many people are already feeling so bad, it is after all what they are involved in their religions for anyway, to do something that stops them from feeling bad and helps them to feel good. So who am I to say, no, you can't do that, you have to stop it, you're all wrong, and don't you see, you're only hurting yourself even more by continuing on in your religion. I sound like my bloody mother and grandmother.

It's all so fucked, everything is so wrong, why couldn't you and Jesus have just told us the good news, fucked off our evilness, so we could have all got on with it, striving to live true like you both are, instead of you being limited and having to be conditioned by the evil, all so you don't interfere with it. But we want you to interfere with it, we want to be helped, we want you to save us; and yet you say, it's all right doing as you do, we're not going to stop you. And so we go on building all these horribly greedy and cruel institutions that we call our religions, all that we worship and love so much, and yet all you read all day long is about the corruption and power and control they all want, all being the very evil that they say they are trying or supposedly protecting their faithful from. It's so insane.

I know James, but that it how it is, Jesus and I can't and aren't to stop the evil you are all in, you are to do that for yourselves. We could and did stop it from continuing in the spirit worlds, but we couldn't interfere with it on Earth because we weren't part of it, we remained separate from it being in our perfect states. So it requires people who are of it, who themselves are imperfect and evil, to stand up to it and so no, no more, we don't want it, and then to possibly shed light on the wrongness if that's what they feel to do. And that's what you feel to do, and it's what you are wanting to do, and so you will keep doing it, and all the way along, like as you are doing now, protesting and expressing your anger and striving to see the truth of it, all which is standing up to it within yourself, and that's all anyone can do. And so because you are wanting to do that, so Jesus and I are taking advantage of that, as you want us to help you, and so we can through you, help you and others if they want to see and uncover the truth for themselves through what we write

together. And yes, what you say about telling everyone they are wrong is correct, because they are, you all are, and that's the terrible truth you all have to face. And some people being closer to that truth will be able to accept it, others will of course reject it, but until humanity does accept it nothing will change, you will continue to go around and around in the same cycles you have for these past two thousand years, with more and more people feeling increasingly bad and not knowing what to do with their bad feelings. And so we are now offering such people an alternative, and it's very simple to understand, yet as you say, hard to do. But if you do accept your bad feelings, all the feelings you are denying, speaking about them instead of rejecting them, and seek their truth, then you will start to move out of your negative self-denying state of mind and will, into one of a more self-loving and positive state. However, as you are feeling James, it's very difficult, it's very hard to do and will take your complete dedication to the feeling-healing process for you to get anywhere with it, and to ultimately end your self denial. You are having to stand up to the evil within you, the evil that you are, the evil that you've been made to become by default from your parenting. Mostly your parents didn't mean it, they didn't understand they were subjecting you to the same evilness they were subjected to, and that's what humanity can now start to wake up to, that you are all doing it to each other, keeping the whole thing going by passing it from parents to child, and that nothing is ever going to get better until you stop and face the truth of it. And when you do that, then every belief, including all your religious and spiritual beliefs will be called into question; and if you sincerely seek the truth of your evilness, if you do genuinely and with all your heart want to know what is wrong with you, then those beliefs will all be broken down as you come to see they are only controlling you in ways that make you feel bad. And as Jesus and I are only concerned with the truth, so we are approaching our relationship with you to shed light on the untruth; so we are discussing and speaking about all the erroneous religious and spiritual beliefs people live. And as all are wrong and all will one day go, so as you say, everyone is going to be feel confronted by us. But that's just how it is. It's how it was in Jesus and my day on Earth, and it's still how it is, and that's the trouble, nothing has changed since we were on Earth, and things have in many ways only got worse. So there needs to be a complete re-think, that being what Jesus and I are offering you.

Yeah well I think it's going to be a bit much to ask of people. I at least had these healing years to get used to the idea that I'm fucked and evil and full of shit, but to just put it out there cold and with no warning and stuff it in everyone's face.

I understand James, however there is simply no other way, and there is also something to be said for shock tactics, and also from a logistical point of view and how things are

technically in the universe, it's how it will be.

Mary, now having got home, I feel even angrier, fuck I feel pissed off, so fucking angry, angry, angry, raging with anger, I wish I could simply vent it all. I can feel it being all my shit from my early childhood, my parents didn't allow me to be angry, to express it all, they controlled me to always be nice and not fight mum who was always angry all over me and everyone else. But fuck I wish I could go back and just have it out with them, give it all - all my anger and rage, back to them. Just yell and rage and fight and scream and hit them like they hit me.

I don't know Mary, this telling everyone about all this stuff, really what good is it going to do. I feel like, yet again, I'm right on the verge of giving it all up, and perhaps that is right, and besides, I don't even know for sure if how Marion and I are trying to live is the right way to live. Sure I've gradually felt better and better over the years and I've been able to see through most of the bullshit that everyone is so caught up in, but what good has that done for me. I still feel like shit so many days, and even though I believe it's helping me, maybe it isn't, maybe I should just go and join a church and quote the bible at everyone all day long and be joyously happy like so many of those Christians seem to be, all happily believing they are going along the right track and that Jesus who is God is going to come and get them one day or something like that because they are very good little boys and girls knowing their bible and being able to say all the quotes and sound all very important, and they do all their right prayers and are such nice all-loving people, and I can't bear it all, it's all so false and contrived, and so I won't go and join any church because that's what I can't stand: all that fucking falseness.

So then I come back to where I am just feeling angry and fucked off with everything. Maybe I should just throw all my writing in the bin and be done with it, if other people want to find the truth, and if how Marion and I are living, trying to be true to our feelings instead of denying is the right way, then they will find that out for themselves just as we have, and they don't need the likes of me bleating in their ear.

But I just want to keep writing, which is all probably as Marion says, part of my refusal to honour all my bad feelings; and I want to keep putting it out there and seeing how many hits I can get on Before It's News and see if I can make it to the top of the hits chart and it's all so pathetic and just what I can't bear either, but FUUUUKKKKKK! I just want to yell and scream and smash it all - smash myself. I don't give a fuck about other people any more, they can all go on living in their self and nature abusive lives, it's not for me to say they can't, but I want to smash myself up, fuck myself up, blow myself to bits because I HATE MY BAD FEELINGS, I HATE FEELING SO ANGRY AND SO OUT OF SORTS. I HATE MYSELF!

Mary, no one is going to want to know about any of what we're writing together, because who's going to believe there is actually a Heavenly Mother as well as our Heavenly Father. We've all been conditioned too heavily and for too long to believe otherwise. And who is going to believe you are Jesus' soulmate, and especially with The Urantia Book sounding so authoritative, who would go against that. So I will just get categorised in the nutcase camp, which is probably right as that's how I feel right now, and I'll write all my shit and put it out there and it will all die and be forgotten when I die.

Mary, the whole world is looking for and dreading the arrival any moment of the Big One, the Antichrist, the one who does everyone, or tries to do everyone, in, tries to take over and ruin everything, and yet they need to look no further than me, because I am that man. I am the antichrist because I am anti all they are, all they believe, I think the whole world is wrong, that we're all wrong, and here I am saying you and Jesus back me and say the same things when I'm sure most people will think I'm making you and Jesus up as a ploy, someone to hide behind because I can't and don't want to just come right out and say it. And that if I did, no one would listen to me anyway because I am a nothing, and so it would make sense to pretend that Jesus and Mary speak to me and this is what they say.

I am the one everyone dreads because I am the one who's saying it's all shit, that we've got it all wrong, that we're all going the wrong way, and that we've all been parented unlovingly to some degree, because we've all been made to be part of the evil rotten thing, and all made to think that how it is is right.

It's all mad, so bizarre, the one they all fear, the antichrist, is the one who will come and be the most evil, but what does that mean, he'll just take over and ruin this how they are, but everything is already evil. So what, he comes and makes things even more evil, but people don't see it like that, he's just used as a scapegoat all so they live happily on justifying their own evil existences, saying we're good, we're not bad, he's the bad one, we can all hate him and go to war and fight him and fuck him off, just as we did to Jesus getting rid of him because he threatened to disturb the powers that be.

I feel so mad, demented by it all Mary, just raving on, it's all shit, the whole lot, myself and all we humanity are, and yet we go around all day long patting ourselves on our backs at how great we are, progressing so well, building all such wonderful nature-destroying things. Oh wow, look at China's new proposed double hulled aircraft carrier, now isn't that something; wow, that's better than the American's, that's way ahead of its time, that's out of the box. But what a fucking waste of time and money, and on and on we go building all these advanced weapons, but for what, so we can actually have it out one day and blow ourselves to bits. It's all such nonsense, but no more nonsense than belonging to such nonsense religions and spiritual systems, and no more nonsense than all my shit saying that it's all shit.

I'm sorry Mary for using you to go on about it all, I'm sick of yelling at Marion today.

It's not a problem James, it's all better out than in, and it does nothing to hurt Jesus or I. We completely sympathise with you, our jobs on Earth were simple, we saw the limitations, we were true, we could easily see the untruth, we could see where humanity was, where it was going and how little we could interfere. And we could see how you'd take all we said, mostly all Jesus said, and turn it against yourselves as you've done by creating truth-denying religions for yourselves. But as I said, not being of it, not being ourselves all caught up in it like you are, we don't envy you and your difficulties of getting yourselves out of it. And it can't be straight forward because it's all untrue, it's all living against all that's right, good and true. So every step of the way you are going to feel as you are feeling, mad and demented and very angry about it, there's no other way you can feel because that's how you felt when you were growing up being subjected to your parents control over you. They rejected the real and true you, and so you've been forced to reject yourself, and to stop that, to turn it all around and to start truly loving yourself back to the real and true you, especially when you've no idea what the real and true you is, it's very difficult indeed, as you've been saying. And the only help we can offer you is encouragement to keep going expressing all your bad feelings, whilst you seek the truth of them; and to keep going doing what you feel, as there is nothing else you can do, nor is there anything else to be done. The Mother and Father through your soul are guiding you, and your soul will make you feel and then act on your feelings all whilst you keep accepting, expressing and longing to uncover their truth. That's the formula, and unless you don't want to keep trying to live true, and so just give it all up and go back to how you were, then all you can do is keep going.

I don't think I could go back to be how I was even if I wanted to, I've changed too much. But I don't want to anyway, I hated how I was, and except for when I feel full of anger and demented again like now, I like how I'm becoming so much more than how I was.

Mary, I'm going to stop now. I'll go yell and rant and rave at Marion some more. Thank you again for just listening. I'll speak to you soon.

I'll be here James. Bye for now.

My comments on peoples comments on my stuff.

I've included my comments to comments that have been said to me at my Speaking with Mary Magdalene and Jesus blog - MJ blog, and Before It's News - BIN. I've not included the other side - what people have said to me, for there might be copyright problems with that, and also other people might not like what they've written to be taken further than it just being a comment on a site without their permission. I've included my comments hoping they might shed further light on all Mary and Jesus speak about.

The quote means Jesus doesn't do anything that will help us remain in our evilness, as we're all more than capable of doing that for ourselves. And were he too, then he'd be helping to perpetuate evil, and, as he's perfect, he can't do that anyway. And that he won't interfere with our evilness, because unless we're seeking the truth and therefore wanting to heal ourselves of our evilness, then we wish to remain in it, and so we can, as no one is going to stop us.

And I don't know what you mean by Fan Fiction, I don't know what that is. And as far as Jesus always being here, if you mean as in his Spirit of Truth, I would agree that it has always been with us since his liberation of it. If you mean that Jesus in person has always been here, well I can't say anything about that because he died all those years ago. And if you are confused, meaning that you believe or see Jesus and God being the same thing or 'person', and not two separate and distinct personalities, then there's nothing I can say about that either. Happy now! BIN

To fear God, so as to stop doing evil, is based on your relationship with your parents. Our parents treated us unlovingly when they punished us and made us fear them, when they accused us of being bad, so in their eyes – of being evil. And so we look to God as our Parent, and apply the same. We are told we must fear God – our parents, and if we don't behave and do as we're told, then we'll be punished. So the writer of these words that you quote from the Bible is still caught up in applying his relationship with his parents to his relationship with God, just as are people who believe such things.

And Jesus didn't say God never interferes in evilness, he said he doesn't. And by the way, who do you think creates and sustains, and so obviously wants us to experience evil having incarnated us into an evil world, when God creates all. BIN

Mr civilised A..., I believe that we're all bound up in what could be called a negative and so evil state. That we're all in the same boat – just different versions expressing it, expressing how we've been made to be through our early childhood and forming years. And only a

sincere and true longing for the truth, which can only be found by dealing with ones fears, by accepting them rather than rejecting them – and seeking the truth of them, can help us. So, so far as weeding anyone out, I see it's up to us all individually to decide to give up and so heal our negative and anti-truth state. And so far as my having institutions, I don't understand what you mean there, for as of now, it's just me, Divine Love Spirituality, and all I write and post with Mary M, Jesus and other spirits, is just my own stuff that's come to light as I've sought to heal myself of my fears. And in what you say about people when they are children being threatened with the Devil, well, to have to deal with that and resulting in such fear being locked away deep inside you... it's going to make things very difficult for you to have to face the truth of that fear and dread. BIN

Hi S..., I began looking 'within my own heart' to find the truth, when I started my soul-healing that Mary talks about. Up until that time, admittedly I thought I was looking 'in' but it was all only with my mind and not genuinely with and 'into' my feelings. I began my so-called spiritual search believing in reincarnation and I had many past life regressions, even going into the future ones, and it was ever so nice how it all added up and fitted in with how my life was and all the people that were in it, and how we'd all be intersecting over the ages having all our lives together. Then I came across the Padgett Messages. Then everything changed. Then I became solely interested in uncovering the truth within myself. Then I started growing in truth as I was looking to my feelings for answers, as Mary and Jesus speak about; and then I knew all the past life stuff had been given to me by my indwelling spirit because of things - experiences - I needed to go through at the time. And I knew it was false, merely fantasy, and I ditched it all. And then I moved on knowing that the truth is about personality expression, and as I came to understand more about that, then I could see that reincarnation completely denied this, and was simply a belief-tool used by people, as I used it, to help me keep on denying my bad feelings, all to keep my childhood repression in place, all that would never allow me out of my mental confinement. Ditching my belief in past lives was one of my milestones in my spiritual journey, and something that having done, has opened up so many other doors, all of which now feel much more real and true. MJ blog

And thank you for your comments. And I'm glad that you approve of my having had the past life regressions. In fact I loved them, and they helped throw open my mind to other possibilities; and I would highly recommend people to indulge in them, if for nothing more than to see with amazement just what our indwelling spirits can do for us. MJ blog

S..., as far as I am concerned, reincarnation and the whole belief about their being no time and that we're all in the NOW is just stuff for our minds to amuse themselves with. It does nothing for our soul growth - our growth of truth. And in fact retards that. On a soul level, sure I can accept that time is irrelevant as there is 'no time' that being in the realms of the existential, however for us with our personalities focused in the experiential, time is very important to us, all because one feeling-experience follows another, so there is past, present and future. But to get all caught up in the mental gymnastics of multiple realities and reincarnation and such things is only going to keep one bound up in all their mental delusion. My whole point to this blog is to show up such nonsense, for I have been through it myself and understand how deluded I was. And that if we want to actually get ourselves out of our shit, then it's into our feelings we must go, and deeper into healing and coming to terms with our childhood repression. And until we accept and start to come to terms with our childhood repression, no real or true spiritual progress will be made. It will all be like this, just hitting the mental tennis ball back and forth between us. And all I write is still only food for the mind, it of itself does nothing for ones spiritual growth, but I hope it might help create an alternative picture for ones mind from which one can move deeper into ones feeling acceptance should one wish to seriously grow in truth. MJ blog

Oh my God S..., when will it end!!!! My mother and grandmother continuously told me what to do and how to be. When am I going to be free of them! So would you kindly go away and leave me alone, and I am going to keep using the words 'mind spirits' because that's the whole point, it is to make people feel bad, those who are in league with them. And please take all that New Age nonsense, all that Ascended Masters crap, Higher-self, and lol rubbish with you. And I do need to quote the PM and UB because they are very necessary for anyone who wants to take seriously their spiritual growth. And being a Taurean, I AM GOING TO PLOUGH ON TAKING IT ALL VERY SERIOUSLY. I am not into it all being a fun thing we're all doing together called 'speaking with Mary and Jesus'. And I am going to rant and rave; and don't for god's sake write back and tell me to calm myself down or I'll do damage to myself, or you'll hear my scream of NOOOOO!!!! all the way over there in Kiwi Land. And finally, as it is MY BLOG, I AM GOING TO HAVE THE FINAL SAY. And thank you for helping me to express some of my feelings, because that's what my trouble is - I was never allowed to be excited and fired up when I was young; I was never allowed to say to them - WOULD YOU JUST PISS OFF AND

LEAVE ME ALONE! That's to them, you understand - not to you personally. James. MJ blog

This is not to you personally S..., it's to my whole child-world, they who were my controllers: And furthermore, as this is my blog, I AM GOING TO SAY WHAT I LIKE AND HAVE IT HOW I LIKE, SO DON'T WASTE YOUR BREATH TELLING ME HOW IT SHOULD BE, WHAT I CAN AND CAN'T SAY. I don't come to your blog and tell you how it should be and that you shouldn't say this or that, so please don't come to mine. However, no, having said that, please come to mine, I don't mind, and feel free to say whatever you like, to tell me whatever you like, how to be and what I should or shouldn't say. Because I DON'T HAVE TO DO WHAT YOU SAY. I did have to do what they said. And that's was the problem.

Yeah it is good fun, eh! I see what you mean. MJ blog

No S... you didn't upset me, you only helped me to be bring up and get more in touch with more of my hidden yuk, of which I'm grateful to you for as that's all part of my healing that I want to do. Also you have helped me strengthen my conviction as to why I want to go to all the trouble of having such a blog, as I am sure I will come under a lot of heavy criticism with a lot of what I write, not just on this blog but on all my sites. So no need for you to worry about me, I've enjoyed your comments and feedback and I understand your just wanting to friendly and nice. Also I've not had much experience with comments and responding to the point of feeling free to say what I please, I was toying the idea of not allowing comments at all, as mostly I can never understand what the person is actually saying, whereas at least with you, I do. So thank you for all you've said, and if you wish to talk more at any time, please feel free, and if I hurt your feelings, I would like to think you could share them with me. MJ blog

I'm sorry S..., but I don't want to just have friends and chat about things, spiritual or not. I am at a point in my life now whereby I am wholly committed to revealing the truths as I understand them, and so I'm only interested in helping people who also want to commit themselves completely to uncovering the truth of themselves through their feelings. If you want to ask me about things to do with Divine Love Spirituality, or what Mary and Jesus say in regards to how one might heal ones evilness, then sure, I am more than willing to

help. But anything other than that, no, not anymore. I used to be, but none of the untruth interests me anymore, other than trying to shine light on its falseness. And yes, I am Australian. MJ blog

S..., I fail to understand why you still come to my blog when Jesus says that he doesn't speak with people or spirits who are not trying to do their healing and not specifically longing for the Divine Love. Is it that you are trying to show people how wrong I am and that I must be deluded and your way is the right way? And I might be deluded, but also, I might not. And if I'm not, then what. If I go to a site and I don't agree with what's written I don't go back, it's as simple as that. So I fail to understand why you persist in reading my stuff when obviously it's completely opposite what you believe. And especially when all you believe I am trying to show up as being wrong, false and untrue, based on nothing but a mixed up lot of beliefs that only serve to keep your mind in control of yourself. MJ blog

What you say doesn't make any sense. For you're suggesting that the Jesus and Mary I speak with are lower entities, earth bound spirits and spirits who haven't entered the light. And yet they, who are supposedly the dregs of the dregs, are talking about longing to our Heavenly Mother and Father for their Divine Love, and encouraging us to stop denying any aspect of ourselves, such as our bad feelings, and instead seek the truth of them, something that is a completely new revelation to mankind, and something which if done, is our way out of our negative and evil state of being. So if the Earth bound spirits talk about all this stuff, then I hope when I die I'll be going to live with them, and stay well away from all those so-called Ascended beings who just carry on with all those spiritual cliches everyone parrots, like: Love is Truth, Love is Source and so on.

Love is NOT truth, love is love and truth is truth, they are two very different things. And without Truth there is not going to be any love. Love might still be there, but one without truth will not feel or experience it, not truly anyway. And that's part of our problem, that we believe that love and truth are one and the same, and that what we feel love to be is truth, and what we feel and believe truth to be is love. But I assure you, were you to venture into doing your healing and uncovering the truth of your own soul, the truth you are currently denying yourself by denying your bad feelings, then all that you know love to be will wither and fade, it being seen for what it really is, just a falsity based on untruth, this being our greatest self-deception and what will be the hardest part of all I write for people to understand and come to terms with. I am intending to turn everything

on its head, for it's all rubbish how we are, every part of us, because we're all in our negative states, and until we're free of them, until we've healed ourselves of our evilness, all we think and believe to be right, good and true and love, will be wrong, and the very opposite. So I would suggest doing your healing, turn yourself inside out, and then see what you think about it all. MJ blog

Then it shows you have a limited understanding of how spirits are. It's all just a dream, that these spirits are all so pure and loving wafting around in heaven, all so nice, and they'd never say a not-nice thing. And especially Jesus and Mary who are the most nice, the most wafty, the most loving and floating around with God saying everything is love, it's all love, all you have to do is love, love solves all, love cures all, love, love and kisses and all with be good, that's all you have do. It's insane stuff, for there is no TRUTH in any of it. And sure love is as love is, but without truth, forget it, the 'love' is not real or true. MJ blog

S..., thank you for posting this link to J... site as it's the perfect example of all Jesus and Mary are saying that is the work of the mind spirits, spirits that don't have any understanding or idea of the truth, and mostly because they have not done their childhood repression healing. Because I assure you, anyone who has actually done their healing, spirit or mortal, would definitely speak about it and not go wafting on about all this love stuff that it totally meaningless and does nothing to advance ones soul.

Saying such things as 'your loving intent dissolves anger', and, 'the divine field of Love has always surrounded you' is meaningless, let alone untrue. I mean, what good does it do for anyone. It's all must mind stuff. And you read this stuff and it wafts on and on never actually getting anywhere, never getting into anything, just apply your mind by loving everyone and everything and we'll all be all right. It's fantasy land stuff, it's escapism, it's not facing the hard truth that we're not all right, and if it was that easy to fix everything by 'having a loving intent' then people would have seen that it works; but it doesn't, only if you want to further delude yourself and pretend that it does. I used to try and do it, but doing that with my mind compared to the hard work of uncovering the truth through my feelings... there's no comparison. Try it out and see for yourself. Look at yourself and identify one bad feeling you are denying by telling yourself all the time that you have to be all-loving. Put all that love stuff aside and look at how you're really feeling underneath it, that being why you have to use your mind to maintain all your loving stuff - your loving intent. And then express that feeling, and if you don't have anyone to speak about it to, write about here; and long hard for the truth of why you're feeling it, and see what

happens. But it will be very hard because you obviously need to use all the love stuff like what this supposed Jesus talks about on J... site to keep all your bad feelings at bay. But seriously, give a go and see what happens.

And do you really think Jesus came to Earth and went on about all this love stuff like he is supposedly doing in this message from him on J... site. Is all this sort of stuff worth nailing someone to the cross for. It's hardly going to confront the establishment and authorities. Jesus came and put the wind up everyone, so much so they had to get rid of him, just as he and Mary are coming now and saying things that should put the wind up everyone once again. Because they are saying there is no way out except through your feelings and living true to them, and looking to them to uncover the truth, and all the rest, like what you keep putting in the comments on my blog is wrong, false and untrue. And it's all what's keeping us in our evilness and keeping us going the wrong way. What you say and this J...s Jesus says is something you can't do, you can't just make yourself be a very loving person when you don't feel naturally loving. You have to contrive it, pretend you are loving, using your mind to take more control over you. And if you were just naturally loving you wouldn't have to do anything anyway. So there's no point telling everyone who's not naturally loving that they should be, because they can't be, for if they could, they would be. It's all just wanting to tell other people what to do and how they should be. It's just wanting power over other people. In my work Mary and Jesus are just shedding light on our wrongness, they are not telling us that we can't be that way. And they are offering us a way out of it, not telling us we have to do it or else.

And having written this, you've helped me once again to understand yet another part that I hadn't quite got, so thank you again. And what it is, is that it shows me just how evil using love can be to try and assert control. My parents did that to me, they said they will love me if I be as they say I am to be, and so I complied as I had no choice in it and wanted their love. And I believed they then loved me when they said they did because I was being the good boy. But this love is false love, it's all false love, all you and this J... person are talking about. It's all hideously evil, yes, I can feel how much I hate it, detest it, loath it, it's all so insidious because it all sounds so nice and loving and caring, and it's all what we want to be, as no one wants to be unloving, but it's all manipulation, it's all got the wrong intent behind it, because it's all being down without the TRUTH. And that's all you have to look to see in all the people who are supposedly writing with Mary and Jesus. And are they writing from the point of having understood and integrated into their lives all Jesus said in the Padgett Messages. This is the beginning point, because without that then it's all falseness, untrue and having nothing whatsoever to do with anything that will help you heal your evilness and untrue and negative state. MJ blog

Hi S..., as there is no need to reiterate what I said in previous comments, I will stick to some other things you've said that are untrue.

You say J... puts his ego aside when he channels, which is another of the errors made by such people in that one can't put ones ego aside, for to do so, that means one would no longer have an ego, so no longer be a functional personality, so in short, one would cease to be. At best a very good medium might allow a spirit to speak 'through' them, but still only to the capacity of that mediums ego and belief structure. If Jesus were to speak through the greatest of all mediums, were one to exist, his vibration, his light of truth, even when 'turned down' for the benefit of the communication, would simply be too much for the mortal mind to deal with, even if the medium was unconscious. It would damage the person, so Jesus and Mary are restricted to this sort of communication, inspirational writing, like they do with me, where they impress their thoughts upon the mind of the receiver, or like how they did with James Padgett, through automatic writing. I've seen many so-called channelers and mediums, some believing they are speaking with Jesus, but as I said in another comment, one only has to look at the truth revealed to know it's not in keeping with all Jesus revealed to James Padgett, so it's just mind spirits pretending to be Jesus. MJ blog

Jesus and Mary are the head soul-pair of Nebadon, and if you were to read The Urantia Book you'd gain something of an idea of what this actually means. And so for them to be going around speaking to so many different people on Earth who aren't interested in growing in truth, who only want to stay bound up within their negative states, would simply be too time consuming, and quite frankly, I don't think they'd waste their time. They are ONLY concerned about the TRUTH, and even though such channelers might believe that's what they are also interested in, as I said, were they to read the Padgett Messages they'd soon see the error of their ways. Jesus spoke to James Padgett for very good reasons, and by doing so put in a plank of truth, a benchmark if you like, for us to start with, and so I hardly think that having gone to all the trouble to do that, he'd then go around talking all this nonsense with all these other people that aren't even at that mark yet. If anything, where he and Mary to reveal any further truth to us, then they would move on from, and expand upon, the Padgett Messages. Mary and Jesus are Truth Revelers and Truth Teachers, they are not in the business of simply pandering to our needs making sure they say all we want to hear, all so we'll keep feeling nice and having a nice day. They are not about helping us all get to the 'same place' but by 'different paths', different belief systems. There is only ONE WAY, the way of the TRUTH, which is Jesus and Mary's way, all the other so-called ways are nothing but dead ends. Jesus and Mary

came to Earth to show up the untruth, to point out to us that we're going the wrong way, that we're living untrue to ourselves. And they were VERY confrontational to all that was the norm in those days. And they paid for it, as we rejected them. And so all they say is VERY confrontational because they are still showing up all the untruth. And it's because of this why only a few people want to look at the Padgett Messages, it making them have to reassess their whole spiritual outlook and belief system. Nothing J... says is confrontational, and in fact it's all going the other way, it's to keep the peace, all to keep everyone feeling nice and happy, all so we can keep going around with our heads up our bums pretending we're all-loving and life is so wonderful and aren't we all such wonderful beings. And all we have do it put all that other nasty side of us aside, simply put it out of your mind, and don't see how we're abusing ourselves and the planet wrecking nature with every step we take. No, let's all get together and channel Jeshua and he'll say all the nice, loving and caring things and make all that bad stuff go away. And we can all shine our love and light on each other, and we can all go around saying oh we all feel so good and ain't love wonderful and isn't everything simply grand, and I love you. So all we have to do is 'stay with the loving energy' and 'keep loving yourself and keep loving all people, animals, insects and every living thing', and everything will be all right. When it's all shit and only serving to keep us all locked up in our unloving, self-hating and truth-denying states of mind. If you have to 'keep loving' anything, then you're bound up in having to keep apply your mind to make yourself feel good, all so you can keep on denying all your deeper hidden and repressed bad feelings. Because if you were fully loving, fully free of your negative state having healed it, you'd simply be all-loving, and you certainly wouldn't have to 'keep loving'. So as I said, it's all just fantasy-land stuff. MJ blog

Hi S..., no I'm afraid it doesn't resonate with me. If one studies The Urantia Book, it points out the reasons why and states that in no way would or could Jesus have children, he and Mary being the Creator Pair of Nebadon. And if one understands what the Creator Pair are all about, there is no way they would be schooled in the ancient order of the Essenes, for they would not have submitted themselves to such mind controlling beliefs. MJ blog

I also disagree with the fact that Jesus tells people different stories merely fitting in with their beliefs. Jesus and Mary are only all about the truth, and so would not disrespect themselves or lead others astray by participating in untruth. And they would only speak to people who are actively longing for the Divine Love, that being what the Padgett Messages

are all about. I do understand that with such Divine Love people they will be limited in what truths they might be able to reveal to such people, myself included, however they will still only reveal truths, and not go into all the all the untruth people want to live. So far as I'm concerned, all the people who are speaking with Jesus that I've come across are only at best speaking with mind spirits pretending to be him, because when I read the things they say it's quite clear they have not even read the Padgett Messages, for were they to, then their whole perspective and spiritual outlook would change. And as for so many people claiming to be the MM in past lives or whatever, again if such people were to bother reading the two most significant revelations of truth humanity has received of late: The Urantia Book and Padgett Messages, both categorically state there is no reincarnation. It's all just mind stuff, all designed to keep one away from the true inner pain one is not wishing to accept, express and uncover the truth of, this being Mary's main message she conveys to us through my work with her. MJ blog

Na, I'm not fixated on the Padgett Messages, only on the Truth. And that thing about there are many paths leading to the same place, well I agree that all those people you talk about are all on their different paths to the same place - the mind mansion worlds; whereas if one longs for and partakes of the Divine Love and does ones soul-healing, then one's path will lead them to Mary and Jesus, and right the way through their universe and out beyond to Paradise. And as for Easter and Christmas, we don't 'do' them, we don't want to live being false. MJ blog

Women have had a shit time of it all the way along, and still do. But when they understand that to truly get their power back they must stop denying their bad feelings and instead seek the truth of them, then they will reclaim their rightful place as the spiritual leaders of humanity. Then we'll be on our way out of the darkness. BIN

I have no problems with you doing that, but for me, na, I'm committed to doing my soul-healing. Trying to look to the positive in all the negative, to 'look on the bright side' and all that, never did me any good. I've found it much better, though harder, to try to go the other way. And I assure you, I express and talk about my good feelings when I feel them, it's just that I want to keep focused on my bad ones as much as I can, as they are ones that I deny and have not wanted. And I don't want to reject any part of myself anymore.

And I gave up listening to music years ago, it was just another of the things I did to try

and block out my bad feelings. And by the way, this isn't a 'feel-good' site, for looking hard at yourself to uncover the truth through your feelings, is not going to make one feel good. Not until the truth comes, anyway. MJ blog

Hi K... G..., thank you for persevering, I couldn't have asked for someone better than you to come along and say what you do so I can show all the errors that I believe so many people believe and try to live. I suppose to you I must sound the most morbid, negative and depressing person, but if one wants to heal oneself of all ones childhood repression, then one is going to feel bad a lot. I do have my good and 'up' times, but I just don't buy into all the usual, and what's accepted as 'good stuff', because as I've said, I think it's all false and untrue.

So once again I need to point out a few things that you've said which I disagree with. For example, the belief that we all have the Divine Love within our soul. And to refute this, once again I have to call upon the Padgett Messages, in which Jesus clearly states that this is untrue, we only have a natural love soul, and can choose to transform it into becoming divine by longing directly to our Father (and Mother, as the Padgett Messages is all in the masculine) for His (Their) Divine Love. And if we don't long, then we'll stay, happily, as you seem to be; or unhappily, as I was, in our natural love. And in my case, how I was before I came across the Padgett Messages, wondering what the heck life was all about. But as you seem very happy with how things are for you, good, I'm happy for you, and wouldn't want you to change yourself; yet as for myself, I ditched my family when I began to face the truth that I didn't love them, nor they me, that it was all show, all false what we called love, and I never liked Christmas much anyway. It was just a chore, okay, so I got a few nice presents, but we never really had a great family thing.

And as for Jeshua and Mary being Ascended Masters, that's another erroneous belief, which both the Padgett Messages and The Urantia Book would clarify should one wish to understand what Jesus and Mary are really all about. The so-called Ascended Masters are just self-appointed mind spirits who want to sound impressive, they don't actually exist as in the true scheme of things in the universe, only in their own minds. And if one wanted to call upon them, well why not, but if you're sincerely wishing to grow in truth, then you'd be far better off calling upon the Celestial spirits, which thankfully the New Age or alternative spiritualists or whatever they call themselves have pretty much left alone, not really understanding who they are, not having read the Padgett Messages.

So, see what you do to me S..., I can't stop referring to the Padgett Messages leading anyone to think I was fixated on them!

Anyway, I hope you had a happy Easter with your family and ate lots of chocolate.

James. MJ blog.

And I'll miss you when you finally write me off as a lost cause because I don't smile and be happy enough. MJ blog

Hello T., I am pleased it's helped you. It all comes down to our self-hated, that which we feel when we don't feel fully loved. I too have it, as you say, a deep seated and horrible hole in me that makes me feel miserable, depressed and feeling like: what's the point, why bother, it's all too difficult. And it's always there; and it wasn't until I started doing my healing that I began to understand just how bad it is in me and all I did to try and cover it up. So I empathise with what you said - with what you feel. And also as you said, it is through our bad feelings that we can grow - the door-way opens, if we are determined to uncover the truth of such bad feelings. MJ blog

Are the Bible stories true? The Bible stories for what I understand are just stories, and undoubtedly some probably having been more tampered with than others, and all put in a book that someone liked the idea of. But not a book that should then be lived dogmatically as if it's the truth. Just a book like any book from which we can take bits if we want. So, yes, there is truth in the book like in most books, but NOT: THE TRUTH, it's NOT THE WORD OF GOD. Truth, as Mary and Jesus are now telling us is to come up within ourselves through our own feelings, and if those truths we reveal to ourselves agree with what's in a book, then great, and if not, then we'll not be drawn to that book. So we're not to rely on any book for the truth, only ourselves - we are our 'book', it's written in our soul, only we need to use our feelings, and ALL our feelings, and especially our bad feelings as they are ones we're mostly rejecting, to 'read' our own personal book, to uncover the secrets of our soul - the truth of ourselves. Hence ones desire to Live True To Oneself, yet all through ones complete feeling acceptance.

And yes, Jesus says he did truly rise from the dead just as we all will, because life goes on in spirit. So then in his spirit form he returned to Mary Magdalene and all the others who saw him to prove that there was life after death. And it is as simple as that. And you can read the 'Jesus papers', section IV of The Urantia Book, as it gives you the complete story of Jesus' life, far more thrilling than anything you'll find in the Bible. And it also includes the supernatural side of things, what was going in the spiritual levels behind the scenes during his life, correcting many of the falsities of the Bible.

And now K..., some of what you said I agree and disagree with.

Jesus AND Mary are definitely the Way Showers, they are to show us the way to our Mother and Father, that being through our sincere longing to God for Their Divine Love. And they are to show us the way to the Truth, the way for us to be as true and perfect as they are, that being what they are doing by informing us about our negative state, how we live in denial of ourselves - our feelings, thereby not allowing ourselves to naturally use them (as we naturally express them), to uncover the truth of ourselves. And as we heal our negative or evil state, so we're choosing to follow Mary and Jesus, to become, when we've healed our negative state and are of a positive mind and will, as they are - perfect in mind and will. However of course we'll not be of the same level of truth as they are, but once in our perfect and positive state, that being equivalent to the first Celestial sphere of truth, we are then free to continue growing in truth all the way to Paradise. Paradise: what it is, where it is and how it is, being yet another great paper to read in The Urantia Book.

As to whether someone removed or decided not to include reincarnation in the Bible I have no idea, but as it's an erroneous belief anyway, it's neither here nor there.

And I do agree that the Bible like everything else reflects and is so designed to keep women suppressed, that's for sure, because were women to grasp the notion about looking to ALL their feelings for the truth of themselves, then they'd come out of their suppression regaining their rightful place as the spiritual leaders of humanity. Women being naturally closer to their feelings are often more true than men, only as men don't give them any power, they believe they have to be like men to have any, such is the current women's liberation movement, taking the false power over and out of men's hands. But true power, will and can only come to both sex's when we learn to fully honour, accept and respect all our feelings.

And I agree with you K... that a lot of people probably shy away from the word God because of what you said, I certainly did. And I called God the Creator when I first started out on my spiritual journey. And it wasn't until I started to long for and receive the Divine Love that something gradually changed in me. I could accept reading that God was my Heavenly Father as Jesus spoke about in the Padgett Messages, but I couldn't relate to God as my Father until a few months into receiving the Divine Love. Then suddenly I felt it, God *was, is*, my Father, I knew it and so could relate to God as my Father. And about a year later suddenly another 'presence' started to come up in me. I felt 'Her' there alongside where I felt the Father. And that feeling evolved into being my Heavenly Mother, a very distinct and separate 'person' to the Father. And that evolved further to where I now speak with Them both, so relating personally to God as my Heavenly Parents.

For me, people to keep referring to God impersonally, such as how I did, as the Creator,

Source, Spirit, All There Is, The Great Holy One, and that sort of thing, shows me they are yet to 'meet' and so know personally God as being their true Mother and Father. And this will come about when they long for Their Divine Love. One might be able to mentally accept and even relate to God being your Father and perhaps also your Mother as well, but once you partake of Their Divine Love, when you feel Their Divine Love in your soul, then that's when your feelings take over, that's when you KNOW They *are* your Mother and Father, it becoming part of your truth and no longer just a mental belief.

And following on from this, when you say all souls are particles of Source or Creator, sure, I agree, but we are also sons and daughters. You see, it's all meant to be highly personal, that's why we start off having a mother and father. If it wasn't, if we weren't meant to relate and have ongoing relationships of love and truth with our parents, each other, nature and our Heavenly Mother and Father, then we'd just be materialised out of thin air, and it all would be far more impersonal. So we're meant to start off relating to our physical parents, then moving to our spiritual parents in whom we can look to Mary and Jesus, and then further still, our Soul Parents - God. And we are to have an ongoing evolving very close and extremely - the most we can have - personal relationship with our Mother and Father, because They *are* our Mother and Father and we *are* Their children. And the fact that we continue to not relate to God as our true soul Parents, means we're way off track, having to keep Them at arms length calling Them everything else other than: Mother and Father. And it feels very nice when you are speaking directly to your Mother and Father, and when They speak directly back to you.

And finally, the energy you speak about, I would say is probably the Divine Love you're referring to, or just the natural universal light of natural love. But the beauty of the Divine love is, when you long truly to God for it, you can actually feel the Holy Spirit bringing it to you. And it is all the things you attribute to it, but the most important is that it transforms our natural love soul into becoming divine like our Mother and Father.

And I agree our soul itself is of no sex, it's of no nothing that we are in Creation as it doesn't reside in Creation, it helps to 'create' Creation; however it does have as part of its pattern, a duality which it seeks to express as a soul-pair, as a man and woman in Creation. So forevermore I will be the masculine personality expression of my soul, as will my soul-mate be the feminine personality expression. More of that can be read about in the Padgett Messages.

And yes, apparently the soul is eternal, but what I want to know is, what does eternal mean! What does it *really* mean... which of course I will never know until I get to the end of it... it's a bit of a riddle, or conundrum, for how can one get to the end of something that's eternal, and is there an end anyway? These are thoughts I amuse myself with when I'm having a break from trying to express my feelings, something I guess akin to putting

the music on you might say. And as Marion would say, that I use to keep myself away from the present NOW feeling, which of course she's right.

Thanks again K... for the inspiration... MJ blog

Hi K..., I did walk in the rain today, I love the rain and I love being rained on.

Now, as for you giving me some information, why?, as I don't need it. However, I will use it to illustrate more of what Mary and Jesus are saying and more of where I think we've got it all wrong.

Was Christ - Jesus AND Mary Magdalene, they are BOTH Christ's, being a soul-pair and the leaders of our local universe - God in human form? No, they are children of God just like us, separate and finite individual personalities like us. God, our Heavenly Mother and Father sent Mary and Jesus to our world for reasons which one can read in The Urantia Book. This book being given to us to clear up all such untruth and erroneous discrepancies that people persist in believing like Jesus being God in human form. So neither were/are they Ascended Masters, because as I said the other day, there's no such thing. And as we're all children of God, so we're all sons and daughters of God, only Jesus and Mary are like an older brother and sister, more advanced than us. And even, a Daughter and Son, in 'capitals', signifying their soul status, which once again The Urantia Book points out as they're being the Creator Pair. I can't strongly suggest enough, that if someone is interested in this, read the section in The Urantia Book about Descending Sons (it doesn't include the Daughter side of things), because it puts Jesus and the Avonal and Daynal (Teacher Sons [and Daughters]) into complete perspective. And then read the section about the Lucifer Rebellion as it shows how we came to be in our negative state, what the Rebellion and Default of Adam and Eve is all about. And then to understand a little more about the 'God within', that still quite voice of God some people can hear and communicate with, read about the papers to do with the Adjuster and Indwelling Spirit. To me, these are the most directly relevant things to our lives in the book. And then read the Padgett Messages (it's not necessary to read them all), any sample will do, to get the message and feeling of how important longing for the Divine Love is for our soul growth, to understand from Jesus and Celestial spirits that we can long for God's Divine Love, and how to go about doing it.

So Jesus and Mary are the only Creator pair to our local universe called Nebadon. There is only one Creator Pair per local universe, and apparently many, many local universes. So one of ten thousand - I think it is in a local universe - physical world plays host to the full bestowal of the Creator Pair, as we did on Earth - Urantia. And so that makes us very special indeed to have them both here with us. And then further to that,

there is another order of High Sons and Daughters called the Avonals, also Pairs, and these are the ones that go out to all the other physical worlds in Nebadon when the time is right for their personal bestowals. So like Mary and Jesus, these Avonal pairs subject themselves to the incarnation process being conceived naturally (the Immaculate Conception a fantasy) growing up like all other people. And then when the time is right, announcing who they are if those people don't already know, and then revealing the truths about the Divine Love as Jesus did for us in the Padgett Messages. But remembering that in our case, our world being rebellious, that the normal way or procedure of things so far as the coming of such higher Sons and Daughters is different.

The term 'Ascended Master' is a meaningless term whether it's just used on Earth or not. And there are not 'many' highly evolved souls like Jesus and Mary, there is ONLY ONE SOUL that is Jesus and Mary's soul, that being the Creator Pair soul of Nebadon, which is vital for one to understand if one wants to call upon their Spirits of Truth for help in helping one uncover the truth of themselves. If you lump Jesus and Mary in the same basket with people like Buddha and other so-called great teachers then you are not going to receive that help from Jesus and Mary's Spirits of Truth, so you'll end up stumbling your way along filled with all these sorts of rubbishy beliefs like there being Ascended Masters and reincarnation. We NEED SPECIFICALLY Jesus and Mary's help through their Spirits of Truth. Ideally we all need them personally to help us, but as they can't be with us, so they have made what is called their Spirit of Truth available to us. And by longing to live true as they are suggesting, and by wanting to do your healing through your feeling acceptance, you will naturally be making yourself available for their Spirits of Truth to come to you, to help you see the way, to help you know the way, to help you go the same way Jesus and Mary have gone. And as we look to them for their guidance, so they will show us the way to Paradise. If we don't look personally to them for that, we'll end up in our own conceited and highly deluded lives in the upper realms of the mind mansion worlds, with no escape from our self-made mental prison and no way of getting to Paradise. And it's a serious matter, or at least I think it is. It's not just a fun 'let's play spiritual games and take on all the nonsense beliefs anyone comes up with', it's a matter of whether or not we want to remain in our pain and suffering or do something to get ourselves out of it.

And there have been no good truth showers through the 20th century other than Jesus himself and the Celestial spirits that accompanied him during the Padgett revelations. With the other revelation relevant to someone growing in truth coming from The Urantia Book. All the rest is just more of the same, it only helping you to stay firmly locked up in your negative state, just merrily going on in your own fantasies being able to believe in such things as 'Christ Collective Consciousness love'. It's another of those meaningless

terms as there is no Christ Consciousness as such, as it's talked about by such people. Just as there is no higher self that we're supposedly striving to be like or can sort of tap into. The only Christ Consciousness one might have is an awareness of who and what really are the so-called Christ's, those Higher descending souls like Mary and Jesus the Creator pair, and the Avonals as revealed in The Urantia Book. And if one longs truly for the truth, then one will come to love Mary and Jesus for who they are and all the help they are giving you, so one will have a natural awareness and consciousness of them. And the only true collective is, those spirits and people seeking to live true to themselves whilst also partaking of the Divine Love. The untrue collective being all the rest - how most people are on Earth and how the mind spirits are.

And as for the 'Higher Self', really what people are trying to refer to when they say that is our Indwelling Spirit of God, or the Thought Adjuster or Mystery Monitor as its called and talked about in The Urantia Book. It being a pre-personality 'bit' of God's spirit that comes from Paradise around our sixth birthday when our minds are fully circuited in the Divine Minister and fully up and running, there to help us should we allow it to by wholly submitting to our feelings, to guide us Godward, home to Paradise. Our Indwelling Spirit is that quiet God voice within our higher mental circuits we might be aware of, and it seeks full union, or fusion with our soul thereby gaining personality - ours. And when that happens, which can't happen whilst we're evil, only being able to happen when we attain a Celestial level of truth - once we've healed ourselves of all our childhood repression, then forevermore is that part of God's spirit united with your soul. So literally in this sense, does God and man become one. And then through our feelings, and NOT with our mind like many people believe, we remain connected to this 'inner God' as we grow and evolve in truth toward the 'outer God', meeting our Heavenly Parents on Paradise.

So our indwelling spirits are in a way the potential we might attain, that being certainly higher than we are currently, and very much greater than our slothing (no disrespect to the sloth) around in our self-glorifying and self-gratifying states of meaninglessness. So if one wants to aspire to 'be' ones higher self, really one is aspiring - or should be - to unite permanently with ones indwelling spirit, and so do ones healing. MJ blog

Open your mind James, do this James, do that James, don't believe that James, are you mad James, we're all one James, we're all the same James, nothing you say is true James, you're full of shit James, you can't be different James, you can't say all that we believe is crap James, that is not allowed James, you have to change yourself James, you've got to be the same as us James, you've got to take charge of your life James, you've got to be the authority in your life James, if you don't make things be as we are James then you're losing

precious time James, you've got to be the one in charge James, you've got to change yourself back to being how we all are so we don't feel bad James, you can't go against us James, you've got to do what we say James, we're all the same James, just you remember that, because you are and Jesus and Mary are the same as us as we're the same as them James, we're all the same James, we're all souls James, we're all at-one James, so you've got to tow the line James, you can't go against us James, you can't James, that is not on James, you've got to be how we say you are to be James, you've got to listen to us James because we know what's best for you james, you've got to say and be and do all the right things james, you can't be a separate and free person james, you're not allowed to be a free thinker james, you've got to think and believe and feel how we do james, you can't be your true self james, you've got to be the false manufactured self we want you to be james, you're ours james, you're ours to do as we please with james, you can't go off on your own james, you have to stay close james, you can't do that james, stop doing that james, stop immediately james, stop it now, do you hear me james, don't do that james, don't say that james, don't be that way james, that is naughty james, and if you insist on being naughty james then you know what will happen to you james, yes that's right, and you'll be sorry james. MJ blog

'You'll get there James', I mean, seriously, what does that patronising comment mean? Oh thank you S... for being so caring of me, when all you're trying to do is take me back into the very evil I've been working my arse off these past sixteen years to get myself out of.

I visited spiritlibrary, and there it all is!, thank you again S..., as now I know where to go if I want to get a good dose of YUK and wrongness. And to see how many views all these peoples articles get, thousand of them... well, what can you say... not much hope really, is there.

I mean seriously, to believe your DNA is being altered to make you some other sort of being or something - blending your physical and spiritual realities, to raise you up into the sixth dimension - it is not going to happen. They are being legged-over big time by the mind spirits. And even the supposed Great Spirits they are speaking to can't keep their promises, telling them it's going to happen, and as it didn't because no one actually feels it, having to pacify them by telling them it *has* happened, they just don't feel it yet. They are way out there in fantasy land. And I thought I had some decent fantasies, but nothing compared to these. We're here in the third dimension to experience that, not to try and leave it ahead of time, that happening naturally when we die and move to live in the spirit worlds. It's like a perverted form of suicide, wanting to kill how you are now and be how you'll be when you're dead in the mind worlds. And all because such people refuse to

accept that they feel bad. They feel bad, that's why they are into all of this sort of mind escapism all under the guise and mistaken belief they are doing something positive for their soul growth - to no longer make themselves feel as bad as do, getting rid of all those unwanted emotions as your new DNA strands 'unfurl'. You feel bad, wake up to that fact! And all you are doing is trying to hide those bad feelings, that is living in major self-denial. And if you do want to heal yourself, then there's only one way to go, to accept those bad feelings, not keep pushing them aside and pretending you're 'Stepping into the Light' and are a 'Lightworker'. Such people wouldn't know what the Light is if it did shine upon them!

I have been there and done that S..., and even though I thoroughly enjoyed it whilst I was in it, now all I want to do is get as far away from it all as I possibly can. It's all so mad, moving way beyond the realm of believability, way off into na-na land. At least what I write most people will reject because it makes them feel bad about themselves, confronting them, confronting that which they are refusing to acknowledge in themselves, all of which shows me that I'm on the right track. No one wants to hear the truth about their childhood repression; no one wants to give up all their false power by letting go of all these rubbishy beliefs these people have on the spiritlibrary site. It's like a big snow ball, building on itself, one day to hit a brick wall, and then what - melt?

And you know, I agree we're to love ourselves unconditionally, however the sad fact is we can't do that having been parented conditionally. And to try and do it, because that's what you have to do - TRY, means you're calling on your mind to help you, which is only going to lead you further up the garden path. And it's not a nice garden path, it's one that is superficially made to look nice and pretty, but if look more closely it's not nice, it's actually horrible, nasty and scary and very unloving and unwelcoming. It's the garden of evil, not the true Garden of Eden, that being which we can only find within ourselves if we strive to live true to all our feelings. MJ blog