

DIVINE TRUTH

Understanding Your Emotional Self

Divine Truth

Discover God's Universal Truth and Receive God's Love

(all information can be found at divinetruth.com)

Preface and Compilation by Pat Stewart

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Preface

This is an independent project undertaken by me and is not associated with Jesus & Mary and the Divine Truth Organization.

This compilation is from a seminar on *Understanding Your Emotional Self* delivered by Jesus (AJ Miller) and Mary Magdalene (Mary Luck) on the 8th & 9th of February 2014 and on the 24th & 25th of May 2014 in Kentucky, New South Wales, Australia, as part of the Relationship with God series.

In *Understanding Your Emotional Self* Session 1, Jesus and Mary discuss how our current state is out of harmony with the way that God designed us to be, how to engage God and our soul emotionally to follow the "Way" to God, how most people currently view emotions, how to learn humility in order to become completely emotional, and the benefits of becoming completely emotional.

In *Understanding Your Emotional Self* Session 2, Jesus and Mary discuss emotions and the "Way" to God - connecting to God emotionally and becoming an emotional being. They also discuss how people act when having a proper understanding of emotions versus an improper understanding of emotions, and how to practice becoming more emotional.

In *Understanding Your Emotional Self* Session 3, Jesus describes how being emotional is not a process, but rather the destination for soul growth. Jesus describes false definitions of progression, gives indications of true progression, and explains the concept of trapped emotions and the processes of forgiveness and repentance.

In *Understanding Your Emotional Self* Session 4, Jesus describes what humility, being truthful and being loving look like from an emotional perspective. Jesus describes his own experiences with connecting to God, he discusses how to develop a desire for God, and reasons for the ebb and flow of desire for God.

The seminars used for this compilation are:

- Understanding Your Emotional Self S1P1 – [February 8, 2014](#)
- Understanding Your Emotional Self S1P2 – [February 8, 2014](#)
- Understanding Your Emotional Self S2P1 – [February 9, 2014](#)
- Understanding Your Emotional Self S2P2 – [February 9, 2014](#)
- Understanding Your Emotional Self S3P1 – [May 24, 2014](#)
- Understanding Your Emotional Self S3P2 – [May 24, 2014](#)
- Understanding Your Emotional Self S4P1 – [May 25, 2014](#)
- Understanding Your Emotional Self S4P2 – [May 25, 2014](#)

To access the links for these seminars you can either go to the [Divine Truth](http://divinetruth.com) website (divinetruth.com) and click on downloads, click on event year, and scroll to the appropriate date to find the video from YouTube.

Or you can go to [The Written Word](http://thewrittenword.ca) website (thewrittenword.ca) and click on the appropriate book under the Books tab. To find the pdf with all the links, click on the Book Title in the Book Details section.

Other than this Preface, I did not write any of the material in this book. All information came from the [Divine Truth](http://divinetruth.com) website (divinetruth.com).

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Understanding Your Emotional Self:

Session 1 Part 1

1. Introduction

Jesus:

What we would like to discuss with you today is a basic principle that we feel is the main reason why no real soul change has occurred for most people who hear Divine Truth. So the subject of today's discussion is part of the Relationship with God series, and we're calling it "Understanding Your Emotional Self".

Now the reason why we've decided to have this chat with you today is because we feel the majority of people still don't understand one of the basic principles of the "Way" to God. And that basic principle is this - without you becoming a fully-fledged, 100% emotional being, you'll never have a relationship with God. Without you becoming a fully-fledged, 100% emotional being, there is no way that you'll ever become at-one with God.

What we would like to talk to you about is how you do that, and the contrast between that and what many of you are currently doing, and how much many of you invest in your emotions rather than actually allow your emotions. We'll talk about what we mean by investing in them in comparison to allowing them. We'll talk about how many of you want to talk about emotion rather than feeling emotion.

No real change can occur without you understanding that your soul is going to be 100% emotional, that you're going to be emotional all the time. Once you're at-one with God, you will be emotional all the time.

2. Our current state is completely out of harmony with how God designed us to be

Jesus:

The first thing we would like to say to you is this. The way you see things at the moment, the way you hear things, the way you interpret things, the way you taste things and the way you touch things, the way you believe things to be with your intellect, the way you analyse things, the way you feel things at the moment, the way you see the universe around you, the way you see God and yourself and others around you - all of it is out of harmony with how God sees you.

Do you know how we know that? Because if it was in harmony with how God sees you, you would already be at-one with God. So what I'm basically saying to you is even the very way in which you think is completely out of harmony with the way God originally designed you to think. The way that you

currently feel is out of harmony with the way God designed you to feel. The key is to not get all complicated about that, but to realize the truth of that - that the way God designed you to be is not the way you currently are. The way you currently are has been completely controlled and manipulated by the environment in which you have lived. And that environment has been completely the opposite way of dealing with anything than the way God originally designed you to deal with everything: completely the opposite.

Now I feel most of us have no concept of that at this stage. We believe the life we currently have is reality, and it's not from God's perspective. It's not. And we are so addicted to this reality that we think that we understand what's being said to us when we have a discussion about Divine Truth, and we don't. What we have instead is even our thought and intellectual processes have been distorted so much by the environment in which we live that it's impossible for us to really understand what's going on; what's even being said to us. We interpret every statement of what's said to us through the filters that have all been distorted. It's like having a great big filter, like a water filter, and having it coloured with mud, and then pushing some water through it and hoping that you're going to get some purity out the other end. And it's not possible, it's just not possible.

So the question then becomes how do we get from that place, where almost every single part of our life has been distorted in some way, where even the very way in which we think, the way in which we feel, the way we see the world, how we see things, even how we taste things, feel things and hear things is all distorted by these filters that have been placed within us at a very, very young age, usually soon after conception? How do we get from that place to being at-one with God is the question. And the answers are really simple but the majority of us don't engage them.

We would like to talk to you today, in particular, about emotion and its impact on your relationship with God. The type of being we need to become if we're ever going to have a relationship with God.

2.1. Free will enables us to choose whether to feel

Jesus:

Now I think of God as the Grand Emotional Being, if you like. If you want a definition of what it means to be an emotional being, God is it. Every single feeling God has is instantly transmitted to every single creation of God's that God has a feeling for. It's a constant flow of feelings that God has, from God to all of God's Creation. Now the only one of God's Creations that doesn't feel that flow is the human soul creation, and the only reason why we don't feel that flow is because God designed us with this beautiful trait that only the human soul has, and that is the trait of being able to determine for yourself what you desire to feel. In other words, free will.

That's what free will is - the ability to determine what you are going to feel. That's free will. Now many of you probably haven't thought of free will that way. You thought of it like the ability to do whatever you want or whatever you desire. But it's also the ability to determine everything you feel for yourself, to determine what you want to feel. That is free will. And when I say feel - emotionally experience. The ability for you to determine what you're going to emotionally experience is a part of free will, the gift of free will that God gave you.

The main reason why many of us are not connecting with God, is because we are determining what we want to feel that's out of harmony with what God would prefer for us to feel, in order to have a connection with God. So it's actually our desire to, in most cases, suppress our emotions that causes us to not have a connection with God. And then we throw up our hands and say, "Oh a connection with God is too hard." But a connection with God isn't hard, what's hard is doing what you're currently doing, suppressing your emotions almost 100% of the time. That's hard. It requires a lot of effort. You get a lot of spirit influence in that place. It just is really; really difficult in that place if you choose to suppress your emotions, but that is an expression of your free will. And God gave you that gift.

2.2. Emotions are essential for every relationship

Jesus:

All of God's other Creations are feeling all of God's Emotions all the time. Now of course, creations here on Earth have a difficulty and that is they also feel all of humanity's emotions all the time. So all the animals and the birds and the other living creatures, even right down to the viruses, and everything, all feel our emotions as well as God's, and this is where a distortion occurs. This is where problems get injected into the environment, if you like, through our emotional condition. And very few of us, at this point, really understand how much our emotions affect absolutely everything around us - everything.

Without your emotions, you can't have a relationship with God, you can't have a relationship with yourself, and you can't have a relationship with any other person. You can't understand or have a relationship with anything in the universe that God has created because all of the things God has created in the universe are dependent upon you feeling something emotionally. You can't understand feelings, you can't understand the primary feeling that you're going to need to understand to grow and that is love, and so your definitions are going to be completely flawed right across the board.

2.3. Our perceptions of reality are distorted

Jesus:

This means that everything you look at, even the way you see it, is completely distorted. So for example, somebody gives you a gift, like us giving the gift of our sharing our time with you, and you come to expect it. You no longer see it as a gift; you see it as something you can demand. That is a distortion of the truth about that. We have these distortions that occur all the time and we are constantly engaged in these distortions with the way we perceive everything. Most of our perception has been totally controlled and manipulated by the filters that we have.

You can think of your brain like a great big processor, like a processor of information. Now I often think of the brain like a computer CPU, a central processing unit. It just sits there, our central processing unit, and what does the central processing unit of a computer do? It just gets information fed to it. And then of course it makes decisions based on the information fed to it. Now, with us, most of the information that gets fed to our intellectual mind at this point in time is totally manipulated and filtered through our emotional condition. So even our thoughts that we have are completely incorrect, in most cases, from a point of view of harmony with love. The things we think are loving, are not. We've got bad data in, you're only going to get bad data out, and bad decision making out of that. That's how it is. And that's the way we need to see it.

Now instead of feeling all heavy about that, there is a very simple way that God made to make all this go away and very few of us are engaging it because we are still thinking that we're already engaging it when we're not. For example, many of us believe we have progressed when we have not; many of us believe we understand Divine Truth when we do not. The only way that you can progress and the only way that you can understand Divine Truth is by feeling some emotion. In fact becoming 100% feeling emotional being is the only way you're going to understand God's Truth.

That's why there's a limitation for people in the sixth sphere with regard to their progression intellectually - because they can't understand anything that God has made; they can't even live in God's Kingdom, the area above the eighth sphere or dimension, unless they make this transition into becoming a 100% emotional being; and most people who are listening to Divine Truth do not even understand that right now, even if they've been listening for six, seven or eight years. They don't understand that. They don't understand how important it is to become a 100% emotional being, to become 100% in that place, where you're always feeling, never thinking, always feeling. When I say never thinking, thoughts will come from the feelings, not the other way around.

At the moment what we have is an intellectually dominant life, and the majority of us still have that. We're completely dominated intellectually. Now we've talked in the past a lot about intellectual dominance, but many of you have not considered that your very way of existence with this intellectual dominance is completely out of harmony with the way God designed you to be. And many of you get complicated about that too. It's not even your fault that it's like that because, by the time most of you were three, four or five years of age, you were taught to think this way, to look at life this way, to see things this way, to hear things this way - everything was based through the emotional filters. But the key is how do we undo it. That is the key.

2.3.1. *Emotions create thoughts*

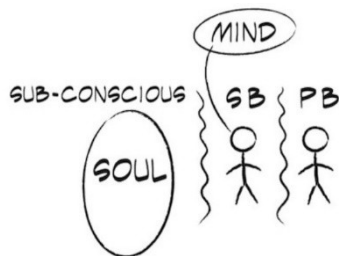
Participant:

I don't really understand what you're saying about the thoughts will come from the feelings.

Jesus:

Perhaps we need to draw a little diagram just to help you with that. I've drawn this before many times, Phillippa, so you know you have your soul, your spirit body and your physical body. The physical body has a brain, which basically physiologically controls the body itself, and controls a lot of the essential processes in the body. The spirit body has a mind, where most of your life experience in your first incarnation - in particular - is stored. So if you're in your first incarnation, the mind stores pretty much most of your experience, as does your soul. Remember there's a cord between each one of these parts, the soul, the spirit body, and the physical body, that feeds information from this part to that part.

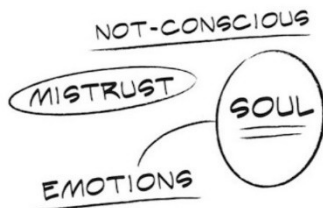
Now, most of us were taught how to think by the way in which your parents think, and you were taught how to feel by the way in which your parents feel. And that being the case, that means that your mind has become the dominant thing in your life. Your parents taught you that your mind should be the dominant thing in your life. But what I'm saying to you is that is not true. What is really true is the so-called subconscious, which doesn't exist at all, but which is actually your soul, which stores all of your emotional experience, is dictating every thought that you have in your mind right now.



The mind, which is in the spirit body (SB) is controlled by emotions in the soul, which is often called the sub-conscious. The physical body (PB) contains the brain. The wavy lines indicate cords between the soul and the bodies.

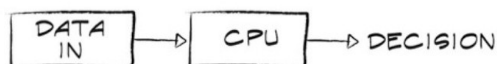
So if I scratch my nose, and someone has taught you that scratching someone's nose means they're lying to you, you will have that thought based on the emotional experience. When the reality is my nose might be just itchy, and that might be the only reason why I'm scratching it.

We interpret so many things based on what we've been taught intellectually. So what's in our soul might be, "Don't trust anybody." So we may have a feeling of mistrust, and then we got taught intellectually by somebody that when a person scratches their nose, it means you can't trust them. Of course that enters you without any logic, because they could just be scratching their nose because it's itchy, but you think, "No, it means you can't trust them," because you've already got an emotion inside of you that's open to the thought that anything might be a sign that you can't trust somebody. So you then automatically become open to that new belief. So your emotions in your soul are determining what you even think, right now. Everything you do is determined by your soul's feelings, of which most of us are not conscious. That's why nowadays, a lot of times there's this reference to the subconscious. And what I'm saying is, "No, no, don't think there's a subconscious, there is just conscious and not conscious." (Laughs) Not conscious is you're denying the emotions you feel but these emotions are still having an input into your day-to-day life.



Emotions within our soul, that we are not conscious of, can cause us to mistrust others

So if you think of your brain like a microprocessor, a CPU, and you've got data in, the data coming in is flawed. Even the way you think is flawed. So, of course, the decisions you make, the things you do, if you could say the choices you make, or the decisions you make through your processing intellectually, are going to be flawed.



Yet you don't believe they're flawed. You think they're right. But from God's Perspective they're already flawed, because the data coming in is flawed. The data coming in comes from the soul and the soul's emotions have been flawed through a process that everyone on the planet has basically gone through and that is from the moment you incarnated, you've had imposed upon you the flawed emotions of your parents, and therefore the flawed experiences.

Now their interpretation of those things in the mind is going to be the natural result of whatever flawed reasoning you have in your soul. So what's going on in your mind, even right now is completely dependent on what's already been input into your soul, up until this point.

If you can see it that way, you can start to see that if you're going to change, what are you going to have to do? The real thing that most of us are trying to do is we are trying to change our mind. That's what most of us are trying to do. We are trying to go, "Oh I've got to do the loving thing here. What's the loving thing? I don't really know, but I think it's this one." There's our mind. See our soul - once we've released all these negative emotions - knows instantly what the loving thing to do is. You won't have to think about it, sit down and worry about it for days on end. You'll just do it because that's the power of your soul; your soul has the power to express itself emotionally all the time. That's where true progression comes from - our soul, not from the mind.

2.3.2. Distorting the Divine Truth

Jesus:

What most of us have done when we've heard Divine Truth is swapped another way of thought for Divine Truth thinking. From God's Perspective there is no such thing as Divine Truth thinking. There is only Divine Truth feeling.

But we've just swapped one method of thinking for another way of thinking. In other words, we're listening to Divine Truth terminology, but it's just really a thought. It's just really another "faith" of some kind that is intellectually based. It's not even true faith, because all true faith is based on the soul.

So what we've done is we've gone along with this and we've said, "Right, okay, I've heard all this stuff. It sounds good to me." And to be honest with you, if you think back over the five or six years that you might have heard it, for many of you it hasn't always sounded good to you, either, if we're honest. But we go, "Sounds good to me, I'll try and do that." But all we're doing is using our mind to attempt something that only, from the way God designed it, can occur in our soul, in our emotional state. This is why many of us are not successful. We're not successful because the actual soul transformation doesn't occur. It's just a changing of our minds that has occurred.

2.3.3. The mind is subservient to the soul

Jesus:

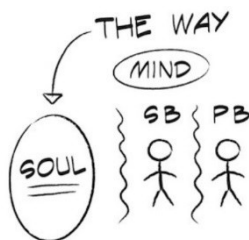
So the biggest problem that we face really is this constant idea that has been drummed into us by our environment that the mind is supreme. You even have religious practices today that are all based around the mind being supreme. Every time we talk about emotions with members of the media, they get freaked out. Honestly people are so afraid of emotions that they don't even want the media to talk about emotions. They worry that somehow you can be emotionally manipulated.

The only time you can be manipulated is when your emotions are out of harmony with what's in your mind. That's the only time you can be manipulated. Now unfortunately for the majority of us, that's all the time. (Laughs) So we can be manipulated all the time because our emotions are completely out of harmony with what's in our mind. We think one way while at the same time feeling almost completely the opposite emotion.

3. The "Way" involves engaging our soul and God emotionally

Jesus:

Now, I first feel that what we need to do is understand the importance of emotions, and what is going to happen to you in your future if you engage the Divine Truth in the way God intended you to, which is the "Way." So if we can call it the "Way", rather than Divine Truth, the "Way" is basically the soul engaging emotionally. With one addition -engaging emotionally with God. Now most people have huge difficulties even engaging emotionally, let alone engaging emotionally with God, someone who they don't, half the time, believe exists, or that they've got a huge amount of emotions about that are negative. But the "Way" is basically emotionally engaging this loving process with God. Not intellectually engaging it, in fact intellectually engaging it is going to be pretty much impossible. God's designed it to be impossible, because your very soul is not intellectual in its nature and that's why it's impossible.



The “Way” involves engaging the soul, not the mind

God wants to connect with your soul, not with your mind. God wants to connect with your feelings, your real feelings. So this is where we have to start asking ourselves what are our real feelings. What are our real feelings? And we need to be honest about our real feelings if we're ever going to make any progress in the “Way” to God. Most of us are not honest about our real feelings. Honesty may happen occasionally in the course of a day, but the rest of the time we're in total denial of our real feelings most of the time, and that's a problem right that we need to sort out somehow.

Now the first way you sort it out is by changing your belief systems. Now belief systems can't really change without the soul being engaged, that's sort of the problem, it's like a catch-22. How do I change belief systems that my soul is not engaged to change? That is our primary problem. Are there any questions so far about that?

3.1. An example of a participant with rage towards her mother

Participant:

I've definitely been one of those people who've used my intellect to control my emotions. What I see for myself and a lot of people attempting the “Way”, is we think we're feeling, and I cry, and I think that I'm doing something. I had an experience only a few days ago with a psychologist who does a particular type of emotional psychology, and I said, "Wasn't that sadness?" And she goes, "No that's anxiety because you don't want to feel what's underneath that." It was a revelation and it got down to the point where I had to admit and feel that I had murderous rage towards my mother and I actually went through a process of what I would really want to do to her ...

Jesus:

... if you could.

Participant:

... if I could get away with it. Even after that process, her standing in front of me afterwards, I couldn't look her in the eye. And she said that you've had that rage since you were a tiny child, and you've judged yourself that you've wanted to murder your mother.

Jesus:

Or your mother judges that emotion, too, of course. So that's where your judgment came from.

Participant:

Okay. So are you saying that she potentially could have had that rage towards her mother as well?

Jesus:

No, I'm saying that she did things to you that created the feeling of rage within you that you couldn't express, and that she didn't want you to express. The problem is not that you had the feeling, the problem is you weren't allowed to express it. The problem with not expressing a feeling is that it gets locked up within you and guides the rest of your life. That's how the unhealed emotions in your soul govern what you think. And to go one step even further, you've preferred to not even think that you've got that emotion for most of your life because that's what your mom wants you to think. So even the desire to avoid the very thought is driven by her desire emotionally.

Participant:

So linking that with spirits, ever since then I've been not sleeping and feeling really quite attacked. Is that because I'm going through a process of initially stepping out ...

Jesus:

Correct.

Participant:

... against that belief?

Jesus:

Yes, as soon as you've ...

Participant:

... and it will feel really uncomfortable when you're confronting those beliefs?

Jesus:

It will, but even the thought that it's uncomfortable is actually something that's out of harmony with the way God designed you to think. The reality is emotions, from God's Perspective, are not uncomfortable. They are just feelings. God doesn't see any of them as uncomfortable. Do you understand?

Participant:

I think I do because it's different. Like I've never felt rage in my body before ...

Jesus:

Correct.

Participant:

... it was a different experience.

Jesus:

And you're afraid of experiencing it, and that's what creates the feeling that it's an uncomfortable emotion. And the fear itself has been created because every time you've experienced such rage in your childhood, you were suppressed in some way or love was withdrawn in some way, and so you weren't allowed to feel it. So even the very way you process anger is distorted by a whole heap of belief systems that your environment imposed upon you. And because of that, we invest in the emotion. Do you understand what I mean by that? What we do is, "Oh, this emotion is terrible, it's so big, it's so terrible, it's so shocking, it's like a monster, and it's really, really bad," and you want to talk about it with everybody and share it with everybody and how bad it is, and isn't it terrible that we've got to go through these things, and that's what I call an investment in an emotion. When we allow emotions, we don't invest in emotion.

Participant:

So we're not going to be sharing all that with other people and wanting to draw them in to that.

Jesus:

Correct, you'll want to just feel it and get it out of you. That's all you'll want to do.

Participant:

And still talk to God through that process?

Jesus:

Of course. You'll need God's help through that process sometimes, but the reality is you can do that even without God's help. You can process emotionally that deep without God's help. It's a bit more painful, of course, but you can do it, but the reality is that's the way God designed us to be anyway. Whether we eventually want God or not, at some point in our future we're going to have to connect to these emotions, to connect to the reality of what we really feel.

Now, of course, your mother doesn't want you to do that in her current state. She's never wanted you to do that, from the time you were little, which is the reason why the entire emotion is locked up in the first place, and the spirits around you are the same kind of people like your mother, so of course they don't want you to do it either; and then of course you're afraid of doing it, which means that all they've got to do is put a bit of pressure on you to stop doing it, and you'll go, "Okay, I'll stop doing it. It's all too uncomfortable anyway."

That's why we get the spirit pressure to change our behaviour back to the original status quo. In other words the spirits around us want us to meet their addictions the way we currently do. They want us to live our life the way we currently do. They don't want us to change because if we change then they won't have their addictions met through us. So of course they're going to try to impose some of their rage upon us, which means we get quite frightened when we are actually making some change.

Participant:

So I'd need to look at my addictions with that wouldn't I? Because I'm just becoming aware of how much I don't want to feel my whole life.

Jesus:

To be frank, most people don't want to feel. In fact, if you had a percentage of the entire population; you could almost say 100%, bar a few people, don't want to feel. (Laughs) That is the normal state of humanity at this point in time.

3.2. Being honest about what we are feeling

Mary:

Can I go back to what you said in the beginning of your story, Vanessa, where you said that the lady who was with you pointed out to you that the feeling that you were feeling wasn't sadness, it was fear and I see a lot of people, because they don't want to get real about what their emotions are - because they have these beliefs and investments -just really taking the approach of going, "Crying equals grief, shaking equals fear, yelling equals anger." That's not my experience of processing. I can cry in rage, fear, and grief, and it's possible to cry in self-punishment, and distraction and having a tantrum, and wanting to just feel like "poor me". And none of those latter things are even helping my soul ...

Jesus:

They're not even feelings.

Mary:

They're not connecting with the truth of what is emotionally inside of me. Recently I've had discussions with people who are saying, "Well I feel like I'm angry, and I went and bashed a pillow, but then I started crying, and that's just me skipping to the grief, isn't it?"

Jesus:

No.

Participant:

I wasn't crying from grief. I just wanted her to stop pushing me to feel.

Jesus:

Correct.

Participant:

I was just like, go, just leave me alone, this is too uncomfortable you're pressing too many buttons ...

Mary:

Exactly. But the point I'm trying to make is that it requires a level of honesty from within us to identify that. To say when I'm crying all of a sudden, I don't even want to feel what that's about if I'm saying, "Oh I'm just in grief." When we really want to connect to our soul and feel our feelings, it's not a mystery what we're feeling, like, "Tears means grief." We're saying, "Wow ..."

Jesus:

We know what we're feeling about.

3.3. Negative emotions are not a part of our identity and can only be released by feeling

Mary:

"Actually I'm crying because I'm terrified." It was wonderful that someone could help you make that little light bulb moment of going, "Just because I'm crying, it doesn't mean whatever." She could say, "It's fear that I'm feeling from you," and that helps you go, "Yeah, I can get more real about what's going on for me emotionally." I see a lot of people avoiding that because they're afraid of feeling and because they have these false belief systems about what it means to feel - investing in the emotion. Or a common issue I've had is identifying with it, saying, "If I'm angry, that means I'm bad and nasty and forever."

Participant:

You mean judging?

Jesus:

Correct.

Mary:

I'm making it a part of my identity. I say, "Yeah, that means if I have anger, I am this person,"

Participant:

"I am the mud."

Mary:

Yeah. Exactly.

Jesus:

Correct, rather than the mud just being something you can wash off. Emotion is the way in which you wash your mud off, not by thinking. You don't do it by thinking, you do it by feeling. Emotion is also the way you accept new truth. So you don't do that by thinking either, you do that by feeling.

So, in fact, the way God designed your soul is that pretty much every single physiological, spiritual, emotional and sexual thing that goes on inside of your soul is completely based around feelings and emotions. Everything. So God designed you in such a way, that when you begin to use your intellect in a dominant manner, that actually all of your processing of different feelings is going to be flawed. It is a purposeful design.

We go, "Isn't this terrible that we've got to feel an emotion." And God's going, "No it's not terrible, it's really good that you've got to feel an emotion." You say, "No it's not. It's really bad. I don't want to feel this emotion." And God's saying, "You need to feel this emotion. Get it out of you, let it go. Let it pass through you, let your self experience it." In the moment, you'll feel like the person who's in a rage; you'll feel like it's your rage. But if you fully experience it, it will pass through you and after the experience is finished you won't feel the rage anymore. But we don't believe that. We believe the emotion is going to make us a permanent rageful being, or permanent murderer, or permanent shameful person, or a permanent crier all the time; the things we hate from our emotional experience in our childhood. We're worried that our emotions are going to make us that permanently. It's impossible. You will become a 100% emotional being where you let every emotion flow as it occurs. When you do that, there is no possibility of any emotion being stored in you.

3.4. Being honest about what we are feeling (continued)

Participant:

I've had a lot of resistance to crying even though my maternal grandmother was overly emotional, and she used to cry, "Oh do you love me? I just need my family to love me."

Jesus:

That's a drama queen, that's not crying.

Participant:

Yeah, but what I'm just learning is that that is the addiction. That's me not having the tantrum, "I want this from you, and I'm not getting it." So I've been judging crying and emotions for so long because I didn't want to be that person.

Jesus:

Yeah, God doesn't want you to be a drama queen. God just wants you to allow all the emotions that are there to flow through as they are. Now when your mom or your grandma is going, "Oh do you love me? You don't love me," crying, she's not expressing her true feelings, which are that she feels no one loves her. She wants you to love her, so it's just a demand coming out of her, and she's learned to be emotionally manipulative by crying it. That means that everyone goes, "Oh, isn't that terrible, yes we love you," and she gets some of that emotion satisfied. But it is all fake. At the end of the day she's not feeling the emotion that's going to cure her, which is feeling that nobody cares about her, and which comes from her childhood, of course.

So this is our problem - we can go through emotions but it doesn't mean that we're making any changes at all. We've got to be real about what they are. We've got to actually feel the actual one, the real emotions, not the ones that are the facade. The facade is just a figment of our and our environment's creation. And this is what we do; we often live in it for the rest of our existence.

Even right to the time we hit the spirit world, we're still living in it, and then you get to the spirit world and you look at your body and you say, "Yeah, gee whiz, it's looking pretty bad, maybe there's something wrong with me." Now that you can see it, you start feeling there might be. But before then, even though we're getting old and decrepit and our hair's falling out and we're getting wrinkled up and we're getting diseases and sicknesses - we still don't think it's something that we've done. We don't see it as something that's out of harmony with love that exists within us. We see it as something external, as always, because that's what our environment taught us to see.

You think of the average person on the planet when there's a grasshopper plague, what do they blame? They don't see it as their soul created it. They don't see it as their choices with regard to the food habits, and their choices with regard to how they develop food production is all contributing to that plague. They don't see any of those things. They just go, "It's terrible, the plague, isn't it terrible." It's one of these "acts of God" that we blame. As if it's an act of God - no, God doesn't create such acts. We need to start seeing things very differently if we are going to progress, that's the reality.

3.5. Being emotional is essential for progression

Jesus:

I just want to make the comment that if we can just remember this one statement: that the way we do everything currently is completely in disharmony to the way God designed us to be. This is why we have so much pain; this is why we have so much suffering. Because the way that we live

and the way even that we think is completely out of harmony with the way God designed us to be, and we need to bear that in mind.

So every time you want to think you've progressed, and you haven't progressed, that's just a thought. It doesn't mean anything. Thoughts can also come and go, but unfortunately for most of us, we don't get rid of the reasons why they come and go, which are all to do with the emotions we're still holding on to.

I can't highlight enough how essential it is that we understand, that we get this very basic understanding about emotion, that without it, progression is impossible. And it's not a process that you're going to go through, and we'll talk about this now - how we currently see our emotions. What we want to do is compare how we currently see our emotions with how God sees emotion. And once you see the comparison, you'll start understanding where you have engaged the world's viewpoint of emotion and where that needs to change.

3.6. An example of a participant who wishes to avoid emotion and emotional stimuli

Participant:

When I start watching movies now, even a light comedy, with the way that the women treat the men, I don't want to watch the film. If it's too violent, I feel the violence in my heart. David Attenborough documentaries, killer whales chasing seals - everything's too violent. I normally walk away or I switch a film off if I have a view I can't watch this film. But I feel like if I sat and I was emotionally open to just how violent everyone is to each other in nature then I wouldn't be able to ... like that's my fear of how would I live and engage and watch a movie. My entertainment is gone, I don't like going to the movies. I can't listen to music, like the women singing sounds like she's angry. Everything's getting distorted.

Jesus:

Yeah. Well, can I point out though, the way you're seeing this you're investing in your emotion. You're basically thinking that if you feel about how the violence of the world, that in the end you'll believe the whole world is violent.

You're already living in it anyway. The reality is the world's violence is not going to change because you see it. You either choose not to see it, and you do choose at this point in time to not see things, so that you don't feel. So if you chose differently, if you chose to feel what you see, you have a chance to heal, to heal inside of yourself.

Participant:

So that would be the experiment of going, "All right Laura, this is now all coming at me." It's just been the past maybe two weeks that it's amped up, and just going, "All right, it is bad, and if every movie, every music, every word that's spoken ..."

Jesus:

The world's a lot worse than you think it is currently. Yes.

Participant:

Yeah. And these aren't bad movies, like I'm not watching bad horror; I'm just watching normal TV or normal documentaries or something.

Jesus:

Yes. It's like horror movie right there on my TV and it turns out being the 6 o'clock news.

Participant:

There are all the little judgments that you're just talking about that make us enter the thought of why we can't feel because then we're going to be emotionally unsocial, like unsociable, or we'll be ...

Jesus:

Yeah, see all you're doing is you're again making some flawed intellectual choices. You believe that feeling the emotion that the world is violent is going to somehow mean that you're just going to be stressed out about living in a violent world for the rest of your life. That's not true, but that's what you believe; that's what you've even been taught to believe. So your way of addressing emotion is basically ignore it.

Participant:

Yeah walk away.

Jesus:

Yeah. Ignore it, make it go away. Get out of it somehow. That is again the flawed way in which your mother, in particular, deals with emotion. And your dad too, if you think about it - he does the same.

Participant:

Dad walks away, yeah.

Jesus:

He walks away even more than your mom does, because she'll have a good fight first. This is an indication that you've just taken on even a flawed way of handling your emotion. This is the key thing with regard to our emotion. But all you're basically doing is saying, "If I avoid the situation, it goes away." And it doesn't. In fact any situation you generally avoid gets worse.

Participant:

That's actually a beautiful opportunity because I just don't even have to get out of my own house. It's music, and it's an opportunity to feel how violent we all are to each other.

Jesus:

Yeah. And once we feel through that, the feelings in our childhood of violence that occurred to us will release and then you'll see some beauty in the world after that. And if you don't see it in the world, you'll at least have it in you.

Participant:

And have faith in that.

Jesus:

And then the rest of the world will see it.

Participant:

And that faith that can only come through going through the process.

Jesus:

Correct. And most of us feel like we don't want to go through the process so we don't. So we never make any changes. And then we're five years down the track after hearing Divine Truth, we look back at it all and we go, "Oh, yeah I don't know how we're doing really. I don't think we're doing any good. I know I haven't changed much, but I don't know what I can do about that." And then after a while, after you start feeling that, you feel, "Oh, it's all pointless anyway." This is why a lot of people finish up leaving what they thought initially was the truth. They leave it because they haven't done any emotional change. Yeah.

Okay. So how are we going so far?

Participant:

You're rocking my world a little bit.

Jesus:

I'm rocking your world a little bit. (Laughs) Yeah. Well we need to start seeing the importance of becoming an emotional person. Most of us don't see it like that, and this is what we'd like to talk about with you now; how we actually see it now. How we view emotions now, and I think when we discuss this section with you, you'll connect with this as how most of you feel about emotion. And even these feelings that we're going to discuss with you about emotion are an indication about how much our whole concept of emotion has been distorted, and how much it's interfering with our progress towards God.

4. How most currently see emotions

Jesus:

This is about how we see emotion. If we just have this as a bit of a preamble first: if you consider that all the stuff I've taught you about Divine Truth, I've taught you a lot about emotion, about the necessity of getting into it and the necessity of processing and so forth. Now in the process of that, the majority of you now have a belief about emotion which is false; and that is you see emotion as the process, and you see being without emotion as the end goal. So the first thing I'd like to raise with you is seeing emotion as a process.

4.1. Seeing emotion as a process

Jesus:

When we see emotion as a process, we're seeing it as something we've got to do in order to get somewhere else. So if I can liken it to travelling to a city, like here in New South Wales, the capital city is Sydney, and if I'm travelling here from near Armidale to Sydney, I've got to follow a process to get there. Usually there will be a vehicle that I get in of some kind, so I've got to get in the vehicle; I've got to have fuel in the vehicle; I've got to have some money to buy the fuel. So all of these things are all part of the process of me getting this car ready. And once the car is ready to travel the five hundred kilometres from here to Sydney, then I'll get there in the end, as long as I follow that process.

That's how you see emotion at the moment - the same way. You see emotion as the process to a destination. A process you've got to follow to get to the destination and what I'm saying to you is emotion is the destination. So instead of seeing emotion as a process, what we need to see emotion as is the destination; it's where we're going to be in the end.

But we don't see it that way. We see emotion as a process to reach a destination that we have no idea what it is, at this point, because we're just guessing, because you've never been there before. It's like you've never been to Sydney before, so you don't know what it really is like, but you might have seen a few pictures before. You followed a process to get there: getting in the car, paying for fuel, driving the five hundred kilometres, or whatever it is, to Sydney. For all those kind of things you've done, that's following the process and you've got to your destination.

Now I'm saying, no, emotion is your destination.

So what's the process you've got to get to, to get to that? That's called the "Way".

Mary:

I see a lot of us accustomed now to this teaching, "There was stuff suppressed in my childhood. I've just got to get it out of me, and then I'll be good. I'll be fine." The truth is really, what we want to teach everyone, is that that happened, absolutely, but the way to get it out of you is to change you state back into the way that God created you to be. So in your childhood your natural state was suppressed, and your natural state is emotional. So embracing the "Way" means embracing your natural state again and in that process, all of the backlog of unfelt emotions will come out of you.

But also, all of your emotions about right now will happen, and all of your future passions and dreams - that will all be emotional and you'll live the rest of your life in this very emotional, beautiful state.

So I see a lot of people saying, "Right, I've just got to get rid of the backlog, and then it will be just like all Zen, everything's just going to be groovy." But the truth is, this is where I feel, and I might be jumping ahead, the Law of Attraction really comes into its own. The reason God created the Law of Attraction is so that if we are able to respond emotionally to what comes towards us, naturally the emotions of the past will be released.

But the way I see everyone engaging where they see emotions as a process, and they're still very mind dominant, is analysing what comes towards them through the Law of Attraction, based on the belief systems that are acceptable to them from their childhood experience, and the emotions they think they're allowed to have, based on the beliefs from their childhood experience. They go, "Okay, that happened, that was with a guy, it was probably about my dad, what am I comfortable thinking about my dad, or feeling about my dad, yeah, I think that was an attraction event based on that." You can see how you haven't even engaged emotionally with the attraction. This is why Jesus is always so passionately, beautifully saying, "If that happens, go and feel about it. If that happens, go and punch a bag until you feel something else." Don't sit and try to analyse it.

4.1.1. *Being emotional is the destination***Jesus:**

Can you see what we're saying about the destination versus the process? If you examine how you've considered emotion at this point, for the majority of you can see that you've viewed it as a process to reach another destination. You don't see it as a way to become a completely 100% emotional being. Because you sort of don't see that that is what it means to be at-one with yourself, to actually be 100% emotional being, you will become at-one with yourself. Not at-one with God. To become an emotional being at-one with God, you need to have all of God's emotions within you about a subject. That is obviously an additional process to this but both are necessary with regard to your progress.

Participant:

So can I just clarify, I think that's what the mind wants to do. You have to feel your anger, feel the addictions, and then you get to the causal grief and then you'll be more loving, and it's like this; the process is to get to the end destination.

Jesus:

Yeah, so, the question then becomes why did I explain that process to you?

Participant:

Because it is the truth and it is a process that we'll have to go through.

Jesus:

Correct, but have I ever said to you, you should go through that with your mind.

Participant:

No.

Jesus:

No. What I've said each time is a feeling is above a feeling is above a feeling. Isn't that what I've said?

Participant:

Yes.

Jesus:

So once you learn how to feel any feeling, can you see you'll have no problem with the process?

Participant:

I guess what I'm asking is the end destination isn't to be even more loving or at-one with God, but it's to be an emotional being, where you're just being. Is that what you're saying?

Jesus:

No to me the end destination is to be an emotional being that is completely at-one with God. So I'd add the additional "that is completely at-one with God." That's my destination; it doesn't have to be yours. You've got free will.

Participant:

So when you say the destination is to be an emotional being, you're not saying that's there's always going to be emotions.

Jesus:

No, there is always going to be emotions. Always. If you're at-one with God, there is not a single moment in your day where you don't feel something.

Participant:

But they're just good emotions? (Laughter)

Jesus:

Well of course - you're at-one with God. But if you have not learned how to feel, you wouldn't be believing they're all good emotions. To be honest with you, for many of you right now, if we got you and we shoved you in the Celestial kingdom, you'd be bawling your eyes out most of the time and feeling it's very traumatic to live there.

Mary:

Which is why God creates places where you feel more comfortable.

Jesus:

The lower spheres are where you'll feel more comfortable. Because you're used to suppressing emotion, no one in the Celestial spheres wants to suppress a single emotion. Ask Mary what it's like living with me, and I still suppress emotion. You imagine what it's like living with a person 100% of the day, where they don't suppress any emotion. None of you really even have a concept of what that's like, to even live with such a person. But that's why most of you would be in intense pain living in the Celestial spirit world at this point because the emotion coming from everywhere around you tells you to feel everything, and you don't want to feel everything.

4.1.2. *Our choices determine when we will feel***Participant:**

And that's why the Law of Attraction is giving us the opportunities now that are within a loving ... it's loving for us to be experiencing what we're experiencing, because this is what we're ready for.

Jesus:

This is what we've chosen. You keep using terms "ready", Laura, it's not "ready". It's chosen. See "ready" is a way of thinking that says, "Oh, something external to myself makes me ready." In other words, it's a way of blaming something else on your own use of your will. The reality is you chose to deny. That's a choice. That's an exercise of your will. It's very, very different once you start understanding this. Every time you use the word "ready", you're basically saying that you're not responsible for making a different choice. You will become ready through some external event occurring, during which will actually cause you to be ready. No. You are ready right now as long as you make the choice.

Most of us don't make the choice and that's why we think we're not ready. Most of us are going, "I don't want ..." and then we say, "I'm not ready to cry about that yet." No, you don't want to cry about that yet. See it is a choice. (Laughter) You don't want to cry about it.

With the earlier example you gave, with your mother, you don't want to feel the rage with your mother. It's a choice made. It's not that you're not ready to feel it, it's been there ever since you've been a child, one to three years old,

getting suppressed all the time. There's been so much built up rage in you, you'd love to get rid of it - at some level, the child would have loved to get rid of it. But now you're making a different choice. You don't see it as a choice.

Mary:

And it's a symptom of fear to want to deny our choices, to say that we don't have a choice. Fear likes us to say, "Oh no, it's too hard, you can't."

Jesus:

I'm not ready.

Mary:

"You're not ready." But really that's just a product of fear.

Participant:

God gives you what you're ready for though.

Jesus:

Yeah.

Participant:

You only get what you're ready for.

Jesus:

Yeah. Well that's a lot of crap. It's a lot of New Age mumbo jumbo to be honest. It is. You get what you desire; you get what your will expresses.

Mary:

Every one of God's Laws interacts with your will. So, yeah. God wants us to understand the gift of free will in every way, and so, when our will alters even slightly, God's got a law ready to interact with us in a new way. So that's why the Law of Attraction brings us new types of events suddenly, because God can feel, "Oh, there's something changed in the will, and so I've created a law that's going to help you with that right now."

Jesus:

Yeah, everything's custom made with God.

Mary:

Awesome design.

4.2. Symptoms of viewing emotion as a process

Jesus:

I wanted to flesh this out a bit more.

Mary:

Yeah some of the symptoms of things that happen when we view emotion as a process.

4.2.1. *Viewing emotion is a chore, duty or temporary state*

Jesus:

So what are some of the symptoms, do you think, of seeing emotion as a process? It's a chore, rather than a desire.

Mary:

A duty rather than a desire as well.

Jesus:

It's a duty not a longing, yeah. What else?

Participant:

It's temporary.

Jesus:

Seeing an emotion as a process, yes.

Participant:

Like you only have to do it for a little while, and then ...

Jesus:

Yes, so you feel it's temporary, rather than a permanent condition. Yeah. Very true. Anything else you can think of?

4.2.2. *Viewing emotion as a concept rather than an experience*

Mary:

What about if you use the analogy of driving to Sydney again, if you've never been there? Say you've never even driven a car, and someone says, now you've got to get in the car and drive to Sydney, what might you want someone to give you?

Participant:

Get directions and help, and tell me everything they know about it first, so that I can be prepared.

Mary:

And give me an instruction manual and break it down bit by bit.

Participant:

And where will I go through? What are the towns I'm looking for?

Mary:

Yeah.

Participant:

Did I get it right? Have taken the wrong way?

Mary:

Exactly.

Participant:

Which way is the best way to go? Which way do you think? Should I go every way?

Jesus:

Do you notice all the questions you asked me, aren't they pretty much all of those kinds of questions?

Participant:

Yes, all the time. I'm not finding out for myself.

Jesus:

Yeah. How do you find out for yourself?

Participant:

I've got to feel it.

Jesus:

No.

Participant:

I've got to go there.

Jesus:

You've got to go there. (Laughter) That's how you do it.

Mary:

Be present while you go there.

Jesus:

You go through the experience. So one is a list of instructions, or concepts or ideas ...

Participant:

And the other is my personal experience.

Jesus:

... rather than experience. This is why hardly any of you know how to apply love in any situation. Did you know that? We see you constantly being unloving, even sometimes directly after you've heard in a session like this what love is all about; you are unloving, straight afterwards, while we're still here. That very frequently occurs. And that's because all I'm doing is presenting concepts to you. That's all I can do. I can't make you have the experience because the experience is your personal experience.

You've got to go through the experience. When you go through the experience, it will no longer be just a bunch of concepts that you sometimes know how to use and sometimes don't, and sometimes get mixed up. It'll be

a very firm experience in that you'll know when you're being unloving, and you'll know what it feels like; and you know when you're in addiction and you know what that feels like; and you know when you're trying to hurt somebody else and you know what that feels like. It won't be just something you guess about anymore.

4.2.3. *Taking action rather than repenting*

Participant:

This is why it's so important that when I have a tendency to do something unloving, I go into fear and try to fix it, and take this big action whereas if I actually just felt how horrible that felt, I'd probably be less likely to do it again, because I know it feels terrible.

Jesus:

Correct.

Mary:

And also you'd naturally be drawn to correct it in a way that's loving, rather than based on fear of making a mistake or wanting to appear good to others still. If you really let yourself feel after you've done something, you'd go, "Oh that felt bad, I don't think that was loving on my behalf," and let yourself really go into that emotionally, then you naturally then start to see, "Oh I know the best way to correct this" because you see more truth about yourself, and the situation.

Participant:

Often you just create another terrible situation.

Jesus:

Of course, because the very way you think is already flawed and all the emotion is still there that governed the way you think and of course you're going to take an action based on the way you think that is all flawed and it's all going to create another flawed response, and another one and another one; and lo and behold it does. And after twenty years then we go, "This isn't working. AJ is doing something wrong with teaching us what we're teaching." That's what we do. We even blame the source of the information rather than go, "Actually I don't feel love yet, otherwise if I felt love I'd know what to do here."

4.2.4. *An illustration of feeling afraid of losing things*

Mary:

AJ and I had a beautiful conversation a couple months ago. We were discussing fear, and I was quite in a stuck place. And I just adore my man's honesty because he said to me, "Look, what are you afraid of ... losing your friends, being ridiculed, being out of control, not having a relationship with me ... honey, you've lost them all already. It's already happened." (Laughter)

"Stop living in fear about what's going to happen, because it's already happened."

Jesus:

Because Mary was saying to me, "I don't know if I want to feel that because if I feel that, you might not like me anymore, and you might leave." And I said, "We don't have a relationship anyway, right as it is. I'm not getting the real you, so we don't have one anyway. We've already lost the relationship. So why are you worried about losing something you've already lost?"

Mary:

It's not even there in the first place. A lot of people get anxious, and come and ask me, "What's the most loving thing to do in this situation? How can I be loving in this situation?" And lately I feel like saying, "It's already happened, you're not loving. Now we've got to work from this point, and start feeling so that we can really know what love is." Again it's a product of fear that tells us I've got to safeguard against possible unloving, unhappy things happening and yet we're not often facing the truth that it's already like that. We can connect to that and move on from there but that's the only way we're going to move on from there.

Jesus:

If we look at things realistically, many of us are afraid of losing our families. But the majority of us lost our families when we were three. Many of us have not had a sincere interaction with our families since then, so we've already lost them. How can you think you're losing something that you've already lost? There's already some kind of malfunction in the CPU to think that. And if many of us look at most of our life, that's what it's like.

Many of us are worried about losing the relationship we're currently in, isn't that not true? You're worried about who your soulmate is, that it might not be the person you're with. The reality is most of you don't have a relationship with the person you're with - you have a bartering system with the person you're with, and to be frank, you need to lose that if you're ever going to be happy. It's going to have to go.

So we often fool ourselves into thinking we have something, and sometimes we even say to ourselves things like, "Something's better than nothing," which is a very sad way of thinking I feel and I can't agree with that. If that something is very bad, it's angry, sad, and all these other things, it's not better than nothing. You're better off having nothing than that but God's offered you this concept that you're actually able to have happiness, which is more than that, as well. And we often just justify something is better than nothing as a justification. It's not a very clever or logical justification as a reason for choosing to not feel an emotion.

Mary:

Yeah. It's like you can't hold two things at once in the same hand. If you've got a bad situation and you're holding on hoping, if I do this other thing then I'll get approval, without feeling it and being willing to let it go, you don't make any space for the good thing to come.

Jesus:

And you know that from a theoretical idea, but most of us aren't doing that in practice, we just hold on, hold on, hold on, hold on! (Laughing) And it just gets worse and worse and eventually we go, "I can't hold on any more." You should have just given up holding on twenty years ago. You would not have lost twenty years holding on.

4.2.5. *Hoping rather than accepting reality***Jesus:**

This is what we also do - we put off things, we hope, in this place, we hope - rather than feeling reality. Do you know what I mean by that? Like we live in our hope, rather than just accepting reality. These are all the results of seeing emotion as a process.

Participant:

I think I've just experienced that this morning.

Jesus:

Have you? How?

Participant:

I've realized that, well to a degree both of us have, that maybe I'm not a gay soul. I've been hanging on to this thread that maybe it's not true. Maybe it's not true. And that if I don't let myself accept that, then I don't have to feel everything else that's out there coming at me.

Jesus:

Yeah.

Participant:

Because I am a gay soul. And I realized that means, because I'm hanging on to that hope, none of my relationships are real. Not with myself, not with Kerry, not with God, not with any other person that I ever meet.

Jesus:

Now can even make it worse for you? Can I even make it worse for you? You might go through this feeling and realize you're not a gay soul. (Laughs)

Participant:

That too.

Jesus:

That's how amazing our emotions are. When we let ourselves feel them, we can go through feelings that we 100% feel at the time, but because we pass through the emotion, in the end we come to the truth. And we need to allow this process to occur.

So yes it's a sad thing that you've been hoping that you're not something. But that's a terrible thing, no matter what it is. If I'm hoping I'm heterosexual, when I'm not, or if I'm hoping that I'm gay when I'm not. Either way, it's just holding on to something. When we see emotion as a process, that's what we do. We hold on to concepts, we prevent the emotion from flowing.

Participant:

Yeah, and that's what I realized this morning.

Jesus:

Yeah. It's a good realization.

4.2.6. *Being afraid to be wrong***Jesus:**

Is there anything else that you can think of as the results of seeing emotions as a process?

Participant:

What I see now is that's highlighting a block for me, is all of this, because I have this thing about "What if I'm wrong?" And hearing that everything is wrong, everything I think is wrong, everything is wrong, it's like, well I don't want to see how wrong I've been. It's a mess because if I was wrong, I was punished. I had to be right.

Jesus:

Yeah and God doesn't punish you for being wrong. That's the other thing of course. But we don't even realize that until we go through that feeling.

Mary:

Eloisa and I had a good discussion the other day where she was saying, "I'm so afraid that what I'm feeling might be spirits' feelings, and I've got to feel my feelings, and ..." She was really, really panicking and I said to her, "Just feel now, and if it's spirits' feelings, that's the only way you're going to know. You're going to discover the truth by just letting yourself feel, and then you'll have learned something about what it feels like to feel spirits' emotions versus your own." But there's a huge fear on the planet of, "Oh, what if I get it wrong? What's going to happen to me?" And actually, God designed this awesome experiment which means that, yeah, you're going to get it wrong before you get it right probably.

Jesus:

And I don't even think it's God's experiment. God doesn't experiment with us.

Mary:

No, sorry, I shouldn't say that.

Jesus:

We're the ones that experiment with God's Reality.

Mary:

It's an experiment for us. Yes.

Jesus:

From God's Perspective, this is the reality of your future existence. And yes, what you're saying is very true, most of us are so worried about getting something wrong that we're not prepared to feel anything. We're not prepared to feel anything because we are worried that even the feeling might be wrong.

Participant:

And that our whole life has been wrong. And what's the point because it's just been a waste of time.

4.2.7. *Feeling that life is pointless***Jesus:**

Yeah well, to be honest with you, yes. For the majority of us our whole life has been wrong and what has been the point, yes, I agree, there's been no point.

Mary:

But avoiding that feeling doesn't help us get to a life that is a point.

Participant:

Yes, just want to avoid it forever, sort of thing.

Jesus:

Yeah, and the reason why a lot of people commit suicide on this planet is because they do feel that their life has no point. To be frank, most of us on the planet need to feel that and most of us are suicidal most of the time because we do feel that as a feeling. We do need to feel that feeling that there is no point. The reality is from God's Perspective there is a point, but you're not going to feel that until you get rid of this feeling that there's no point.

Mary:

You spoke very beautifully about this I think in the event that we had in Texas late last year, where you talked about addictions and why a lot of us feel like we don't want to break them is because actually underneath we feel

like we're powerless and it's hopeless. This is very closely related to that feeling that there's just no point.

Jesus:

Yeah. So this is a part of us seeing emotion as a process, seeing it as a process rather than the destination. In other words if you're focused on emotions being the destination, can you see that it would change your concept of what you do every day? You wouldn't be trying to prevent emotions every day if you saw emotions as the destination; but seeing emotions as a process means that you're trying to use the process to reach a different destination.

This is where I feel many of us have made this mistake, once we start talking about emotion and we start seeing emotion as a process and then we're not seeing it how God sees it. Emotion is the way God created you to be. That's the expression of you. That's the expression of your experience. That's you having the experience. Without it, you can't live. Without it, you can't experience anything. Without it, you can't feel. Without it, you're not going to enjoy anything. Without this experience that's emotional.

4.2.8. Wanting control rather than allowing

Participant:

We also want safety and control in the process, wanting to know what's going to happen if we actually do move through it. So we're trying to control the whole event, so to speak.

Jesus:

Yeah, seeing emotion as a process causes us to try to control the emotion. You're trying to predict what the emotion will be.

Participant:

What it's about.

Jesus:

Yeah, so you control rather than allow. That's what you do. As soon as you see it as a process, you will control it. You will try to manipulate it. You will try to trigger it.

4.3. "Processing" emotions and getting "triggered"

Jesus:

I constantly get people asking, "So do you go there to trigger the emotion?" "Go there to trigger the emotion"; some of this terminology bothers me. I know we use it, but some of the terminology bothers me because even the terminology is flawed. (Laughs) This whole concept of "triggering an emotion": no, you are an emotional being. If you're 100% emotional being, how do you trigger an emotion that's already being experienced? There's no such thing. So triggering an emotion is only a concept we have because we

don't feel emotion. If we felt emotion all the time we wouldn't be using the word "trigger" an emotion because we'd be feeling it anyway. There's no need to trigger anything because you're already feeling it.

Even the way we see all the terminology bothers me a lot, as I've said to Mary many times. I sit down and I say, "Look, you know this whole 'emotional processing' word, what's that? I don't get that." It's a term that I use that has now been turned into something different. To me processing an emotion is feeling an emotion. It's not actually a process. Do you see the difference? Now it's come to mean a process. And I'm going, "It's not a process - it's feeling the emotion."

That's why lately I've been using the term "experience the emotion" rather than "process the emotion". It means the same thing really, at the end of the day, but the problem with using the term "process an emotion" is people then think that it's a process, and that's not what I'm trying to say at all. It's not a process, it's an experience, and this is the trouble with words.

4.4. Being emotional is the destination (continued)

Jesus:

This is why I used illustrations a lot in the first century, because the only way I could get to describe something to somebody was to do it in a picture. So you know the picture that I just gave you of destination versus getting to the destination; that's a picture that you formulated in your mind. I did that to try to help you understand that the destination is being an emotional being. That's the destination, being an emotional being who is also in harmony with love with the way God Loves. That's the end destination for me. And what I'm trying to say to you guys is, look, see that as the destination, don't see sort of zenned out and cool as the destination, and up until then it's an emotional process. The destination is, you will be a 100% emotional being, that's the destination.

And the real question is how do you do that? How do you become this 100% emotional being? From being totally numbed out, zoned out, tuned out, rageful, angry, facade-y, to becoming that person, how does that happen? That's the real question. We'll cover some of the points about how we do that. But we first need to understand where we're headed. And I feel for many of us we haven't understood where we're headed. We've thought that being at-one with God is some kind of place that we believe is going to have some magical properties and one of the magical properties we feel it will have is that we won't have to experience any emotion.

Mary:

All that traumatic stuff will be over. We won't have to solve any more.

Jesus:

You will experience emotion, you'll even cry for joy when you're at-one with God. You'll do it quite frequently, actually, and you'll be completely comfortable with it. You won't have to go to your next door neighbour and say, "Oh, I've had this terrible experience where I was just crying for joy." (Laughter) You won't even have to discuss it with anybody, it'll just happen.

The thing is we need to see that that is the destination, rather than imagining some other destination. The problem is that many people who have left the path of Divine Truth haven't seen this: the main reason why people leave the path of Divine Truth is they become exhausted, and the only reason why you ever become exhausted on this path is because you don't do it.

If you truly engage all of your emotions, which was the way God created you to naturally be, you're going to find it easier, not harder. If you're finding it harder, it means you're not doing it. It actually is a relief to do it. Your whole body feels relief, your soul feels relief. Everything feels relieved to do it, to actually connect emotionally and you don't care whether it's, what we classify as a "negative" emotion or a "positive" emotion. You just feel the emotion. That's what you do and when you do that it all passes through you and so you're left with a lot of energy; you're left with a lot of joy as a result.

If we have no joy it's because we're getting stuck in the process, we're not seeing the end goal; we're not seeing that this is about me learning to be an emotional being. Not only learning how to do it, but allowing my capacity to do it to continually expand for the rest of my existence.

Your capacity to experience emotion right now is very limited but what God's trying to help you do is become a person who experiences emotion 100% of the time. Once you get to that point, and if you've done this with God, you'll be at-one with God by that stage, that's only the start of the journey. The next part of the journey is learning how to expand the emotional abilities so that the power of the emotion becomes so intense that it affects everything around you, it affects everything inside of you, it determines what happens the rest of your life. You keep growing and expanding in your capacity to feel. That's what your soul growth is all about actually; growing and expanding in your capacity to feel.

If you receive Divine Love, your soul has the capacity to continue to infinitely grow in how you feel. If you do not receive Divine Love, your soul has a limited capacity to feel, but it still is about how you feel but it won't be as powerful as feeling when you're in this unlimited process and that's the primary difference between engaging your soul from a sort of a natural way, without God, and engaging your soul with God. The primary difference is the ability to grow infinitely, the ability to live in immortality compared to the ability to have a limited growth to the sixth dimension, and no immortality. And God's Love causes the difference between those two states.

But in the end you're still going to have to grow. You're still going to have to feel.

4.5. Symptoms of viewing emotion as a process (continued)

4.5.1. Viewing emotions as fear and pain rather than joy and freedom

Participant:

Just another add to that. I feel it's going to be fearful and cause pain.

Jesus:

Okay. Fear and pain. How many of you feel that it's going to be fearful and cause pain when it comes to thinking an emotion? Rather than what?

Participant:

Joy and freedom.

Jesus:

Joy and freedom.

HOW WE SEE EMOTION

1. SEE EMOTIONS AS A PROCESS
 CHORE RATHER THAN A DESIRE
 DUTY RATHER THAN A DESIRE
 TEMPORARY RATHER THAN PERMANENT CONDITION
 CONCEPTS RATHER THAN EXPERIENCE
 ACTION RATHER THAN REPENTANCE
 HOPE RATHER THAN REALITY
 CONTROL RATHER THAN ALLOWING
 FEAR AND PAIN RATHER THAN JOY AND FREEDOM

Like I look at most people's lives who are feeling emotion as a process, and I go, "Wow you make it so complicated. Your whole lives are so complicated, honestly." What I would think is a simple thing to make a choice or decision about, many of you worry about it for days or weeks or months or years and some of you don't even make the decision. I've seen some of you waiting to make a decision for five years that you still haven't made and I go, "Why are you making your life so complicated? It's just a decision." It's just an emotion. You have to go through a bit of pain maybe, but that's just a feeling that will pass through you.

Many of you feel you invest in it so much that you believe it's how you're going to be the rest of your existence. You believe the pain's going to be forever, the fear's going to be forever, that all these things are going to be forever. It's not like that at all when you truly engage your emotions. It's much more simple than that. It's much more enjoyable.

Mary:

You said something great to me the other day, you said, "The way God's designed it is that if you feel something that's in error, really feel it, and connect to it, it's going to dissipate. If you feel something in harmony with God's Truth, it's going to grow, it's going to continue." And that's awesome. You know that if you just connect, God's designed it that it's going to leave you. If it's in error or if it's pain or fear, it's going to leave you. You just have to take that step of connecting to it.

Jesus:

So you could say in some ways the biggest problem we face is a lack of faith in this, isn't it? We don't really have faith that that's true. So we want to use our intellect in a totally different way. And even our lack of faith comes from our distorted data in to the CPU.

The reality is if God is a loving God who created the universe in a loving way, surely we can have some faith that if we experience negative emotion it will leave us. God wouldn't have created a way which causes us to retain all negative emotions. Can you imagine if God retained all negative emotions? You imagine having like sixty billion children, most of whom are unruly. And blaming You for being so. That'd be pretty intense to feel. Imagine if God stored every one of those feelings. Then I'd say we'd have a very angry God. You look at the average parent with two children doing that and it's pretty bad. (Laughing)

So I just feel like we over-complicate things so much here by wanting to not see what the end result is. We're not really seeing that the emotion is just an experience that's transient. The only time when you become the emotion you feel is when you hold on to it.

Mary:

The opposite of what we tell ourselves. We tell ourselves if I experience this, this is me. When actually if we experience it and it's in error, it will leave us. But holding onto it, that's when it governs our life and our nature and our actions.

Jesus:

Yeah. And you don't become joyful by holding on to joy. Do you know that? Have you ever tried to do that? It doesn't work very well.

Mary:

It's a fear-based place.

Jesus:

Have you noticed that? Once you try to hold onto it, it's fear that starts driving you, you're afraid of losing the joy. Fear starts driving it and then you start making some very bad decisions after that point, trying to hold on to that joy. You know, let joy pass through you. The more you let these

emotions pass through you and the closer you get to God, the more the positive emotions will pass through you.

In the end, once you're at-one with God, you'll have 100% of the time really loving and joyful emotions passing through you. But every time you start developing joy, and you get to a point, "Oh, I'm really happy now. I'm really happy, I'm really happy with my partner. I don't know if she's my soulmate, but I'm really happy. I've got to hold on to it for dear life." Hold on, hold on, hold on. You try doing that, and within six months you're going to have a very bad relationship. (Laughter) And that's because we haven't learned to just allow ourselves to experience the emotion all the time. And as we grow towards God, our emotions of joy will increase in both the amount of times they occur, and the duration, if we allow the experience.

Understanding Your Emotional Self:

Session 1 Part 2

5. How most currently view emotions (continued)

5.1. Seeing emotions as a means to and end

Mary:

Maybe we could talk about the second part of this, and it's very much related, but there are some other things that we wanted to mention.

Jesus:

So the second part is...

Mary:

When we see emotions as a means to an end. Who can relate to seeing emotions as a means to an end? Yeah. And what's the end? At-onement. What else?

Jesus:

But when we say "at-onement with God," we're being pretty vague, aren't we? Because at the end of the day most of us have never been at-one with God before, so we have no idea what that means. Really for most of us it's just an imaginary place at this point in time. And while other people might have done their best to try and describe to you what that place is going to feel like, at the end of the day, if you don't feel anything (laughs), you're not going to be very connected to the description.

Mary:

And as we said before, lots of people see at-onement as a place where there's no emotion. So that end is not really realistic.

Jesus:

That's a problem.

5.1.1. A means to be happy

Participant:

Mine is just that I might be happy at the end of it. It's not even a certainty for me. It's like that I might get a little better.

Jesus:

So you see the end of as happy.

Participant:

Yeah. Or a little bit of joy.

Jesus:

Or joyful.

Participant:

A little better than where I am now.

Jesus:

And emotions are the means to that end?

Participant:

Yeah.

Jesus:

But aren't they emotions?

Participant:

Well yeah.

Jesus:

So how do you have an emotion that's a means to an emotion? I don't know about that one.

Participant:

(Laughs) That's a bit illogical.

Jesus:

Not very logical. If we think about it logically even, we see that there's something wrong with our thinking here, because they are emotions. So aren't we saying emotions are a means to emotions? Now that doesn't make much sense either, does it? (Laughs) The reality is they are emotions, so the end is emotional.

Even if we don't have a concept of God or a concept of anything, oftentimes the goal in our life is to become happy. Isn't happy an emotion? But often we don't see it that way.

Mary:

We think, "I'll just feel all my sadness so then I can have the happy emotion and block out the sadness." It's not really logical in that the only way to get happy is to stay open to feeling sad.

Jesus:

And happy.

Participant:

Well that's part of my experience. I find it's hard to be happy or joyful. Well now the last little while, it's kind of just been happening, which is kind of nice, but in general I'm trying real hard to have any emotion. I'm as scared of the real happy, as I am of the real fear.

Mary:

Yeah.

Jesus:

So a key of this is trying rather than ...

Participant:

... doing it, experiencing.

Jesus:

Yeah. Doing or experiencing. If we have to try, it means that we have some beliefs that are flawed with regard to our emotion. Anything else?

5.1.2. *A means to only feel “good” emotions and not feel “bad” emotions*

Participant:

And to get all of our fear out of us, to be free of fear.

Jesus:

Yes. So that's a means to be fearless in the end. Yeah. While that is partly true, feeling your emotions is a way that you will eventually become fearless, at the end of the day, that's not the end goal. The end goal is far greater than that.

Mary:

Can you see how within it, it demonstrates a prejudice against certain emotions? So it's saying, "I just want to be free of this yucky emotion, fear." If the process is to open ourselves up to emotion, we've already got a prejudice against one of them, in that we don't like it, whereas in this change of state thing that we're talking about, we'll say, "I want all emotion because it's an expression of who I am right now."

Jesus:

So what are those bad emotions? What are the ones we've been defining as bad? Fear, anger, shame, humiliation, guilt ...

Mary:

Callousness ...

Jesus:

... hatred, seething rage, isn't it? And what are the good emotions? Joy, happy, love,

Mary:

I can see some that people see as a good emotion, that I often question ... comfort - being free of any discomfort.

Jesus:

Yeah so you can see some of these are pretty distorted as well. But again this is the way we think. We think some emotions are good, some emotions are bad. The bad ones are the ones you don't want to have; the good ones are the ones you want to have. Sex is in there.

Participant:

That could be in both good and bad emotion categories.

Jesus:

Oh yeah, that could be in both. I agree. (Laughter) And, in fact, to be honest, some of these can be swapped around quite a lot for some people. For some anger - that feels good, powerful.



We're so distorted in our judgments of emotion that you've really just got to give up judgment of emotion. Just feel them. Stop judging every one of them. Some of the ones you think are bad are actually good; some of the ones that you think are good, they'll actually leave you and you'll never have them again and you won't miss them, either, by the way. You know, that's bound to happen, but at the moment, because of the way we've been taught, we have no idea of that.

So, really for most of us, the way we've been seeing emotion is that emotions are a means to the end of not feeling the bad emotions, and feeling the good emotions. And we don't even really know which ones of those are in harmony with God or not, to be honest, because we haven't felt enough to know.

Participant:

We're being selective.

Jesus:

We're very selective, yes. So some of us think anger is good, but from God's Perspective it not that great a shot. Some of us think sexual stuff is bad, but actually from God's Perspective it's pretty good. Some of us think being safe is good, but an addiction to safety is - from God's Perspective pretty bad. So we're even mixed up about what's what.

5.1.3. *False beliefs about feeling emotions are imbibed during our childhoods*

Jesus:

Each of our lists are different. Internally each of you has a list of bad emotions and good emotions, which have been totally defined by your environmental experience. Most of them have got no relevance whatsoever in your relationship with God. They've just been defined by your emotional experience. Or we should say been defined by the suppressed experience.

If you had been allowed to experience some of these emotions, you wouldn't be so complicated about having them. But most of us were never allowed to experience these emotions. And now that AJ comes along and says you're allowed to, what do you feel then? You go, "I'm allowed to. I don't feel like I'm allowed to. That doesn't compute very well. My belief system from my childhood, was I wasn't allowed to, I was punished violently most of the time, every time I experienced an emotion, so that told me I wasn't allowed to. I was harmed generally when I felt an emotion. I was humiliated when I felt a good emotion, and I expressed it, so I'm not allowed to even feel a good one."

So when AJ comes along and says you're allowed to feel an emotion, the internal belief system is even completely in opposition to that. You're really, internally, going, "What an idiot, fancy him saying that. My experience has been completely opposite to that. My experience has been that in my childhood I wasn't allowed to feel that, I wasn't allowed to feel this, I was punished when I felt that, I was violently abused when I felt that, I was sexually abused when I felt this." We've got all these things going on.

All of the things that happened in our childhood, that we weren't allowed to experience or we were suppressed or harmed in some way, are what we believe right now. So how can you think you think clearly? How can you intellectually believe that your thought process has clarity? It doesn't have clarity. And the more that's happened to you, the less clarity probably it has. The more you've been suppressed, the less clarity you've probably experienced. And you've got to come to an awareness of that. The only way clarity can occur is by allowing the experience of all emotion. That's the only way clarity will ever be arrived at.

So some people ask me, "Why is it that you seem to know what I feel when I'm talking to you?" Because I have some clarity. Why do I have some clarity? Because I've let myself feel those emotions that you haven't; that's what has given me clarity.

So can you see this "means to an end" thing is telling us that we see emotions as a process, not as an end destination. And if we're going to see emotions like that, then you can see that, obviously you're going to be very selective

about what emotions you feel. This is why most of us are selective, because we don't just let us feel everything; we only are allowed to feel certain things. And when we say allowed, sometimes our external environment allows, but most of the time, it's our internal environment, our internal belief systems, that allow.

There are emotions that you have bottled up right now that you feel absolutely terrified of feeling, and I think, "If you could just feel that, your next bit of life would be so good." If you could just let yourself feel it. And you go, "No, no, it's too bad to feel, it's better not feeling it." How can it be better not feeling it? You're carrying it around with you every day. It's affecting every choice you make, every decision you make, every interaction you have, every relationship you have, every belief you have, every interaction with the universe around you is affected by that emotion. Surely it's better to just feel it and let it go, and then it doesn't affect you anymore. Yet inside of ourselves, we go, "No, no, we can't do that." We don't even know why we can't do that half the time. We don't even understand why we feel so much like we can't do it because that's also an emotion that we got from our childhood, that we're not feeling.

6. Learning humility in order to become completely emotional

Jesus:

Okay, so what do you feel about all that so far? Come on. Practice feeling. Feel. What do you feel about it?

Participant:

Freedom.

Jesus:

Freedom, no you don't. No you don't. Feel what you really feel ... don't be dishonest inside yourself. If you felt free from what I just said, you would already be bawling your eyes out because there's grief in you that you need to experience, that you're not experiencing. So you don't feel that. So what do you feel? I do know that you feel encouraged. Which is a different emotion.

Participant:

Yeah.

Jesus:

So you do feel encouraged, yes? Do you feel that?

Participant:

Yes I do.

Jesus:

Okay. Anything else you can feel that you're actually feeling right now?

Participant:

Well, getting back to freedom, I feel that there's a sense of seeing that there's freedom in embracing this.

Jesus:

Okay, so there's a feeling of hope that's developing within you? About embracing a life where you just feel all the time. So I agree with that, yeah. I can feel that in you. I don't feel you feel freedom yet because you feel bound up by a lot of your emotions, so you won't feel freedom for a while. You feel encouraged and hopeful. That's good.

Participant:

I know we're not supposed to go to the intellect, but I think there is an intellectual deepening of understanding of what the process is ... well what the journey is.

Jesus:

... what the process is. Let's call it the process.

Participant:

... what the journey is.

Jesus:

No, see... let's call it process. Journey is just another word for process, isn't it?

Participant:

Well, yeah.

Jesus:

Aren't they the same thing? Really?

Participant:

Yeah I guess.

Jesus:

Don't be afraid of using terms that come to you automatically. They tell you a lot about yourself. So every time you go, "Process ... oh no, not that word because AJ doesn't like that word. I'll use another word." All you're doing is modifying how you really feel. How you really feel still is - it is a journey.

Participant:

Yeah. And a process.

ENCOURAGE = PROCESS
HOPE JOURNEY

Jesus:

So yeah, rather than a destination, rather than emotions being the destination and it's going to be quite difficult for some of you to change this concept from an emotional perspective, from it being a journey to a destination. Emotions are the destination. And to be more concise, emotions that are completely 100% experienced and in harmony with God's Love are my destination. And it doesn't have to be yours. That's my destination. That is not a process.

DESTINATION = ALL EMOTIONS
IN HARMONY
WITH GOD'S LOVE
100% TIME

Or you could say the process is learning how to do that. So it's not dealing with emotions, it's learning how to make emotions 100% of my life. That's the process. The destination is emotions being 100% of my life. And the process is learning how to make that happen. And what I've been trying to do for six years is explain to you how that happens.

PROCESS = LEARNING HUMILITY

Participant:

You have.

Jesus:

And many of you have misinterpreted my words and turned it into a process.

Participant:

Equally, yes. I have.

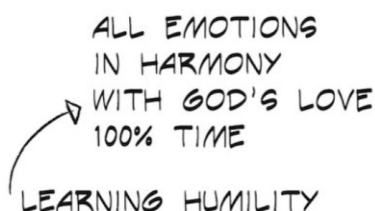
Mary:

I think it's very important what you just said there, babe, about the process is actually learning how or coming to this state of humility again. I see a lot of people talk about emotions, but they don't really talk about how they're going with making humility their way of life. When really, when we are striving on this path, that's what we're striving for. We're not striving to cry five hours a day. We're striving to be humble all the time, and a by-product might be that we cry for hours a day.

Jesus:

And what's the definition of humility? So you've already been taught this, you see, but you just haven't realized it. Most of you haven't realized what you've already been taught. I've already said to you: to progress towards God, you are going to have to be emotional 100% of the time. So destination is experiencing all emotions in harmony with God's Love 100% of the time. Now isn't that a very similar description to humility in some ways? With one

exception, and that is that humility allows you to experience all emotions whether they are in 100% harmony with God's Love or not. That's the only difference.



And the process is learning humility, or learning how to do that. When we are humble, we don't see emotion as a process. We see emotion as the way in which we live the rest of our life. So we see it as a core intrinsic part of the "Way".

If you have a discussion with a Celestial spirit and you start talking about emotional processing, they'll go, "What's that? I don't really get what you mean there." And then you start saying, "Well you know how you go through an emotional process and you come out of it at the end of the day." And they'll go, "Nope. We don't come out of emotion. We're in it all the time.

Mary:

I can see a lot of people have decided this way to progress on the path towards God is to deal with the unloving issues inside of us, so the suppressed emotion from our childhood. And while in theory that's true, it's skipping the really vital step that you've been talking about for six years, which is embracing humility. That's the only way you're ever really going to deal with those things. But I can see that everyone is focused on what I've cleared, the causal I processed, the bit of fear I did, and it's all about trying to achieve a goal of like getting rid of all that yucky stuff and really this process is about embracing all of that without resistance, and then you'll be free of those things, but you won't be focused on being free of them, you'll be focused on having your experience and honouring yourself emotionally. If you want the destination that Jesus and I have, you'll want to do that with a desire to love and be in harmony with God's Love.

6.1. Desiring control over emotions

Participant:

Where you say focusing on being free of them, because I can relate to that. That's all about control, though, isn't it?

Jesus:

Totally.

Mary:

Yeah. Fear and control.

Jesus:

Which is the main reason why you can't feel all of the emotion. In the end, once you set up a desire to control, it's going to be very, very difficult for you to not control the emotions you don't want to feel.

Participant:

Totally. And for me control has been intrinsic, like it wasn't until this path I was aware of how controlling I actually am.

Jesus:

Yeah. For a lot of us, becoming emotional is going to mean breaking down a lot of the old habits that we use to not be emotional. So in other words, most of the work we'll finish up doing, once you get to the point where you're willing to be emotional almost 100% of the time, you'll find things a lot easier. Getting to that point is the hardest thing. That's where the majority of people are struggling, getting to the point.

6.2. Feeling blockages to feeling emotions

Participant:

With regard to how you feel a lot of us are separating sadness, anger and fear. In relation to fear, I sometimes feel afraid to feel it in public because I feel like I'll just cry the whole time. I try to get into what am I crying about, what am I sad about, but really the sadness is just fear. I related to what Vanessa said; it's those anxiety tears. Yeah.

Jesus:

Yeah. That's it.

Mary:

And that's a block, Mel. You know we're always talking about blocks; that's a block that you both experience about connecting to the real feelings that you have. And you have to feel blocks.

Jesus:

You can't intellectually decide your blocks or intellectually remove them.

Participant:

I think I've just realized this two days ago.

Mary:

Yeah.

6.3. *Being willing to feel all emotions in and around us, without a need to share them with others*

Participant:

It seems to me the difference is a very ego-centric state that we're all involved in. The other night we were talking about spirits and being open to feeling everything that is around you and all the emotions that are around you. I just kind of want to get rid of my stuff; I don't want to feel your stuff.

Jesus:

But you see when you truly allow all emotion; you will want to feel everyone's stuff.

Participant:

Instead of being ego-centric. And that's why, particularly in the first century, when you were at-one with God, people had that feeling of love in the interactions.

Jesus:

Yeah, if I can point out that the majority of people who see emotions as a means to an end, are narcissistic. They're ego-centric.

NARCISSISTIC
EGO-CENTRIC

Mary:

How would you differentiate the definition of those words, babe?

Jesus:

Well they're both very similar aren't they? I feel one is seeing the world revolve around yourself, whereas narcissistic is more being totally interested in yourself.

Mary:

Yeah, right.

Jesus:

And for most people who find the path, they go through these emotions where they don't really get rid of their narcissisms or ego-centricity. You can see that with how addicted they become to interactions, like Facebook, Twitter, and all of these things have all become huge organizations on the planet because of those two emotions. People want other people to share in their experience. When you really feel all of your emotions, you'll own your own experience completely without sharing it and you're happy for other people to share their experience. You don't need to share your own experience.

Participant:

I've struggled with that a lot.

Jesus:

Yeah. I feel even the desire to share your own experience is driven by another addiction of a kind. They're all driven by addictions in the end. When we truly feel everything, you will come to this realization that there is no way that you can properly describe anything you've felt. So talking about your emotions becomes demeaning of the emotion itself.

So when I see people discussing their emotions and what they've processed and enjoying it, it shows to me they haven't really felt their emotions properly. Because when you truly feel your emotions, trying to describe it to another person is very, very difficult ... almost impossible.

Mary:

It's frustrating; too, because you can't. It's impossible, yeah.

Jesus:

It's impossible. And that's even if the other person is your soulmate, it's very, very difficult. It's only once you get rid of the blockages between each other, that you'll feel the actual emotion that the other person's experiencing.

Participant:

And then they won't even have to talk about it because you would be feeling it from them.

Jesus:

Correct. You won't need to talk about it. Because you're feeling it from them, you know exactly what they're feeling.

Mary:

Going back to your original question or point, I feel that the only way we become ego-centric and narcissistic is because we don't want to feel alone. So it's impossible to have an ego-centric view of processing, "Oh I'm just going to feel my stuff and not feel everyone else's stuff", because the very state is indicating that you don't want to feel your stuff, that you're trying to control everything and maintain a state that you have internally. That's why everything's about you. That's my experience. I've been very narcissistic at many times and it's always because I'm afraid of feeling something else.

6.3.1. *Wanting to avoid feeling others' emotions is due to addictions*

Jesus:

So if you could describe that where there's you, and lots of people around you who have emotions. Some of those emotions, you don't like at the moment.

Participant:

Yes, yes, that's true.

Jesus:

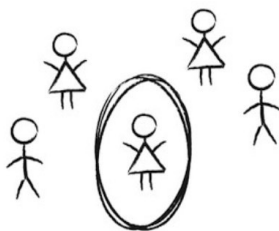
You don't want them to have those emotions.

Participant:

No, particularly not about me.

Jesus:

So what you're saying is, "I'm going to feel what I feel about me, and I'm not going to feel anything else."



***Trying to avoid feeling others' emotions
is not a state of humility***

But can you see that when you're at-one with God, God feels everyone. God just doesn't agree with everyone. So there is a difference between feeling everyone and agreeing with everyone.

Participant:

And God wouldn't see our error as us anyway - it's emotion.

Jesus:

No but God still can feel what your error is. He can feel whenever you're in a rage, but He doesn't agree with the rage. He doesn't agree it's necessary.

Participant:

I've had feelings of commiserating, particularly with other women, like those kind of addictions.

Jesus:

Yeah. So whenever we try to put a barrier around our own emotional experience, what we're trying to do really is stop those people from having their experience, which affects our experience. From God's Perspective, if it affects your experience, then it already means that you haven't healed something. You being in a rage shouldn't affect my happiness; and if your rage does affect my happiness, then it means somehow I'm hooked into your rage. I've got an addiction that you don't get into a rage, or I want you to not be in a rage with me, or I want you to not be in a rage with my daughter or my son who you hate, or whatever my addiction is. So if I'm responding to your rage, it's because I have an addiction about your rage.

Participant:

Yeah, okay.

Jesus:

Do you see?

Participant:

I think I do.

Jesus:

If I'm responding unlovingly to your rage, it means I have an addiction about your rage. This is why we need to allow ourselves to feel other people's feelings, because if there is a response in us somewhere, there is just something to heal. Once you've healed that, the other person can be in a rage, you'll be happy. They can be sad, you'll be happy. So when a Celestial spirit feels for you, when you're crying about some childhood event, they're not sitting down with you crying.

6.4. Not being invested in others' opinions of us**6.4.1. An illustration of AJ being attacked in the first century****Participant:**

When you walked in today and you've said you've been quite attacked by spirits. How does that feel? Am I right that you feel better than you ever have in your life, even though there's this huge attack and the attack in the first century resulted in both your deaths? I'm going, "I'm feeling emotion and I'm going to be persecuted." But your experience was different to how my perception of how the experience would be.

Jesus:

Yes.

Mary:

Can you see that when you align yourself more with truth or with your feelings, you're going to feel better? Before now, I've been trying to suppress my emotions really heavily, being quite narcissistic because in my feeling state, I would allow a certain amount, and when I really don't want to go there, then it becomes paramount to me, "I'm going to stay in this space. So everything's about me now, and I've got to make sure this space is held." And that takes work, it feels yucky, you're out of harmony with love all the time, you've got that weighing on your soul all the time.

When you start to connect with yourself - and this is what I think a lot of people don't understand about just living humbly - you immediately start to have more joy just because you're not fighting yourself all the time. You also begin to have more faith in God's Laws. That's why I feel much better,

because I'm starting to have experiences where I feel things and then I feel the truth of God's Laws and I know if I just keep feeling things, everything is going to work out the best that it could possibly work out.

Jesus:

But I also see attack as a way for me to feel some emotion that I'm obviously not connecting to.

Participant:

What about in the first century, when you're at-one with God, and you didn't have those negative emotions to feel, but you had the experience. Were you sad that people were doing this to you?

Jesus:

No. If I am sad now, it's just stuff I have to feel. But when you get attacked all the time, you don't have to be sad all the time. You're only going to be sad when you're attacked because you then have an investment in how other people perceive you. So the only reason why many of you feel sad when somebody says bad about you, sometimes it's something that's true, but either way you feel that it's bad, is because you have an investment in their opinion of you.

Why do you have an investment in their opinion of you emotionally? Because you were taught to have one; you were taught that you couldn't stay true to yourself, and if everyone around you disagreed with you, you still would stay true to yourself.

So most of you have no idea how to do that at this point. In the first century, I knew how to do that, once I became at-one with God, that's what I did. Your opinion of me didn't matter to me. I didn't invest in it. I didn't make my identity a part of your opinion of me.

Participant:

But that's a good example of how we're not going to get to a zen space, and we might actually be attacked and there might be Law of Attraction events that are really ...

Jesus:

Yeah, I don't see the relationship, and again I feel this is a distortion of your concepts. The reality is I felt in a peaceful state even when I was being attacked. So I didn't see it as some kind of trauma; you know the people around me often did, but I didn't.

Mary:

But also would you agree that you had an unwillingness to sacrifice Love and Truth, and a faith and a knowledge that by living in a way that didn't sacrifice Love and Truth, the best possible outcome would happen for everyone involved. I think a lot of people get really get caught up in, "But Jesus died.

He was crucified, therefore big question mark on this whole thing," which is really I feel just indicating a huge fear of physical pain and attack.

Jesus:

And no understanding of my condition at the time I was receiving it.

I didn't feel attacked. They were attacking me, but I didn't feel attacked. I didn't invest in their opinions of me. So even if they hated me, I didn't think, "Oh, I'm a terrible person because you hated me," whereas many of us today either think we're a terrible person if someone hates us or we get really, really angry that someone hates us, because we want them to think we're a nice person, when they don't.

I didn't do that either, I was completely honouring of their emotional experience. If they were angry and they hated me, then that's fine, that's where they're at. That's their choice to be there, rather than feel an emotion. That was their choice. And I honoured their choice. I didn't agree with it, in the sense that it was wrong, I didn't have to then accept it.

What I'm finding even now is the only time you generally get upset is that there is a feeling inside of you that maybe the other person was right. When that feeling disappears inside of you, you won't even invest in anybody's opinion. Everyone in the world could hate you and you'd still be fine and it won't be because you're totally zenned out, zoned out, and totally oblivious to your own condition. It'll be full awareness of your own condition and you'll still be fine.

That's what it felt for me in the first century life. It was like, I was totally aware of my own condition, I knew God loved me and I could feel that Love all the time. I knew that there was nothing that could shake me from that. No opinion of another person could shake me from that space and as a result, it was just a beautiful space to be in, whether I was getting attacked or not. It was immaterial what other people did to me. My good feelings were enhanced through the emotional experience, and I didn't have any negative ones.

Participant:

Sounds like a worthwhile place to get to.

Jesus:

Exactly. And it doesn't matter what your environment does in that place. I hear a lot of you say, "But what if someone attacks me? What if people pull me down? And what if my friends do this?" You're not going to feel any of that in the end. That's just going to be them feeling that. That's their pain. They're going to be feeling their pain, but you're not going to be feeling it because all of the painful responses that you could have had to their pain, have all gone.

So what we need to do in the interim is allow the painful responses to be experienced, rather than reverting to some kind of action or negative response of our own.

6.5. *An illustration of releasing unworthy emotions*

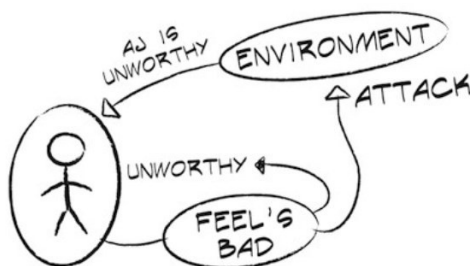
Participant:

Does that mean no matter what anybody says to you; does that mean taking things to heart more?

Jesus:

Well let's look at it from again a diagrammatic perspective. Here's myself. If I feel unworthy inside of myself, and somebody else from outside tells me, "AJ is unworthy"... and I get that quite a lot - I'm unworthy to be Jesus; I'm unworthy even to be myself from most people's perspective. So that's the message I get from the environment.

Now, if that feels bad inside of me, so in other words when I say feels bad, I feel sad or angry or I feel some kind of emotion that isn't harmonious with love obviously, then all that tells me is that I must believe I'm unworthy. Which is what I already feel anyway. That's all it tells me. Now if I, in that place of feeling bad, decide to attack the person or the environment that's telling me that I am unworthy, I have now taken an unloving action towards another person or environment, which now is going to make me feel another emotion which is going to be negative, but this time it's going to be true. So this is where most of us get ourselves in a real problem because we start taking action when we feel bad towards other people, rather than just feel the emotion that they are triggering inside of ourselves.



Attacking the environment that tells AJ that he unworthy, rather than feeling unworthy, creates more negative emotion to feel

Now once I no longer feel unworthy inside of myself, people can say, "AJ is unworthy," and what's AJ going to feel? There's no unworthy inside of me, so I don't feel anything about what they say at all - no anger, no sadness, no fear, no anything - so the fact that I feel something from what somebody else outside of me says is an indication that something is still inside of me.

Participant:

Does that mean you embrace what people say to you and, is that what you're trying to say?

Jesus:

I allow, I don't embrace. So is that not a truth or an untruth from God's perspective? An untruth. So I don't embrace it as a truth but I allow my feelings about it. So that's not embracing it as a truth, that's just allowing my feelings, my feelings that are responding to those feelings coming from outside of me. That's all you're doing.

If you allow the feelings, eventually this feeling of unworthiness will be released. Then there are no feelings of unworthiness within me, and then when anybody thinks I'm unworthy it'll pass through me, but there's nothing to resonate with. So I'll still know that they feel this way about me, but it won't bother me in any way.



Allowing feelings of unworthiness to flow releases them, so that in the future projections from the environment will have no effect

Participant:

But then you'll have compassion for them.

Jesus:

Yes, you even get to the stage where you do have compassion that they could think such an amazing thing. It's such an amazing thing. You're the pinnacle of God's Creation. How could you ever be unworthy? It's such an amazing thing that somebody else thinks you're unworthy. That's how you feel at the end, like, "Wow, there must be some pretty sad things that happened in their childhood to make them think that I'm unworthy." But it's not an intellectual place because you've released all of the feelings inside of you that it can resonate with.

So what I see a lot of people doing in an intellectual way is they go, "I'm worthy, I'm worthy. I'm worthy. I'm worthy." Someone treats them unworthily and they go, "Argh! I'm worthy. I'm worthy!" Someone else treats them unworthily, "Argh, I'm worthy." The response is the indication they don't think they're worthy. If they actually felt worthy, they wouldn't

respond like that to every person who projects that they're unworthy at them.

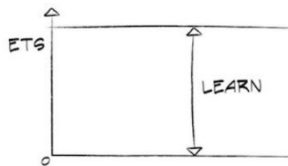
So there is an emotion inside that just needs to come out and the key is to feel it. And in the end isn't the goal to be 100% emotional being? So every time you shut down the feeling of it, you're just not meeting that goal anymore. You're not on the path to that goal. You're better off on the path to that goal than trying to shut that down.

6.6. Growing our emotional tolerance to emotional acceptance and then desire

Jesus:

So what I see happening for many of us, from a day-to-day basis, is that we have, let's call it, our emotional tolerance scale - Emotional tolerance scale, ETS. There's zero, and this is our tolerance of any emotion, good or bad for most of us is only just above zero. (Laughter)

That's how it goes for most of us. We have very little tolerance to experience emotions. Now, when we are 100% emotional beings, where's our emotional tolerance scale? Right up the top. And between our current emotional tolerance scale, and being 100% emotional beings is what you have to learn.



We need to learn how to grow our emotional tolerance scale (ETS) from just above zero to 100% emotional

So it's not about your intellectual learning, it's about learning how to get from the low level of tolerance to your own emotion, to the high level of tolerance to your own emotion. That's what real progression is about. Moving your tolerance level of emotion to the point where it's no longer a tolerance level - after a while it becomes an EAL, emotional acceptance level, and then it becomes an EDD, emotional desire level.

We start off being very emotionally intolerant, and we learn to tolerate emotion. But that's still not where we need to be. We need to get to the place where we actually emotionally accept emotion. But even that's not the place where we need to be because we need to get to the place where we desire emotion all the time. Once we're there, now we can make some real progress.

When you think about it, at the bottom of the scale is tolerance, then there's acceptance, and then it's desire. As we're going up this learning process, you will find you will move through these layers. You'll move through from denial, which is where you start, to tolerance, to acceptance, to desiring it.



***We need to grow from emotional tolerance,
to emotional acceptance, and then into emotional desire***

Once you're there - start getting to desiring emotion - now your progression in God's Universe can greatly be improved because once you desire it, this is how God teaches you, through your emotional experience. Everything you learn after that is about having to accept new emotions. As a result of that, you're going to learn a lot of things.

If you have a desire for it, it's going to happen a lot faster than if you just have an acceptance of it. And if you have a tolerance of it, that means that sometimes you might go from barely tolerating to eventually going okay, acceptance, okay, I have to accept that this is the way God made me - but that's still not very desiring; you're not very desiring in that place.

What you'll eventually become is emotionally desiring emotion, believe it or not. Depending on what our emotional condition is now, for that to occur some of us go, "Yeah I can't see that ever occurring." It depends on where we are as to what we see, but in the end you will get to that place where you actually desire to be 100% emotional being - all the time.-and when you get there, then progression on every truth that God could give to you becomes like a wide open book from then on. Everything that God could teach you, you desire to learn. When at the bottom of the emotional tolerance scale, you're going, "Can I tolerate learning that? Probably not." Or, "Probably, yeah, maybe," but you're very reluctant.

Once you get to acceptance you've gotten over your reluctance, so it's sort of like, "Yeah I'm okay with it now, but I don't really want to know more." Whereas when you desire it, you're going, "I want to know more, all the time. I want to grow my soul to be this expressive individual, which is an expression of my individual personality, but also which allows everyone around me to express theirs."

6.7. Doubt is a choice to avoid resolution or action

Participant:

When you were writing up the scale, I realized I've got a lot of doubt about that. Doubt that I can do it, doubt that I want it.

Jesus:

Can I have a quick chat about doubt? You know what doubt is?

Participant:

It feels angry.

Jesus:

It is actually anger, yes. What does doubt allow you to do?

Participant:

Blame others.

Jesus:

And stay ...

Participant:

... stay where I am.

Jesus:

... where you are. Most of us choose doubt. Doubt is a choice. When we're choosing doubt; we're choosing to not resolve a question. We're choosing to not have resolution. God wants us to have resolution on every issue. So when we doubt, we are basically choosing to not have resolution. And the only reason why we would choose to not have resolution is because we don't want to go through the process: the process of going from zero tolerance of our emotions to full desire of our emotion - we don't want to go through that process.

We've got to be careful that we don't say, "Oh I doubt that this is true," when really the feeling is "I don't want it to be true." Doubt gets you away from having to say that. If you go, "Oh, I'm not sure," what does it do?

Participant:

You don't have to look at it.

Jesus:

Yeah you don't have to look at it any further. You don't have to do anything about it. It lets you off the hook. That's why we choose doubt. That's why we choose to remain unsure about anything.

DOUBT = UNSURE

There are whole areas of the hells of the spirit world full of people who have done this. They've made it their profession in life. It's a very dangerous place because it's very hard to move from there - it's driven by fear - but it's very

hard to move because you keep justifying your lack of movement, your inertia. You keep justifying your inertia through saying, "Oh, well I don't know if it's true anyway," and you have no desire to resolve whether it's true or not, in that place. The problem with this process, from an emotional perspective, is that the only way you're going to know it's true is by actually experiencing it.

So can you see, by having doubt about it, you're even disallowing the experience to even work out whether it will be true or not in the end. See a true scientist wouldn't do that. A true scientist would say, "Okay, I'm being presented with a theory here; I want to see whether it's going to work; I'm not going to doubt it; what I'm going to do instead is I'm going to choose to experience it, and see whether it's true."

Participant:

So looking at why the doubt is there ...

Jesus:

Yes. Well the doubt is all about one thing, an unwillingness to do.

Participant:

So looking at why there is an unwillingness.

Jesus:

Because you're afraid of something, obviously.

Participant:

Yeah.

Jesus:

Yeah, or you're angry. It could be any reason. Like there could be a thousand reasons.

Participant:

So that would be the place to go.

Jesus:

Yes but don't justify your doubt. Don't justify it. Don't say, "Oh, the reason why I'm not doing this is because I doubt whether it's going to work." That's not a reason. That's an excuse. Doubt can be removed from within you by doing some kind of experiment to remove the doubt.

See if you think about it, all of us need to be a true scientist if we're going to engage the world we're in. A true scientist would go, "I don't know whether this is true." So he's aware that he might not know something but he doesn't decide to use doubt as a way of not finding out. What he does instead is he creates an experiment and then he engages the experiment to find out the truth. And if we were truly sincere about following any path, we would experiment with it rather than just doubting it works.

Participant:

Okay. So yes I can feel I'm judging my doubt and thinking I can't move from there.

Jesus:

Yeah again I'd start with rage, Teresa. Doubt is a great way to avoid rage, to avoid the anger that I don't want to do it; I don't want to have to change. I don't want my life to be any different than it is because I'm afraid that all sorts of things might happen if it becomes different. We're often in a very angry place when we doubt and we use doubt as a way of saying, "I'm not angry, I'm just doubtful. I'm not angry, I'm not resistive."

You see a person who's not resistive, even though they might not know something; they will create an experiment to find out. That's what a person who's not resistive does. A person who doubts is resistive, and so they don't create the experiment. They just say, "I doubt that." And you say, "What are you doing about your doubt?" They go, "What do you mean what am I doing about my doubt? I just don't believe it's true. I don't know if it's true. There's no way of knowing it's true." Well I'm just saying there is a way of knowing it's true, you have to experience some emotion, and you go, "I doubt that." Can you see what happens with the person who uses their doubt as an excuse? Basically in the end it's very hard to have any meaningful conversation with them because anything you say they're going to doubt. It's very, very hard to have any resolution of any problem with the person who doubts.

I doubt whether there's any real scientist who actually does experiments doubting from the beginning. They have an imagination. They have a desire to develop. They want to resolve the question. They are unsure about their knowledge from the beginning, but they don't use doubt as a way of avoiding the experiment. So you've got to be very careful with doubt. It's just really a passive-aggressive way of expressing rage.

6.8. Feeling emotions is a solitary, individual experience

Participant:

I've looked at a lot of what you had there, and a lot of it is so true for me at the moment. I had this feeling of excitement mixed with this flutter in my chest with fear and all this kind of stuff. After the experience I had last Thursday with you guys, I thought, "I'm going to try to see what this feels like." So I let myself feel whatever I need to feel about it. And then I watched God's Law of Attraction go into supercharge.

Jesus:

(Laughs) Yeah, as it does, because your desire has increased.

Participant:

And then it was like everything around me was constantly bringing up some feelings inside of me and I was constantly being challenged. I started to go into this place where I was feeling good, feeling bad, feeling good, feeling bad, feeling good, because of my resistance, of course. And then now it's like I've noticed everyone's addictions are trying to help me feel better. And everyone's going, "Oh, what's wrong?" And it's like, "Oh I just need to be and feel," and everyone in town or at work is constantly trying, so I had to keep removing myself from these people. And it just felt like I was going to be completely alone in this whole process, which is something I've been feeling.

Jesus:

Yeah.

Participant:

But it showed me how much I didn't want to know certain things about myself. And that if I just let myself feel it then I'd find out, "Oh crap that's true." Then you notice how many times you did it to everyone, and went, "Oh goodness that's true too." And understanding the belief that it's not really who you are, but it's just what your emotion is there.

Jesus:

Can I, before you proceed further, just address one part of that?

Participant:

Please.

Jesus:

I agree with all that with one exception. That is this feeling that you're going to be alone feeling your life. The fact is you are alone.

Participant:

Yeah.

Jesus:

So why do you find that sad?

Participant:

Because it just feels like it's true at the moment, I mean emotionally because of my beliefs.

Jesus:

Yeah but see only you can feel what you feel. No one else can do it; even your soulmate can't do it for you. So when it comes to your feeling experience, you are alone, in the sense that only you can feel what you feel.

Participant:

Yeah and I want someone to be with me while I'm doing it.

Jesus:

And at the moment you feel that's a bad thing. Yeah I think it's a wonderful thing. I'm so glad that I don't have to feel your emotions. (Laughter) I have enough trouble feeling my own. Once you get to the point where you desire your own, you're also so glad that you don't have to process anybody else's emotions, go through the feelings and experience of everyone else's emotions. The reality is every single one of us needs to learn that we are an individual and to be an individual means that you have to process or go through or experience your own emotion. That's the only way you can be an individual. So it's actually a great thing about free will and a great thing about what it means to be an individual. But you're not going to feel that while you feel lonely emotions.

Participant:

Oh if I don't want to feel that loneliness in the first place, yeah.

Jesus:

Correct. So just because you feel alone, and you feel sad about that, in the future you will actually go through your emotional experiences alone and not feel sad about that. This is what I'm saying about the distortion of our mind and what it does to our belief systems; do you know what I mean? Like now you feel sad about being alone going through your emotions. You will, at some point in the future, feel very glad that you're alone going through your emotions. (Laughs)

Participant:

Like I mean there's an emotion in me that wants people to feel ...

Jesus:

... to share with you. Yeah.

Participant:

To make me feel better in my emotion.

Jesus:

Yeah I understand.

Participant:

And I get away because I'm trying the experiment, to get away from people to do it alone.

Jesus:

Yeah.

Participant:

But it's in that place where I feel like it would be good if I had someone who said, "That's all right, Fab, you need to go there," but I don't when I'm in that place.

Jesus:

I've never had anybody say that in my entire emotional experience. So I don't see even that as being good. The reason why I don't see it as being good is because in the end you don't learn to have your own emotional experience if somebody else goes through ...

Participant:

It's like driving to Sydney and getting lost and you've got to get ...

Jesus:

Yeah. If you think about it, the person who goes through their own emotional experience in the end will learn to honour their own emotional experience the most. When you go through an emotional experience because somebody else has, you're not going to honour that experience as much. So one of the things I've noticed, in terms of being the first person to go through an experience, is that I now, as a result of that, have a very clear feeling about that experience that the people who have come after me don't have as much. And I see that as a blessing rather than a problem actually. So I feel this issue of wanting other people to share the experience and feeling alone when they don't is just another addiction that ...

Participant:

... needs to be felt.

Jesus:

... needs to be felt. Yeah.

Participant:

It just blew me away because I felt the excitement and the inspiration about what you're saying and at the same time the fear inside of me, of what I need to just feel about.

Jesus:

Yeah.

7. Benefits of becoming completely emotional

Jesus:

What I love about this concept, and this is a concept that I realized early in the first century by the way, was that it gave me the power to live in a world without taking on the world or the world's feelings about me. It allowed me to grow independent of whether other people were willing to grow or not.

When you see your emotion as a destination, you don't see living somewhere as a destination. You don't see being in the spirit world in a certain location as a destination. You don't see any of that. You just see being present as yourself, fully 100% feeling as the destination. So now your focus becomes what can I do to become that? Rather than what can I do to do some other things that are nowhere near as important as that?

When you fully engage your own emotional experience, and you become an emotional being 100% of the time, you will find in the end that the results will be so amazing for you that other people will be automatically attracted to want to know what you did. But you won't feel like you are responsible for them even. You won't even have to share with them if you didn't want to, but you'll probably want to, in that place.

What I feel often happens for most people on the path at this stage - who are intellectually following it - is it almost feels like, I can feel the hopeless feeling that many of you have, a real hopeless feeling about, "Oh, I don't know if I'm ever going to get through this stuff." When you look at it this way, as a way of expanding yourself emotionally that is going to be a forever proposition, you don't place time frames on it. You just focus your attention on growing every day more emotionally. So life then becomes very simple.

Even your decisions in each day are focused first on growing emotionally, and then the other things. You decide upon other things based on your desires or based on those emotions that you experience. You don't focus on doing things external all the time. You don't focus on changing the world around you. You don't focus on any of these things because you're so absorbed in the fact that you know that this is the key to your own happiness, but also the key to other people experiencing your happiness. If I'm not happy, you can't experience me being happy. That applies to all of us. If you're not happy, somebody around you can't experience you being happy and you being happy is the way God created you to be in the long run.

So none of us are really experiencing the other person very well, right at this point. Once you get into desire of all of your emotions, now people experience the real you; you experience the real you, but they also experience the real you. They get to know who you are; your true nature, your true feelings, your true abilities and desires, your true personality. They get to know everything and see you really easily because you allow the expression of such things because you're in emotional desire all the time.

It's such a lovely place to be, such a lovely place to be and what I'm trying to encourage you in this discussion is to stop seeing emotions as a process, and start seeing your emotional self as the destination because if you can do that you will start changing, you will change what you do every day even. You will. You won't any longer be trying to avoid emotional experiences or control them all the time. You'll be wanting to feel them instead, and that is going to make a huge difference to your life. That's also how you're going to feel God because that's what God does. God's the Great Emotional Experience, and that's how you're going to feel God, by allowing these emotions to flow all the time.

8. Future discussions on “Understanding Your Emotional Self”

Jesus:

I'd probably like to finish off there actually, I think. Maybe what we'll do is the second half of our conversation later. It's really probably more than one half that we've got to go because we want to talk to you about the attitude towards growth and progression as well in this discussion. So probably what we'll do tomorrow is talk to you about how you see progress, what do you imagine it to be? Because how you currently imagine it to be is causing you a lot of pain, and what we'd like is to see it differently. The way to see it differently is all about how we see the emotions and what we would also like to be able to do tomorrow is to discuss with you this concept of the difference between an "intellectual" concept of growth, compared to actually emotionally growing, to see the difference between those two concepts, and show what kind of thinking that we have when we compare those two different types of growth.

To be honest, I don't think intellectual growth is even a method of growth. That's my personal opinion, although I do admit that people have grown intellectually to the point of the sixth dimension, but it's a very limited method of growing. And it's a limited method of growing that most of us are still engaging, even though we've heard about Divine Truth, and even though we've heard about Divine Love. Most of us are still engaging this intellectual method of growing.

What I'd like to encourage you to do over tomorrow when we have this second discussion is to actually start allowing yourself to experiment with yourself emotionally, which is a very different concept, because most of us are so worried about making mistakes and getting something wrong that we don't experiment with anything, let alone experiment with our emotions because for most of us experimenting with our emotions seems like a painful proposition. But there are whole groups of emotions that are pleasurable, that you can experiment with as well as experiment with the painful emotions because remember in that place that everything will pass, if I just allow the experience of it.

9. Learning humility in order to become completely emotional (continued)

9.1. Identifying blocks to our emotions

Participant:

When I feel an emotion and the tears start and I know there's more in there but it just doesn't go there, instead of going into the mind and going, "Well what's the belief?" I should just stay where I'm at?

Jesus:

Yes. Every feeling that gets blocked is blocked by another feeling. Not by a thought, it's a feeling. You need to find the feeling.

Participant:

So that will dissipate if I just stay and breathe and that ...

Jesus:

Be careful with your breathing because you use that as a way of getting out of your body and getting away from things. But when your tears stop, there's obviously a feeling that you have stopped them. "What was it?" is what you need to find.

Participant:

But I find that that takes me into the mind if I go and write down in my journal and ...

Jesus:

You can do anything you want to try and find what it is, if you need to think about it, think about it. Write about it, sing about it, like write a lyric about it. Sing a song about it, get out a basic drum and drum about it. Go down and punch a bag about it. Do something that will get you back to feeling what that block is.

Participant:

So you can use the mind like that to assist you?

Jesus:

Yeah, your mind's a tool God gave you to assist you to find to eventually get to the place where you're 100% emotional. And after that, your mind is just a tool that is used by the 100% emotional soul to express itself.

Mary:

The thing Laura I feel for you is just to be careful of feeling, "Oh I'm comfortable with saying I stopped crying because of this thing." Like you said, you get into your mind a bit. It's okay to get into your mind if you're so unwilling to feel the next thing, if you can even identify what the next thing is, then you make it your total focus, not to get back to the emotion that was triggered, but get to the emotion that stopped you feeling the full emotion. So then my prayer then becomes, "Okay I want to feel that block, because anytime I go to that other grief with my mom, It gets shut down. So what's the feeling that blocked it? I've got to get rid of that feeling block, and then I'll be able to feel everything surrounding that issue much easier."

Jesus:

And it's obviously a feeling you don't want to feel otherwise you would already be feeling it.

Mary:

Yes. So be willing to be really real with yourself when you go off and journal or lyric or whatever, and say. "Oh now I'm back in my mind, okay well that's where I want to be, let me feel about the opposite. Let me feel what it would have been like if I just stayed with it." That gets you closer to the feelings.

Participant:

I understand, yeah.

Jesus:

You do need to know what is shutting you down from being 100% emotional being. Anything you can do to find out what is shutting you down is important and whatever tools you have at your disposal, use them. If a bit of body work helps you get there, go and do that. If writing gets you there, if playing some music gets you there, if whatever gets you there, to that place where you were blocked, do whatever, but make sure you find out that place that blocked you. You'll know because the next time you cry about the same subject, it will be a full experience if you've actually let go of the block. But if it's not a full experience, then you haven't let go of the block and you know it. So the emotional experience is telling you the result, it's telling you I haven't got there yet.

So allow that to be part of you. "I haven't got there yet. I need to pray more about this. I need to have a stronger desire to feel it." There are things that you can do and feel to get to that point. Pray about getting to that point but don't de-tune from it. Don't run away from it. Don't ignore it now for another three weeks, four weeks, month, six months, twelve months, whatever. Allow yourself to find it. You found the block; emotionally you found it because it's stopping you, now experience that block.

Participant:

Make that a priority.

Jesus:

Once you experience that block, that block will disappear, and whatever it was blocking will start coming up. Yeah. And that's basically a process that each of us can follow at any time.

Participant:

So following on from that, if you hit your block, will your Law of Attraction, if you pray about it, show you what that block is?

Jesus:

Of course, if you're sincere in any prayer. And remember the word is "if" - little word, big meaning. If you are sincere with any prayer, you will get a response. So if you are sincere about finding out what the block is, you will find out what the block is through the Law of Attraction and words that are said to you and experiences that you have, all of which your soul is attracting - if you are sincere. The problem for many of us is that we are not really sincere.

9.2. Moving out of stagnation

Jesus:

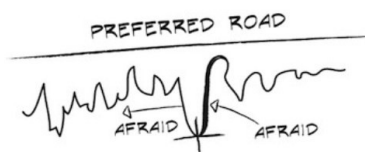
You see this is what happens, I find, and it's worse the more modern the times we live in it seems. If I could draw a little picture on the whiteboard, this is how most of us see things. We go, here's a nice highway, trying to be as smooth as possible. That is the preferred road, is it not? But life is not like that highway; life has ups and downs.



***Most of us prefer a straight, flat road,
rather than the bumpy road that life is***

Now if you are asked to get your car and you could choose which road you want to drive on, the majority of us would go, "Yeah I think the preferred highway is the way to go." You can see this one's a bit bumpy and whatever. But when it comes to a troublesome time in our life, which is like a bump in the road, most of us have a desire to stay there rather than to move through the troublesome period. This is a definite psychological problem that we face; it's an emotional problem that we need to address. We've got to ask ourselves why we are prepared to stay in a stagnant condition rather than move forward.

There is really only one answer, if you think about it. Why would you stay there? Because you're afraid of having to move forward, so you're afraid of what's ahead; and you're also afraid of what's behind because you don't go back to that, you don't want to go back to that; and so what you do is you don't do anything.



***We choose to stay stagnant rather than moving forwards
or backwards, because we are afraid***

Now that place is not a good place for anyone. We must recognize that it's only fear that causes us to want to stay stagnant, and fear is an emotion, it's an emotional experience. So really what we're saying is we're unwilling to expand our soul enough to experience fear, that's really what we're saying isn't it? By not going through the fear, we're saying to God, the universe,

ourselves, we're saying, "Don't let me go through this fear." And that is a direct unwillingness to go through fear. That's our soul expressing its free will desire to not experience an emotion.

Now when you get into that place, you're basically saying you're not going to grow anymore. That's what you're saying. That's a place of stagnation, and it's not a very happy place, to be honest. So I recognize that whenever you want to be stagnant, really what you're doing is you're just honouring your fear and if you want to become a 100% emotional being, fear is an emotion you're going to have to learn how to feel.

That didn't go down well, did it? (Laughter) Rage is an emotion you're going to have to feel; fear is an emotion you're going to have to feel; terror is an emotion you're going to have to feel; sadness is an emotion you're going to have to feel; deep despair is an emotion you're going to have to feel; shame is an emotion you're going to have to feel; joy is an emotion you're going to have to feel; happiness is an emotion you're going to have to feel: these are all emotions, if you're going to be a 100% emotional being, you're going to have to actually learn how to feel all these emotions.

9.3. The power of feeling and releasing fear

Jesus:

At the moment we see emotions as a bad thing to feel but I actually see your soul as an expanding thing. When I look at the intolerance on the earth towards fear, it blows me away because I think, wow, most people on Earth have no idea how empowering it is to actually go through the feeling of fear and to learn that you can actually do it. Most people on Earth haven't learned that they can do it.

Most people on Earth believe that fear is an impossible emotion to actually feel, and it's not. There are millions of people in the Celestial heavens who have all felt the emotion of fear in the past, and they're all still alive, they're all still enjoying their life. So it's not an impossible emotion to feel, but on Earth it seems to be a belief system that fear and terror are impossible emotions to feel. You do everything you possibly can to avoid them and if you even examine your own day-to-day life, even now, many of you are still doing everything you possibly can to avoid fear; and that is not growing, expanding your soul to feel, to have the ability to feel fear.

Once you expand your soul, and allow the soul to expand you will be able to feel fear anytime. You'll be able to feel it pass through you, release it, anytime. That's a very powerful place actually, a very powerful place because now not a single decision you make will be based upon your fear. After that point, you won't base any decision on your fear anymore. If you imagine what that would be like, you wouldn't be afraid of anything, and even if you were afraid you still wouldn't base any decision on it. That would be a pretty

amazing place, even that, even if you still had fear but you didn't honour it any longer - that would be an amazing place. And I feel the majority of people have no idea what that feels like. No idea what that feels like. I don't know if anyone on Earth really yet has a feeling of what that feels like.

9.4. *Moving out of stagnation (continued)*

Jesus:

So, allow the rocky road to occur, and whenever you feel stagnant on it, understand that it's fear, and if you have a feeling emotionally that you are going to become 100% emotional being, you must go through this fear and you'll do anything to make sure you go through the fear; you won't avoid it anymore; you won't get angry about it anymore: but if you feel anger, you'll let yourself feel it and go through that too and then you'll come back to the fear. Whether you get angry or not, it still doesn't change the fear, it's still going to be there. You need to feel it at some point.

Mary:

The roads lead to different destinations, don't they?

Jesus:

Which ones?

Mary:

The two you've drawn.

Jesus:

Yeah I sort of feel like the flat road, which is sort of the road of comfort, is the road the majority of us still select and honestly, it's almost a lifeless road.

Mary:

I reckon it's a loop road.

Jesus:

(Laughter) Have you been to some cities in the States where they have a freeway that goes around the city? London has it too - the M25, goes around the city. If you stayed on the road, it would just be like around and around and around. That's how most of our lives are. We're on this smooth road going around and around and around and around and around, not actually experiencing anything or going anywhere. That kind of a road is not the road you really want to be on in the long run. You want to let the emotional experiences occur, so that you can expand emotionally.

Whenever you feel stagnant, you realize, "I'm just afraid and I don't want to feel it." And it doesn't matter, you'll find out what you're afraid about if you really want to, at some point. You won't need anyone to tell you either, eventually you'll find out for yourself. It's handy when someone tells you, of course. Not that it helps much, sometimes, because you go, "Okay, but I still don't want to feel it." This is the problem is that we need to develop a desire within us to be this emotional being.

10. Closing words

Jesus:

That's probably the message we would like to leave you with today, to start thinking about and allowing yourself to ponder about what it would be like if you lived a life where you were a 100% emotional being all the time. Allow yourself to imagine that place with God. Imagine swapping these emotions with God constantly, where you're always an emotional being, experiencing everything because the reality is you're not being real unless you get to that place. You're not having a real experience unless you get to that place. God designed that place to be your real experience. So that's the place we want to aim for in the end.

So what we'll do tomorrow is talk more with you about some of the blockages we have to get to that place, some of the belief systems we have that we need to work through to get to that place, and also some of the things that are a part of that place in developing desire; what it means to develop desire in certain areas where we have this emotional experience as our focus. So if you want to come on tomorrow that would be great. Thanks guys. (Applause)

What we're trying to do with these events down here in New South Wales, the assistance group events, is to actually help people understand how important the process is of getting into these emotions and allowing the emotional experience, and focusing on the blockages that stop us from having these experiences.

Mary:

Yeah and guys I've taken 6 years to get close to this point that we're talking about today and I've lived with someone who's been in that place that whole time and I feel really passionately that it's great to give you guys the opportunity to spend some time around Jesus, but also me being a little bit closer, to give you the feedback; the kind of feedback that I've received long term because it's really helped me to say, "Oh that's not it." The work can't be done for you, but there's no question that truth is assisting, and hence assistance groups.

Jesus:

So what we want to do is help you work through some of the resistance that you have towards being an emotional being. A lot of that is about the barter and the blackmail and the bartering systems you have internally with other people, and the addictions you want met through those systems, and the belief systems that you have that you don't want to let go of because you believe them to be true, and all of those kind of things. So our discussions with you will be about those subjects.

Mary:

Yeah. And this point that we're talking about, it's an end of sorts, but it's more a beginning of everything. Accessing wisdom from God starts at that

point in a real way. So it's a pretty exciting place to aim for. And scary. Let's face it - right now we're scared.

Jesus:

Otherwise we'd already be there. And even that is an emotional experience that God is trying to teach us that we're capable of experiencing, as well. So what I like about the whole way God's designed the soul is the soul has the capacity to infinitely expand with its emotional expression, and as it does to infinitely expand in its understanding of the universe and every other subject and what I feel for many of us is that while we're severely limiting our emotional expression, we are severely limiting the potential of our own soul.

The sooner we can get out of that habit, the better and it does take some time, you know, because like I said you're deconstructing all of these teachings that you've imbibed right from the time of conception and it takes effort to do that. You've got to find them; you've got to feel them, and it does take effort to do that, but once you've come into this desirous place, things change quite fast after that.

You know you often ask me what I do in this situation; you won't have to ask me anymore. You won't even think of asking anybody anymore, you'll know what to do through your connection with God, your connection with love. You'll instantly know what to do. Things that you decide now over months of time, you'll take days or even minutes to decide. You'll be so surprised. There are decisions now that you ponder over for weeks or months on end, and you won't even spend a single moment more than a second or two on the thing in the future because you'll know what you need to do in any circumstance and as a result of that, your life then has the power to change very rapidly.

So many of us have been stuck in a place for quite a number of years after hearing Divine Truth, and the reason why is because we've not truly engaged this understanding that actually it's our emotions that need to grow. It's our emotions that need to develop. And we need to be focused on that more than anything else.

What we're trying to do with the assistance groups is give you an experience of what it's like every day for us because every day, we are not focused on doing things every day, we are focused on feeling things every day; our entire day is totally constructed to just feel things; our entire life is constructed to feel that way, to be that way. And what we're trying to give you for nine or ten days is an experience of what to do to do the same thing if you want to do it.

Thanks for your time today guys. We'll catch up with you tomorrow. (Applause) It's good to see you again.

Understanding Your Emotional Self:

Session 2 Part 1

Jesus:

So this is session 2 regarding emotions and your relationship with God and understanding your emotions. We feel we've got a lot more sessions we need to do on this subject, because we feel most people don't really get it even after we've talked about it generally.

1. Emotions and the “Way”

Jesus:

Let's cover a few basic things about your relationship with God. There are two things you need to understand about emotions in relation to your relationship with God. Do you know what those two parts might be? With two people, or in this case if you've got a relationship with God, who's involved? You and God. So part 1 has to refer to God, and part 2 has to refer to you. So the subject of part 1 is God. And the subject of part 2 is me. I want a relationship with God.

Now what is it with part 1 that we need to know about emotions with God? Well with God, everything is emotional. Everything is based on our soul; it's all emotional. Everything's about God's Feelings, God's Emotions, the way God feels is a feeling of love for you. You can't receive that Love unless God felt that Love for you first. So everything about God is emotional.

So if I am going to connect to God, if I'm going to engage the “Way” to God, how is my intellect going to function here? As a tool.

Participant:

My intellect is only going to help me as a tool to work out where I'm not emotionally connected to God.

Jesus:

So my intellect is just a tool. Now if I have thoughts for God, is God going to receive those thoughts and act upon them?

Participant:

No. Unless they're with an emotion.

Jesus:

Correct. So unless the thoughts have triggered an emotion, then of course every thought I have, from God's perspective, is your thought. “You're allowed to have it, but it's not going to affect Me, because there's no emotion in it”; that's how God sees it. God lets you have every thought you have right now, that doesn't have an emotion connected to it, but it has no effect on God until there's an emotion with it.

So with me, what I have to understand firstly, I am emotional: so for me to have a relationship with God, what do I have to do? I have to be emotional in my relationship with God. I have to have some feelings, some desires, some passions, some longing. That's why prayer is a "longing for God's Love". It's a longing, a feeling that comes out of you towards God.

2 THINGS

PART 1: GOD IS EMOTIONAL

PART 2: I AM EMOTIONAL

INTELLECT JUST A TOOL

So the intellect is just a tool to help you be emotional. It's a tool to allow you to make logical choices and decisions, but bear in mind that they're not going to be very logical, unless you're emotional. A lot of people think the opposite of that.

Many of you ladies are trying to be men when it comes to your emotions. You've lived in a world where the intellect has become dominant and your true nature is emotional, and yet the intellect has become dominant, and for the majority of you now, you look down upon emotion. You don't even let yourself have it. You look down on it so much.

Yet God created you in such a way that your nature is emotional, and you're shutting that down. Of course God created all of us with an emotional nature, but in particular a woman has more of a connection with that by nature. The male also has the intellectual part of his emotions in play, whereas the women have the emotional part of the emotions in play more often. Yet you're shutting that down and becoming like men.

Mary:

Trying.

Jesus:

Trying to, yeah. It's not very successful. Can't change your body, because that's still a woman, one. And you can't change your soul's nature. Yet you're trying. So it's very counterintuitive.

1.1. Connecting to God emotionally

Jesus:

So if part 1 is God is emotional and part 2 is I am emotional, then obviously the connection is this: as long as I bring my emotions into harmony with God's Emotions, that is, in the end, going to be my connection, or I will become at-one with God. If my emotions are out of harmony with God's Emotions, then of course I won't be at-one with God. So it's really simple as

to what makes me at-one with God, in comparison to what makes me separate from God, and that is our emotions are different.

So if my emotions are different to God's Emotions, then we - God and myself - cannot be at-one with each other on a certain subject, but if my emotions are the same as God's Emotions, maybe to a lesser degree, but the same in terms of its quality about the same subject, now I can be at-one with God about that particular subject.

Participant:

So can I just clarify for yourself, AJ, there would be emotions in you that you are at-one with God presently ...

Jesus:

Correct.

Participant:

... but you're just refining the ones that are left that aren't?

Jesus:

Yes and in fact my particular problem at the moment is all to do with how I view myself. I am completely out of harmony with how God views me at this point in time almost. Although I am more in harmony with how God views me than you are, with how God views you (Laughs), I still feel like I am completely out of harmony with how God views me.

Mary:

I also think you're quite in harmony with how God views others.

Jesus:

Definitely. I have more of an honour with God with how God views other people, than I do with how God views myself.

Participant:

So in this process, you can become at-one in different areas as you progress.

Jesus:

Correct, you will.

1.1.1. Progressing through the spheres

Jesus:

In fact that is the way you're progressing; emotionally you become the same as God on different subjects. And the more subjects you became emotionally the same as God, the more you've progressed.

Mary:

You're going through spheres.

Jesus:

You're going through the spheres. That's what it's all about. So when you make the transition between the first and the second sphere, you become at-one with God about how God views fear. See when you're in the first sphere, you honour fear. You do what the fear says; it dictates to you something, so you go ahead and do it. When you enter the second sphere, you might still have fear, but you don't honour it anymore. You don't do what it dictates anymore. So there's a big transition there - the way God views fear is the way you now view fear. So you made a transition into a new dimension.

Mary:

It doesn't mean you don't have any fear anymore, but you view it the same way God does - that it's just an emotion; it's something that can leave you.

Jesus:

Yeah. When you make the transition between the seventh and the eighth sphere, you lose all fear. So between those two states, the second sphere state and the seventh sphere state, you are working on different fears that you no longer honour and act upon but you now release. That's what you're doing between those spheres.

If you look at how God sees free will, it's the same. If you look at how God sees truth, it's the same. The transition between the second sphere and the third sphere is a lot about truth; your desire for it in comparison to your tolerance of it. Remember yesterday we talked about tolerance, allowance, and then desire. Well for most of us we tolerate truth, barely. Is that not true? You know when someone tells us the truth, we go, "Eew," we make all these grimaces in our face, and we're all just sort of "Argh," pushing it away all the time, or whatever we're doing with it. We basically barely tolerate truth. Well that's a first sphere thing. A first sphere thing is you barely tolerate truth. In the second sphere, you sort of allow it, but you're not really that keen on it, you just allow it. The third sphere ...

Mary:

I know it's good for me ...

Jesus:

In the third sphere, you start to love it, you desire it. Now you've become more like God on the issue of truth. You've received some of God's Emotions about truth, and you've let go of some of the emotions that prevent you from seeing things that way.

It's similar between the transition between the fourth and the fifth spheres. You start to have God's Emotions about your soulmate. Now you can work on those emotions earlier, if you want, but the majority of people don't, and so they work on them in that transition because you can't enter the fifth sphere without some of God's Emotion about soulmates. You just can't.

So it's like God's just helping you by sharing some of His Emotions with you and there needs to be some allowance inside of you to receive those emotions, to accept the truth of those emotions.

Mary:

It's pretty cool, hey, that there's someone who's already at-one with God on so many issues.

Participant:

That's just blown me away because I look at at-onement and I look at the totality of my errors, and throw up my hands, whereas if I've just got to keep progressing and keep stepping into a more loving ...

Jesus:

Yeah one thing at a time. And as you do, you will make different transitions, and you'll feel some of the major transitions, because some of the transitions, particularly the transition between fear and no longer honouring fear, is a major transition. The transition between fear and not having it anymore is a major, major transition. (Laughs)

The transition between allowing truth and really loving truth, that's a major transition, and you really feel it. It changes every one of your interactions with every single person. You can no longer have an interaction where you do not honour truth because you feel the desire to honour truth, but also you feel a terrible feeling when you don't. Now most of you feel a terrible feeling now when you don't to a degree at different times but you'll get to a point where every single time you don't, you feel terrible. And every single time you do, you feel great, you feel over the moon about it, and what it accomplished, no matter what the results are. But most of the time the results are good, much better than what you believe they're going to be. That's just you becoming at-one with God on different subjects.

Eventually you'll become at-one with God on most of the subjects you can conceive. Once you're even at-one with God, you're not at-one on all the subjects God could conceive. You're at-one with God on the subject of love. Once you become at-one with God you are now at-one with God on the subject of God's Love and the human love. You now have the same way of feeling that God feels about love. To a lesser degree, of course, because you don't have the power God has, but you have the same way of thinking about it. The same way of feeling about it as God does.

1.1.2. Becoming happier as we progress

Mary:

You can see how if you don't value the quality of love or growing in it, progression towards God is going to be pretty tricky.

Jesus:

It's going to be impossible.

Mary:

I see a lot of people not valuing that.

Jesus:

Love, yeah. Every time you don't value love, you're not giving yourself an opportunity to make a transition in having some of God's Emotions about that particular subject in your soul. And every time you have God's Emotions about a particular subject in your soul, you will be happier. Your life will be happier. You'll have more joy, you'll have more satisfaction. Things will be accomplished more. You'll have more satisfaction in what you accomplish in your life. That's an automatic result of that process.

So we've got to stop seeing it as work, work, work, work and then, all of a sudden, surprise, surprise, we become at-one with God. (Laughter) That's not how it is. You can feel yourself becoming at-one with God throughout the period on different subjects. And you can then feel, to a greater degree, the disharmony that exists within you on the other subjects you're not yet at-one with God on.

Mary:

Yeah. This is why, I think, it's such a fulfilling part, if people embrace it really. Because you do have increased feeling of reward and satisfaction as you continually grow. It's not like a marathon where you finally get to the lovely paradise. It's a growing thing all the time. And I think people who feel really disillusioned at this moment, and stuck, feel that way because they're not truly engaging the path, because if they were, they'd feel change.

Jesus:

And they'd feel happy about the change. There's no way you can avoid the happiness, because every time a change is happening where you've received another emotion from God about a certain subject, you're going to be happier. You will be happier every time.

1.1.3. *An analogy of learning to drive*

Jesus:

This is the way we see it. I often think of becoming at-one with God is a bit like a probationary period. So the time from the first dimension to the seventh dimension is like our probationary period.

Now you imagine if you were a p-plate driver here in Australia, which is a probationary driver here in Australia, and it's the first day of your probationary driver-ship, shall we call it that. Basically you're not too confident. You're driving on the road, a car comes rushing up behind you and you go, "What do I do, what do I do, what do I do?" You're worried about what's going to happen and then a car comes, "What do I do now, what do I do now?" And you're trying to change the gears, "What do I do now?" and everything is really uncomfortable. Usually in Australia, we have a learner

process obviously that helps us get rid of a lot of those things. But still when we were the early probationary driver and we're by ourselves for the first time, it can be a pretty scary thing, especially if you jumped on an American freeway and then tried to get off at the turn off that's right. That's a pretty stressful thing when you're a first time driver. But as time goes on, you work through different limitations and so forth and you grow in your ability and your growth in your ability means that you become less and less fearful of the process. And when you get to the point when the probationary period is finished, generally you're a much more confident driver.

Mary:

And things come naturally to you there as well.

Jesus:

And things come more naturally, everything's coming naturally, the gears are like fully flowing, everything's fine, mirrors, all those things that are a part of driving are all part of your consideration. And a lot of it, by this stage is now automatic.

And that's the way it's going to be with God actually. By the time you make the transition between the seventh and the eighth dimension, you will automatically be at-one with God on all the things that are loving. So you actually will have already made the changes necessary to make the transition. In other words, God doesn't force you into a transition unless you've already made the transition within yourself. God does not force you to make any transition; no transition is possible unless you've already made the transition prior to the transition.

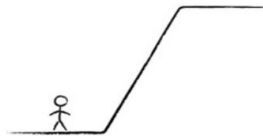
Mary:

You've used your will to engage the process.

1.1.4. *An analogy of climbing a hill*

Jesus:

How can I illustrate that better? Let's say, that this is what it's like, you're climbing a hill. Now when you start, you're right down at the bottom. You're looking at the hill in front of you, and you've got to have a pretty good motivation to start the process of climbing it. Obviously you want to get to the top of it for some reason, even if it's to take a photo. So there's some kind of motivation that causes you to do that. So you start on the process.



A person at the start of climbing a hill

Now once you get a third of the way up the hill, even though you haven't climbed the hill, in the sense that it's completed, the reality is you have completed a third of the process. You've made a third of the transition, a third of the things you had to accomplish, have been accomplished.

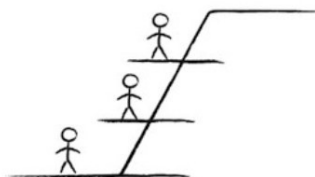
Then when you get two thirds of the way up the hill, two thirds of the transition has been made. You're still not on the top of the hill; you still don't have the full benefits of being on the top of the hill.

Mary:

You'd probably get a pretty good photo from there.

Jesus:

You might get a fairly good photo from there, but you still won't be as good as what it would be at the top. You don't have a view that's exactly correct yet of what it would look like, but you've made two thirds of the transitions necessary to get to that point.

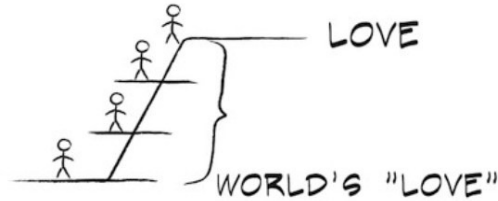


A person at different stages of climbing the hill

Now, of course, you could be just one meter below the top, you're still not at the top, so you still don't have the view that the top has, but you've now accomplished like 99% of all the things you have to accomplish in order to be at the top. Well this is very much similar to your transition in becoming at-one with God with love.

So if you think about it, God's standard of love is the top of the hill, while the bottom of the hill is the world's standard of love that you've grown up in at the moment and I'll put the world's standard of "love" in quotation marks because I use the term very loosely, because it's not very loving at all.

Each time you make a transition up; you are changing from the world's viewpoint of love to God's viewpoint of love. And even though you might be right at the pinnacle, just about to make the change into being right at God's position of love, you can see that you've had to make all of that change before you got there, without fully having the reward of being at the top.



***Climbing a hill from the world's definition
of "love" to God's definition of love***

It's exactly the same with your emotion. Exactly the same.

Mary:

So I love that God has such faith in our capacity to love that He created this whole way that we can learn through all these spheres.

Participant:

So you're basically saying that for the transition from the world's love, you have to have the goal that you want to be as loving as God.

Jesus:

Yeah. As God does.

Participant:

And if that's not your goal ...

Jesus:

... then you won't become that.

Participant:

And also the transition of getting through fear and all that, and start to become at-one with God in ideas, or in feelings about ...

Jesus:

... feelings about fear, truth, all those things.

Participant:

... that all can be done in small emotional steps.

Jesus:

Correct.

Participant:

Like you've taken steps up the hill.

Jesus:

It's impossible to do it in one great big emotional step. To be frank, if we tried or attempted it in one great big emotional step, that's when you would kill yourself, probably. And even then, you still wouldn't be dead, but you'd still be pretty stressed. (Laughs) So the reality is it's a physical impossibility to make an instant transition.

Participant:

Which is why God has custom made the Law of Attraction to ...

Jesus:

Correct ... to help us make gradual transitions. Yeah. So we need to stop being disappointed that we're not there already. We're coming from this place, which is a pretty dark place. You can't expect yourself to go, "Oh I heard Divine Truth yesterday, today I should be at-one with God." It doesn't work like that, as you now know. It doesn't work like that, but the reality is we can't even expect it to work like that. That's not how it's going to work.

Mary:

And just further to Fab's point, yesterday we talked about emotions as a means to an end. We talked about how for some of us our end is "I want to have a happy relationship" or "I just don't want to have any problems anymore". And in that case, love is not the end, so you're not ever going to reach this point ...

Jesus:

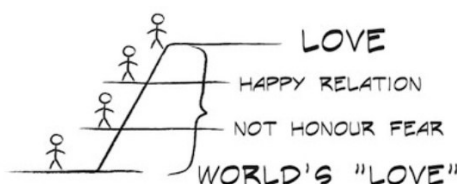
To be honest, if you do it right, by the time you half way up the hill, you'll have a happy relationship.

Mary:

Yes.

Jesus:

And if that was your goal, that's where you're going to probably stop. If your goal was to no longer honour fear, then that's where you'll stop.



***If we only aim for a happy relationship, or to no longer honour fear,
we won't reach the pinnacle of loving as God does***

Mary:

But I would even put to you that if you don't have the goal to really refine yourself in love, what you define as the happy relationship might be just blissful co-dependence.

Jesus:

And as soon as you obtain blissful co-dependence, you no longer progress.

Mary:

Yeah. I'm happy now, but really it's not a state of love. And really this same diagram works in the same way that we've been talking about becoming this truly emotional being. It's not like you guys heard the talk yesterday and went home and went right, okay I'll do that ...

Jesus:

Today I'm an emotional being.

Mary:

Yeah, today I'm totally emotional. (Laughing) It is a gradual process that we're going through. And there will be a moment though, when you take that final step, and ...

Jesus:

... and bang! That's when a large transition occurs. It's like making the last few meters at the top of the cliff and all of a sudden being at the top, and being able to see.

See before you when you're climbing a hill or climbing a cliff, you're very concentrated on what you're doing during that process generally. You generally don't observe as much of what's around you because your goal is to get to the top. But once you get to the top, often you'll just sit on the edge of it and just have a good look. And often that's how it is when you make the final transition, and now you can see what you were really going for. Now you can see everything about it. But you couldn't before then.

Participant:

So it's like saying that, even as you go up, you'll end up getting more love for yourself because you can turn around and look and go, "Oh that's good, I've come so far" and I'm going on a bit further, and desire grows and it sort of snowballs uphill.

Jesus:

Correct. Now there's a lot we can say about that.

1.1.5. *Knowing God's Truth in the soul versus intellectual knowledge*

Mary:

Something to mention there is that, we were talking before in how Jesus is at-one with God on many issues and so he can get up and give a lecture about all of those issues.

Jesus:

Without needing any notes or anything like that for most of the issues for two or four hours - it's all there because I feel it all.

Mary:

Yes. And that's the difference. You feel it emotionally. But someone could come to a lecture, sit and listen diligently, go home, memorize it all, and get up and give the same lecture. Would they be at-one with God on those same issues? No. So the key point we really wanted to make here is that at-onement with God is emotional and never intellectual. It doesn't matter how much intellectual knowledge, and lots of people have lots of intellectual ability to parrot truths of God, but until they reside within our soul, we're not at-one with God on that issue. And when they are residing in our soul, they'll affect everything we do, the way we act, the way we respond to things, the decisions we make. If we're at-one with God on that issue, we will be reflecting God's attitude on that issue.

Jesus:

So any person who reads the Padgett messages will have a great intellectual knowledge about some of God's Truths. But it doesn't mean anything actually. Unless they have felt those truths, and felt the transition in their soul and it impacted upon their personal life, and they have actually become at-one with God on those particular subjects, basically they're still going to be in the world's definition of love, which is in the hells. Every day they'll still act out their own definition of love, thinking that it's God's definition of love, but it's not because they haven't made the emotional transition.

1.1.6. Summary of becoming connected to God emotionally

Mary:

Just to summarize part 1, we've said it's impossible to be at-one with God from an intellectual standpoint. It's impossible to connect to God intellectually. The intellect is only the brain of the spirit body. The soul's mind is its emotional core. The intellect is a tool of the soul's mind. So the soul's mind ...

Jesus:

... is actually it's emotional processing core.

Mary:

... is it's emotional core.

Jesus:

You know, what it does with emotion.

Mary:

Yeah. The intellect is a tool of the soul's mind.

Jesus:

Yeah. So if that's the case, and if we think of God as the Grand Emotional Being, God's not trying to have an intellectual connection with you. God knows that intellectual connections mean nothing. You don't feel anything with an intellectual connection. You only feel something with an emotional connection of some kind and God knows that. That's why God created "this way" as "The Way." Without this emotional connection with God, there is no connection.

Now for many of us, of course, we try to have an emotional connection with God. That doesn't work, and some spirits come along and they are happy to give us any of our addictions met. So we enter an emotional connection with the spirits, thinking they're God. Of course that's not what we're recommending here either. There are a lot of people on Earth who think they're at-one with God that are actually at-one with spirits who are giving addictive emotions to them and they've just in a co-dependent relation with a spirit calling himself god. That's not what we're recommending either.

To be at-one with God, you've actually got to accept all of God's definitions on every subject emotionally, and particularly, as we pointed out, the subject of love. Now many of the people who claim to be at-one with God, they don't have God's definition of love in them emotionally. So the fact is whoever they're having an interaction with is not God, it's someone else. And we don't need to worry about that, we know that as we progress towards God, our definition of love will become more purified.

Therefore we will get to a point where we know straightaway, and usually it's when we make the transition in the second or third sphere, generally, we know that we've gotten rid of pretty much most of the spirits who have been in an addiction with us emotionally. They're no longer giving us the nice emotions we had and we no longer accept them anyway, because we've already got God's definition of love on those addictions by that stage. So we no longer enter a co-dependent barter with another group of people, whether those people are people we can see or not see. So you get rid of those kinds of connections early in the piece of your progression. So you don't have to worry, if I'm in the seventh dimension, or sometime in my future I feel like I'm in the seventh dimension, but really I'm just connecting with an imaginary god of my own making or a god who's claiming to be god but is just a spirit. You don't have to worry about that because that only happens in the lower spheres. Once you work your way through the issues of the lower spheres, those things disappear. God's made it that way. So that way you're never fooled by anybody, unless you choose to be. (Laughter)

1.2. Becoming an emotional being

Jesus:

So let's look at part 2. There are a few extra things we want to say about part 2.

Mary:

Yeah. Okay. It's impossible to connect to oneself from an intellectual standpoint; it's probably an important point.

Jesus:

Okay. So if I am not emotional, this is the thing we need to bear in mind, if I am not emotional, I cannot do a number of things. What do you think those things are that I cannot do? I'll help you get started.

1.2.1. Without being emotional, we cannot be ourselves

Jesus:

You cannot be yourself. Can you see why? Because without your emotions, you're not yourself, because you're an emotional being. That's how God created you to be. So without your emotions, you're not ever going to be yourself, you're not ever going to know yourself even.

1.2.2. Without being emotional, we cannot know God

Jesus:

So what else can you help me with? I cannot know God. Now knowing God is about being connected to God. How do you connect to God emotionally? If I'm not being emotional, then it's impossible for me to connect to God who is emotional. So now I can't know God. So I can sprout about God, like many people in many religious movements do, sprout about God, all holy and everything else, but they know nothing about God.

The proof of the pudding is, what do they do with their day-to-day life? Well they go off to war, no worries. They go off, murder somebody who murdered their child, no worries. They'll even consider rape and pillaging under certain circumstances, if they feel God justifies it. I don't know of God doing that. They don't know anything about God. And that's why these people who are often religious can often do some very, very dark things, because they don't know God. They're not connected to their emotions and are never going to know God under those conditions.

1.2.3. Without being emotional, we cannot know our soulmate

Jesus:

What else?

Participant:

Know our soulmate?

Jesus:

So isn't your soulmate yourself? You're never going to know the other half of yourself, or yourself, if you're not feeling emotional. So all these people who go, "Oh I think I met my soulmate." I go, "You think you met your soulmate, interesting comment. But, go on. Let me hear about that." "Ah yes, this and that happened, and I just worked out that we were together then, and we were together then, so it probably means that we're soulmates." "So do you know or not?" "No, I don't know." So why are you saying you think you've met your soulmate when you have no idea yet because until you feel, you're not going to know. You can't know.

1.2.4. Without being emotional, we cannot know others**Jesus:**

Okay, what else? Okay, so you can't know others. You know some of you think you've got best friends - you don't know them. Unless you're connected to them emotionally, you're not going to ever know them. You don't know what they've done, what they've done in their life, how they feel about all sorts of things because unless you can feel them, you don't know. You're just hearing what they say and even half the time what they say isn't what they actually feel, because they don't know themselves either.

So somebody comes to me and says, "Oh you know I really feel like I want to do that," and I go, "No you don't. Why do you think that for? I can feel from you actually that you want to do this." And they go, "Oh yeah that's true. How did you know that?" And I say, "Well how did you not know that?" And how we do not know things is because we're not letting ourselves feel our emotions. That's how we don't know things.

So if you're really confused about what you know and what you don't know, the problem is you're not letting yourself feel your emotions.

1.2.5. Without being emotional, we cannot love**Jesus:**

Okay, what else can't we do? We can't love anyone. We definitely can't love anyone. Love is an emotion, and if you're detuned from your emotions, how can you love? That doesn't make any sense. So obviously we can't love if we're not emotional.

I read things quite frequently with people saying, "Love is not an emotion." We read a Christian thing not long ago, where they said love is not an emotion. I'm going "What! Love is not an emotion? How did you come up with that intellectual concept? That is one of the most craziest intellectual concepts I've ever heard!" that an emotion of love is not an emotion. So it's a thought: this person was trying to say that it was a thought. No, you can think love all you like, but nobody's going to feel it from you, until you actually act.

Mary:

It's very common in some New Age teachings as well, you need to be free of emotion so you can love.

Jesus:

It's not true. You need to be free of unloving emotions so that you can love. That's true.

1.2.6. Without being emotional, we cannot know anything

Jesus:

What else can't you do? There are some big issues here of what you can't do. You can't grow, that's true, but even before you grow you won't know any truth. You won't know anything.

Mary:

You can't discover anything, can't do anything ...

Jesus:

... or know anything. That's how global it is, it's not just know one thing, it's know anything. You can't create anything.

PART 2: I AM EMOTIONAL

I CANNOT: BE YOURSELF
KNOW GOD
KNOW OTHERS
LOVE
KNOW ANYTHING

1.2.7. Anything that is out of harmony with love will eventually be destroyed by God's Laws

Jesus:

The way God's Universe has been designed is that anything that you attempt to create that's out of harmony with love, God's Universe will attempt to destroy it. Isn't that interesting? All the laws are set up for it to not survive, in other words. This way everything that's created that's unloving eventually dies. So you've got a business idea that's unloving; if it's unloving, God's Laws are already set up against it. How is it going to survive in the long run? It's not going to survive in the long run, and you'll be push and push and push and push and pushing against all of God's Laws, and go, "Why isn't this working? Why isn't this working?" Push, push, push, push, push, and then you get angry, and then push, push, push, push. And it's still not working and eventually we throw up our hands generally. Sometimes these things have lasted thousands of years, but they still die.

Anything that's set up out of harmony with God's Laws is consigned to a death at some point in the future. And I'm talking about any concept, any idea, any creation, any action, any emotion that you set up outside of God's Laws. All of them are consigned to get destroyed at some point in the future.

Mary:

How far away are we, as a world, from understanding that? We even have a saying, "All good things must come to an end," which is the exact opposite of the truth.

Jesus:

Exact opposite. The real saying is, from God's perspective, "All unloving things will come to an end."

Mary:

Which is exciting.

Jesus:

And when we say, "All good things will come to an end," that's not God's opinion on the matter. We're never going to be at-one with God with that opinion, are we?

So this is the thing. What I'm trying to illustrate here is not just a simple matter of something to do with your relationship with God. It's your relationship with every single thing in the universe, including yourself, that's affected by this: every single thing. It's not just your relationship with God, or your relationship with other people, or your environment or any of those individual things, it's absolutely everything that's going to be affected.

Mary:

It's your relationship with reality, actually. You can't actually know what's going on around you, if you just believe the facade and feel nothing because whole other things can be happening, and are happening, and if you feel, you'll know what they are. But if you don't feel, you don't even have a grip on reality.

Participant:

All this fear I have about going insane through feeling my emotion, I'm already there, you know, like I'm insane already.

Jesus:

You're insane already, so why are you worried about that.

Mary:

It's like the conversations, it's already happened.

Jesus:

It's already happened.

Mary:

Still worrying.

Jesus:

Like the whole planet is basically crazy at the moment. Really.

Participant:

And all civilization seems to implode, if you look at so-called great civilizations.

Jesus:

Of course they implode because they're all set up out of harmony with God's Laws. God's Laws are created to try to attempt to deconstruct those particular things that humans have constructed. That applies right down to your own personal life.

1.2.8. Civilization and mankind are currently insane

Jesus:

You think about how crazy this world is - like we charge for water. That's crazy. Anybody who loved wouldn't charge for water. There's plenty of water on the planet for everyone to share, drinking water in particular, but any type of water really. But we charge for it. Then we charge for food, that's pretty crazy. Why would you charge for food? Food's an essential, after two or three days you start to starve, after two months most of us would be dead without food. Without water it's two, three, four days, depending on our environment, a week at the most. We're dead without water. Why would we charge for it? Like that's crazy; we are crazy.

As a civilization, we are crazy. We do a whole heap of things that are totally nuts. And then we say, when somebody's talking to a spirit, he's nuts. That's a bit strange. The spirits actually are alive, and you actually can talk to them. So I don't see why he's nuts, but I certainly see why you're nuts when you're charging for water. (Laughter) Again, we don't have God's view on the matter at all.

We don't actually know anything if we detune from our emotional state. We don't know anything. And we can know nothing, actually. All the concepts and ideas we come up with, which are all being guided by our intellect or our mind, and most probably driven by some very, very dark, usually unhealed emotions, cause lots of destruction on the planet as a result, as well.

So yeah, many of us are worried about becoming crazy, but we're already crazy. We need to become sane. And why would you worry about that? Well, a crazy person worries about becoming sane. Isn't that interesting too? (Laughter) That's how it works isn't it? We're all worried maybe we'll become a nutcase if we do this. No you're already such. How can you go

further down that track, sure eventually you could become psychotic, that's possible. But not if you progress towards God. It's not possible at all.

1.2.9. *Gaining clarity when we are emotional*

Participant:

Just thought I'd share that as a child I was into crying over nothing. So last night I said, "I'm just going to cry over nothing," because there's so much to cry about I couldn't pinpoint it. Normally I categorize what am I feeling but I found myself just going I'm crying over everything. Like it's nothing, but it's everything. I cried for an hour last night in bed, and then I woke up this morning, and wrote an email that I never even thought would be possible even yesterday afternoon. And it just flowed; it just came to me.

Jesus:

Yeah. Straight out of you. Everything's easier after that.

Participant:

But I never really thought that I could just be emotional, just let it, like it's nothing to cry about but it doesn't matter what it is ...

Jesus:

Yeah, and it doesn't matter even why. It's an emotion, you need to feel it, get rid of it, if it's an emotion that doesn't belong in you, it will go. If it's an emotion that's in harmony with God, it'll stay, and flow, again. You know when I say, all emotions come and go, but the emotions that are in harmony with God will be felt more often, and the emotions that are out of harmony with God, as you progress, will be felt less often, and eventually, not at all. Wonderful system. God's a wonderful creator: very, very clever. If you look at the marvel of the human soul and how it's been created, it's just amazing; far more remarkable than our human body, how the soul's been created, it's just amazing.

Participant:

Can I say, because it's exciting, even when I was writing the email, I didn't even stop to think what word I would use or how I would write it ...

Jesus:

Correct. Because it just "blah blah blah blah ..."

Participant:

From start to finish, it was three pages and it all made sense and spelling was right and I was like, "Wow!"

Jesus:

Exactly. Everything runs smoothly. Everything just joins together seamlessly. It's just an amazing place.

Now you'll have glimpses of it as you deal with different emotions, but more and more, as you go along, you'll get to the point where you know everything that's going on with every single interaction and can respond to it and everything. That will happen before you become at-one with God. You'll know what's going on around you, know what everyone's thinking about you, know what everyone's feeling about you; you'll know which bits are in harmony with love, and which bits are out of harmony with love from God's perspective; you'll know what you want to respond to because you can feel your own emotions, and what you don't want to respond to because you don't really feel like you want to go in that direction.

You'll know all those things and you won't be confused. You won't be confused - Ever. Like, confusion is a place that's caused by all of these disharmonious emotions that are all trying to compete for your intellectual time. Once all of those disharmonious emotions are released from you, it doesn't happen anymore. You don't feel confused on any subject; you don't even feel confused on subjects you don't know, because you don't know them and you don't judge that you don't know them; you just know you've got to learn something about them; you don't feel confused about them.

It's just an amazing place to live. People don't know how amazing it is to live, of course, because for the majority of us, we're living in this insane environment, thinking that we're sane, and at the same time having all of these emotions competing for our attention emotionally and intellectually. We're totally confused most of the time, and then we wonder why our life is not very smooth and it's very confusing and everything doesn't work. It's impossible to work under those circumstances.

Mary:

So we've created a list of all the things that can't happen when we're not emotional.

Jesus:

Unless we're emotional.

PART 2: I AM EMOTIONAL

I CANNOT: BE YOURSELF
KNOW GOD
KNOW OTHERS
LOVE
KNOW ANYTHING

Mary:

Unless we're emotional.

1.2.10. *Only sharing information is possible when we are living in our intellect*

Mary:

What is the only thing that can happen when we're living in our intellect?
(Laughter) What can we achieve?

Jesus:

From God's perspective?

Participant:

Love?

Jesus:

Well not really, because natural love is an emotion, so you're going to have to involve some of your emotions. So even a person who's completely without God, progressing towards the sixth dimension, has to feel some emotion. Otherwise they won't love.

Participant:

Sin?

Mary:

Sin. Yeah that's possible.

Jesus:

Definitely.

Mary:

Definitely possible. So there's more than one. But, say Jesus and I are standing here and we're both completely emotionally closed, and we have a conversation. What can we do?

Participant:

Share information.

Jesus:

Correct.

Mary:

That's it, yeah.

Jesus:

That's all we can do.

Mary:

We can share information intellectually between each other.

Jesus:

That's it.

Participant:

Like robots.

Mary:

Yeah.

Jesus:

Two computers can share information. In fact I've got a computer sharing information with Teresa's right now. There's a computer we've got in the States is sharing information with Teresa's computer, and that's all you become once you become intellectual.

Mary:

If you think about your favourite teachers at school, they did more than just share the intellectual information, didn't they?

Jesus:

They always had some passion for the subject that they shared.

Mary:

Yeah. They had emotion.

Jesus:

If you think about it, there's not really any single person on the planet who doesn't have an emotion about some subject. In all of my existence I have not ever found a person who actually is emotionless on every subject, because I feel it's probably impossible given the fact that our soul is created to be emotional. But we can be emotionless on many subjects that are painful in particular - that's where we choose to be emotionless, generally. It's the pain that triggers that.

1.3. Acquiring harmony between our emotions and intellect

Jesus:

So can you start to get a bit of a grasp about how big it is in terms of importance in your life? It's much more important in your life than I feel most of you have been aware of. You know, we can talk about humility and what it means, and give you all the theories about all those kinds of things, but unless there is some emotional feeling about all this material, you're not going to see the importance of everything that's being discussed even: It's going to be very hard. Once you connect emotionally to the material, then you can have some feeling about the importance of it.

Mary:

Especially in the past, I'd be laughing at myself because we'd have a conversation about an aspect of truth or error that was inside of me. This was especially when we first met, and I'd be like, "Yeah, yeah, got it, got it,

got it." And then sometimes it was a month later, or a year later, two years later, three years later, I'd say, "Now I get it! No, I really get it! No, I didn't get it, I said I got it, I didn't get it. Now I get it!" And that's the difference. When you connect emotionally with the truth ...

Jesus:

But I would even say further is that, now sometimes six years after you had that, "I get it," You realize you didn't even get it then, (Laughter) because it was just one of those buoyant, intellectual, with a bit of an emotional realization, but no processing to remove the opposite feeling. And so because there's no processing to remove the opposite feeling, the actual feeling, of the prior belief remains with you, even though you've intellectually accepted a new type of thought.

That's a problem because now your feelings are completely in disharmony with your thoughts and that's a really difficult place. Many of you are in that place, where your feelings are in disharmony with your thoughts all the time, and that's causing a lot of distress. It's only when your feelings and your thoughts coincide, and that can only happen once you've released the negative emotion that drives another type of thought: once your feelings and your thoughts coincide, that's when you start knowing things, really knowing them.

1.4. Working through resistance to receiving truth

Mary:

I feel it's really good to honour that, when you feel, "Oh my thoughts and my emotions are in separate places on this issues." It's important to honour that, and to recognize that emotionally about yourself. "Okay, this is what I'm aspiring to, what I want, but really where I am now is here." It's tempting to kid yourself, very tempting because you get all of these other addictive feelings of like, "I'm getting somewhere," or, "Oh I was bad then but now I've got it." That's all just avoiding other fears and judgments, that are just things that can be worked through anyway. I'm much more at peace now, interestingly, with saying, "Yeah I hear you, but I don't get it," whereas when we first met I was very investing in getting it, because that would make me a good girl. Now I have more of a feeling that God loves me, no matter what my condition and I just have to earnestly be honest about where I am right now.

Jesus:

So often Mary says to me things like, "I know, I can hear the words, but I don't understand what you mean." You're not going to understand what anybody who has progressed in their emotions means until you've progressed to the point that they have. That's the reality.

Mary:

And, if I can explain, that's perfect for the feeling that I have sometimes. In the past I used to really grapple, almost like my intellect was a machine, and I would get it to work harder to understand what was being presented to me, to a point where I could avoid the panicky feeling or the confusion feeling I had about what was being presented to me. Now I feel because I more want to honour my emotions, I'm more willing to go, "Yeah don't get it, I'm not even going to try to get intellectual gymnastics to make that, to rectify this disharmony that's happening here. I want to honour the fact that I need to feel about this, rather than trying to use my intellect to dampen the feeling that I need to feel about this."

Participant:

So as a practical example of that, when Jesus shares a conversation with you and that exact thing happens, do you immediately just melt into tears in that "I don't get it"?

Mary:

I have, I have gone through that ...

Jesus:

But that's judgment really.

Mary:

That's what I was going to say. The big crying, "I don't get it," that was part of me feeling panicked that somehow I'm bad if I don't get it.

Participant:

Okay.

Mary:

And that happens for you, Paige.

Participant:

Yes. That's why I'm asking.

Mary:

... where you go, "I don't get it! I should be getting it!" That's a block that you need to let yourself feel, so it's good to cry.

Participant:

So feel that if it's there.

Mary:

Yes.

Jesus:

Yeah. But once you get through that you won't feel that anymore, once you get through the reason for that. So crying about the fact that it's happening is not getting through the reasoning.

Participant:

But rather than just intellectually trying to push through and understand it, to actually connect with, "I don't get it and I'm freaked out."

Jesus:

Well that's fear, you're crying about the fear. So cry about your fear, but understand that it's not the real reason why you're afraid.

Mary:

It's the block to your feeling. Now it's more likely that we'll have a conversation and I'll go, "Oh I can feel the emotion that doesn't want to receive that." I can feel the error now. It's less panicked ... like I really want to hold on to that other belief, that's why this belief is challenging me. Sometimes that's emotional immediately, but sometimes it has to sit with that, because I'm already resisting it, if you think about it.

Participant:

Yeah I just wanted to clarify because, from where I'm at, right now, is if I had a conversation and something challenged me and I suddenly freak out ...

Jesus:

Every conversation we have with you, Paige, challenges you.

Participant:

Exactly. The panic comes ... so rather than intellectually trying to know, I can figure this out, I can understand it. Let myself feel ...

Jesus:

Just let yourself feel how confused you are and how ...

Mary:

... worried you are ...

Jesus:

... worried you are that you don't get it, because there's a lot of judgment in that.

Participant:

And then that will ...

Mary:

Yeah if you think about that, if you do that every time we have a conversation. Like the other day when we were on the phone, I said, "I think I just need to go and let you feel about that." If you do that every time, then ...

Participant:

And that was brilliant. That's the first time I've ever done that.

Mary:

Eventually you'll get to the point where you go, "Oh Mary's giving me some truth now. It's challenging but I'm not so panicked about understanding, I'll just be able to receive."

Participant:

Yeah.

Jesus:

Once you release the actual reason why you get panicked about truth, then actually you'll love to hear the truth. So most people at the moment don't love to hear the truth, we have tolerance or barely tolerance for truth, and that's because of the different emotions of error that we have within us surrounding truth.

Usually every time we got told the truth when we were a young child, we got belted. So there's a lot of violence associated with telling the truth. We also usually got yelled at, "You tell the truth, you tell the truth otherwise I'll do that." You tell the truth and they did it anyway. So there's a lot of betrayal in feelings inside of us about truth, where we feel we're just being betrayed. And there are a lot of other emotions, too, if you think about your childhoods, and what's happened with response to truth.

Mary:

Being judged and punished as an association with truth.

Jesus:

So those emotions have to come out of you before you're going to be willing and desirous of truth.

Mary:

It is such an awesome gift to have someone tell you the truth. I think back on so many years where I was like, "No don't, not another truth." And now I think, "Wow, like thank you!" I do, I say, "I'm so triggered but ... thank you." Because it's access to reality, it's access to emotion, it's life-giving.

Jesus:

Well that's how I feel too.

1.5. Receiving truth from God requires humility due to God's gentleness

Jesus:

One of the deepest frustrations I've had in my own progression is that there's no one around to tell me the truth because once you get to the state where you love it, you just want to hear it from everywhere. There are plenty people around who want to tell me lies, but not many around who want to tell me

the truth. And that's where I've found it quite difficult at times because if you're always discovering truth by yourself, every single time.

This is what it's like to be first - every new truth you discover you share with somebody else, so they don't have to discover it, they only need to work there way through accepting it. When you're the person who's discovering most of it, it's a completely different feel, particularly before you're at-one with God because it's like you want it, but there's no source of it that you can communicate with. So you have to be so much more humble because you've got to see what is going on, before anybody else can see it really. You've got to see what's going on as it's happening. You've got to see what the Law of Attraction is bringing you every moment. You've got to be really observant, and to be really observant requires a lot of humility.

So the benefit is that I get to have a lot of humility through the process because I have to. If you think about it, God's trying to communicate to each of us but it's the level of humility that we have that will determine how much communication actually occurs because God is like a very quiet voice: God's totally waiting for everything to be in harmony with desire before we can receive. In contrast another person can sit us down and grab us by the shoulders and sit us down and say, "You've got to listen to this." You go, "Okay." You sit down and listen. But God doesn't do that with you.

God doesn't have that level of control over you, which is really great because it demonstrates how gentle God is. But God is so gentle that most people cannot hear God at all. You think about the world in which you live, most of us listen to the loudest person. Is that not true? Like who do you serve first? The angry person, because they're the ones that you're afraid of the most. Almost every interaction we see with other people, we see the angry person gets the first thing, in every case. And why does that happen? It's because it's the quiet, gentle people that don't even get noticed. Now if God is the quietest and gentlest and most loving of all, then you can understand why God doesn't get noticed at all, and why a lot of God's Emotions don't get felt.

Understanding Your Emotional Self:

Session 2 Part 2

Jesus:

So let's move on to the next bit, which is about emotions, and the proper understanding of emotions. So what we've just covered was "Emotions & the 'Way'", where we looked at the two parts involved in that. And we are now looking at -"Proper understanding of emotions."

2. Proper understanding of emotions

Jesus:

Now given all the information we've already shared with you, yesterday in "20140208 Relationship with God -Understanding Your Emotional Self Session 1" and today, if you don't have the right way of seeing emotions, if you're in error around emotions, what would you do? You'd cease the emotion, that's true; you would try to control it, but how does that then affect you. You would try to get rid of the emotion altogether, or you'd try to control it. You would try to do one or the other.

2.1. Investing in emotions

Mary:

This is if you're in error around it.

Jesus:

If you're in error around emotion, you're trying to either get rid of the emotion altogether, or control its expression.

Mary:

Yesterday we talked about some of the ways that when we do that, we come to view emotion. Can anyone remember what we talked about then?

Jesus:

How do we come to view emotion when we try to control emotion or we try to get rid of emotion? We view it as painful, a weakness and we judge it.

Mary:

And what do we do in relation to ourselves for? With judgment?

Participant:

We try to shut the emotion down.

Jesus:

Yes, so we try to control it.

- CEASE/CONTROL EMOTION
 PAINFULL
 WEAKNESS
 JUDGE IT

But what are we doing in this place? We're really saying that the emotion and preventing it becomes the highest priority in our life. In some ways, we're investing in it so much, aren't we? Remember yesterday we used the term "investment in emotion." By seeing the emotion as the thing we have to control, we then begin to invest in the control of the emotion.

Mary:

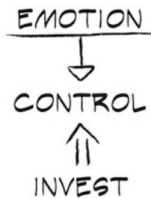
So our focus becomes; all of our actions are all invested in controlling.

Jesus:

Controlling or deleting this emotion out of our life.

Mary:

Avoid, deny ...



Jesus:

It's actually the opposite thing we need to do. See if we allowed the emotion to flow, we would stop thinking that every emotion is going to be a terrible experience. But because we're trying to stop the emotion from flowing, we think that every emotion is a terrible experience. It's like we can talk about emotion for 5 years, and there are a few things that you probably have never realized about emotion, and that is every time you think your emotion is more important than anything else, you're investing in it, and preventing its flow.

I still don't feel we've got that yet today in this discussion.

Participant:

I was just feeling that I sometimes make it wrong as well.

Jesus:

Well of course you going to because there are all sorts of investments we will eventually place in it. As soon as we have any kind of investment in the emotion itself, we start putting the emotion above the rest of our life, and more correctly, we put the prevention of the emotion above the rest of our life.

Now surely, like, if you had a \$1,000 in the bank, and you invested it on the stock market, you would probably grab the whole \$1,000 and put it on the stock market. But if you invested the \$1,000 on your soul, you'd probably grab the whole \$1,000 and put it in helping you to grow emotionally. Now imagine if you got the whole \$1,000 and put it on the stock market. Just one thing has to happen, and what's happened to your whole life? Bang, it's just gone, like that, all of your money's gone. And if it happened to be money that you needed for living, you're now in a disaster. You're now bankrupt, through that one action.

This is what we do with our emotions. We're investing in our emotions so much that we put all our emotions, or the prevention of all our emotions in one basket, and then of course, when we do that, and we're successful doing that, or it fails, either way, we are so tied up with the investment of that, that we will fight everything else, in order to make that happen.

Mary:

Imagine if your sole purpose was not to feel anything, nothing. All I'd have to do is come up and go push you slightly on the shoulder, and what would you be willing to do?

Participant:

Deck you.

Mary:

Yeah, in an extreme circumstance, you might deck me or shoot me.

Jesus:

You'll even perhaps be murderous. And there are people on the planet who do that. You go up and you've just got to push them, and they'll turn around and floor you. You've just got to look at some people and they'll floor you. That's how much rage they have in them about protecting some emotions. This is the trouble with trying to control emotion; the control itself becomes our investment.

Mary:

So we do anything to control.

Jesus:

So in a way, the desire to not feel the emotion becomes the most important thing in our lives. And this happens every day to you. Every day. Every day there are emotions inside of you that become the most important emotions in that moment that you want to deny, and you'll do all sorts of things in that place. You'll sometimes have sex with people who you don't really want to have sex with. You'll sometimes feel murderous feelings towards other people. You'll sometimes go and do something unloving because of an emotion that you didn't want to feel. And it comes up - bang, bang, - every

day there's different emotions inside of us that we are so invested in preventing, that they rule our lives.

2.1.1. Viewing emotions as “just an emotion”

Participant:

What I'm not understanding is you said that the emotion becomes the investment. Does that also follow that fear is your investment?

Jesus:

What do we need to do with our emotions, Fab?

Participant:

Feel them.

Jesus:

Feel them. To feel them, we're going to have to see them in some way. What are we going to have to see them as?

Participant:

As an emotion.

Jesus:

As just an emotion. Now when we see something as just an emotion, what are we seeing it as? Something that's do-able. Something we can accept. Something we can feel and allow; something that can flow, that we don't have an investment in staying on top of.



Participant:

But if we made fear, or whatever emotion, as not just an emotion, but as everything, we wouldn't have to feel it?

Jesus:

Well, not only will we never feel it, it will now control the rest of our lives in our attempt to avoid it. Now bear in mind that we're talking about any emotion here, whether it's what you classify as good, and remember our definition of good from yesterday is often flawed, and what you classify as bad, which also is often flawed, as well.

The way you're going to allow the feeling of it is by seeing it as just a feeling, just an emotion, just something that will pass through you and leave you. If you don't see it as that, can you see you're not going to want to feel it? If you don't want to feel it, it's not going to pass through you and leave you; it's going to dictate the rest of your life, which it does. This is what I'm saying.

Doing the opposite to that is investing in the emotion rather than just seeing it as just a feeling that will pass through me, and another, there goes another feeling and we don't go, "There goes," you actually feel it passing through us, so we feel the emotion, we don't do the New Age thing of going, "Oh, look at that other emotion, there," that kind of stuff. We don't do that. We do the thing of feeling the emotion pass through us. So if it's tears, sadness, you might cry. If it's shame, you'll feel ashamed. If it's fear, you'll feel terrified. Whatever the emotion is, you'll feel it; but if you see it as just an emotion, rather than seeing it as something that is a terrible, terrible thing, or a terribly, terribly good thing, where it's just an emotion in either regard, then you'll feel it.

Participant:

Does that go with good emotions as well?

Jesus:

Of course.

Participant:

Say for example, if you've got this excitement, and you hold that, because you don't want to let that go, then you're invested in controlling it.

Jesus:

Yeah. You're trying to control it: as soon as you try to control it, you've invested in it. Now when you no longer feel excited, you feel disappointed, you feel terrible; or when somebody doesn't go along with your excitement, you feel terrible and disappointed; or you feel upset or angry; but if you feel the emotion and let it pass through you and let it express itself how you wish to express it, you don't feel any of those things.

2.1.2. *Judging emotions*

Participant:

So is judgment, control?

Jesus:

Of course, but it's a control that's been enforced by your environment generally; so in other words, your judgment of emotion usually comes from somebody else teaching you to judge that emotion. The way you control your emotion a lot is by judgment: that's how your parents controlled your emotions. They said, "Now that's really bad, I'm giving you a belting for that." "That's really good, you can do that." And the good thing might have

been not so good from God's perspective, and the bad thing might have been good from God's perspective. But you now judge each one based on what your parent taught you.

Mary:

A lot of us have that, if I put everyone else's feelings first, then I'm good. If I put myself first, now I judge myself. When actually when we honour our emotions, we have to honour ourselves first in order to feel them. It's quite insidious ...

Jesus:

Yeah eventually you will not be selfish with your emotions though.

Mary:

Yeah. It won't be self before others.

Jesus:

But you need to honour your own emotions otherwise you won't even feel when you're selfish. Many of us do selfish things every day and we don't even know we're being selfish because of the judgments we have and the fact that we don't want to feel certain emotions.

Participant:

What about an error emotion?

Jesus:

Same applies, Catherine, like so if we're fear, let's say it's fear. It's just an emotion.

3. Audience questions

3.1. An example of a participant wanting to be invited to the seminar

Participant:

I've been crying most of the morning about everything being my fault. I know that it's not all my fault, but it's just about, if I might mention. I was talking to Phillippa, and she asked me whether I'd been invited to this, and I said yes. And I thought about it, and instead of ringing her back and saying, "Why don't you ring up and find out why you haven't been invited?"

Jesus:

Yeah. Which might be just an innocent oversight, but go on.

Participant:

So I rang Susan up ...

Jesus:

Yeah. So why did you do that Catherine?

Participant:

Because I felt it was probably unfair that she hadn't been invited.

Jesus:

So you felt it was unfair.

Participant:

I've got a feeling that it's unloving that everyone cannot come and listen to it.

Jesus:

Well, see, that is out of harmony with love though, isn't it?

Participant:

Yes.

Jesus:

Because sometimes, what if people who wanted to come wanted to just come here to attack me and Mary? Is that okay?

Participant:

No.

Jesus:

Because we're giving a gift, that's not okay.

Participant:

No. So that's an untruth as well.

Jesus:

What I'm saying is your action to do something about Phillippa calling you, was driven by an emotion in you that's out of harmony with love.

Participant:

Yes.

Jesus:

So you need to feel about that. But, Phillippa calling you in the first place and discussing it with you, when she knows the number of all of the Lytton-Hitchins family - that's unloving. She involved you in a situation that needed to be her ...

Participant:

She didn't ask me to ring her or anything like that, that was my ...

Jesus:

No see where you go with this. If Phillippa is honest with herself about her motivation, she could have called the Lytton-Hitchins family immediately. She had all their numbers. Instead she calls you ... why?

Participant:

I don't really know.

Jesus:

Well should we ask Phillippa why? I can feel why, but Phillippa needs to feel why. So let's ask Phillippa why do you think that happened?

Participant:

I said to Catherine yesterday it was very unfair of me to bring it up with Catherine because I was ...

Jesus:

Yeah, you know that now, but let's just forget all that, so stop all the judgment. Do you see what I'm saying? All of you need to stop all the judgment. This is just a situation that occurred. Let's look at the motivations. Forget the judgment, because the judgment is not helpful. Let's look at the feeling you had at the time. What was the feeling you had?

Participant:

Rejection, I guess.

Jesus:

That you didn't want to feel.

Participant:

Yeah.

Mary:

Otherwise you would have felt it and not picked up the phone, hey.

Participant:

I was justifying not picking up the phone because I knew that I then had that feeling, and then that's why I didn't pick up the phone to ring Sue or Eloisa.

Jesus:

But you picked up the phone and rang someone else. So let's look at firstly the rejection feeling was the feeling that you felt right at the start. You didn't choose to feel it.

Participant:

Correct, yeah.

Jesus:

Correct. So what then caused you to ring Catherine? So you felt rejected, that's fine and you didn't choose to feel it, that's fine too. You know you're allowed to do these things because you have free will. But what caused you to involve someone else in the process now of your rejection?

Participant:

Probably because I wanted to feel better.

Jesus:

Well what do you feel about Catherine?

Participant:

What do I feel about her? I think she's beautiful.

Jesus:

You do, but keep going, you feel she's ...

Participant:

Maybe like a mother figure.

Jesus:

Okay, someone who's going to agree with you, and maybe feel the same way about your rejection.

Participant:

Yeah, and probably make me feel better about myself.

Jesus:

Yeah, and also you know that Catherine knows the family still.

Participant:

Yeah.

Jesus:

So you know that somehow this information is probably going to get back to the Lytton-Hitchins family.

Participant:

Yeah. I didn't consider it, but yeah I think that's ... yeah.

Jesus:

And so if that's the case, then you knew that there was also this roundabout method to actually air a complaint without actually having to do it with the Lytton-Hitchins family.

Participant:

Yeah.

Jesus:

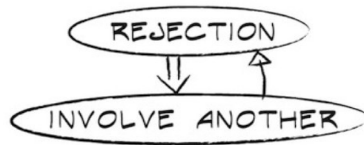
Which was what your choice was to do, was to involve Catherine in your complaint. So rather than judging it, Phillippa - again, you're trying to get back into judgment there, and you don't need to. You've got to go, okay, what was I avoiding? What was I avoiding? I was avoiding just ringing up the Lytton-Hitchins family and finding out that, yes, they had rejected me. And you might have found they hadn't, if you'd rung. You might have found that instead that all they thought was you weren't around or you were somewhere else, or who knows. They might have even just forgotten you from the list for some averted reason. There might be a simple explanation for it, but the emotion in you decided the real truth was rejection.

Participant:

Yeah, that was the truth for me that I wasn't wanted.

Jesus:

Yeah. And then you made another decision to involve another.



We do this all the time, if we're honest with ourselves. Like you have a problem with me, but you can't say it to me, so you say it to Mary. That's a common thing. You'd be surprised how many people come up to Mary and say, "Would you be able to tell AJ blah blah blah blah," and Mary goes, "Go and tell him yourself." We involve another. Why do we involve another? Firstly, because the real reason why we've involved another is because we chose to not feel the original feeling, that's one reason; and there's a second reason why we involve another, we're usually looking for commiseration of some kind, and we want to involve another without any consideration about what involving them in the situation means to them and how much pain they might then have to endure as a result.

It's a great Law of Attraction because it triggers Catherine and her feelings, "Oh this is unfair, what's going on here." And then it triggers another feeling that she has, which is another stronger feeling sometimes that she has, that I'm responsible for things going bad for people, I've got to fix this. That then causes her to go and take the action that you could have taken in the beginning, but didn't.

Now all of this involves emotion; all of this happens because of the emotion. We need to understand that every time that we suppress the emotion, try to control it, we now honour that emotion over everything else. It's now become our god, that we bow down to, and do everything that it dictates. That's how we need to see this. We start seeing, in this case, rejection became your overwhelming concern, instead of just feeling it and letting it pass through you. After you've done that, you probably would have rang up Peter and Eloisa and said, "Hey, you guys, I heard you're having a thing Saturday. Can I come?" And they'd go, probably, "Yeah." You don't know whether they might have done that or not because the feeling of rejection was already in play and it became your god.

For Catherine the feeling that she's responsible became in play, rather than just feeling that, feeling about how she feels responsible for anybody who's being treated unfairly, and just having a good feel about that, she's now preferring to feel punishing of herself for a different reason and that's

because of honouring one emotion over the other as well. And then when you ring up Sue, she feels all guilty.

Mary:

And what does Sue do?

Jesus:

So what does Sue do? You don't feel your guilt.

Participant:

I didn't feel my guilt and I didn't feel the fear of not being approved of by Phillipa ...

Jesus:

So what did you do instead?

Participant:

So I just went headlong into ringing you and ...

Jesus:

Exactly.

Participant:

... okaying it.

Jesus:

And I'm going, "What? Whose place is this? I can't remember whose place it is now. Is it mine now?" I've all of a sudden inherited a 17,000 acre property, isn't this wonderful. (Laughter) It's all my responsibility.

Participant:

Yeah. I didn't feel anything. I just went into panic.

Jesus:

Correct. So you didn't allow yourself to feel the guilt feeling and the feeling that someone would disapprove of you, or see you as bad when you hadn't really done a bad thing, and so you didn't want to feel that. So what you want to do is put that on someone else, and onto someone else. So now can you see how everything becomes so long winded now? Now there's you, there's Catherine, there's Sue, there's me involved ...

Participant:

... and David.

Jesus:

... and David, yeah it started from David telling you in the first place I gather. So now there are five people.

Mary:

Lincoln who told Phillipa, who told ...

Jesus:

So now, wow, wow, now there are five people involved in a simple one minute phone call saying can I come. Yes, No.

Participant:

It was just a fabulous Law of Attraction because you'd talked to us about this the day before and obviously I didn't get it, because I just behaved in my normal way.

Jesus:

In each case, we go into this straightaway. Like if I were David saying to you, "There's a thing on Saturday, are you going?" And you said, "No." "Why don't you give him a ring and find out whether you can go." That's what I'd say. But already you're in the feeling, and it's already going. And then Catherine's in the feeling and Sue's in the feeling, and then she's asking me about it. And I'm going, "What? It's got nothing to do with me." (Laughs) I'm okay with anybody coming, it's fine, particularly someone who wants to come. There are plenty who probably don't want to come, but I'm happy if someone wants to.

Participant:

It really showed me completely how I behave.

Jesus:

Yes, what happens is the emotion becomes the god; it becomes the thing that you're only concerned about in the moment, and by doing that we've now invested in the emotion, rather than actually let it pass through us, rather than just let it go.

When we let it go, we then will choose the simplest course of action available to us. That's the beauty of it. You become so logical after you've let the emotion go. Before then, it's a mess emotionally and logically, but after then, once you've connected emotionally to the situation and let it go, you do the most logical thing at that moment.

So the most logical thing then would have been straightaway ring one of the Lytton-Hitchins up and say, "Can I come?" "Yes, No." "Okay." If it's "No," feel some more rejection. If it's "No" if you had dealt with all your emotion, you would actually ask why. (Laughter) You wouldn't be afraid of knowing the reason why. It might have been just a simple matter of "Oh, we forgot," or, "Oh we didn't realize you're in town," or, "AJ didn't want you to come," or whatever the answer is. Then you would go through that emotion and allow that to pass, as well. It actually makes your life much more simple. You imagine with this thing, of how much time was taken in this process now.

Participant:

It's pathetic. I just couldn't believe that I ...

Jesus:

Well it's not pathetic because it was all done to trigger an emotion that none of you actually felt.

Participant:

Yeah. I just couldn't believe the panic that ...

Jesus:

So we've got person #1 doesn't want to feel rejection. Person #2 doesn't want to feel her feelings of guilt about being responsible. Person #3 doesn't want to feel her feelings of guilt either about feeling responsible. So she passes on to person #4 who just feels he has no involvement whatsoever about the issue.

- ① REJECTION
- ② GUILT
- ③ GUILT
- ④ ...

Can you see that all of that happens for a good Law of Attraction reason, in that if you were all focused on growing emotionally, you would have treated it as a wonderful opportunity to get into some pretty hard emotions, because they triggered some pretty hard emotions. This is the thing, if we had the focus "Of I am growing emotionally here? This is a wonderful opportunity for me to feel this emotion that I feel," which is rejection, and then after you felt it, then you would have taken some action that would have been the most logical course of action, and it would have been all ironed out within a minute.

3.2. Substituting emotions**Mary:**

Can we just go back to Catherine for a minute? Is that okay Catherine?

3.2.1. An example of a participant who chooses to self-punish**Jesus:**

You're blaming yourself and it's your preferred option.

Mary:

So rather than feeling what really came up for you, in this interaction, now you're feeling worse about it than Phillipa, and Lincoln and David and Susan all put together. Really, it was an emotion that was triggered when Phillipa made the phone call to you that you avoided that caused you to call

Susan and that's the emotion to focus on, and it's almost the reverse of the emotion that you're feeling.

Participant:

Well I know that I'm feeling the wrong emotion, but it's just ...

Jesus:

When you say you're feeling the wrong emotion, let's talk about this more, shall we? We do, in an effort to control one emotion, substitute it with another.

Mary:

So we feel more comfortable - I'll just go to this comfortable place, where nothing's really leaving me, like you've identified at the start of your question.

Participant:

It hasn't been very comfortable, I assure you.

Mary:

Yes, but it is more comfortable, Catherine, than the other emotion. So you actually prefer the emotion that you're in to the one that is really triggered.

Jesus:

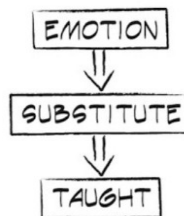
Can I show you what the other emotion is?

Participant:

Thank you.

Jesus:

Okay, so the reason why we substitute is really important for you to understand. We choose substitutions because that's what we were taught to do by our parents.



So the question you need to ask yourself then is when I become self-punishing, what emotion am I substituting the self-punishment for? This is how your mind can help you find the other emotion. You were taught to substitute self-punishment by a parent.

Participant:

Yes, it was all my fault.

Jesus:

Correct. So what's the real feeling you needed to feel? Whose fault was it that Phillippa rang you?

Participant:

Well it wasn't mine.

Jesus:

Correct. It was Phillippa's fault. It was her decision. Whose fault was it when things happened to you as a child?

Participant:

It was always my fault.

Jesus:

No it wasn't.

Participant:

No it was like ...

Jesus:

Whose was it?

Participant:

I was ... my mother's ...

Jesus:

You were blamed, yes.

Participant:

My mother and my father's fault.

Jesus:

Correct, and you don't want to feel that: you don't want to feel it was Phillippa's fault.

Participant:

Right.

Mary:

I actually feel it was two things here. You don't want to feel it was Phillippa's fault. You also don't want to feel how you felt about how you perceived Phillippa was being treated. So can you see in your childhood you were taught to blame yourself, rather than feel the truth of how you were treated. And then when Phillippa tells you a story where you feel like, "Oh that's not fair," there are many emotions in you where you feel the way you were treated was not fair. But you don't want to feel them so you're quickly acting to stop the perceived injustice. Instead of going, "Okay my sister's called me, that doesn't feel good what I'm feeling about that, that doesn't feel good." That could lead you into, "Yeah, as a matter of fact, I feel like lots of people

get overlooked in life and actually, when I really feel about it, I was completely overlooked in my childhood."

Jesus:

And that's the grief you don't want to feel because that's the most painful.

Mary:

You prefer self-punishment to that one.

Jesus:

Yeah, and if you know, if Phillippa had rang myself, I wouldn't punish myself for Phillippa ringing me. I'd go, "Phillippa why don't you ring the Lytton-Hitchins and find out?" Just a simple thing, and I wouldn't assume the Lytton-Hitchins did the wrong thing. I wouldn't assume they did something that was unjust. I wouldn't assume that either. Those assumptions only come from the fact that, in your childhood, there were a lot of unjust things that happened, and so there is the presumption, inside of you, that most things that happen are unjust.

Mary:

It creates the filter where you start to see the world through full of potential injustice.

Jesus:

So it's very important to understand that we choose all sorts of techniques to avoid the actual emotion, and most of the techniques that we choose were techniques that we were taught to choose. So that's why we're good at it because we were taught it over many years; we were taught how to do that right from an early age of childhood.

3.3. Common dynamics within families for getting certain outcomes

Jesus:

So, for example, one very common thing that happens in a family, when you don't get what you want from one parent, what do you do? You go to the other one. And because they don't communicate very well, generally you get your own way. So when we're an adult, and we don't get what we want, what do we do? Go to someone else, we'll get what we want from them. It's an automatic response. It's something we don't even consider or think about because we were taught to do it from the time we were born.

In my family, if you had an issue that you had to raise with dad about wanting to do something, you got your sister to do it, because dad had a bit of a favouritism towards my sister, and her name's Jenny, and so if Jenny went and asked dad, usually it happened. But, mum (my mum's name is Maxine) and Jenny didn't get along so well all the time. Jenny would often steal her clothes and use them, so not so good there. If you wanted to talk to

mum about something, then you come to Johnny, which is me, AJ, Alan John Miller - they used to call me John. So you come to John and he has to sort that out with mum; then something will happen there.

This is how most families work. There's a favourite child for both parents, usually even a different favourite child. You go to that favourite child if you're another one of the siblings, and that's how you get a bit of things that you couldn't get before and then you go between mum and dad, because if you go between mum and dad, one of them will feel guilty, surely, at the end of the day, and you'll get what you want.

Also, if that doesn't work, then go to grandma and grandpa, if they're alive - they have control over mum and dad most of the time so you'll probably get something what you want from them, and if that doesn't work, what you do is you complain about it at school with the teacher and she raises it with the parents and then everything gets real complicated, and so forth and so forth.

The whole process is not very loving, but we've been taught to try, because there's a general inconsistency across the board with the way everybody does things and says things and how they feel. They've all got their own emotions they haven't healed. And as a result they're going to respond individually to the same situation differently. And that's okay.

Mary:

No one's at-one with God yet.

Jesus:

No one's at-one with God. If you were at-one with God, you'd probably respond to the same situation in the same way as God would, and if we were all at-one with God, we would all probably respond to that situation very similarly, if it were a situation that was out of harmony with love, but that's not how we were brought up.

This is where you've got to be careful with judgment, because many of us have been taught a lot of things about what we should do way before we had any intellectual development. By the time we were seven years of age, it was well established what we should do: well established. And most families are completely unaware of these well-established rules and methods of control and getting what you want. But now we live them the rest of our lives. That's the issue. And rather than judging that, we need to just examine: is that loving? No, it's not loving. Let's go ahead and work through our issues to get it so that it is loving now: that's all we need to do.

3.4. *Expressing emotion creates action in harmony with the emotion*

Participant:

I'm just wondering, Mary, in a talk quite a while ago, you were talking about almost riding the emotion. I have a compulsion to act. So you were saying, it's not sitting in the emotion, but allowing the full extent of the emotion before you act.

Mary:

I was talking about desire, wasn't I?

Participant:

Desire, yeah but I was thinking maybe it applies to everything.

Mary:

Well, when I was talking about desire, I was talking about the fact that we get a little bit of desire, then we get afraid, and then we quickly act to try and just prevent the level of desire, and sometimes we act in a positive direction, like towards the desire, and sometimes we act away from the desire; but in both ways, we're not allowing ourselves to feel the full amount of desire that we have for that thing before we start to embrace it. When we allow that I feel we naturally move towards embracing it. So it's not like allow the full amount and now I'll act.

Jesus:

Yeah I just want to comment, because to me that sounds all intellectual. The reality is if you fully express an emotion, you will instantly act on the emotion.

EMOTION
↓
ACT

Mary:

But there is a difference, isn't there, between acting to suppress the emotion or acting to ...

Jesus:

You will act in harmony with the emotion.

Participant:

You just need to make sure that you are feeling to the full extent.

Jesus:

Now see that it's involving your intellect and of course you're asking that question because that's how you do things, but it's again not how you'll do things when you're fully emotional. When you're fully emotional, it's like,

"Oh, I have a feeling, I act on it straightaway." It's not like I'm going to consider it even.

Now the only consideration I ask myself is, is this loving? But you don't even have to ask that after a while, because you know it is. So you don't even ask that, you just feel it, and act straightaway. It's not like, I want to give Mary a hug, what am I going to do? Feel that feeling, feel that desire. Yeah, that's a nice desire. Now just check with Mary, make sure she's okay with all that. And now I give her, ah, maybe she's not okay with that. Oh now, honestly, by the time we've done all that, if you're really feeling the emotion, the emotion's probably passed.

Mary:

But you're not even feeling the emotion in that action, are you?

Jesus:

No.

Mary:

You're in your intellect in fear.

Jesus:

You're in your intellect.

Mary:

And that's what I was trying to explain about desire is when you allow it properly. It is the same for all emotion, but you have to be careful about setting up a rule of going, "I can't act until I've had this emotion to the full extent," because that's about your will, and if you're having to push yourself in either direction, your will is already not engaged to feel the emotion to the full extent.

3.5. Involving others in our emotions

Mary:

So with Phillippa's actions, her will was already, "I don't want to feel it," and so that created the action.

Participant:

Better off to acknowledge to yourself, "I don't want to feel this. I feel rejected."

Jesus:

I feel rejected and I don't want to feel it: that would be a more powerful place, because at least you're acknowledging what the real problem is.

The problem with ringing another person, or phoning another person, or going and talking to another person, is really what you're starting to do is blame them for the problem. You're starting to engage the other person in

the problem. You're not seeing it as a feeling inside of yourself, so you start engaging other people in your problem.

3.5.1. An example of politicians

Jesus:

People in the world do this all the time, that's what gossipers are good at - engaging everybody with the problem. Politicians are great at it; they engage 50% of people in the problem. That's how they get elected. (Laughter) Isn't that true, though? You don't hear very many positive things being shared, where they go, "Oh I'm going to get elected on this positive issue." No, engage 50% of the voters in the problem, and you'll get elected, because they'll all agree with you. So it's not about solving problems, it's about actually just engaging the emotions of people in the problem.

To be frank with you, if I wanted to be a politician in Australia, if I was willing to compromise a lot of principles, I could get elected next election. Because once you know the emotions of everyone, you know how to manipulate them. And if you had an unloving feeling in you, you could manipulate them, and once you manipulate people's emotions you can pretty much get anything you want. It's not very loving of course, so you wouldn't do it. If you really loved, you wouldn't do it.

4. Proper understanding of emotions (continued)

Jesus:

Remember we're talking here about the proper understanding of emotion. We're trying to understand an emotion, that's our primary goal. So let's try to get back to the topic because it's really important that we have the proper understanding of emotion.

4.1. Emotions pass through us and do not stay with us

Jesus:

Now what have we basically said is that the proper understanding of emotion is that emotions pass. So they are not important to hold on to, they're important to feel and let them pass. There's a big difference. When you feel they're important to hold onto, now you're investing them, and now you'll do anything to protect them, and that's not good. It's not a good thing for you. You're going to do a lot of very unloving things doing that. When you let them pass, they pass. You don't have to act upon them even, if they're negative. You don't even have to act on them because you just feeling them. When I say act upon them, I mean if you feel anger, you'll get out and punch something, but you won't punch a person, or you won't kill a live thing, or anything like that if you're fully in harmony with love, while you're feeling

the emotion of anger. So you'd fully express the emotion, but you wouldn't take further damaging actions about the emotion if it's unloving. And that's all about fully feeling the emotion; letting it pass through you. Let yourself feel it, really let yourself feel it. Don't hold back with the feeling of it.

4.2. Denying the emotion in the moment

Jesus:

Sometimes we have discussions with people. They come around and we have a long discussion about what one of their sadnesses or one of their griefs are about and we get to the point where they're just about to cry, and what do they do? Get that back down again and get it under control. Now that entire two hour conversation was just a waste of time. It might have been two, three, four, five or six people involved in it, it's all just a waste of time now because the actual emotion that was uncovered during the discussion never got felt.

If you chose to feel it in the moment you would have just run off, have a big bawl, and just have a feeling of grief for maybe an hour or couple of hours. Sure everyone else might have gone home during that time, but the conversation would have had an end result, a purpose, and that is to help a person get to an emotion and let it pass through them. Much better choice, isn't it?

Participant:

I do understand when you just said that it was a waste of time, because it was ripe in that moment, but because of that, the body actually knew what was coming up, does it also create an opportunity for that emotion to be felt, or those circumstances then have to ...

Jesus:

No, actually the person had to put up a stronger barrier in order to not feel the emotion, so it actually made the situation worse for the person. This is what you don't realize. Every time you're shutting down an emotion in a situation, you're making it harder to access the next time it comes around.

Participant:

So when we don't want to cry in public, especially in the settings when we're with you guys, to get through that cap would be really beneficial, especially if we're doing assistance groups and we're going to be around that so much.

Jesus:

Definitely, all you have to do is just walk out the door and have a good cry, come back in. You don't want to interrupt other people from having the session, so you just leave and have a good cry and come back.

The reason why a lot of us don't do that is because we think we're going to miss out, which is another emotion. We think that somebody's going to condemn us for it, judgment, another emotion.

Participant:

"I'll go I'll do that later when I ..."

Jesus:

"I'll do that later," which is a bit of a furphy - usually that's because we don't want to do it now. So that's another emotion. Really there's a whole series of emotions that stop us from doing that generally, and we need to allow ourselves to feel those too, if we're ever going to become a fully 100% emotional being.

4.3. Working through layers of emotions

Jesus:

Can you see how like we compound the problem by a level of resistance? If an emotion is getting exposed, let's say behind a wall of fear - do you remember the wall is fear? Behind the wall is the emotion you have to feel, the one that's going to heal you, just straight behind the wall, and the wall is generally fear of something: be specific, it's not just a generalized fear, it's a fear, of this particular emotion behind the wall. In front of the wall are the addictions and you're here.



***We have addictions and a wall of fear
between us and our healing emotions***

What are you going to have to do? If a feeling is on feeling an emotion it's about becoming 100% emotionally, what are you going to have to do? If you want to get to the healing emotion here, where I heal when I feel that, what am I going to have to do? Eloisa. Just help me through the process.

Participant:

I'm going to have to go through these addictions ...

Jesus:

I'm going to have to feel ...

Participant:

I'm going to have to feel them ...

Jesus:

... the addictions.

Participant:

... to their full extent.

Jesus:

Correct.

Participant:

... how much I want them.

Jesus:

What happens when I feel them?

Participant:

They're going to get bombed out of there.

Jesus:

And then I'm face to face with my wall. So I'm here now.

Participant:

Then I'm going to have to feel through my fear.

Jesus:

Correct. What does feeling my fear do?

Participant:

Eliminates my wall of fear.

Jesus:

All right, so now I'm there.

Participant:

And then I reckon you're probably not going to have much problem in actually feeling the actual emotion.

Jesus:

Exactly.



*When we work through our addictions and our fear,
then we can access our healing emotions*

When I feel that emotion, my body heals, my love internally that I have - that I can reflect - grows, and then I'm in business. I've gone through that emotion. Now that I've healed, I've no longer got that emotion in me, and it's no longer affecting the rest of my life. It's no longer governing my decisions, it's no longer determining my thoughts, it's no longer determining how I interact with every person around me, all of that's stopped. It's all gone, when I take those steps.

Now what the majority of us want to do is this. Here's our wall, that's fear. Here's our healing emotion that we need to feel. Here's our addiction. The healing emotion is our grief usually, or shame, or whatever it is. And here's us. What do we want to do? You tell me Phillippa what you want to do. What do you want to do with it?

Participant:

Either not feel it at all or bypass it.

Jesus:

Correct. We want to skip to after the healing emotion. Somehow, I don't know how you're going to do it, to be honest, but somehow you want to get from before the additions, across to after the grief, by somehow digging a tunnel, and getting under the whole lot, by somehow avoiding all of that process, from an emotional perspective.



Many of us want to bypass feeling our emotions in order to get to place that is after the healing emotion (grief)

Do you know one way that most New Age people have experimented with to get from the beginning to the end? It's really, really easy way that most people have used. They tell themselves they're already there. (Laughter) That's what they do. And of course it's not real. It's completely unreal but they tell themselves they're already there. They're already over the addictions, they don't have any fear, they don't have any grief to feel anymore. It's all gone, isn't it wonderful. We're in a wonderful world, it's so lovely. The reality is everything they do is coloured by the emotions that are still within. So it's all fake, it's all not real.

That's what the majority of people try to do. We tell ourselves we haven't got it. We tell ourselves we don't need to do it. We tell ourselves that we shouldn't do it. We tell ourselves that if we do it something bad is going to happen. We'll come up with a hundred different explanations if we have to.

4.4. Choosing to become 100% emotional

Jesus:

What I'm suggesting, if you want to be 100% emotional being, you won't choose to do that. You won't choose to avoid anything. You won't choose to try to get to the end using some unknown method that hasn't been created by anyone, including God. You will do the method that God created, which is feel the addiction, feel the fear, feel the grief. You will go through the emotional process; you will choose to, because you want to. That's what you'll do.

The majority of us don't do that, really. What we do is we try to circumvent it. We work out how to do it, we discuss it with somebody else, "Do you know how to get around this addiction somehow? Do you know how to get over this fear somehow, without actually going through it? Do you know how to get rid of this grief? Is there some magical solution?" This is why we're addicted to magical solutions. "Wow there's a potion that gets me through all that! I'll take the potion." You know, "There's a pill that I can take called antidepressants, I'll take that." Get over all that.

We do whatever we can do physically to avoid the process. We do whatever we can do emotionally to avoid the process. We do whatever we do sexually to avoid the process. We engage all of these ways and means of controlling the process, when all we've got to do is choose to be a 100% emotional being and go through the process.

Sometimes I look at what people do in their lives and I go, "Yeah, wow, if my life were that complicated, I don't know what I would do." I know I'd get rid of the complication, that's what I'd be focused on first. But I just look at some people's lives and go, "Wow how complicated can you make your life." To turn something that's so simple into something that's so hard and complicated and difficult, and then you're dealing with compensatory effects of all of that as well.

Every unloving choice that's made in that space has to be dealt with, has to be felt and it's just like making a mountain sometimes out of a molehill with regard to our emotions because we believe the molehill is a mountain before we begin; and it's only a belief.

You see if we had the right proper understanding of emotion, we wouldn't believe the mountain is a molehill, or the molehill is a mountain. We would say, "A mountain's a mountain, and a molehill's a molehill." It's just an

emotion, every one of them that we can feel. Some of our emotions are large, but it's just an emotion we can feel, and some of our emotions are very small, and we turn them into making them large. That's not very honest, but it's also just an emotion we can feel. That's it.

5. Having an improper understanding of emotions

Jesus:

Now there are many other things we'd like to mention to you in this section. So what's the next one baby?

Mary:

Okay, we were discussing, a while back, what happens when we have an improper understanding of emotion.

Jesus:

So this was the wrong attitude towards emotion.

5.1. Investing in emotions (continued)

Jesus:

One of the things we said is that we invest in it. And now do you understand what I mean by investing in it? Basically what we've just explained is all about the investment. When you feel that it's just an emotion, you don't feel that investment in any emotion. So you allow each one to flow. You're not spending half of your life trying to prevent it from flowing. So what's next?

Mary:

Okay there are a few good ones here, but would you guys like to keep contributing things that we do? What things do you tend to do?

Participant:

As the wrong attitude?

Mary:

When you have the wrong attitude, what happens?

Jesus:

What do you do? What have you been doing?

Participant:

Busy myself.

Jesus:

Busy yourself, yes. But what's that?

Participant:

Is that what you mean?

Jesus:

Some of the things ..

Participant:

I distract. Yeah, distract.

WRONG ATTITUDE:
INVEST
BUSY
DISTRACT

Jesus:

Yes. I suppose what we've been thinking is a bit deeper than that.

Mary:

More broader ...

Jesus:

Broader than that. If we give you some clues.

5.2. Identifying with emotions

Mary:

We identify with the emotion. Do you know what I mean by that?

Jesus:

What do we mean by identify do you think?

Participant:

I think it's that I make it me; like I am bad.

Jesus:

Yes.

Mary:

I feel this therefore I am yucky.

Participant:

Yeah. And that's all I am.

Jesus:

So what is the proper attitude?

Participant:

That I'm the pinnacle of God's creation and the truth of what that is.

Jesus:

True, but in the moment that you're feeling fear, you are fear, aren't you?

Participant:

No, aren't I just feeling the fear that was put into me?

Jesus:

Yes, but in that moment, if it's a feeling you're truly feeling, that's all you'll feel. So in the moment, you are fear, but you're not fear. Do you understand?

Participant:

Yeah, okay, so if I'm feeling the emotion then yes I'm fear in the moment, but what I'm doing when I identify with it is I'm saying I'm fear all the time.

Mary:

And therefore I'm not feeling it, because I don't want to face it.

5.2.1. *Believing the emotion is permanent***Jesus:**

There's a difference between feeling the fear the permanent belief and the temporary state.

Participant:

Well yeah I'm not sure I've really done the temporary ...

Jesus:

A person who has a wrong attitude towards emotion believes it is a permanent thing, not a temporary state.

WRONG ATTITUDE:
INVEST
IDENTIFY $\Rightarrow$ PERMANENT
 $\Rightarrow$ TEMPORARY STATE

So that's what we mean by identifying. We identify: what we do is we make it a permanent condition inside of ourselves, rather than just a temporary state, a belief that we're in a temporary state of feeling terrified. It's not going to last the rest of our lives. It's actually impossible to last the rest of our lives if we allow it to flow through. But if we don't allow it to flow through ...

Participant:

... it ends up permanent.

Jesus:

Of course. It's actually because we have the wrong attitude that it is permanent, it ends up being permanent due to our attitude; not because of the emotion itself, but because of our resistance to feeling it. Isn't that ironic? The very thing we're afraid of becomes the truth because we're not letting the emotion pass.

5.2.2. *An example of a participant who believes all men are out to impose on her life*

Participant:

Is that why a lot of women, and myself included in this, never feel their anger and their rage?

Jesus:

Because you're afraid it's going to be a permanent condition. Yeah.

Participant:

Yeah. So it's like well why even go there.

Jesus:

Yeah. Mind you all I feel from you is anger and rage. If I'm a male in your company, that's all I feel. So while at times you have gentle ...

Participant:

... it's a permanent ...

Jesus:

Yeah. It feels permanent to me, until you allow the emotion to pass through you. It feels like I'm just going to get a barrage. I'm a male so I'm already bad and wrong and whatever. You think about the recent experience you had with the bookings. You had a man - very lovely man, actually - say to you, "I'm willing to pay whatever it takes and you can put me wherever you want to." And I go, "Yeah, that's a fairly lovely man. Basically I can shove him anywhere. This is wonderful." What did you feel?

Participant:

That was in there. But then after that was, "He's making me choose for him."

Jesus:

Yes, so you got all upset going ...

Mary:

... it's an imposition.

Jesus:

He's imposing on my life now. I'm saying, "How is he imposing on your life? He just gave you ultimate freedom." (Laughter) But this is how the emotion inside of you with your dad and stuff causes you to believe now that a male's imposing on your life, when he was giving you ultimate freedom.

Participant:

Yeah. And I don't see it. I don't see the gentle people; I assume they're all the same.

Jesus:

And because you've identified permanently with this emotion, every man you have an interaction with is a mongrel who's just imposing upon your freedom.

Participant:

Yeah.

Mary:

And if it's not clear now, you've got to watch for it.

Sooner or later it will come, you watch.

Mary:

That's the feeling you have, yeah. Whereas with women you are much more ...

5.2.3. *An example of a lady being unloving when making a booking for an assistance group*

Jesus:

Yeah we had another lady who emails you a deposit, and doesn't give you any way of finding where she put her deposit. What an unloving thing to do. And you go, "No worries, I'll check in the blah blah blah ..." No problem there. (Laughs) If it were me, I'd probably would have rang her up and said, "Until you can learn to be loving, you're not coming to the event." Mary emailed her and Mary said, "Look, you were very unloving there because you didn't read any of the instructions." The lady emailed back and said, "Yeah, I didn't either."

You know what my next course of action would have been? And I'm not going to book you in the event either. Not out of resentment, but she's just being unloving and she just admitted it and she has no desire to change. And what's the purpose of the event? To change your unloving condition. And she can't even do the booking in a loving way, for the event that's going to teach her how to be a loving person. That doesn't make much sense. Don't come then. If you've got that poor a feeling about even doing the booking, then why would you even want to come to the event under those circumstances? If she went off and had a cry and went through a process of repentance, then you can say, "No worries. I'll put you back on." But you didn't do that because women are allowed to get away with murder, aren't they? Yeah, because they're women.

Participant:

And if I did, then I was afraid of their rage too.

Mary:

Yeah.

Jesus:

Correct. There's some fear involved too. Not quite as simple sometimes.

5.3. Refusing to feel emotions

Jesus:

Okay. Another thing.

Mary:

What about fear? What would your attitude be to your fear emotions? If you had the wrong attitude you'd go, "I can't do it. I'm terrified of it," rather than recognizing this is just something I'm going to feel. It will pass through me and I'm not afraid of it.

Jesus:

How many times do I hear that? Man. I say, "You've got this ..." "I can't feel that. I can't feel it." Not, she's not saying, "I can't," really what they're saying is "I won't," or even more specifically, "I refuse to," is really what you're saying.

WRONG ATTITUDE:
INVEST
IDENTIFY
I CAN'T
I WON'T
I REFUSE TO...

Now a person with the right understanding of emotions wouldn't say, "I'm refusing to deal with every emotion that comes along." If you were 100% committed to being 100% your emotional self, then that is completely the opposite of what you need to do. So you wouldn't do that. But how many of us do that? Pretty often. "I can't, I can't, I can't."

5.4. Being afraid of other's emotions because we are afraid of our own emotions

Mary:

How does it affect our relationship with other people and their emotions?

Participant Female:

And their emotions?

Mary:

And our emotions.

Participant Female:

So how does that affect other people and our emotions?

Mary:

Our relationships with other people in regards to emotion. So how do we deal with emotion when we're around others? When we have the wrong attitude?

Participant Female:

You don't feel it. You try and get out of it. You think, "I wouldn't ...

Participant Male:

You alter how you feel to suit them.

Mary:

Yeah.

Jesus:

It's not what I see most of you doing. Most of you blame them, don't you? Anyone's around you, and you feel something, well it's their fault. Isn't that what you do? You blame the person you're with because they're easier to blame than your mum and dad. Isn't that what we do a lot of the time? No? You don't do that? Okay so I'll rub that off the whiteboard. That doesn't happen. (Laughter) That doesn't happen.

Mary:

I agree Lincoln you do that thing that you just mentioned, though.

Jesus:

What was that?

Mary:

With certain people, he alters himself to suit certain people. (Laughter)

Jesus:

I agree. But if you look at even that, isn't it sort of almost a passive-aggressive way to just get what you want? Why would you alter yourself? Why do you alter yourself?

Participant Male:

To please them.

Jesus:

To please them. Why do you want to please them?

Participant Male:

To get what I want.

Jesus:

To get what we want. What is it that you want?

Participant Male:

It could be admiration, acknowledgment, sex ...

Jesus:

Yeah, sex, approval, acceptance. So what is it you're actually avoiding?

Participant Male:

Feeling the real emotion.

Jesus:

Which is? I'm not going to be admired unless I do this. I'm not going to be accepted unless I do this. So it's a great way to avoid some emotions. But it's a passive-aggressive way of avoiding emotion. You're really, in a way, blaming the other person for the fact that you've changed your life for them. So in other words you're lacking the courage to just be yourself, and let them have their response.

Participant Male:

Yeah, in case they don't like me.

Jesus:

Yeah. So you don't want to feel that they don't like you and so you lack the courage to feel your own emotion. It's not about them really, it's about you, you see. This is where it's a passive-aggressive way of blaming someone else. When you change your behaviour, your demeanour, in order to please another person, it's a passive-aggressive way for you to avoid certain emotions inside of yourself about how they may act if you were yourself.

Then in the end, when you live with them for a while, you go, "I've done this for you. I've done that for you," because you're addicted to what's coming back to you. That's why we do it. We don't have the courage to actually go, "No, I'm going to be myself, and if you're just angry about that then, be angry about that. If you don't like me, don't like me. If you don't want to have sex with me, don't have sex with me." We don't want to take the consequences of the person's response to us being real.

We wouldn't do that if we were 100% emotionally involved, would we? We'd go, "Okay, this is not about preventing her response," in your case, her response mostly, or someone else's response to your emotions. It's not about that. She needs to have her emotion, and I need to have mine. That's how you would feel if you were 100% into feeling the emotion. Let them have their rage, let them have their sadness, let them have their shame, let them have their whatever it is that they're feeling, let them have it because that's the gift you can give them by allowing them to have an emotion without your judgment and without your investment in them feeling something.

Mary:

So when we have the wrong attitude to emotions, we are often afraid of other people's emotions.

Jesus:

And fear of other people's emotions is really just fear of your own emotions because that is really just fear of my own emotions. Why are we afraid of other's emotions? Because we're afraid of our own response to their emotions; so that's just really fear of my own emotions.

WRONG ATTITUDE:
 INVEST
 IDENTIFY
 I REFUSE TO...
 AFRAID OF OTHER'S EMOTIONS
 => AFRAID OF MY OWN EMOTIONS

Can you see how narcissistic and selfish we are? If you sit down and explain to somebody, "Do you see this, and do you see that and do you see this and that?" A lot of it's self-absorbed because the reality is you're trying to prevent the other person from feeling something, so that you don't have to feel something that they're doing. Did I say that too fast? Do you notice how I can say things fairly fast, because I understand these things.

We're often just so invested in feeling the other person and helping the other person not have an emotional response, and we're only doing it for selfish reasons. We're only doing it so that we don't have to feel something if they were to feel something different than they feel. When you're 100% emotionally engaged, you want the other person to feel everything, and you want yourself to feel everything. You don't want any of you to avoid it.

Mary:

It's actually quite abusive to do that and to then say, "I'm doing this because I just need to be truthful," or, "Because I love you," to come and tell you something so that you stop doing something that's bothering me.

5.4.1. *Speaking truth to others in harmony with love*

Jesus:

The only purpose you should have for telling another person something about themselves that they do that's out of harmony with love is so that you can help them to become more loving. If you were truly a loving person, the only motivation you would have is to help them become more loving. You wouldn't have a motivation of having them stop what they're doing to you. You wouldn't have a motivation of making your life easier or better. You wouldn't have any of those motivations. You would just have one single motivation: I love you and I want to help you get over this problem. That's all you'd feel. Now in most relationships that's not what we feel, we go, "You've got this problem, you've got that problem, you've got this problem".

And the other person would say, "You've got this problem, you've got that problem, you've got this problem." "Sure I've got this problem, but you've got that problem, too." "And, "Sure I've got that problem, but you've got this problem." And the only reason why we're telling each other what problems we both have is so the other person stops their behaviour so I don't have to

feel about what they're doing, which is actually a selfish motivation and that's why it ends up in an argument in the end.

Mary:

It's a lovely feeling to reach the point of feeling gratitude for truth because the experience that I'm having now is that I feel like because I feel truth is a gift when I receive it, and I have so much gratitude for the truth that I've already received, from God and my soulmate, so there's a whole new motivation in when I tell truth to others. It's actually a feeling of like, no, if you're open to receive this, I'm going to tell you as much as I can because I know how life changing it is and it's actually the thing that motivates me through a lot of fear sometimes, because I can see the beauty in the gift of truth. Whereas before, I was very afraid and I sat in the fear, because I didn't even really know if, from a soul perspective, it was so great to actually receive truth.

But now that I feel so excited about truth, I feel really drawn to - whenever there is an opportunity and a sister or brother is open to hearing from me - I'll say a truth, even if I might be afraid of how they're going to respond to it because it's awesome.

Jesus:

I just feel like sometimes don't you realize that I'm pretty frightened about some of the things that happen. Honestly, I get asked all sorts of questions. For most people I know, if I respond truthfully, I know what they're going to do beforehand. I can feel the emotion in them, so I feel what the primary motivation's going to be. I feel like they're going to probably do with the truth that I give them.

So let's say you knew in advance that someone was going to bop you in the nose if you said a certain thing. What would you do? For most people they'd try to not say it. They'd try to say it or they'd say it in a roundabout way, so the person doesn't even understand, or they try to tone it down for public consumption, or whatever it is. I can't do that because I can feel that when I do that I harm my relationship with God. So what I try to do, instead, is I try to say exactly what the problem is, fully knowing what that person is going to do with the information I've just given them.

I know when people are just going to go off, and there are people who right now who are dedicated to writing on Internet sites about me that are just about how bad I am, and I know they're going to do it beforehand. I can feel the emotion in them that would cause them to do it. I know they're going to do it beforehand, and they've asked me for some truth. What do you do? Well if you love them, what would you do? You'd give them the truth in the best possible way that you're capable of giving it at the time. That's what you'll do. You won't be concerned about what they'll do with it. You'll hope in fact that even though they have that emotion in them that you can feel, that they might act differently. They have a choice to act differently and

you're hoping that their choice will be engaged differently. You empower their choice. That's what you do.

Mary:

Yeah. Without knowing truth, sometimes they're not even aware of the choice to deal with the error or not. And by showing them the error that's there, you give them the choice to decide: okay I could look at that or I might not. But without speaking up, there's no choice.

Jesus:

Yeah. When you withhold giving people truth, you've already made a decision for them that they're not capable of receiving it. So you're basically saying to them that you believe that they're not capable of actually receiving that truth. You've made the decision for them. You've actually taken away their free will actually by making the decision for them.

You see it happening all the time in relationships where one party makes the decision for the other party, not from an outward perspective that I'm making a decision for you Mary, but rather by withholding information from the other half, so the other half doesn't have an emotional response of some kind. That's making a decision for the other half to not feel something. You've already made the decision before it began.

If you had the proper understanding of emotions, you'd never do it because you want the other person to have a full emotional response to the thing they're faced with and to go through it; to experience it and to release it. That's what your desire for them is, even though it might not even be their desire for themselves. That would be your desire for them. So you'd engage that.

5.5. *Involving others in our emotions*

Jesus:

Okay what's else on the list? I think we've covered most of those things on the wrong attitude list.

Mary:

Yes. We're afraid of our emotions. We involve others in feeling our emotions with us. And we talked about that already.

Jesus:

We've talked about that a bit - involving others.

WRONG ATTITUDE:

INVEST

IDENTIFY

I REFUSE TO...

AFRAID OF OTHER'S EMOTIONS

⇒ AFRAID OF MY OWN EMOTIONS

INVOLVE OTHERS

That example of your own, Phillipa and Catherine, was a good example of how we involve others. It's like a great example of what we do when we don't want to feel our own emotions - we try to tie in everybody else into the emotion. That way we feel somehow validated by not having to feel our own emotions somehow. It's quite a damaging thing to ourselves and others, so we involve others. Also by involving others, as we pointed out, we finish up taking a long time to do something, when it could have been just a little time to do something when it comes to our emotions. So we need to see that. So that's the wrong attitude to emotions.

6. Proper understanding of emotions (continued)

Jesus:

Okay what's the right attitude then?

Mary:

We've already touched on lots of these.

Jesus:

We've touched on lots of them, we've compared already, so you should already have a bit of an idea of what the right attitude is for a lot of these things. Any ideas?

Participant:

Fully feel all of your emotions in the moment when they come up.

Jesus:

Yes, but what causes you to have the right attitude about that?

Participant:

I want to love.

Jesus:

So, yes, a desire to feel, a desire to love; the most loving thing is for me to feel everything I feel, rather than making someone else responsible for what I feel. That's the most loving thing. Anything else you can think of?

Participant:

A desire to know the truth.

Jesus:

Okay, yeah, truth.

RIGHT ATTITUDE:
 DESIRE TO FEEL
 DESIRE TO LOVE
 DESIRE FOR TRUTH

6.1. *Feeling through the reasons for resistance*

Jesus:

But what if you have a feeling that you don't want to know. What would you do then? Feel it, I don't want to know the truth.

Participant:

I was thinking before, how many of us, including me, are in fear of attack and I placate to fear of attack. It's not the attack that I fear, because that's not an emotion. It's my response to that attack that's ...

Jesus:

... to the attack. Correct.

Participant:

... not permanent. They can attack me for the rest of my life, which is the permanent.

Jesus:

Well it's not even permanent, either to be honest. I've been attacked by and murdered by people that now love me.

Participant:

Yeah. But I viewed that as that's never going to end, as opposed to how I feel inside my own skin about that belief.

Jesus:

And that's the false belief that you also need to feel.

Participant:

Yeah. But I've got to be open to hearing that before I desire to feel.

Jesus:

Correct.

Participant:

A desire for clarity and to know what's real.

Jesus:

Yeah, but what if you don't desire that?

Participant:

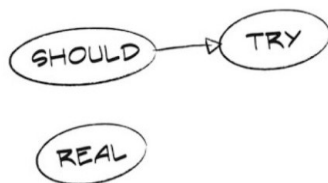
Then feel why I don't want to know that.

Jesus:

Yeah, feel you don't want to know first; you need to feel you don't want to know. You see what I see a lot of people trying to do is they try to feel an emotion that is not the real emotion they actually feel. So many times you're trying to feel an emotion that is not the real emotion. So, "I've got to develop the desire to feel." No you've got to develop a desire to see what you really feel right now about feeling.

You've got to feel the emotion that's there. So if you don't have a desire for the truth, then feel that you don't have a desire for the truth. If you feel you don't have a desire to feel, then feel that you don't have a desire to feel. You don't want to feel. "Argh!!! I don't want to feel!" Feel that. Feel the feeling that's there. Stop telling yourself that that's not a good feeling to feel, so I'm going to try to have a desire, when the real feeling underneath me is that I don't have one.

So this is what I see a lot of people doing with their emotion. They go, here's the real emotion, and I don't want to feel that one. But here's the emotion that I know I should feel, so this is the "should". That's what I'll "try" to feel.



***Many of us attempt to feel an emotion that is not real,
because we think we should***

Now do you know what will happen? Once we feel the real emotion, there is no should or try generally. We don't have to try, and we don't have to think about what we should do. We automatically do it. So isn't it pointless doing the "should" and the "try"?

So the right attitude to your emotion is to desire to feel the right attitude to your emotion. What if the emotion is that you don't want to feel? So, isn't it more a desire to feel the truth of the emotion, rather than just the desire to feel an emotion, developing the desire to feel an emotion. Because you might not have a desire to feel an emotion, in fact the very thing you might feel is that, "I have no desire to feel emotion, I don't want to feel them - the emotion. I'm sick and tired of being told I have to feel some emotion. I don't want to get closer to God. I'm tired of the idea that I have to get closer to God. I don't want to hear this anymore. Can I please walk out of this room? Thank you. Yes."

That's what you want to feel. So feel it. See when you feel it, it gets out of you. Without feeling it, it stays in you and you're trying to be here when you're not really here. This is where most of us make the mistake. We look at all the things we should be doing.

The right attitude to emotion is, no, just feel what's there right now. Be real about what's there right now. Not the thing you hope is there now, or the thing that should be there right now because daddy said so ... oh no that's right it's AJ that said it. Stop replacing daddy with AJ. Or God said you should do it so you should do it.

Do you think God's up there going, "Yes I said you should do it, so you should do it"? No, God's up there going, "Look, I designed you to do it this way, but you can do whatever you want." So even God is not going to punish you for not doing it and to be honest with you, aren't you already getting punished enough by the law, which is the result of you butting your head against a brick wall of God's Laws? Doesn't that hurt enough already to get you to stop doing it the wrong way? If it doesn't, then maybe you need to butt your head against a few more walls first to find out whether that's right or not.

Do you see the right attitude is really: feel what is there right now. Be honest about it. Stop trying to tell yourself it is something different than it really is because honestly, if you keep doing that, you will never get over any emotions because it will just be "should", "try", "should", "try", "should", "try", I've got to try. I've got to do this; this is the right thing to do so I have to do it. No, do you want to do it?

The only time real change is going to occur in your life is if you want to do it. So if you don't want to do it, feel that you don't want to do it because that will release the feeling that you don't want to. It will release the feeling you don't want to. Once you've released the feeling you don't want to, then, who knows underneath that, what might be there. You might have a feeling you do want to after that but you don't know unless you release the feeling that you don't want to.

So when something bad happens and you go, "I don't want to be loving right now, I want to go and just bop the person in the nose right now. That's what I want to do." Now you don't have to act upon that, but you can feel that. That's what you want, and you go, "Argh," feel that, and feel the frustration. And after that emotion goes out of you, then you'll feel some of the fear that they triggered. And you go, "Oh, wow the reason why I feel that is ..." and all of a sudden you're afraid. "Oh maybe they just think I'm bad ..." or whatever it is that you're feeling, that you've been trying to prevent through the rage, and you feel that. And then after you feel some of that, it might be a day later, you'll just go cry, cry, cry, because of the way mum and dad treated me in that situation was this way and it just hurt. You cry about that and then it's all gone. But it wouldn't have even begun if you didn't honour the first feeling, which is "I didn't want to."

6.2. Allowing emotions to pass through

Mary:

Okay. We've talked about this one a lot so I'll just say it. We feel that emotions pass through us and don't stay with us.

Jesus:

Yeah. So the "pass through" thing is really important.

Mary:

You feel that you're not permanently what you feel, however, you feel what you feel while you feel it. You feel you are what you feel while you feel it.

Jesus:

Yes. So did you get that one? You feel what you feel while you're feeling it. In other words, if you're afraid, you temporarily feel that your whole being is afraid; but it's a temporary condition, not a permanent state. A person who doesn't want to feel their emotions always believes that a negative emotion is going to finish up being a permanent state, and they use that as an excuse to not feel the emotion.

6.3. Feeling that sharing the emotional experience cheapens it

Mary:

Okay. You feel that having others share your experience actually cheapens your experience.

Jesus:

Can I sort of explain that a bit more? When you fully engage your emotion, it's your personal experience and it's really quite powerful and it's very hard to talk about it, when you fully feel it. It's very hard to talk about it, because you can't properly explain it to another person in order for them to understand what it felt like. So after a while, you start feeling that talking about your own emotion, aside from a teaching perspective, just cheapens your own emotional experience. It doesn't actually assist you in any way. If talking about your emotion helps you get into emotion, then it means you're in addiction. And most people are actually in that addiction. They need somebody to share with the emotional experience, and so they need someone to talk to about their experience, rather than just feeling it.

There's a difference between going to a therapist and having them do some body work or something, and letting you just feel, than going to someone to talk to about it and then you feel. Because when you talk and then feel, while it might help you initially, there is an addiction involved in it, in that you need somebody to listen. You're unprepared to go through your emotions unless somebody listens, and that is obviously a big addiction.

6.4. Feeling that emotions are open heartedly welcomed

Mary:

Cool, I like this one.

Jesus:

Don't you like them all?

Mary:

I love them all, but this is a favourite for the moment. We feel that emotions are open heartedly welcomed. So they're not just okay, our heart is saying, "Yes please, emotion."

Jesus:

Open-heartedly welcomed.

RIGHT ATTITUDE:
PASS THROUGH
OPEN HEARTEDLY WELCOMED

Now it's pretty easy to open heartedly welcome some positive thing, but it's a lot more difficult to open heartedly welcome fear, or shame, or something like that. But after a while we start feeling that it's like a relief to get to that place, and it is a real relief to get to that place properly. It's only people who have not gotten to those places who don't understand how relieving it is, because it's such a beautiful place to be, to be open heartedly to all of your own emotion.

Of course if you're open heartedly to your own emotion, you're also open heartedly to everyone else's too, which means that you're easy to be around from an emotional perspective. You allow other people's emotions to flow. And that also makes them more comfortable to feel their emotions when they're in your company. So it has a positive benefit to others, too.

Mary:

We also begin to feel that others are real when they are emotional around us. So rather than fearing other people being emotional around us, we welcome that as well, and recognize, "Wow that's my brother or sister being themselves."

Jesus:

So if he's angry, "That's my brother being angry." That's better than him covering over his anger, and making out it's not there. Even if he's angry with me it's better than him covering over and making that it's not there. Then he's in total denial.

Mary:

We feel that when others are emotional, they're being real - I said that one. We feel that emotions need to be in harmony with love in order for a connection with God to be maintained. We talked about a lot today.

Jesus:

So in other words, we're not so much interested in feeling emotions that are disharmonious with love. We are more focused on finding the emotion that is harmonious with love. So what I mean by that is that there are times when you have a choice inside of you emotionally to go to one place or another.

For example, sometimes you could get angry but fear is driving your anger and if you chose anger, it would only be a manipulation of your environment, but it's not a childhood anger, let's say; it's an adult anger where you choose to manipulate your environment with it. Now a person who's open hearted with their emotions would choose to feel the fear instead.

Another problem that many of you have is choosing self-punishment. Now a person who chooses self-punishment is choosing to avoid a deeper emotion that's more painful - usually it's an emotion where your parents punished you. So it's usually an emotion associated with other people harming you that you don't want to feel because it's so painful. So what we finish up doing is we go into this state of desiring to punish ourselves rather than have them feel that emotion, and a person who's open hearted with their emotions wouldn't do that. We would focus more on feeling what the real feeling is, whatever that feeling is.

6.4.1. *Feeling that growth is impossible without the experience of emotions*

Mary:

Okay, we feel that emotions out of harmony with love must be experienced to be released, which we've covered a lot about that, haven't we.

Jesus:

We've talked about that.

Mary:

We feel that growth is impossible without the experience of emotions.

Jesus:

So we're not addicted to convincing ourselves that we've already grown when we haven't felt any emotion. We have a tendency to do that, to try to convince ourselves we're over something before we've even gone through anything. You can't be over something unless you've gone through something, and even when we've started to go through it, we wouldn't hope that we've finished it before we have. We wouldn't do that either.

Sometimes I hear people say, "Oh I thought I was over that." I go, "No, why does that distress you?" "Oh because I've cried about that for a month. I thought I was over it." Well you're going to have to cry for two months obviously. If you're open hearted with your emotions you'll just let that happen. You won't go, "Oh, I've had a month, that's enough now." You would actually go, "No, I'm going to do what is necessary, even if its six months or twelve months or eighteen months or ten years - I'm going to do what's necessary." You wouldn't have the attitude of, "One month, that's enough, one hour."

Most of us have got this attitude: ten minutes, that's enough. (Laughter) That's how most of us feel with our emotions. But if you multiply the ten minutes in a day, man that starts adding up doesn't it? Because you go, okay if we're only emotional for ten minutes in a day, how many minutes are there in a day? There are 60 seconds times by 60 minutes, so it's 3,600 times by 24, that's how many minutes there actually are in a day. Now let's say we do it by 12, because we're asleep half of the time. We don't know what we're doing in our sleep state, but hopefully we're making the same choices as we are in our awake state but let's just go for that. So it's 3,600 by 12, which is what our doable time is, roundabout or a bit more than that maybe. That's assuming we sleep 12 hours a day, probably not, so we might make it by 16, shall we? Most of us would sleep 8 hours a day. What's that? It's a lot of minutes, isn't it? That's 57,600 minutes we've got available in the day, and we've used 10 of those to feel. (Laughter)

Now, would you be that happy with that? If somebody said to you, "I'm going to come to work with you for a day," and they gave you ten minutes. I don't know if you'd be that happy with that. And to be honest, most of us are probably not that happy with that, if we looked at it that way. Yet we convince ourselves that we did well today - 10 minutes of open hearted emotional feeling. Compared to 100%, we're feeling 1% of the time.

Now we want to improve it from 1% to 2% to 5% to 10 %, you know, we want to improve the feeling process so that it's all the time. That's what we want to do in the end and if we are happy with 1% of the time, then it probably demonstrates that we don't have the right attitude to our emotion, doesn't it? It's probably proof that we don't. We need to have a good look at why.

Mary:

So continuing on? We feel that a loving condition is impossible without emotions in harmony with love. We feel that nothing can change while unloving emotions are maintained within. So those two really go together.

Jesus:

So if I believe that I can change without actually feeling anything, then from God's perspective I'm just way off the planet. The only way you can really change is by feeling something. So the key is, okay what is it I need to feel? I need to have this open hearted attitude to the feeling.

Mary:

And last one that we feel and honour our own emotional experience.

Jesus:

So you're not interested in trying to manufacture a facade-based experience. You want to feel and honour whatever is inside of you. That's what you want to do.

7. Practicing becoming more emotional

Jesus:

Now there's a whole heap more that we want to cover with you, but we feel that you're all a bit tired now.

Mary:

A bit over it now.

Jesus:

You've had enough probably of this subject today. So we'll probably leave the subject there, and the next time we're down we'll continue on with the rest of the subject.

Between now and then, what we would suggest to you is this. Practice getting a stronger emotional connection with yourself. In everything you do, feel what you're doing. Feel a stronger emotional connection with yourself. Be honest about your real emotion about things. Be honest about when you're angry, sad, ashamed, when you're frustrated, annoyed. All these feelings we need to be honest about. Practice doing that. You've got six to eight weeks before we come again; see how you go in that period of time doing those things. Practicing that attitude of getting a closer connection with your true emotional self and be honest about what it feels like. If you're raging, let some of it out, be honest about it.

If you have been using substitute techniques, those techniques that your parents taught you, try to stop your substitute techniques. So try to stop the self punishment technique over the coming months, and find what you're substituting that technique for. What did your parents teach you to do that for?

If you find you're involving others in your emotional processing all the time, try to stop that process, and just own your own emotion. Just let yourself feel what it feels like and how alone you feel and how sad you feel that nobody else knows what you're feeling. Let yourself feel that. Let yourself go through these feelings that are tough feelings, but let yourself go through them. When you go through them they'll go out of you.

7.1. Moving out of feeling numb

Participant:

With the feeling of being numb, is that a feeling or it's the refusal to feel.

Jesus:

It's the refusal to feel, yeah.

Participant:

So even though the anger's not there, but start with, "I know this is the refusal to feel," and just start getting into that.

Jesus:

What's the refusal to feel? What would you define it as an emotion?

Participant:

Anger.

Jesus:

Anger. So there's anger that you need to express. You're passively trying to express it by refusing to feel. You need to actively express it. Let yourself actively express your anger - about feelings, about the fact that you don't want them, about the fact that they're all traumatic, about the fact that it was terrible when you were young when you felt that, about what are your beliefs about that. Let yourself feel them. If you feel you're going to get hurt, punished, victimized, abused, violently hurt, whatever it is that happened in your childhood, let yourself feel that.

Participant:

So basically, during the day, if we're going through an hour and we didn't feel anything, we're numb?

Jesus:

We're numb. Yeah. And the key is to find out why.

Participant:

Because we would be feeling either gratitude, we'd be feeling pleasure, we would be feeling ...

Jesus:

Sad, happy, whatever, you'd be feeling something. You see when you're a 100% feeling being, you're feeling something every moment.

Participant:

Even washing the dishes, like all the chores we do.

Jesus:

Even washing the dishes, doing the gardening, cooking a meal, laying in bed by yourself, laying in bed with your partner, having sex, whatever it is that you're doing, you're feeling something. If you're a 100% feeling being, there would be a feeling associated with everything you do.

So if you're not feeling anything in what you're doing, then feel why. Why don't you want to feel what you're feeling? Why don't you want to feel what's going on right now? Allow yourself to do that. It doesn't take a long time to break through if you really desire it, if you really want it. It doesn't take a long time to break through. For me, I think, to get from the place of just being numb, which is where I pretty much was when I started, to actually feeling every day, probably took three months, and it wasn't that hard actually to switch from one to the other. But you have to want it.

Participant:

Yeah it sounds exciting.

Jesus:

I had to remove myself from all the people who judged it and I had to create a space for myself where I could do it in that time and I had to allow myself to go through the process of doing it, even though my family and my friends judged it: even that will confront a lot of things for yourself and if you live with a partner then you'll have to deal with whatever their emotions are about you doing it.

It doesn't have to take a long time to get from the numb place to the place where you are totally willing to actually deal with everything. So my feelings are if we do that, then we'll have made some progress and the more people who make progress like that, the easier it is for the next generation of people to make that kind of progress.

So once you've unblocked the numbness from yourself, your children are going to find it much, much easier to be connected with themselves emotionally 100% of the time and it will get to be that way that they won't even have to go through this process of going, "What am I feeling now? Why am so numb?" because they'll never be numb. They'll never even get into that state in the first place. And that will be a wonderful gift we can give the next generation of people; to give them that gift where every child that is ever born never has to go through this feeling of getting out of a numb state and into a feeling state. You think of the trauma that you've gone through - like the Divine Truth that you have heard has been joyful to hear, has it not? But very hard to practice. A child, who really wants to hear this Divine Truth, would find it a joy to hear and not hard to practice. Wouldn't that be wonderful - that every person that ever hears Divine Truth doesn't find it hard to practice?

7.2. *Allowing ourselves to be overwhelmed***Jesus:**

At the moment every person who hears Divine Truth is like, "Aw, no, what have I got to do with this now ..." and then we see ourselves and we go, "Oh, it's even worse, isn't it?" because there are all these things that I now see and who knows what it is that I don't see, that's even worse. You're even telling me there's a heap of things I don't see too and you just feel overwhelmed with the job of getting back this 100% connection: that is a direct result of how long humanity has been in this state. This state where they believe the intellect is the dominant thing, the emotion is subservient and the state where we're tuned out of being 100% emotional beings all the time.

Participant:

Would it be true to say then that, because I'm just saying you take on feeling overwhelmed that it's a beautiful process because it deals with so many different emotions, so they're just simultaneously kind of just happening?

Jesus:

Yeah. And being overwhelmed has one great advantage. Do you know what that is? Every time you're overwhelmed, your soul expanded. You've got to remember that - that this is all about this process towards God. Even once you become at-one with God, you'll continue to expand. Your soul will continue to expand every time you allow the overwhelmed emotions. So when many of you are going, "I'm feeling overwhelmed now, I'm feeling overwhelmed now. Don't do this anymore. Don't say this anymore." You're actually stopping the process of your soul expanding. That doesn't make much sense.

Participant:

I feel that I even get a headache if I'm stopping the overwhelm.

Jesus:

Of course, you get headaches, migraines; you know lots of physical problems in your body, all sorts of things will happen as a result once you start shutting down the flow of the emotion. Remember when the emotion flows in your body, there is no blockage in your body at all in any area and once that starts to happen, you will feel much better than you've ever felt.

The reality is you can be seventy and feel like you're twenty. Eventually, if you allow the emotions to keep flowing, you'll actually not only feel like twenty, but you'll probably look pretty close to that too. That's the advantage of doing all of these things but no one has ever really experienced that because no one's ever allowed the flow to occur, just allowed it all to go through you. There are so many advantages to it; it's very hard to list them all, of course.

We've been talking here about the way in which we conceive emotion, our belief systems, if you like, about emotions. So what we've been discussing the last two days with you is basically your belief systems about emotion. What we would like to do now is add to that your belief systems about progression, and confront some of the false beliefs about progression that we have as well. That's probably what we'll do in our next time with you - try to talk to you about your current beliefs about progression and if you were a full emotional being, what would be your actual beliefs about progression. How would you see progression?

7.3. *Being open and expressive*

Mary:

Yeah. And can I encourage everyone to be really real in our discussions? I know lots of you are more open about sharing and things, but sometimes I feel like you want to talk about the things you've got rather than the things you're still struggling with or ask questions that you feel comfortable about asking in public and I can feel that there's more opportunities if you're willing to just say, "Yeah, I disagree." or "I don't get it," or "I'm really confronted because I don't understand this thing." That's where I feel like you'll really help yourselves to engage emotionally with what we present.

Jesus:

We love our discussions with Eloisa actually, because she's emotionally expressive. She gets enthusiastic when she's enthusiastic. She gets really upset when she's really upset. She gets angry when she's angry. And she gets sad when she's sad. And we know exactly where we are in every single moment of the conversation, pretty much. It's so easy. And also, there is a deep enthusiasm to learn, and to be honest about what she feels. So we get to know her during that process. Many of you are afraid to let yourselves be known and just to be the person you really are and all the feelings that you have and all the thoughts that you have come up during the conversation and just be honest about that. You don't understand that while you resist doing that, the person who's with you can't know you. They've got to guess you or, if they're sensitive emotionally, they'll feel you. But they can't really know you because you're not letting them know you.

What we'd like to encourage each of you to do, even with each other, is to let yourselves be known. Let yourselves know each other, and let the other person know you. Let them know you. How you feel. What you think. What your thoughts are. Why you disagree. When you disagree, why you disagree. Let that happen, let that process happen because then you can have a true engagement with a person. And when you have a true engagement with a person, the potential of them progressing is much higher.

This is what we'd like to encourage you to do in the assistance groups - to come committed to just being you, and what you really feel, and what you really think, and what you really think about what's being presented. Not what you want everybody to believe you feel or think, or what you feel is the common feeling in the room, but rather what you really feel and think because then we have something to engage with.

Mary:

It's really hard sometimes, often because I'm not talking as much, I'm sort of like super-feeling everyone and sometimes I can feel this huge question in about 80% of the audience, where they're like, "Yeah I don't get it or I don't agree," and nobody's willing to speak up and go, "I don't understand."

Jesus:

"I don't understand."

Mary:

Sometimes in the past, I've gone into the addiction of trying to draw it out of people, or prompt my partner to help everyone through that thing. That's why I'm saying now, yeah we're not going to do that, but you have the opportunity to challenge yourself to be real.

Jesus:

And we're happy to answer questions at any time and particularly questions on the subject, as you know and when you're sitting there and you've got all these questions, or all these confusions or whatever, without expressing them, then basically all that does is it causes a number of things.

8. Closing words

Jesus:

One of the things we wanted to discuss with you the next visit was the amount of spirit influence that occurs under those circumstances, and the amount of spirit influence that occurs in your relationships because you're unwilling to talk to each other properly. Openly disclose what you really feel.

Mary:

Frank, honest, no facade. No, "Oh this is the correct way ..."

Jesus:

There's a lot of manipulation from spirits that goes on under those circumstances that causes a lot of trauma in your lives. But mostly it occurs because no one's being real about what they really feel, what they really think, what their real desires are, and all those kinds of things.

We actually had planned to do that today, but we thought we wanted to cover more on this subject of emotions first, because without dealing with the emotional things, you can't get rid of spirit influence. So unless we have the right understanding of emotion, we can't make the next step of getting rid of the spirit influence.

You could think of spirit influence as the emotions of others imposed upon you. So if you're feeling your own emotions, then it's much easier to feel the emotions of those imposed upon you, and you know the difference between yours and theirs. This is why there are so many subjects that all join together with this relationship with God issue about emotions. That's why it's such a key part of your future development.

Mary:

That's why when we say we're going to give a talk about emotions and relationships and spirit influence, we have to start right back here, when we sit down to say how we're going to present this because we feel like there's so much introduction or basic principles that underpin everything. And if we talk about the end thing, that we want to get to ...

Jesus:

... without the foundation ...

Mary:

Yes. Everyone can fall into the trap of thinking they get the foundation, when what we're seeing is that a lot of people haven't properly grasped the foundation and therefore anything we talk about that's an extension of that, becomes sullied by that misunderstanding.

Jesus:

It gets misinterpreted even. So when we start talking about spirit influence, it gets misinterpreted. We talk about the human soul and how it works, that gets misinterpreted. Every subject gets misinterpreted once you are not connected emotionally. It gets misinterpreted through your own filters. For each individual it's a completely different interpretation. So when you talk together, you go, "Oh I got that out of it." And the other person says, "I didn't get that out of it, I got that out of it." And sometimes what the two of you got is completely the opposite thing out of it. The reason why is because no emotional transmission is occurring. We're using words to connect to your intellect, and what we want to start being able to do with our teaching is to actually use feelings to connect to your emotions.

Mary:

This is why I encourage you to be really real as audience members. I'm only encouraging you to do things that I've found have benefitted me so much.

Jesus:

So thanks for your time again today guys.

Mary:

Yeah, thanks everyone. (Applause)

Jesus:

And we'll catch up with you. We're not sure yet, probably a couple of months we'll be down. Thank guys, look after yourselves.

Understanding Your Emotional Self

Session 3 Part 1

1. Introduction

Jesus:

This week we're going to continue with our discussion that we started last time we were here, which is all about "Relationship with God" and "Understanding Your Emotional Self" (see "20140208 Relationship With God -Understanding Your Emotional Self S1" and "20140209 Relationship With God - Understanding Your Emotional Self S2"). So you could call this session "Relationship With God - Understanding Your Emotional Self Session 3", and tomorrow will be Session 4.

The session today is going to first revolve around reminding you about some basic principles from our last two discussions in February, and then what we would like to do is present some more material on the subject of emotions and understanding your emotional self, and how it impacts upon the relationship with God.

Now tomorrow, if we don't get all of the material that I'd like to cover done today, then what we'll do is we'll present some of that material tomorrow as well. But tomorrow we want to focus more on your questions and answers. In other words, answering questions about understanding your emotional self, personally, that's what we'd like to cover more today.

What I would like you to do with your questions today, if you could focus them more upon the subject material that we're presenting, and questions that you have about that material specifically. Then tomorrow what I would like is for you to ask questions about your emotional self from a personal perspective, and we can discuss more of those kinds of questions for those of you who are here tomorrow.

"Understanding Your Emotional Self": let's do a bit of revision. What can you remember from the last presentation we did on the subject? Nothing? (Laughter) Carina wasn't here, but she might remember something.

2. Being emotional is not a process but the actual destination

Participant Female:

We need to be one hundred percent emotional self and it's not focusing on the process, but that is the destination.

Jesus:

Okay, so that was the important point, wasn't it? It's not a process of going through emotions, but rather becoming an emotional being, which is completely different from each other, isn't it? So it's not a process, and by

that what we're saying is that becoming an emotional being is the destination and that's a very important thing to remember, isn't it?

How did you go over the last three months experimenting with that? Did you attempt to experiment with that at all? Mixed for some of you? Any personal feelings about trying to experiment with that? Can you see how shut down we are to being that? We sort of treat emotions as if it's something that is an aberration in our life, rather than something that should be occurring all the time in our life.

3. Participants' experiences with practicing being more emotional

3.1. An example of a participant being emotionally open to different degrees with different people

Participant Female:

I find it pretty interesting how afraid I am of my own emotional expression, like how much fear, and how many false beliefs, and how much is tied up in stuff, and also the difference between different people.

Jesus:

So when you're with some kinds of people you're more emotionally expressive, and then when you're with others it's totally different?

Participant Female:

And really attempting with the ones I found really hard to be more open. Then found out some pretty, what I feel, judged quite harshly, things about myself in those situations, because of how I become.

Jesus:

Did you work out in that process why you shut down yourself so much with those people?

Participant Female:

Some of them.

Jesus:

And could you see the relationship between their projection at you about your emotions and you shutting down your emotions?

Participant Female:

No. What I kind of realised often was that I was projecting stuff at them that wasn't necessarily from them. It was just that certain things ...

Jesus:

So you believed they would do certain things that they didn't do?

Participant Female:

Yes and it was like exposed in me, especially with women, about things that I am expecting from my mum that have happened all the time, and so now I just go, "Every woman is going to potentially be like that."

Jesus:

Yes, so there's a belief now, inside of yourself emotionally, that every woman who's a certain type of woman will respond in that way towards you.

Participant Female:

Yes and those are who I attract and so it was quite interesting then to realise that, and then the projections from the - I kind of tried to focus more on what was coming out of me, and did I really want to love my sisters or not? And for a while, I didn't and I have to say it's touch and go at times.

Jesus:

Yes, no worries, so you started to see the relationship between you shutting down your emotions with different people. Sometimes it was about your beliefs about them, and also I point out to you, probably that you haven't reflected on, that sometimes it's about their projections at you. Once you start allowing yourself to be emotionally sensitive, you start realising what's actually going on and you start feeling the truth of most interactions much better.

Participant Female:

And that was something I noticed. Like what you said about how our perception of everything is completely false and we have no idea. I would take an action, and then something else would happen, or I'd have a tiny cry, or I'd go and talk to God about it. And after that, it was like, oh hold on, I could at least feel my stuff in that. And it was kind of clearer, and I didn't have that same crap going on for that person anymore. It's like, oh okay, I could see that.

Jesus:

You could see a lot of it's coming out of you or out of your beliefs, yes, which are all emotional.

Participant Female:

Yes, which is great.

Jesus:

Yes, that's good. Anyone else like to make some other comments?

3.2. Societal viewpoints on intense emotional experiences

Participant Female:

I just noticed in myself the desire to run away, rather than face the music.

Jesus:

How many of you noticed that after the session, a desire to run away from your emotions, yes? It's a very common thing, isn't it?

Participant Female:

No, I've been working on that one, but I feel even after last night I still have that desire to just disappear, and fade into oblivion.

Jesus:

Yes, could you feel your fear about emotion?

Participant Female:

Yes.

Jesus:

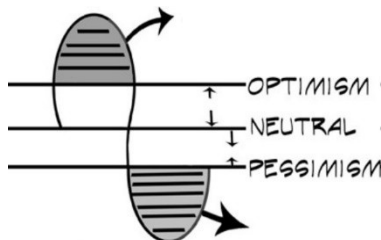
In amongst your fears about emotion are a whole heap of false beliefs about emotion and unfortunately the world we live in all generally has this same level of false beliefs about emotion. It's interesting when we talk to media people or talk to people being interviewed, because most of them accuse me of manipulating other people's emotions -they're so afraid of it.

Participant Female:

One thing I really noticed in myself is that I have that same feeling even in joy and when I'm sharing. So it's really strange, because you'd think that that would be the time you'd want to stick around and actually for me, it's not.

Jesus:

No, unfortunately it's not. We are so judgmental of any emotions beyond a certain norm - that's reality - you could say there's a certain level of pessimism, and then there's a certain level of optimism that we allow in normal society, what we call normal society. Now, anybody who swings beyond either the normal level of pessimism or optimism, that's the not allowed emotion.



Society allows a small range of emotional experiences between neutral and optimism, but once emotion goes beyond those levels (shaded areas in the graph above), it is considered unacceptable.

Participant Female:

So it's like, if I was feeling really happy, I'd pull back on that, I could feel myself because it didn't seem safe to be really happy when someone else wasn't being happy; yes, just what you were saying. I was observing that a lot.

Jesus:

Yes and can you see how this even relates to medical practice and all sorts of things? A person who is really, really happy is thought to be sort of manic, or over the top - and sometimes they are, sometimes they are influenced by spirits to do that, but other times it is a real state. Then the person who's lower than just what the average person is, we call that depression, and then we need to medicate people on both ends of the spectrum.

Participant Female:

I also find that with certain people that it's like they don't like giving me permission to be anything other than bubbly and wonderful.

Jesus:

Correct.

Participant Female:

I was observing that as well. If I happened to say, "Well, things weren't absolutely wonderful today," in some cases, certainly not in all, I noticed that there wasn't a permission - I didn't feel a permission to be like that.

Jesus:

Yes so anything above the neutral zone of emotion, some people will not just let you go there and then other people will not let you go to anything below the neutral zone of emotion.

Participant Female:

But I think it's equally I won't let myself go there either.

Jesus:

Well, it all begins with what other people will allow, and your fear of what other people will allow. That's why you don't do it for yourself. For example, in your childhood you weren't allowed to go into any sort of negative emotion, say maybe grief or something like that - so what we're taught is that we're not allowed to go there.

I find it quite interesting watching movies sometimes nowadays, everyone has all this built-up emotion, even in the movies, and they never allow themselves to experience it. They just need to have a big cry, and nobody wants to have a big cry, even in the movies; nobody wants to have a big cry, let alone in real life. I find that that's really quite interesting in a lot of ways, because the movies often reflect our lives, in terms of what we allow as a

society and we often do not allow the expression of any emotion beyond what we classify as the norm.

Now, that all began way, way back in our childhood; that all began in our childhood. And it was all stuff that we need to undo if we're ever going to be in this emotional place with God.

3.3. An example of a participant who is spirit influenced due to her wanting to avoid emotions

Participant Female:

I was going to say ... sorry I can't speak. I'm just feeling something.

Jesus:

Yes, one thing I notice happen quite a lot when we start talking about emotions is you often get spirit influenced into speaking or not speaking. Even the sensitivity to spirit control is often demonstrated by discussions about emotion, because a lot of spirits don't want you to talk about certain things that you might become aware of in the process - that also occurs.

Participant Female:

I've become more aware of seeing what I've created and being able to see how strong the false beliefs are, how strongly they're affecting me and being able to see through those a little bit and realising the effect of spirits on me, my opening to spirits, and then seeing how I can change. Some of that effect - it's taken me a very long time and still is.

Jesus:

Do you see that every bit of spirit influence is actually driven by an emotion you don't want to feel? So we can't really blame the spirits for influencing us when we're in a place of wanting to avoid a whole heap of emotions and, of course, they will then manipulate those emotions, just like anyone on Earth would probably manipulate the same emotions.

Participant Female:

Sometimes it takes me quite some time. I can recognise that that's what's happening to me, but it can take me really quite some time to get out of that state. And I have to really pray, like, scream ...

Jesus:

Well the only way to get permanently out of the state is to actually work through the emotion that causes the state and you're not willing to do that at this point. So of course, you then go to God and pray to God, "Please help me out of this state," and so forth, but you're not yet really wanting to get into the emotion that causes the state. If you got into the emotion that caused the state, then you'd rapidly get out of the state, and you wouldn't go back to it because once the emotion is gone, there's no opening to have that influence anymore.

Participant Female:

Yes, I think I'm seeing it from different angles. So sometimes I feel, "Oh, I can let myself feel that," first of all with intellectual recognition, but then sometimes I feel that I have gotten through that a couple of times and write a letter to myself because a light bulb goes on. But, yes, I don't have it in a consistent way. There is something I'm still not understanding.

Jesus:

Well, this is where you've got to be very careful and this is something I want to talk with you all today about what you convince yourself you've already dealt with. See, to me, anything that's inconsistent means you haven't dealt with it. I don't go, "Oh, one day it's like this, and the other day it's the opposite, so that means on that day I dealt with it." No, you haven't dealt with it. You haven't dealt with it at all if it's inconsistent like that. Once you deal with something permanently in your soul, there's no inconsistency anymore - none. If there is inconsistency, it is directly because of you not having found the real cause of the problem emotionally.

3.4. An example of a participant who is afraid of being emotionally overwhelmed

Participant Female:

Mine was a bit similar to Susan's (the participant who was afraid to feel emotions more intense than the societal norm). But for the past three months I'm just getting to the point of recognising the fear of getting overwhelmed. Like, praying about it, the overwhelm starts to come up, and then I'm left with the false belief, and also the images that I get shown of like my sternum's going to crack or - it's like a physical, like I'm going to get overwhelmed, and something's going to, like, snap.

Jesus:

Something's going to break.

Participant Female:

Yes, and then I sit there and I go, "My heart is not going to break, my sternum ..." And it feels like it's a physical hurt that I'm small and the emotion is too big, and something is going to break.

Jesus:

Yes and they are all false beliefs, obviously. God created you with the ability to feel every emotion that's stored within you right now, so the fact that it's in you means you can feel it.

Participant Female:

My question would be, though, it's because in that moment I do hear you say that but intellectually I feel it's impossible and I'm understanding that it is literally impossible. So the next question that I ask myself is why do I

fervently want to hold on to these false beliefs when it's completely illogical? There's no person on the planet that's ever cracked a sternum or broken their heart from feeling. It's like, what is my investment when I'm so unhappy holding on to this emotion, when I could just let it overwhelm me and feel such release?

Jesus:

The investment is your fear. You're afraid of some things that you don't want to address or deal with.

Participant Female:

It's not just the fear of being overwhelmed, there are all the other sets of fears.

Jesus:

Correct, there's fear that your life might change; there's fear that all your relationships will change; and the reality is they will, and your life will - that's the reality. If you address things emotionally, everything in your life will change from where it is today. Many of you don't want that even if it changes to the better, many of you don't want that because you're so afraid of better, and you don't really trust that better is a possibility. There's little trust and faith in God; you don't believe God's good; you don't believe God's Universe is good - or not going to be good to you at least -and so of course, there are all these false beliefs and fears, that are all fear-based.

Participant Female:

So while I'm thinking that false belief is sort of deeper, it's actually capping, right up on the surface.

Jesus:

Correct, most of our fears are right up on the surface: we just try to ignore them; we use techniques and addictions to ignore them. That's why we create addictions: is to ignore all of our fears. The only way to get through them is by feeling the fear emotionally and most of us don't want to do that. That's the main feeling we don't wish to feel - fear.

Fear is a hard feeling to feel but it's not impossible to feel. It's just a feeling, like every other feeling; it's not impossible to feel but for most of us we believe it's impossible to feel, and we've been taught that's it's impossible to feel. You think about your parents - both of them probably taught you that it's impossible to feel fear, impossible to release fear. They acted like it was impossible to release fear in their day-to-day life: that's how they taught you. If you think about your parents, Laura, your dad acted like that, and your mum acted like that, so of course you then believe it's impossible internally - it's a belief and you're going to have to go through that belief, as an emotion.

3.4.1. *The importance of engaging will in becoming emotional*

Participant Female:

And that physical pain is because of the emotions that are underneath that not wanting to come out. So that the resistance ...?

Jesus:

All right, see what you do. Do the emotions want to come out?

Participant Female:

I'm sure that they're created to come out, but I'm stopping them.

Jesus:

No, see, whenever you say, "The emotions inside of me don't want to come out ..."

Participant Female:

Oh, I know, I don't want them ...

Jesus:

What have you just done?

Participant Female:

Yes, taken the power away from my will.

Jesus:

Okay, you're basically saying you're not responsible for the emotions coming out.

Participant Female:

Yes.

Jesus:

You are, and this is one of your false beliefs: you want somebody else to be responsible for the emotions coming out of you; you don't want to have to take responsibility, personally, for them to come out of you. This is all based around some unfairness that exists within you, feelings that somebody else put them there, so somebody else should take them away. That's anger and there's an unwillingness to feel that anger.

You feel that somebody else put them there, so somebody else should take them away. You shouldn't have to do it and whenever you say, "They're not ready to come out," all you're doing is suggesting that it's got nothing to do with your own will, and it's got everything to do with your own will and that's something we're going to discuss today.

Actually understanding your emotional self, one of the things you're going to need to understand in that place is how to use your will: it's a very big part of that.

Mary and I gave a talk a couple of years ago at Murgon, it wasn't really a talk, it was more on an interview, about free will (see 20120421 The Human Soul - The Gift Of Free Will). In that talk, the majority of people in the audience found it very difficult to listen to that talk because the majority of us find it very, very difficult to engage positively our own will; we want somebody else to come and fix things for us.

Why do you think the Christian faith has had so much success with the concept that Jesus died for your sins? Because you don't have to do anything and most people on Earth don't want to have to do anything; they want somebody else to do it for them - that's what they want. When you say things like, "The emotion is not ready," you're just saying, basically, you have no understanding of your own will because the emotion will come out when you are desirous of the emotion coming out - that's when it comes - it doesn't come under any other circumstances and that's a part of understanding it, too - the emotional self.

4. Being emotional is not a process but the actual destination (continued)

Jesus:

Okay, now what else did we discuss last time we got together? Can you remember?

Participant Male:

We talked about when you feel the emotion, that's the emotion to work on in that moment; it's being present with that emotion that's there.

Jesus:

Yes, so once we threw out the idea that we're going through an emotional process, and we come to acknowledge that it's not an emotional process, we are becoming emotional beings: in other words, it's what we're going to end up in as a state, we're going to be emotional.

Can you see automatically that changes your focus, doesn't it? When you come to feeling emotion, under those circumstances you wouldn't go, "Oh, I just want to be over this emotion." Now the majority of us are still doing that when you think about it, aren't we? When a negative emotion comes up, what's the feeling you have? "I just want to be over this." Whereas a person who is in the true state at the soul level, understanding their own emotional self, would say, "I want to go through this," rather than be over this.

4.1. An example of a participant getting frustrated with his resistance to being emotional

Participant Male:

As to being emotional, I find that I get frustrated when I'm not emotional. In saying that though, when I do get to the state of emotions, I feel as well that I have a lot of blockages and resistance in that and I also get frustrated in that, too, not understanding how to work through that.

Jesus:

What's frustration?

Participant Male:

It's an anger.

Jesus:

It's an anger, Yes, very good and what's anger?

Participant Male:

Frustration. (Laughter)

Jesus:

It's an emotion, isn't it?



When you feel frustration, you're not allowing yourself to feel anger. Now, if you're frustrated, generally, who are you frustrated with?

Participant Male:

Myself.

Jesus:

Yourself, so it's anger with yourself that you need to let yourself feel. Why are you so angry with yourself?

Participant Male:

No idea.

Jesus:

Why is anybody angry with themselves? Do you think? Anybody have an idea?

Participant Male:

I found I'm generally angry with myself when I have expectations of myself to be reaching certain goals, or something like that - I have a lot of judgement around that.

Jesus:

And why would you have those expectations?

Participant Male:

To meet other people's expectations.

Jesus:

Of course, at some point, somebody else had to tell you that those expectations were realistic; somebody had to train you into that. When you're angry with yourself, really what you're doing is blaming yourself for what somebody else taught you.

You'd be far better off thinking about what they taught you, or feeling about what they taught you would be even better than blaming yourself for what they taught you. It's not your fault that you were taught these things. Whenever you get angry with yourself about it, you're really saying it's all your fault that you got taught these things and that you're now in that state and that is a self-deception emotion.

You can stay in that state of anger and frustration with yourself for years and years and years. You're doing it because you don't want to have an internal sense of who is responsible for this state. The people responsible for that state are the people who taught you to have that state, who taught you to blame yourself, who taught you to attack yourself, and who taught you to treat yourself badly and as a result, they are the people that you're unwilling to feel about.

There's a reason; you're afraid. You're afraid to feel about what other people have done to you, and so you would rather blame yourself and that's really all that getting frustrated with yourself is: it's just blaming yourself for something that somebody else taught you to do to yourself.

It's not very fair, is it, if you think about it. It's like me treating Mary badly, so I'm abusive to her, and then I also tell her that she's to blame for me being abusive to her and then she comes to believe that, so she now blames herself whenever I'm abusive to her. It doesn't feel very fair to Mary, does it? Wouldn't it be better if she recognised that I'm the abusive person, and I'm the one who did these bad things to her, and that all she needs to do is feel her grief about that? That would be a better course of action.

In our upcoming assistance groups, we're going to be looking at a lot of these kinds of dynamics where we often blame ourselves in preference to actually placing the responsibility for what we were taught onto the person who taught us.

Now God always places the responsibility of what we were taught onto the person who taught you and for most of us, that's our parents; mostly it's our parents who taught us to shut down emotionally; they taught us how to do

it. They physically enforced it, generally, through violence, or at least through verbal and emotional attack and then we grow up blaming ourselves for what they did. That's not very fair.

We'll talk a little bit today about what's fair for our inner-child, if you like and I don't like using that term that much because, really, we are who we are, which includes all of our childlike and hurt child emotions but we're going to discuss a bit about the hurt child today and getting in contact with the hurt child.

5. Being emotional is essential for forming a relationship with God or any other person

Jesus:

Okay, so is there anything else you can remember from our discussion? I've got the notes here, so it makes it easier.

Participant Female:

If we don't become an emotional being, we won't be able to have a relationship with God or we won't be able to have a relationship with anyone, or anything at all.

Jesus:

Correct, this is very, very important thing, isn't it? The "Way" is only possible if we're emotional; the way to God, the way to yourself, the way to any relationship is only possible if you become an emotional being, all the time.

1. NOT PROCESS
IT IS THE ACTUAL DESTINATION
2. THE WAY IS EMOTIONAL

When you think about it, that makes sense, doesn't it, from a logical perspective. How do you know someone who's just a blank emotional page? You don't get anything from them emotionally; they don't receive anything from you emotionally; they're just detuned emotionally. Do you feel like having a relationship with that kind of person? Generally not, unless you're exactly the same, you probably wouldn't want a relationship with that person.

Can you imagine living with your partner, and they don't either like you, or dislike you; they are completely ambivalent towards you. They don't want to have sex with you, but they don't not want to have sex with you. They have no real passions and desires. They have no longing for your love, or for receiving it. Why would you be with them? Can you see it's pointless having a relationship with such a person, isn't it? Because you're not really having a relationship, you're just having a cohabitation. No emotion is flowing.

Once emotions flow, now we're beginning to have a real relationship of some kind. Every relationship in our entire Universe is going to have to become emotional in its nature at some point and that even includes our relationship with the environment that we have around us, in fact. We will have feelings for our environment, which our environment will be able to feel.

Now our environment might not have a soul - the only people who have souls are human - but we can also sense the environment's distress. We can sense its pain and that's what also causes us then to become sensitive to the environment and what we're doing to it. So even that won't happen without some emotional connection.

6. Knowledge is only possible when we become emotional

Jesus:

What else did we discuss? Can you remember, similar along that vein? How has God designed the Universe with regard to knowledge?

Participant Female:

The more of God's Love you receive and the greater you do, the more knowledge just comes to you automatically.

Jesus:

Okay, so can we say then that we will not be knowledgeable until we learn to become emotional?

Participant Female:

And didn't we talk a bit about the intellect, about how - and this just hit me - especially women, all of us, are trying so hard to be intellectual and are trained in this way, when actually our true nature's are emotional?

Jesus:

Yes.

Participant Female:

And so we're very far off from whom we really are.

Jesus:

Correct, anything else you can remember from last discussion?

7. Everything we think may be wrong

Participant Female:

I bought a book called "Don't Believe Everything You Think", which follows on from that last point.

Jesus:

(Laughter) That's a good book, isn't it?

Participant Female:

And I kind of realised pretty much everything I think is this construction, and we also have to be real with God and with everyone else, rather than trying to be something that we're not yet.

Jesus:

Remember we spoke about your thoughts being totally distorted by all of your unhealed emotions and belief systems that are all emotional. That is a very important fact, isn't it, that we need to bear in mind - that it is true that what we think is not often very real at all.

Participant Female:

And that frustration that I don't want to be the person that I am now, but I have to embrace that I am that way.

Jesus:

Correct.

Participant Female:

There are unloving things about me, and I destroy the environment around me, because I don't want to feel them.

Jesus:

Correct, if we're ever going to get to a state of humility, we have to acknowledge all of the emotions that are within us at this point in time: the majority of us don't do that. We try to deny that we have a whole heap of negative things going on inside of us and we only accept we have a whole heap of other things, things that are actually, many times, just our facade, that are not even real. We often are telling ourselves a whole heap of messages, intellectually, that are completely the opposite to our true emotional feelings about ourselves and others.

Participant Female:

And the worst thing is a lot of those things, I think, that were good about me, are actually just huge addictions, and projections at other people.

Jesus:

And sometimes it's also the opposite - a lot of the things you feel are bad about you are actually, from God's perspective, good and we have a complete distortion about all of that. Remember we said that most of us have no idea about anything in life, really, at all, basically.

Participant Female:

Yes, I got that.

Jesus:

Because we're totally detuned from our emotional self, we don't really know anything and you can't actually know anything until you have experienced it emotionally, you can't really know anything. You can parrot Divine Truth,

and many of us have gotten to do this pattern with Divine Truth of parroting it but we're not feeling it and if you're not feeling it, you don't know it, so what's the point of parroting it. You're just like a parrot, "Hello Cocky. Hello Cocky". You know, that kind of thing is the kind of thing we're really doing with Divine Truth. "Love, truth and humility ..." you know, "Love truth and humility ..." but that's the parrot of Divine Truth but it's not feeling it. To feel it you've got to go through the emotions involved and that takes a lot more effort and desire to do that, and a lot more exercise of your will.

Okay, so that was basically everything we think maybe wrong and I say, "may" because it may not, too - you don't know; you don't know until you've gone through the emotional experience, and you've actually worked out what is right and what is wrong, through the experience.

1. NOT PROCESS
IT IS THE ACTUAL DESTINATION
2. THE WAY IS EMOTIONAL
3. EVERYTHING WE THINK MY BE WRONG

8. Fear is the major reason for the avoidance of being emotional

Jesus:

Now, at the end of the discussion, three months ago I think it is now, many of you felt more motivated to actually start looking at your emotions more sincerely. Is that not true? Yet many of you haven't done that in the last three months. Why is that, do you think? We were motivated to feel more about what's really going on in our life, and to focus more on our emotions, and yet many of us haven't done that, really. What causes us to avoid actually going into it, even when we know we need to? What's the main thing?

Audience:

Fear.

Jesus:

Fear. Okay, so you start seeing the emotion of fear is our major impediment to growth and unless you feel the emotion of fear, it will not leave you.

Now a problem that I feel most people have is that we want to ask question after question after question after question after question, and what are our questions really attempting to do? They're really attempting to alleviate our fear but the only way to really alleviate fear is by releasing fear and that's what we're unwilling to do. We can talk and give answers and talk and give answers and talk and give answers till AJ's blue in his face and at the end of the day, it makes no difference to your progression unless you're willing to feel your fear.

Now sometimes giving answers may help you work through the emotions associated with why you don't want to feel fear, but unless it does that, then even answering questions is pointless. We'd be better off just giving you a standard answer: "Fear - feel it." "Fear - feel it." You ask a question about how is the Universe created like this: "Fear - feel it." Because most of the answers are not going to enter your soul unless it's an emotional experience, and the emotion of fear prevents you from accepting the truth on these subjects.

Can you see in the end that part of coming to understand your emotional self is going to very much revolve around coming to desire to feel your fear? That's a very different place than forcing yourself to feel your fear and that's a very different place also to avoiding your fear through addiction and it's a very different place to avoiding your fear through questions. It's a willingness to actually experience your fear that's going to help you a lot with regard to understanding your emotional self.

What I find is the majority of people never get to understand anything about themselves unless they're willing to start to go through the emotion of fear. So one of the things we're going to have to discuss more in the future about is fear.

Now I've already had many discussions about fear. The interesting thing I find about the discussions about fear is that they are the least watched and the least written about presentations we've ever done. Even the people who are doing the transcribing have not transcribed the talks about fear. If you list all of the talks that they've transcribed, and there are quite a lot - there are now seventy or eighty - they've only just recently done their first one about fear. What does that tell you? That nobody wants to face their fear, feeling the emotion of fear.

9. False definitions of progression

Jesus:

Okay, when we start to talk about progression, how can we define progression? Now that we're seeing that progression is all about emotions, how would you define progression now? Before you might have said growing in love, growing in truth, being more humble; used all of these basic terms I suppose you might call them but all of those things need to have some kind of emotional connotation, do they not? They need to have some kind of emotion involved in them.

How would you define progression? Well, perhaps we need to start with how we need to not define progression anymore. How does that sound? Because all of the ways we're defining progression are probably wrong. So let's list all the ways we currently define progression, and we'll discuss whether they are in harmony with our emotional self, or outside of it. How does that sound?

9.1. Thinking progression a "process"

Jesus:

What are some of the ways you've been defining progression? "Progression is a process." And is it? No, it's not, so down here we'll have to talk about that a bit. What else?

9.2. Thinking we know things we have not experienced

Participant Male:

I used to think the more hours of AJ DVDs that I've watched, the more progressed I'd be now, the more knowledge I'd have, and that kind of thing.

Jesus:

Yes, and that doesn't work at all.

Participant Male:

Completely intellectual, yes.

Jesus:

Yes, the reason why is because if the soul is not open emotionally to the experience of what's being said, nothing of what's being said has actually entered your soul. So you've made no progression and you have this other problem and that is you think you have.

Part of the problem is that we "think" we have progressed, and we come up with heaps of justification as to how these thoughts arrive: one of the justifications is I know more now than I knew before, so I'm progressed. Now, I'm saying you don't know until you've felt something, so that's not even true - you don't know more than you knew before: for many of us that's the case. We only know if we've gone through the emotional process: that's the only way we know.

So the reality is you can listen to Divine Truth for the rest of your life, and be able to regurgitate every word I've ever spoken, and still know nothing about Divine Truth, which is very, very different to going to a university course and knowing something about medicine, or something about engineering, isn't it? Because all you have to do there is just regurgitate the information and then they say you know it - it's not strictly true either.

I was talking to the guys last night I think it was and I used the example of a person who goes to do veterinary science as a university course. If they do veterinary science as a university course, and they're never allowed to touch an animal ever, and they have all this theory and they come out of the course, and they have all this theory, but have they ever put it into practice? Has it ever been an experience? Now would you take your animal along to such a

vet? Probably not because there's a whole heap of things more that he's got to do before he's going to become a good vet.

Mary:

Someone's got to take their animal to him to get some experience. (Laughs)

Jesus:

But this is where he usually would get his experience initially by having someone else show him the process, and actually taking him through the experience in a supervised manner. Well, that's what your guides are doing with you: they're attempting to take you through the supervised - and I say attempting, it just depends on how willing you are - but they're attempting to take you through the supervised process of becoming more based around your emotional self, becoming more knowledgeable, really, from an emotional perspective.

Thinking we have progressed is a major problem. What are ways that you would have thought that you progressed or that would justify you thinking that you've progressed? One that we've mentioned is that you know more now about Divine Truth than you knew before and what I'm suggesting is no, that's completely false until you've felt it, you don't know it.

9.3. Analysing Law of Attraction events with the mind without emotional understanding or connection

Participant Female:

Things in your life seem to be getting better.

Jesus:

"Seem to be getting better". Can you be more specific? See, I know when things in my life are better and I don't have this feeling that it seems to be better.

Participant Female:

Well, like you were saying before, sometimes it's good, and sometimes it's bad.

Jesus:

Yes, but I wouldn't call that better; I would call that the same as before. The reality is you will know things in your life have improved. There's a difference between knowing and just thinking. See most people go, "Oh, last week, there were three things that happened to me that were so good, it's showing me that I'm progressing." Now there are twenty-five things that happened to you, that should have shown you that you aren't and what do we do with that. We dismiss all the twenty-five things, and we just say those three things that show me I'm progressing. Isn't that wonderful and we convince ourselves because we love self-delusion. We love self-deception.

Why do we love self-deception? Because it stops us from having to feel emotions of fear.

My feelings are you should know when you've improved on an issue and you will know, actually when you've improved on an issue. You will feel very, very different when you've actually improved on an issue.

Law of Attraction events are a great way of finding out what you're really attracting. They're a great way of finding out: so if you find your attraction's improving in some areas, then you know that you must be dealing with something and on the right track. But if you don't know what it is you dealt with, then I'd suggest that that's probably not a good sign that anything's really being dealt with because you will know. You will know what you've dealt with as you progress. Anything else?

Participant Male:

Motive.

Jesus:

What do you mean by motive? Are you saying your motivation is more pure? How are you measuring it? This is where we're measuring progression here.

Participant Male:

It's measured for me, I feel it's measured by how softer I am after an event has happened. Like I feel softer, and then the Law of Attraction brings something and that's not affecting me the way it did anymore. I've had more compassion than before.

Jesus:

Yes, certainly. So what would be the opposite of that?

Participant Male:

The opposite of that is thinking that my Law of Attraction has changed?

Jesus:

When it hasn't really?

Participant Male:

Telling myself that I'm better with this event as it comes up next.

Jesus:

Yes and the fact that it's coming up next means that you probably are not better with the event, because the way the Law of Attraction works is that once you've stopped the problem in your soul, you don't attract the same events anymore. If you're attracting the same event again, just with a different face on it or a different person involved, but you're still attracting the same kind of event, then it probably means that you haven't dealt with anything. You just think you have. Anything else you can think of?

9.4. *Thinking we are more loving without having an emotional release of unloving feelings*

Participant Female:

Not doing certain behaviours and believing that you're good for not doing that when you know you haven't dealt with the underlying causes. For instance, I don't eat meat, but I know I haven't dealt with the emotion.

Jesus:

Correct.

Participant Female:

Because there's still desire there. And things like that.

Jesus:

What would you call that? What would you call that - taking an action without any real emotional change inside of your soul, wouldn't you? It's like, acting better, and trying to act better.

Participant Female:

Trying to be a good girl.

Jesus:

Trying to be a good girl or a good boy but really, nothing's really changed from an emotional perspective and you know it. Yes, there are many times when we don't even know it, but we keep attracting the same events and we keep having the same feelings: for example, there are people who have stopped drinking alcohol, but they still feel like drinking alcohol; there are people who have stopped having a cigarette, but they still feel like having a cigarette.

Participant Female:

And what's worse, though, is that I'm starting to realise, for instance, I've been celibate for nearly three years, thinking I was "good", but then I'm doing all this stuff in the sleep state that I've just realised. So I'm quite deluded.

Jesus:

Into thinking that you being a good girl, really, like this is not a good girl. You're just doing it in a state where you can deny that it's happening in your awake state and that's very common, very common and that's driven by the fact that you've tried to change, without actually emotionally changing.

Many people do this with Divine Truth: they treat it the same as any other faith or religious-based learning. They think that all they have to do is follow the law and the rules, and then everything will come good. Well, no, that's not the way it works actually; everything becomes good when your emotions of not following the laws or the rules are gone - that's when it comes good

and for many of us, those emotions still exist because we're unwilling to feel them. We're afraid of feeling them.

9.5. Differences between God's and our parents' definition of true progression

Jesus:

Can I just ask, who makes the judgment of whether we've progressed? What would be your answer generally? Most of us would prefer to do it personally, which means that, "Today I'm really, really great. I'm already at-one with God." (Laughter)

Participant Female:

If I'm honest, it's my parents. I go back to this place and it's what I think my parents would think is progress and that is what I generally live by of whether I'm good, bad, indifferent, whatever.

Jesus:

Yes. Why is that? It's because that's what you grew up with in terms of the judgment, isn't it?

Participant Female:

Yes, and approval. Like I'm really big on wanting their approval. So really I ask others whether I've progressed or not, as well, rather than me.

Jesus:

Yes. So the reality is who really determines whether we've progressed? The proper person to determine it is God, isn't it? Okay. So let's look at what God thinks and then compare that with what mum and dad, our parents, think. What normally happens there?

GOD $\Rightarrow$ PARENTS

Participant Female:

Well, they're two different things.

Jesus:

They're totally different things, aren't they? Totally different things and so the majority of us accept our parents' definition as progression, whatever they would say is progressing. So being a good girl, or a good boy, that's progression. What did they have to do to get you to be a good girl or a good boy most of the time?

Participant Female:

Violently harm me.

Jesus:

Violently harm you. In other words, it wasn't your will that you became a good girl or a good boy, it was fear of their violent harm that caused you to be a good girl or a good boy. Many of us are engaging that with God. We're afraid that God will somehow punish us or hurt us, or some of God's Laws may make our life worse. and that's why we're becoming a good girl or a good boy. All of that kind of progression is not progression, because it's all intellectual; nothing changes emotionally, and nothing changes with our desires and our passions; nothing changes at the core of our being.

9.6. *True progression from God's perspective***Jesus:**

What we need to do to really measure our progression is to understand that it's all about whether God feels we've progressed and how does God measure progression?

Participant Female:

It's reflected to us through the operation of God's Laws.

Jesus:

No. How does God measure our progression?

Participant Female:

By love.

Jesus:

What love?

Participant Female:

How loving I am in my soul.

Jesus:

Yes, how loving you become and ... ?

Participant Female:

How loving I am to others.

Jesus:

Yes.

Participant Female:

And how loving I am towards God.

Jesus:

Yes. And ... ? One more.

Participant Female:

How loving I am to myself.

Jesus:

Yes, keep going.

Participant Female:

To the environment, to every living thing.

Jesus:

Yes but you've missed out one big one, the biggest one, in fact.

Participant Female:

How much of God's Love I have ... received.

Jesus:

Received. Correct, so yes, it's all of those things, but, that big one as well. How much Love from God that I've actually received. That's the thing that transforms my soul. That's the thing that makes my soul grow to become at-one with God and that's from God's perspective how much you've actually received, not how much you think you've received.

Some of you think you haven't received any, and you have; and some of you think that you have received some, and you haven't; and there are a lot of people in between those two places, in terms of their judgment of what's actually occurred. So it's about how loving we've become and how much of God's Love we've actually received. That's real progression, isn't it?

9.7. Thinking we know things we have not felt

Jesus:

Anything else that you can think of with regard to ways in which we thought we've progressed. If I can give you some examples; thinking we know things we have not felt.

PROGRESSION

"PROCESS"

THINK WE HAVE PROGRESSED

THINKING WE 'KNOW' THINGS WE HAVE NOT FELT

False concepts of what progression is

A lot of us do that, don't we? The trouble with listening to Divine Truth presentations like this is that we come away from it thinking we know something new and we don't. We only know it when we feel it and for most of us we haven't felt it yet. That's the only time we really know it, when we feel it.

If we haven't felt it, and we assume that we now know, can you see the damage we're doing to ourselves? We aren't growing. We aren't changing really, we've just convinced ourselves we're changing and growing. That's a pretty damaging thing to do because when you convince yourself you've

changed and grown, and you haven't, you're actually self-delusional. It's not a good sign. (Laughter) You don't want to become self-delusional on the path to God. You can't become self-delusional.

Participant Male:

So in a way, we can listen to these teachings and actually build more of a facade around ourselves, and actually increase the amount of spirit influence that we can put ourselves under, because we think that we've dealt with that issue so we're going to completely ignore it and it's just the spirits and avoidance and everything, just straight through that.

Jesus:

Correct, yes. I've seen many people degrade in their condition since they've been listening to Divine Truth, for that exact reason because they've convinced themselves that they now know things that they don't know, and they're acting out of harmony with love in each case, and now also acting out of harmony with love towards themselves and their condition continues to degrade and they think they're improving. There are many people who have done that. You can see that the trouble with not progressing emotionally is that it causes all sorts of other additional problems. Anything else you can think of?

9.8. Thinking we have felt things that we have not felt

Participant Female:

You might have said this, but thinking we have felt things that we have not felt.

Jesus:

Yes, that's very good too. Many of us actually prefer to substitute false feelings for true feelings, so then we tell ourselves we felt something that we haven't felt.

For example, many of us want to believe that when somebody has said something to us that we were being attacked by that person, when all that person might have been doing is just telling us the truth, and they might not have been attacking us but we want to feel that they've attacked us because feeling they've attacked us means that we can dismiss everything they said. If you feel that somebody has attacked you, you can dismiss everything they said as having any value or worth - there's a great way of avoiding a whole heap of truth.

That's an example of how we think we've felt something that we haven't actually felt yet because the feeling we need to feel is completely the opposite of what we're feeling many times and we've just convinced ourselves otherwise.

Participant Female:

With that attack though, what I'm noticing, because I'm definitely a dismitter of all attack, but lately I'm like, sometimes what they're attacking me with, even if they are or they're not, has elements of truth about me in it.

Jesus:

Correct.

Participant Female:

And so I'm just going to dismiss it because I don't want know that.

Jesus:

Yes, correct. So a lot of the times we're trying to dismiss information, dismiss the truth and this is why thoughts are not very helpful with our progression because we're often thinking our way through the process, dismissing a whole heap of things that we believe are untrue, but they are actually true, and then accepting a whole heap of things we think are true, that are completely untrue. Then we say, "Because I cried last week, I'm on the Divine Love Path." No you're not. Like, there are millions of people, billions of people out there who cry and none of them are on the Divine Love Path. That's the reality. A lot of times you can cry in frustration, anger, annoyance, rebellion, tantrum, fear; all sorts of crying can happen, and none of it is causal, because none of its real - none of its real; it's not the real emotion that you need to face. These are traps that we can get into. Anything else you can think of?

9.9. *Feeling emotionless towards situations***Mary:**

I've got the handout, so it's easy but one of the things that's not on the handout that I used to associate with progression was my ability to cope and manage and "deal with" everything that came my way. I thought if I can do that cool as a cucumber, and emotionless, then I'm quite a developed person and the truth is actually the complete opposite: once I stop trying to manage everything and control it, I begin to progress.

Jesus:

Yes.

Mary:

But would you like to hear some more things from the handout.

Jesus:

Sure.

9.10. Having intellectual realisations without accompanying emotional experiences

Mary:

Yes, okay: having intellectual realisations without accompanying emotional experiences - it's a big one.

Jesus:

Yes, so do you know what we mean by that? Having an intellectual realisation without having an accompanying emotional experience. A lot of times we have an intellectual realisation, like often we're having discussions with people and they say, "Oh, yes, I realised that last week." And did you feel about it? "No. But I know what you're talking about." No, you don't because you haven't felt it yet. Unless you feel it, you don't know. You're just convincing yourself you know, because you have an intellectual light bulb moment; those kinds of light bulb moments that occur; they're wonderful, I'm not saying that they're not, but they don't mean any progression until you feel about them - that's the reality. So have them, don't stop having them but there needs to be further action taken.

9.11. Thinking we know things we have not experienced (continued)

Mary:

You've kind of covered this - thinking you know things you don't feel, and thinking that you know things you've not experienced.

Jesus:

Thinking you know things you've not experienced. Yes, so how many of you have experienced a really, truly loving relationship with the opposite gender, if that's the kind of relationship that you're attracted to? In other words, if you're heterosexual, how many of you have experienced a truly loving relationship with the opposite gender where you always felt happy, you always felt great? They always felt happy; they always felt great. You both weren't in addictions at all and you're both completely in harmony with God's Love and God's Laws. How many of you had that relationship? Zero? Okay.

Now, how can you say you know what that's like? You can't, can you? You can only guess what that must be like. You don't know; we don't know until we've experienced it. We can aim for it, but we don't know. Many of us don't even believe it's possible, if we're honest with ourselves.

9.12. Thinking we are more loving without having an emotional release of unloving feelings (continued)

Mary:

Thinking you're more loving without having an emotional release of unloving feelings.

Jesus:

Yes, we observe this a lot where people say, "Oh, yes, I've worked through this issue," and they've not released the unloving emotion at all and so of course you haven't worked through the issue. The unloving emotion is still there. You can't think yourself into love - love is an emotion - you can't think yourself into it; it has to be felt into.

9.13. Analysing Law of Attraction events with the mind without emotional understanding or connection (continued)

Mary:

Analysing Law of Attraction events with the mind without emotional understanding or connection.

Jesus:

Yes, this is something we notice heaps of this going on. Let's talk about this one a bit more - the analysis of Law of Attraction events intellectually.

ANALYSIS OF LAW OF ATTRACTION EVENTS INTELLECTUALLY

What do we mean by that?

Participant Female:

Just like, "Oh yes that happened again because my mum hated me when I was young," you know, going into the whole story. "Oh yes, yes, I know that one."

Jesus:

Yes and you don't.

Participant Female:

And you don't.

Jesus:

No because if you did know that one, there's a pretty good chance you would have felt your way through it at some point, because to know anything you have to feel it.

Participant Female:

No, it just makes good conversation with other people who just want to talk about it.

Jesus:

Correct, it's like we start entering this whole system of what I would call acronyms, where you start banding around all of this acronym type things to fit into a group. So they start going, Law of Attraction, Law of Desire, law of this, law of that. This is not how average people talk, and it's also not how I talk and I just wonder why we want to get in those conversations, because having conversations makes everybody feel they're progressing and everybody feel they know something and they don't know anything until they actually feel again - so yes, we can do that a lot.

How many of you have sat down, trying to work out what happened last week, or the last day, or this day, and tried to work it out with your mind without feeling anything? Were you very successful? Has the event happened again?

Audience:

Yes.

Jesus:

Of course, it's not until you feel through these events, and feel your emotions as you're going through these events, that you will actually change. You can think your way through them over and over again; nothing's going to happen, nothing's really going to change. This is a major problem for most people: they hear about the Law of Attraction, and they try to work it all out instead of feeling about it all - it's a major issue.

Participant Male:

Is that why after a while now I get quite drained when someone starts talking like that. I can't have a conversation when someone goes, "Oh, last week, or this morning ... " it's like, why are you telling me.

Jesus:

Because they don't want to know.

Participant Female:

Yes, it's taxing on me now.

Jesus:

Yes, it is taxing; it's exhausting. Like, how are they ever going to truly know what happened unless they feel about it? And you can try to convince them to feel about it, and every time they go back to the intellectual discussion of their Law of Attraction, what they call their Law of Attraction, it's not even theirs, it's God's Law of Attraction operating upon their soul. But when they

go back and start talking about that, really all they're talking about is just stuff. They're just having conversation without feeling.

I had a really interesting conversation this week with a lovely Indonesian man who we've seen only twice and I feel he's on the Divine Love Path. We met him first about five years ago and it was the first time that he'd ever heard about Divine Truth, five years ago. We met him again this week, for the second time as it turned out and, every single thing we discussed, he had to go away and feel about before we could have the next discussion.

We started discussing some interactions he has with women. He was overwhelmed with fear and terror and went and vomited in the toilet. He did that three times in our discussion about this stuff with women. He came back, we talked a bit more, back in the toilet, came out again, talk a bit more, back in the toilet. And then we started to discuss some other feelings that he had about himself, and he just cried straight away. It's very unusual for me to have conversations like that but that's the kind of conversations you'll have once you start feeling your emotion. You'll connect to the emotion instantly.

There was very little resistance in him and it was very interesting for the other people who have been listening to Divine Truth for five years all that time that he's been in Indonesia, the other people who were present, they were just like, oh off he goes, processes a bit more, comes back, off he goes, and it's like just natural and seamless. He was growing. He'd changed in those five years; he'd changed more than most of the people who've been coming along to the sessions for five years. Which is interesting because most of them are analysing everything without actually feeling anything. That was a good example of a man who is allowing the connection to his emotional self.

Participant Male:

I noticed that, and I think why am I throwing up? I don't understand why.

Jesus:

Because you're afraid, but can we leave all those personal questions for tomorrow?

Participant Male:

Yes.

Jesus:

Yes, no worries. What's next in the list, baby?

9.14. Incorrectly identifying injuries, love or truth and not understanding the truth of events or our own condition

Mary:

Incorrectly identifying injuries, love or truth and not understanding the truth of events or you own condition. So it's again intellectually interpreting.

Jesus:

Yes, there are going to be some things we're going to present in the assistance group about relationships. There are basically two types of relationships: there are relationships where people have hurt you, and then there are the relationships where you've hurt other people and we're going to talk about these two types of relationships and how you need to understand them from an emotional perspective in order to understand what kind of feelings you're having.

Now, the majority of people want to blame others for hurting them when they haven't, and at the same time let others get away with hurting them when they have hurt them.

9.14.1. An illustration of forgiveness and repentance

Jesus:

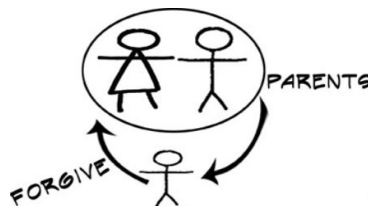
Can I illustrate that? Each of you have a mum and dad - parents. Who caused most of the emotional suppression in your soul? Your parents, so they caused the suppression of your soul. So what are you going to have to do with your parents if you want to progress?

Participant Female:

Make them accountable for what they've actually done to you.

Jesus:

Well, that's a part of the process, but I'm going to put it all together under one word - forgive. You need to learn to forgive them and that's going to mean making them accountable for everything that they did, because you can't forgive somebody for something you didn't believe they did. You don't believe they did it, when they did do it.

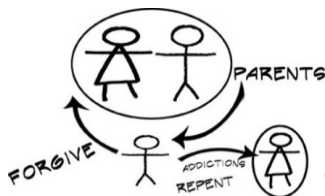


***Children need to forgive their parents
for the damage they caused them***

You're going to have to learn to forgive them; you're going to have to learn to go through an emotional process where you feel everything that they did, and that means you will need to feel everything they did from God's perspective. It's not from your own perspective. See, your perspective is skewed, because you're already accepting everything they did; you already believe what they did was fine so your perspective is already skewed from God's perspective. We're going to have to learn to forgive what our parents did.

Then let's say we have a partner, and because we denied forgiveness of our parents, we decided to actually get our partner to do most of the things that our parents wouldn't do. What's that called? Co-dependency, or we had a whole heap of addictions.

Now when I'm projecting my addictions at another person, what am I doing? Am I helping them or harming them? Harming them. Okay, so I'm going to have to repent towards this person.



We need to repent towards people who we have harmed

You know what I see happening instead of those two things? I see most people, when the person with whom they are in an addictive relationship with does something wrong in a relationship, they think they need to forgive them and when a person's parents do something wrong in the relationship, the person wants forgiveness. It's completely the opposite of what should be happening.

When a person's parents do something wrong, we need to see what they've done wrong, and learn how to forgive them, which means going through the truth, and we need to accept the truth of what they've done and then we need to learn how to forgive them by emotionally going through the process.

When the person with whom we are in an addictive relationship with does something we think is wrong, we've got to remember that we attracted them because we wanted them to do the things that our parents didn't do. We actually helped create this person being the person they are towards us right now. So when they go and do something, in or out of harmony with love is immaterial, we've been a part of the creation of that person by our projections of our addictions upon them. They're the person we need to feel repentance towards, not forgiveness. What I see a lot of people doing is

forgiving the persons they need to repent towards, and repenting towards the people they need to forgive.

Now we're going to go through that in a lot more detail in the assistance group. The reason why I brought it up is because the majority of us are trying to feel feelings that are not actually true and also trying to feel feelings where we've distorted the truth and none of those things are going to help us to progress.

We have to feel the truth in order to progress. So when I say, "Your parents did this," and you say back to me, "Oh, but they were good people: they did this and they did that; they did the best that they could do at the time," and all that stuff you feed me in return, that is all stuff where you refuse to forgive your parents. You want to believe your parents didn't do what they did and therefore you're incapable of forgiving them because you're incapable of even acknowledging what they did. To forgive someone, you first need to understand what they did, and then you need to go through the process of forgiveness of them.

And to repent towards someone, you need to know what you did; you need to understand what you did that harmed them and most of us don't understand - we don't. We don't understand what we did to harm the other person so we don't have repentant feelings towards the persons. We often want them to repent towards us. We want them to feel sorry about how they treated us, when the reality is we need to feel sorry about how we treated them and this is a big distortion of the truth and, of course, most people wonder why they're not progressing after that.

We can't progress if you try to feel feelings that don't exist. That makes sense, doesn't it? And feelings that exist are all based around truth. So unless you're feeling truthfully what actually happened, then it's not going to be a real emotion and therefore no progression will occur.

9.15. If we are thinking growth, when we are placed in a difficult situation we will revert to our own historical unloving behaviour and feelings unless we exert an extreme force of our own will

Jesus:

Is there anything else in that list? Everyone's a bit hard on that one. So we'll go on to the next one. We'll talk more about that.

Mary:

No you've just summarised everything about when we're thinking growth in the seminar outline, and said, "If you are thinking growth, when you are placed in a difficult situation, you will revert to your own historical unloving behaviour and feelings unless you exert an extreme force of your own will."

Jesus:

So does everyone get that statement? If you're thinking growth, and you're not really growing, you will try, try, as hard as you can try, but under pressure you will always revert back to the same thing you used to do before, unless you exert an extreme force of your own will.

Now that's what the majority of us do and then we believe it's growth - now that's not growth. Real growth is the opposite: when you make real growth, you automatically do things that are more loving without having to try. That's real growth: you automatically become more loving to yourself, more loving to others, more loving to your environment, more loving with God and so forth as you've grown - that's real growth.

10. Indications of true progression

Jesus:

Okay, so can we compare the progression that we intellectually assess with true progression? What are the signs of true progression?

10.1. Automatically becoming more loving and truthful

Participant Female:

Just changing what you do, it's natural.

Jesus:

Okay, so it's been automatic; you've automatically become more loving. Is that not true?

Participant Female:

And you don't even think about doing it a different way anymore.

Jesus:

No, so more loving and truthful. How many of you are finding that whenever you're in a situation, now you just automatically blurt out the truth, without even thinking? That's a sign of progression when you do that; you just automatically do it, you can't help yourself. Out it comes out of your mouth, and then you go, "Ooh, what's going to happen now?" Sometimes you might still feel a bit of fear from that but it's just automatic. You just can't help yourself from doing it.

That's a measure of real progression; that's somebody who's progressed with their acknowledgement of truth and how important it is in their life. They're automatically sharing it; they don't hold back; they don't worry about what everybody else thinks and feels about what they're about to express. They just do it automatically and then they think about it afterwards. Just like a child would, if you think about it, exactly like a child would. Are there any other ways?

10.2. Being engaged in true passions and desires

Participant Male:

We're truly engaged in our passions and desires, preferably one hundred percent of the time.

Jesus:

Well eventually it will be one hundred percent, won't it? So we're engaged our true passions and desires. So not our addictions: most of us are engaged, mostly one hundred percent of the time, in our addictions, that's what we engage.

Now this is what we're saying, true progress is engaging in your true passions and desires, and eventually that's going to be one hundred percent of the time. So if you've talked about something a year ago, and two years ago, that you wanted to do and it's in harmony with love, and you haven't done it yet, have you grown? No, not on that issue you have not grown. You can talk about it for the next twenty-five years, and you still don't grow from talking about it; you grow by experiencing something - that's how you grow. So you would engage the experience.

All these people who talk about leaving their work to do another thing they really love doing, and then twenty years later you ask them have they done that, and they go, no because it didn't pay the money or it wasn't this, or all these excuses under the sun - well, they haven't grown; they haven't let go of those fears enough to actually become engaged in their true passions and desires.

10.3. Taking personal responsibility

Participant Male:

Also you're going to take personal responsibility for everything as well.

Jesus:

Correct, so what does that mean? What does that look like?

Participant Male:

You're not blaming anyone else for your situation or what's happening around you.

Jesus:

Correct.

Participant Male:

It becomes mine.

Jesus:

It becomes "What have I done here to change this situation?" When you take full personal responsibility, you will grow; you will grow. And saying things like you said earlier, Laura, like, "Oh, when I'm ready," that's not taking

personal responsibility - you're ready when you desire to be ready; that's when you become ready.

We need to take personal responsibility, even for our fears. Instead of going, "Oh, I'll just automatically, magically be ready to process through that emotion at some point in the future." You'd be better off going, "No, I need to find my fears about why I'm not processing that emotion right now. Why I'm not going through that experience emotionally right now?" Next one? Any of us have any ideas?

10.4. Emotionally experiencing events

Participant Male:

Wouldn't it also be when you're truthful or when you're automatically truthful, you have your desire to actually feel the fears of what happens after there's growing and it becomes more of a present thing. So how can I explain that and make more sense? You say something to someone because you're not really worried too much about what they're going to say back, because you just blurted it out. But, you learned from the growth after, like you grow in your desire to actually deal with the emotion of fear.

Jesus:

Can we call this emotionally experiencing events?

Participant Male:

Yes, because sometimes it doesn't happen in that actual moment when you say it, but you grow in your desire to actually deal with it.

Jesus:

Yes, eventually it will happen in the moment you say it, obviously but if you emotionally experience what's happened to you every single time, you will not go wrong in terms of your progression - you'll progress; you will definitely progress then.

10.5. Taking action

Participant Female:

It might come under the personal responsibility, but a willingness to really see the darker emotions and how the subtleties of the violence that you perpetrate on others, whether it be a judgement or a ...

Jesus:

How do you measure whether you're willing, though? See, a lot of times we can talk about, oh I need to be willing about to do this, and I need to be willing to do that. How do you know you're willing? Somebody said it – you take action.

Participant Female:

You take action.

Jesus:

Yes, you take action: a person who's changing takes action; they don't sit there and talk about things - they always take action with change.

10.6. Attractions change**Participant Male:**

Our Law of Attraction changes.

Jesus:

Really changes, yes. So whose law again was it? God's Law of Attraction. So our attractions change.

TRUE PROGRESS

AUTOMATICALLY MORE LOVING AND TRUTHFUL
 ENGAGED IN OUR TRUE PASSIONS AND DESIRES
 PERSONAL RESPONSIBILITY
 EMOTIONALLY EXPERIENCING EVENTS
 TAKE ACTION
 OUR ATTRactions CHANGE

That means our attractions both negatively and positively change. Do you understand what I mean by that? So for example, let's look at a positive attraction. Let's say, before, whenever you got together with a group of people, most of the people there were just sort of pessimistic, and down all the time and you just seemed to gravitate, they seem to gravitate toward you every time. Let's say that happened every time you got in a gathering with somebody. And then you notice after you've dealt with some emotion, that now it's only the positive people who come and speak with you and the negative ones seem to just automatically leave you alone. Now that's an indication of a true change in a positive direction, it's a positive change.

Negative change would be something like you notice all of a sudden that you're attracting more and more people who are afraid into your life and they're expressing their fears to you, and you're becoming frustrated and angry about it. That would be an attraction that's demonstrating that you're suppressing an emotion, of responsibility for people who are afraid.

Sometimes our attractions change positively, sometimes they are changed negatively when we're progressing. When you start to come to understand that many of your attractions are because of what you accept internally, emotionally you accept attack; many of you accept attack from other people emotionally. Once you start addressing those emotions, you're going to get more attacked emotionally while you're working your way through the emotion and that will be a sign that you're progressing on the matter. It won't be a sign that things are worse; it will be a sign that things are getting better.

Now, once you've gone through all of those emotions, after that, those people will probably disappear from your life and that's a sign that you've probably now worked through a lot of it but while you're working through it, you're attractions will ramp up and this is an indication that you want to work through it, and that's progress isn't it? Wanting to work through something is progress.

You see we start off, generally, in complete denial. In that place we're totally clueless of who's around us, who's being attracted, what we're talking about, what we're feeling, what they're feeling, and totally clueless of everything. Then we start getting through some awareness. Once we start to have some awareness, often the attractions starts ramping up because now our soul is saying to God and all of God's Laws, give me the things I need so that I can work through this emotion. And then, of course, it looks like our life is going down the gurgler, but the reality is it's not because we're now seeing what we're attracting, so this is progress.

Many of us measure progress even incorrectly: to many of us progress means my life got smoother, and that's not always the case because you need, sometimes, these other traumatic events to occur in order for you to see certain things, and without those events you wouldn't see them. So sometimes the change is negative but it still indicates that you're progressing.

Now you know what I see a lot of people do with change that is negative? They go, "Oh, this isn't working. I'm going to stop now." That's what they do but they're not seeing what's really happening. What's really happening is that they've made a change inside of themselves wanting to know something, and now of course, the Law of Attraction which is all based around your desire to know things, the strength of that law is such that the strength of your desire to know triggers more engagement from the law. The less you desire to know, the less the law can bring to you for your awareness.

10.6.1. Feeling fear about lack of progress

Participant Female:

You know how last time we spoke about how you can become at-one with God on particular subjects or particular issues. Can it be the same with progression in terms of I don't feel that I'm progressing because the biggest thing for me hasn't shifted but then the thing that little things are changing around me, but I don't see them as progression because it's not the big one.

Jesus:

Can I give you a general answer to this question? Every time you ask a progression question, there's a fear driving it. What's the fear driving it?

Participant Female:

That I'm not progressing.

Jesus:

So wouldn't you be better off feeling that fear than me giving you an answer? And if you felt that fear, you would be able to measure when you're progressing. So just be careful of progression questions, because what they're really doing is they're masking a lot of fears that you have. You'd be better off feeling that fear that you have, and allowing yourself to go through the fear, then you'll have an instant answers to many of the questions. I know when I've progressed and I know when I have not. I can list every issue that I have not progressed on in the last year. I can list some issues that I have progressed on in the last year and the reason why is because once you get rid of the fear relating to progression, you'll easily see what you've progressed on and what you haven't. You'll be able to measure it accurately.

10.7. Identifying more truth about our true condition**Participant Female:**

So would another sign of true progression be your ability to self-reflect deepens?

Jesus:

Yes, but we'd have to say that our self-reflection has to deepen in the same direction that God wants it to go, rather than in an opposite direction, wouldn't we? So how do you measure that when you're not feeling it? That's pretty hard. I don't know how you would measure that. Obviously if there's more truth available to you about your true condition, and you know it's truth, then that's an indication of progression.

Participant Female:

I meant like for Fab, what he was saying, his experience is that he's now walking away from things and he's sort of realising things quicker, so to speak.

Jesus:

That's all an indication of progression, yes, definitely.

10.8. Becoming more emotional**Mary:**

I just wanted to point out, again because I've got the seminar outline it's easier, but there are seven things on my list that have not been mentioned and a lot of the things on the list have become very distant from our emotional self. We're down to measuring progress through physical things, and I just thought to highlight that to the group.

Jesus:

Yes, so can we maybe, give them a clue, and then maybe that will start opening up another course of discussion about it.

Mary:

Yes, so we're talking about what is involved in true growth, true progress, and how we would become, perhaps. So first on my list is becoming a complete one hundred percent emotional being.

Jesus:

The more emotional I am, indicates progress.

Mary:

Could I just ask a question about that point? Or make an observation, I suppose.

Jesus:

Sure.

Mary:

And that is that oftentimes I see people being in-authentically emotional, and calling that progress.

Jesus:

Of course, they're facade emotional: so in other words, they try to be more emotional, but it's not real. That's not what we're talking about here. We're talking about real emotion and most of you can feel the difference to be honest. You can feel when you manufacturing something compared to when it's real. You can also generally feel when other people are manufacturing something compared to when it's real.

How many people come up to you and say, "Oh, how are you today?" And you can feel like, they're not really interested in how I am today. Or they say, "Could I share something with you?" What's the feeling that I tried to project when I said that then? What's the feeling? Can I pull you down in some way? A person who's more emotional would feel, oh yes, I just wanted to pull down that person - that's progress for me to see that I just wanted to do that.

This is allowing yourself to see what your real emotions are and becoming more connected to those emotions. So that's one way you can see that you progress.

10.9. Receiving God's Love

Jesus:

Any other ideas, or do we have to get Mary to read the other six points? Let's do that. Let's fire away with the next ones.

Mary:

Okay, so receiving God's Love. I don't think that was on our initial list.

Jesus:

Have you received God's Love in the last year? That's an indication of your progression. If you know you haven't, then how can you say you've progressed? It makes sense, doesn't it? So instead of berating ourselves ...

you see when we don't receive God's Love we then go where? Where did our parents tell us to go? It's all your fault. It's all that self-attack stuff. That's not what we're doing here. We're not trying to get you to go into self-attack. We're trying to get you to see - have I progressed or have I not, and being able to measure the difference between progression and no progression.

Now, if I've not received and I've not been aware of receiving God's Love in the last year, then I haven't received it and if I haven't received it, then I haven't progressed in God's Love. I might have progressed in other things, but I haven't progressed in receiving God's Love.

Participant Female:

So if I've had what I think is an emotional release, and I have not received God's Love immediately afterwards, it means that I have not actually had an emotional experience, it's a facade emotional experience?

Jesus:

Not necessarily, it just means that you have not had a pure longing for God's Love afterwards. To receive God's Love you have to have a pure, sincere longing for God's Love to enter you.

Now, you think about your relationship with your parents at the moment. Can you see why you might not have had a pure desire for God's Love at this point? Because there are all sorts of emotions you're working through with your parents, where your mum's been this really nasty character, who's abused you violently physically, your father's been a nasty character who's abused you sexually, and you're working through these emotions.

Participant Female:

Yes.

Jesus:

And as a result, it's very, very hard for you to have a longing for God when you see God as one of those parents; you see God as having the same nature as one of those parents.

As you work your way through, you'll develop the longing. Once you have the longing to receive God's Love, after an emotional release, you will probably receive quite a lot of God's Love. It just depends on whether you had a sincere longing at the time for it to enter you.

Participant Female:

Yes.

Jesus:

Does that help? There are still some doubts there, Katherine.

Participant Female:

Somewhat, because I don't think I believe that God is like my parents.

Jesus:

No, but when you say you don't think you believe that, I know you don't think you believe it.

Participant Female:

But I probably do.

Jesus:

But you probably do, emotionally, because you are not automatically longing for God's Love.

Participant Female:

Yes.

Jesus:

So that tells you there must be a reason why you're not automatically longing for God's Love and what would be the only reason why you wouldn't be automatically doing it? It's because of some belief systems that are out of harmony with the truth about God.

Participant Female:

Yes, you are right, I believe He's punishing me.

Jesus:

Correct, so after you've had an emotional release, there's still the feeling in you that He's punishing you.

Participant Female:

Yes.

Jesus:

And then, of course, you don't have a longing for God's Love in that moment. So of course even though you've done some progress on the emotional side, you've not yet received more of God's Love because the longing side is still being developed.

Participant Female:

Yes, thank you.

Jesus:

You've got to be careful here because what we're giving you is indications that true progression is being made. You can make progress in one area, and no progress in others. You can; you can do that. So some of you have made progress with same sex relationships: what I mean by that is relationships with the people who have the same gender as you, and made no progress, ever since I've known you, with the relationships with the opposite gender. You can do that. It just depends on how you use your will, as to which direction you will progress.

10.10. Having more and more loving emotions

Jesus:

Should we read out another?

Mary:

Sure. Becoming a being with more and more loving emotions.

Jesus:

This is a great way to measure your progress. Do you feel more loving now, or less loving now, than you felt before? That's a good measure of progress, isn't it?

Participant Male:

Would that also include that you couldn't even act in unloving acts, as well?

Jesus:

Correct, because more loving is responding less to somebody's addictions, isn't it? So if before you used to respond to somebody's addiction, and now you don't, that's an indication you've become more loving automatically and if it's an automatic thing, that's a very good sign that you've become more loving.

If before whenever a woman who was afraid came up to you, and she started projecting all of her fear at you, and you started responding, trying to make her fear go away and do all of those things, if that's what you were doing before, and now you automatically don't do that. You just say, "You've got some fear to feel," and then you go off somewhere. And she often will think, "Well that's not a very nice man, he didn't listen to me at all." But that's her addiction. You've been more loving, even though she's judged you as less loving; you are more loving and therefore you've have made progress in terms of your loving emotions.

The other thing is do you feel love for more things? You can measure that. Do you actually feel love for more things than you did before? If not, then there's a way you can see that no progress has been made.

Participant Male:

Would that be across the board, too?

Jesus:

Yes.

Participant Male:

... loving for the environment more than before?

Jesus:

Yes, but honestly we often make progress in one area, and not in other areas. So you might find that you have become more loving in your treatment of women, but at the same time have the same amount of love in your

treatment of men that you used to have and you find that you've had the same amount of love with your treatment of the environment that you used to have. So that tells you that you've made some progress with regard to the aspect of women, but not progress in these other ways. But isn't that good? Rather than bad, because you've made some progress, at least.

10.11. Feeling and expressing feelings and emotions one hundred percent of the time

Jesus:

Okay, next one.

Mary:

Feeling and expressing feelings and emotions one hundred percent of the time.

Jesus:

This is one area where most of us really struggle: we often feel a judgement of our emotions. As a result, we're often in a detuned state emotionally, because we're feeling the judgement of our emotions and we start shutting ourselves down. We're not feeling and expressing emotions all the time.

You can feel and express emotions all the time and yet not be at-one with God and it's going to help you immensely to become at-one with God if you do that. They have to be your real emotions, not self-deception emotions, but have to be real emotions. So you wouldn't be histrionic, is that a word? Histrionic, you know what I mean by that? A person who's a bit of a drama queen with their emotion. You would probably be feeling most of your emotions in private, rather than public because that's the best way for you to fully connect one hundred percent of the time to all of your emotions. If you need to be talked through emotion before you feel it, then there are fears that you've got to address still.

10.12. Responding to events, people and truth in an emotional way

Jesus:

Next one.

Mary:

Responding to events, people and truth in an emotional way.

Jesus:

Okay, so your responses will be emotional.

TRUE PROGRESS

THE MORE EMOTIONAL I AM INDICATES PROGRESS
 RECEIVING GOD'S LOVE
 MORE AND MORE LOVING EMOTION
 FEELING AND EXPRESSING EMOTION 100%
 RESPONSES WILL BE EMOTIONAL

So you go, "I was really angry about that." Does that sound like my response was emotional? "Argh! I'm angry about that!" Now my response is emotional and that's what you will do, you'll respond emotionally. It doesn't mean that you'll project it out to other people, but you will have more strong emotional responses to what happens to every event. You'll be overwhelmed with joy, and you'll cry. You'll be overwhelmed with grief and you'll cry. When you get angry, you'll have to go into your room and yell because you feel angry, and you'll let it go emotionally.

You won't just sit on it. You'll feel ashamed, you'll have all these flushes, hot flushes, and discomfort come over you; you get all sweaty, and fearful, and everything. That's what will happen.

It will happen because this is you allowing the emotion to flow; that's what is going to happen every time. It won't be like you discuss the emotion because you won't be capable of discussing the emotion anymore without feeling it. So you won't be sitting down and having a nice conversation about emotion where you can just discuss every one of the emotions that you felt last week without there being some kind of connection to the emotions themselves.

Understanding Your Emotional Self

Session 3 Part 2

11. Continuation of Indications of true progression

11.1. Becoming more emotional (continued)

Participant Female:

Can you just explain the difference between "feeling and expressing emotion one hundred percent of the time" and "the more emotional I am indicates progress," please?

TRUE PROGRESS

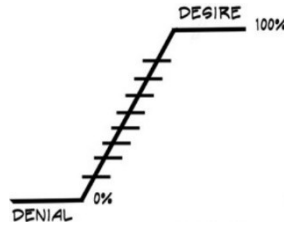
THE MORE EMOTIONAL I AM INDICATES PROGRESS
 RECEIVING GOD'S LOVE
 MORE AND MORE LOVING EMOTION
 FEELING AND EXPRESSING EMOTION 100%
 RESPONSES WILL BE EMOTIONAL

Jesus:

Yes, feeling and expressing emotion one hundred percent of the time is more along the lines of - there are scales by which we can feel emotions.; obviously we start off in denial, and we go into complete desire for all of our emotions.; you could call complete desire one hundred percent of the time, and complete denial is zero percent of the time feeling our emotions.

Now if we're making progress in the way in which we feel emotional, then that's telling us that true progression is made. Once we get to our desire to be emotional one hundred percent of the time, which happens way before you become at-one with God, now we have an ability to progress much more rapidly because now everything that's happening to us is an emotional experience.

See, before when we started down near denial, five percent of the things that happened to us were an emotional experience and then it's ten percent, fifteen percent, twenty percent, and eventually we get to the stage where everything that happens to you is an emotional experience.



There are stages in between being in denial, and feeling emotions zero percent of the time, and being in complete desire to be emotional one hundred percent of the time

You're still not at-one with God yet, so you still have negative emotions; so you still have shame, guilt, sadness, anger, all sorts of emotions to feel, but you express them every time you feel them. That's the difference between those two states. So one state is saying, "I'm becoming more emotional as I progress." But the other state is saying, "I'm now all the time just feeling every emotion as it comes up."

Participant Male:

Do your desires change as you progress emotionally, as well?

Jesus:

Certainly, of course, of course they do, certainly they do and the reason why is because as you release your fears, obviously your fears control most of your desires at this point in time. So the more fears that disappear, the more true desires you can experience and express. So naturally, you'll become more involved with your desires, and you'll start recognising desires you never had before, ever - that's very true.

11.2. Discovering the truth of our childhood and current life through feeling emotions

Jesus:

Mary, That's five we've listed from the seminar outline, there are two more.

Mary:

There are actually three more: discovering the truth of your childhood and current life through feeling emotions.

Jesus:

Okay, discovering the truth of your childhood. I was having a discussion before we began with Catherine and she said to me, "In the last three months I've discovered so many things about my childhood that I couldn't remember before." And she's done all of that by herself, through her own process. So what does that indicate? Progression: that somebody who is willing to go through the emotional process of discovering the truth about what happened to them and that's an indication of progression.

If you can remember the same thing today that you remember about your childhood a year ago, and you're still quite blocked emotionally, it means that there's very little progress that's been made and it also means that you have a lot of fear about finding out what really happened and facing what really happened emotionally. Okay, next one, babe.

11.3. Understanding everything emotionally

Mary:

Understanding the world, yourself, and God emotionally.

Jesus:

Okay, do we understand what that means? Understanding everything emotionally - the world, yourself, God, how everything works. See the reason why we ask lots of questions is because we want to understand things intellectually and once you start really progressing, you find that intellectual understanding is not actually understanding, it's just a regurgitation of information - it doesn't mean you understand anything.

You start going through this process after a while, the more you open up and progress emotionally, where you start seeing everything in the world emotionally. You start seeing every interaction that happens between each person emotionally. You start seeing what drives each individual emotionally. You start seeing the interactions between God and yourself emotionally. You start seeing how the environment responds to humans from an emotional perspective. The answers of how the Universe operates come to you through these emotions.

You start seeing everything differently, and as a result you know it; you don't have to actually learn it; your soul, your emotional state, knows the truth about how it works now and before it didn't. So you can be presented with two situations that look identical on the outside to the average person, and you can say no, that's not the same. This person here has that emotion, that person there has that emotion and this person here had this history, and that person there had that history and that's why those two people have attracted this event and then these people over here, that we think are the same, they had a completely different experience in their childhood. This person did this, and this person did that and you know it all, automatically.

And then when you sit down and discuss it with those people, they will cry when you mention the events, even, that happened to them. Events that they had forgotten, that you can feel from their soul because you can feel them emotionally. That's progression, emotional progression.

You don't ever have a one size fits all approach to anything anymore. This is why I find it very difficult giving answers sometimes to general questions because it depends on the emotions of the individuals involved in that

question as to what the answer is. The outside event might look the same, but if I have the people in front of me, I can feel their emotion and their emotion, it's completely different to me then as to what the answer is to that problem because you can feel the emotions driving the interaction.

That's not possible when you do it intellectually. If you apply rules intellectually, you won't be able to do that ever. You'll get a lot of things wrong. This is why many people who think they're helping other people, harm other people, because they can't feel them. They can't feel the soul of those people; they can't feel what's really going on inside of them so they can't acknowledge what's really going on or talk about it or understand it.

The way God understands everything is God can feel everything - that's how God understands you. God feels everything about you, everything - every event that's happened to you, every harmful thing, every joyful thing that has happened to you. God knows what's happened to you as a result.

Can you see that if you were the same, you would be doing the same? If you were progressing, you could do the same with other people. Does everyone ever experience that? Now some of you, very occasionally, have experienced that. Where you're with a person, and you know, "Wow, that's their feeling; I can feel that feeling." And you know, it's only the feelings you've released from yourself that you'll be able to accurately feel in another. So if you're finding that there are very little feelings that you can feel coming from another person accurately, then it means that you've not allowed those feelings in yourself yet.

This is why, if I'm giving feedback to somebody, I like to have their question and answer and them being right in front of me because that gives me the opportunity to feel them and when I can feel them, if I'm clear of the same emotions that they have, then I've got ability to feel them properly. Then we can respond to them in a way that's going to assist them emotionally. But if we haven't, if we're not at this stage, then again, this is a growth thing, isn't it, like you will grow from not being able to do that at all to eventually, when you're at-one with God, you'll be able to do that with every person.

11.3.1. Receiving information about others from spirits

Participant Female:

So I think for me personally at the moment, sometimes when I get messages about people, it's all spirit driven, and it's not this feeling it.

Jesus:

Correct, for the majority of people who give feedback to other people at this point in time, a lot of the time the feedback is driven by spirits prompting the person with information. That's not the same as what I'm talking about here. And, of course, anybody can do that; anybody who's just a slightly bit mediumistic can get information from another person. So that's like me

hearing Joe Blow say about you, "Oh, yes, she's got a problem with her mother. Yes. No worries. She's really angry with her mother. Yes. Okay, I get all that." So I tell you all of that, and then I say

I know you because I know all this about you. No, I don't. I didn't feel any of that myself. I just had someone in my ear telling me that about you.

Participant Female:

But even in a darker condition, spirits can tell a lot emotionally about us.

Jesus:

Of course they can. If you sat down with any person on this planet, there's a good chance that you would be able to determine, within a short period of time, what some of their emotions are, wouldn't you? Now, if you could read their thoughts, you could probably do it better. And most of the spirits can read your thoughts, because the thoughts that pass through your spirit mind, eventually have to enter your brain for you to contemplate them and in the process of them entering your physical body, they can see what they were. So of course they can say something about it.

So they can go, "Oh, last week this person thought blah, blah, blah." It might sound all fantastic that the person knows, but they're just getting told something from a spirit, that's all. That's not the same as this: this is actually feeling the record of the individual, emotionally, within their soul, and responding to that record, without needing another person around you.

Participant Female:

And would that be true compassion?

Jesus:

Of course, it's true compassion. Of course it is. Because you really know what's really going on. And you may say things like, "No, it's not that. And no, it's not this." And they go, "How dare you tell me what I'm feeling." "I'm sorry, but you're not feeling what you're feeling." You can even get to the point where you are very aware of what they're feeling and what they're not feeling, and very aware of all the lies they tell themselves in order to not feel. You become very aware of that as well. These are the abilities that you get as you grow emotionally. You don't get them otherwise.

Okay, there's one more I think.

11.4. Allowing the release of unloving emotions without acting upon them

Mary:

Allowing the release of unloving emotions without acting upon them.

TRUE PROGRESS

THE MORE EMOTIONAL I AM INDICATES PROGRESS

RECEIVING GOD'S LOVE

MORE AND MORE LOVING EMOTION

FEELING AND EXPRESSING EMOTION 100%

RESPONSES WILL BE EMOTIONAL

DISCOVERING THE 'TRUTH' OF YOUR CHILDHOOD

UNDERSTANDING EVERYTHING EMOTIONALLY

ALLOW UNLOVING EMOTIONS TO RELEASE WITHOUT ACTING HARMFULLY

Jesus:

This is a very important thing about progress: we get to the point where we allow unloving emotions to release without acting harmfully. What that means is let's say you have anger inside of yourself. You get to the point when you progress, where you no longer allow yourself to dump that anger on another person but you still let yourself feel the anger. That's progress when you reach that, because before then what do you want to do generally? When someone makes you angry, you just want to hammer them back, don't you, with the emotion, or a feeling, or even like, physically.

Now an indication that you've made progress is that you no longer want to do that and instead you choose to feel the harmful feeling, the unloving emotion within yourself, without taking action on it, without harming someone else with it - that's an indication of progress.

11.5. True progression is measured internally

Jesus:

Now you notice all the things as Mary pointed out to you earlier, all the things that you listed before we had this list, were all focused on external things - external events, external things happening and most of us measure our progress externally. The reality is true progress is measured by what's going on inside of you, internally.

You are the person who needs to assess this. A person who's emotional, who has this ability to understand everything emotionally, can assess it for you. But a person who does not understand anything emotionally cannot assess you and your progress at all because they cannot feel you and if they can't feel you, then they cannot assess your progression.

What's the point of having people who cannot feel telling you how you're doing? The answer is there is no point because unless they can feel you, they do not know how you're doing. This is why it's also very important to become

sensitive emotionally because unless you're sensitive emotionally you will not be able to accurately measure your own progression. But when you feel yourself emotionally, you can measure not only your own progression, but you can also feel everyone else's as well. You can feel those who are progressing; you can feel those who aren't progressing.

Not only that, you can feel those who are progressing on this issue, but not that issue, and this issue, but not that issue and that's wonderful if you want to help them because if you want to help them you can highlight to them the areas where they're not progressing and you can give them encouragement for the areas they are progressing. But it only comes when you've got that ability to feel them, which is all dependent upon you opening up and understanding your own emotional self.

I notice a lot of people trying to mimic my responses to people, without having any feelings - they can't feel yet - and the reality is those people have no idea what they're really doing because if you don't feel, you don't know. What you're trying to do is apply an event to a circumstance that you observe, but even your observation could be tainted by your own unfelt feelings.

So you think someone's being angry when they're not, or you think someone's not being angry when they are; you think someone's nice when they're actually attacking you or you think they're attacking you when they're actually being nice. When somebody gives you what you want you think they're nice, but they're not, because what you wanted was wrong in the first place from God's perspective.

These are all these things that we have no ability to assess unless we're in harmony with emotions at some point from God's perspective and that's why it's so important. How are we doing with that?

11.5.1. Growing in faith

Participant Female:

Would faith come in there somewhere?

Jesus:

If your faith grows, but faith is an emotion, is it not? And so you will know when your faith's grown, for the same reason that you know everything else, because you're assessing everything emotionally. So faith is an emotion, driven by knowledge like, you know that it's true, and therefore you have faith about it. But it's all an emotion; it's an emotionally driving force. So you'll be able to measure those things too.

Do events happen in your life where all of a sudden you feel like just giving up? So you need to feel those emotions, but if you don't feel those emotions you'll find that at some point in the future you will give up. You will act upon

those unloving emotions and give up. Faith would pull you through those times.

Faith would go, "I don't want to give up because I know from my past experience that what I'm doing is on the right track." And you don't need anybody else to tell you that you're on the right track.

11.5.2. Being able to determine our own progression

Jesus:

You don't need anybody else to say, "Oh, you've progressed." People will, but you won't need them to. You won't need them to give you feedback because you know where you are. When you feel yourself emotionally, you do know where you are - where you, yourself, are. If you can't feel yourself emotionally, you do not know where you are and so that's why you then feel like you want to ask somebody else where you are.

Participant Female:

And if they haven't progressed, they probably won't know anyway. They might tell you that you have, but they don't know.

Jesus:

They won't know. They might be able to say some things like, "Oh sometimes I feel some love from you, or sometimes I do feel you're different with regard to this or that." But a lot of the times they won't be able to share that with you because they don't even know because they've not sensitised themselves emotionally to know. They'll only be measuring from the externals, rather than being able to feel you.

God measures all of your progress by God's Feelings of you. All of God's Laws measure your progress by the law's feelings of you. They all operate upon your feelings - all the laws do. They don't operate on the external events; they operate on the feelings you had during those external events.

A person can be seemingly, outwardly very kind. There are some people who give away a million dollars to other people and they only do it for media attention, or for approval of some group of people. Now is that love? Has that person progressed? If you could feel them emotionally, would you see it as love? You'd go, "No. They're only doing that to meet an addiction." That's not love. It's great that they did it, but it hasn't benefitted their soul because they weren't loving doing it. It might benefit others who receive the funds, maybe but it hasn't benefitted that person.

When you can feel everything, you can feel the true motivations that people have, you can feel your own true motivations. That's wonderful, it's really wonderful when you can do that. So when someone comes to you and says, "I don't like what you did there." You go, "Hang on a sec, I can feel my own true motivations and they're not anything like what you're saying to me. I

had a pure desire in that place to share truth or be loving or not meet a person's addiction or whatever."

So somebody can attack you and you go, "I can't accept that attack." Emotionally you can't accept it because you know where you are emotionally, because you can feel where you are emotionally.

12. Understanding trapped emotions

Jesus:

Okay, so that's the first half of what I wanted to share with you. There are two more things I'd like to discuss with you today that are very important for understanding your emotional self and in fact they are so important that we're going to spend a lot more time on them in the assistance groups so that you understand them better about how to access them emotionally.

The first one is a principle regarding trapped emotions.

12.1. All trapped emotions have an age

Jesus:

Trapped emotions are trapped at the age that the suppression occurred and what I said to you just then was one of the most important things you'll ever have to understand about dealing with your emotions. Trapped emotions are trapped at the age in which the suppression of the emotion occurred.

So let's say you were three years old, and you were feeling a certain emotion regarding a certain event with your family, and at that point in time, one member of the family who was older than you suppressed that emotion in you. For that emotion to come out of you, you are going to feel the age of the emotion. In other words, you are going to feel three years of age when you feel that emotion because the emotion is locked up at the age in which it was trapped and once you start to feel it's release, you will feel that age as you're releasing it.

The reality is that most of us are running around in adult bodies, feeling, or we could say not feeling, a whole heap of very, very small child-aged emotions. That's why we don't grow emotionally; that's why we don't become adults emotionally. Most seventy and eighty year olds that I see on this planet are children emotionally because they have all these trapped emotions from their childhood that remain trapped within them that they have not released. That's why adults, in their later years in life, usually by the time they get quite aged, revert to very childish emotional expression because they're reverting back to some of this very long and deeply held emotion from their childhood that they have yet to release.

It is one of the most important things you need to understand about your own emotion - this trapped emotion has, as I've just said, an age at which it was trapped.

12.1.1. Each time we were treated unlovingly, and then suppressed from feeling, the emotion was trapped at the age that the suppression occurred

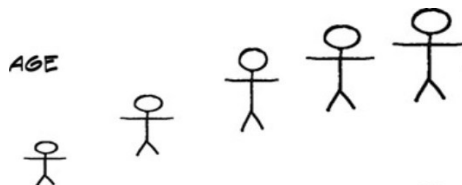
Jesus:

Now every emotion where you were harmed by someone else, and that you, or someone else, suppressed you from feeling, will be trapped at that age and for the average person, they were most sensitive to their emotions when they were very, very young, when they were between the ages of zero through to seven or eight. That was the time when most of their emotions got trapped. After that they started to desensitise to emotion.

So the events that happened after that generally have less impact upon us, from an emotional experience perspective, than the emotions before that time because by the time we reach seven or eight years of age, we were now quite detuned from feeling what actually was happening to us. Before that time we were less detuned, more sensitive and so there had to be a much stronger effort of suppression before something became suppressed within us. Sorry, we are in a stronger place of suppression, right now, about those emotions than we are about emotions that happened later in our life, because most of the emotions that happened later in our life, we were less sensitive to. In other words, because we were less sensitive to the emotion, less of the emotion of suppression was required to suppress the emotion.

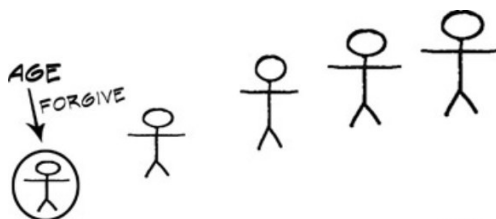
I don't know if I made much sense there, but I know what I said. (Laughter) So let me draw an illustration of that: let's say we're a little tiny baby, and then we were say five or six years of age; then we'll say nine or ten years of age; then we're a teenager, and then we're an adult.

If an event happens to me when I am an adult, because I am already in a lot of emotional suppression of all events, I will be less sensitive to the pain of the event that happened to me as an adult and I will be more sensitive to the pain of what happened to me in earlier years because I was more sensitive at that point in time to the emotion.



We are more sensitive to painful events as children (left) than as we become older (left to right) and become adults (right)

Now, because of this, and because of the fact that every trapped emotion has an age, there are two types of trapped emotions that will all be distributed depending upon the age in which they were experienced. Now when we were young we had very little control over our own will: our will was controlled generally by the adults in our environment. As a result, most of the emotion associated with the younger ages will be the result of things that we eventually need to forgive in others, things that others did towards us that we need to learn how to forgive. And we need to go through the process of feeling the things that were done to us in order to forgive.



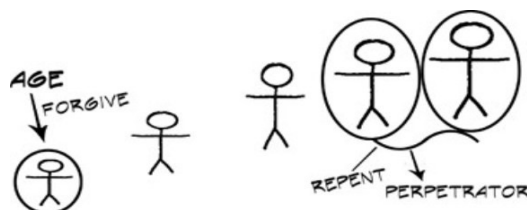
***Most emotions associated with our childhood
will involve forgiveness for the harm that was done to us***

***12.1.2. Each time we undertook an action out of harmony
with God's Love, the compensation emotions
entered us at the age the action was undertaken***

Jesus:

But as we got older, and particularly once we start entering the teenage years and adult years, anything that we chose to not forgive we started to perpetrate damage towards others, we become the perpetrator of as an adult. Anything that we did not choose to forgive from our childhood, it now has built up within us emotionally, and now as an adult we probably will perpetrate those same events, or similar events onto others.

In other words, we create addictions, which cause damage to other people based on everything that we did not forgive from our childhood. Now, these things are things that we will need to repent for.



***We need to repent for being the adult perpetrator
of damage to others, which results from not forgiving
the cause of our childhood damage***

So there are two types of emotional damage inside of our soul: there's the emotional damage that other people did damage to us, which we will need to forgive, and then there's the emotional damage where we did damage to others -and the subsequent result of the Law of Compensation means that we also in that process, damaged our own soul - and we will need to repent for those particular things.

There are those two groups of emotions but every one of these emotions will be locked up at the age in which it occurred, the age in which you chose to suppress it, the first time it happens. Yes, the first time it happens and if it happens continually, then there's probably a much larger desire to suppress, and so you probably had to use more will, or effort to suppress it and so of course, it does add to the problem. But the very first time it happened is usually the worst, that's the real base cause of the emotion and also usually that is when we will suppress the most and the closer that was to our childhood, the more intense the suppression needed to be in order to suppress the experience of the emotion. So that means that every trapped emotion that you have inside of you, that you feel, will need to be felt at the age that it was suppressed.

Does everyone understand that as a theory? Okay. What that means, then, is this: there are emotions in you right now that are three years old that are locked up within you and you will become like a three year old as you experience them. There are emotions in you where, let's say when you were twelve, you chose to do something that you knew was wrong, and that you knew was unloving, and you acted out of the addictions that you had even by that stage. You will need to choose to repent for what you did for those particular things, if you are going to progress emotionally.

But every one of those events, including the repentance emotions, will be locked up at the age where the problem occurred and remember the repentance emotions are related to the Law of Compensation. In other words the law that God has, that causes damage to your soul when you act out of harmony with love, and every forgiveness-based thing is when other people acted out of harmony with love and your emotional response was suppressed within you.

13. Understanding forgiveness and repentance

Jesus:

Now this is very, very important to understand. For many of us we don't understand our emotions well because we believe that just feeling grief means that we're progressing. But if the grief we're feeling is related to our adult life, and it's projected at somebody else, then we're not progressing because it's not a causal emotion. Now does everyone understand what I just said? Because it's a very important thing to understand.

If you're crying about something as an adult that's happened to you as an adult, and you're crying about it, let's say your husband left you, and you're crying, that is not a causal emotion. Why isn't it a causal emotion? The relationship you had with your husband was an attraction based on addiction. If it wasn't based on addiction, you wouldn't be crying. If it was based on love you wouldn't be crying when your husband left you. You wouldn't be upset at all.

The fact that you're crying means it was based on addiction and if it's based on addiction, you're just crying about an addiction not being met and if you're crying about an addiction not being met, that's anger; that's not getting to grief -therefore it's not a causal emotion.

You see this is where we fool ourselves with our emotions so much and this is what we've got to be aware of. If we are experiencing an adult emotion, tears related to an adult event, my husband leaving me or my wife leaving me, as an example, then none of that is causal because I need to repent for attracting such a relationship, which was addiction based in the first place, and I need to forgive my parents who actually created the emotion as the reason why I attracted that particular relationship, not my husband or my wife.

The real emotions are very, very different than me just crying about the effect of my husband leaving me, and crying in my addiction and blaming him for leaving me, and making me feel all of these terrible things. All of it is actually a great big facade so that we don't have to forgive our parents, and we don't have to repent for the relationship we attracted with our husband.

Now that's pretty confronting, isn't it, to actually come to that point and understand that and this is why we are going to be going over this material in the assistance groups - because we feel that that particular thing is what most people do not understand about their emotional processing. There are two things here not being understood. One is the concept of forgiveness and repentant relationships, and the other is that the emotion is locked up at ages. We need to understand both of these principles if we're ever going to truly process our way through an emotion.

13.1. Repenting for addictive relationships

Participant Female:

So attracting a relationship, an addictive relationship, is something we need to repent for?

Jesus:

Yes because it was our addiction that attracted it. What's our addiction? Our addiction is the avoidance of our fears. We attracted this relationship to avoid our fears, which are all revolving around the relationship that we had with our parents.

Participant Female:

So we're damaging the other person because it's an addiction that's ...

Jesus:

Of course we are.

Participant Female:

So that's the repentant ...

Jesus:

A lot of times they accept the damage because we're giving them co-dependent things. They are in the same place with us, of course. In other words, let's say I'm a woman and I've attracted a man who looks after me and takes care of me and makes me feel safe and secure, because that's what I believed I needed from the damage that was done with my relationship with my father, let's say. Now, I've attracted that man, that's my addiction and that's what I need to repent for, my addiction. My addiction is my choice to avoid my fears and my deeper emotions. So from an emotional perspective, I need to repent for that.

My husband may need to repent for the fact that he's attracted me to give me all of those things, and he might be avoiding the relationship he has with his mother and his mother was a woman who just had lots and lots of fear, and he learned to be a good boy and a good man he had to pander to all of her fears, and make her feel safe and secure. So he's a very attracted to you because he wants to make you feel safe and secure, but that's his addiction - that's what he needs to repent for.

The repentance-based relationship is happening in the adult area, whereas the forgiveness-based relationship, and the real causal emotions, have happened in the child area. So an adult crying that his wife just left him, even though he was so nice to her, and caring about her, and all the time looking after her, and making her feel safe and secure, but she still left him, he's not crying about anything causal. He's not crying about anything causal until he starts to see the damage that was done to him from his own mother and the things that he needs to feel about with regard to her fear, and what her fear made him do, and what he then views as "what a good man will do". He needs to feel all of that emotion.

If he's just crying about his wife leaving him, he's blaming her for a relationship break-up that he helped create. That's very unfair, blaming someone for something that you helped create and you participated in creating is very unfair.

This is why it's often very confronting having these discussions with people. They go, "What, you mean everything that I've been crying actually is related to my adult experience and therefore it's not causal?" Yes, unless, and there's only one exception, and that is if, as an adult, you had to repent for

something you did as an adult. It's the only exception. The only exception to what I'm saying is if, as an adult, you did something out of harmony with love to somebody else, whether that is a child or another adult or the environment or whatever else, but you chose to do this as an adult, then of course the emotion you experience will be an adult-like emotion. That's the only time you'll actually experience an adult-like emotion when you're processing emotion.

The rest of the time, you will experience child-based emotions and if you're not experiencing child-based emotions, and you're only experiencing adult-based emotions where you're projecting the emotion at another adult, then you're not actually experiencing causal emotion. You'll be feeling like a child who's projecting emotions at his parents if you're feeling a causal emotion. So let's talk about this more so we get to understand it.

13.1.1. An example of a relationship breakup

Participant Male:

So on that same example about someone leaving, is it a possibility you could, in a moment, have an event where, your partner leaves, and then as you're feeling this pain of your partner leaving, for example, which is ...

Jesus:

And may I suggest that if you're feeling the pain of your partner leaving, which most people do, they are just feeling their addiction not being met.

Participant Male:

Exactly you go and you feel that, ...

Jesus:

Yes, you feel that because you still need to feel that, but you need to know that it's because you want an addiction met.

Participant Male:

Yes, so you've got this anger about the whole event, and so you're crying and angry, and all that kind of ...

Jesus:

Angry, crying, yes.

Participant Male:

But then after a while, you get to a point where you're feeling what you did in the situation that created that event, so you get into this place of repentance.

Jesus:

So you're starting to feel some repentance, but that's only the beginning. Because the real cause of why you did what you did was the suppression of your childhood emotions relating to women.

Participant Male:

Yes, so what I was saying you're going to this repentance place, but then all of a sudden you find yourself crying at the age of three, when your mom left you somewhere and you didn't want to feel something, you're just feeling like you're three years old crying.

Jesus:

Correct, so now you're starting to get into the real cause of why you're crying. Why this relationship break-up is making you cry. See when you were in the angry place, and the crying tantrum place, you're not feeling any of that; you're just feeling resentment, and all these other feelings, but they are all your desire to deny the pain from your childhood.

Participant Male:

So would you say that's a process that you probably need to go through to get to a place where you don't have that kind of resistance anymore?

Jesus:

Yes, it's an emotional process to go through that. Now, most people never get there because most people cry in the tantrum, in the adult tantrum, but they blame the other person. You think about the average person who breaks up from a partner, they resent that person for the rest of their life. Why do they do that? Because they've never got beyond the desire to punish that person for their own pain, which didn't come from that person, but rather came from their childhood.

Participant Male:

And never got to that repentance.

Jesus:

They never got to repentance, and they never got underneath the repentance to the forgiveness that drove their entire attraction, and their entire addiction to engage this relationship.

Participant Male:

So what I'm trying to say is, does the process get like, lessened? Where you don't have that much resistance and you get ...

Jesus:

Yes, when you start understanding that when you're angry about someone in your adult life not giving what you want, and you start understanding that's just because of your addiction. You've got to understand it emotionally. You'll then start allowing yourself to feel your addictions and that's a much better place to be - that's a much more truthful place to be because now you're starting to see, actually, my addictions created the relationship in the first place and my addictions were all about not wanting to feel the fears associated with grief from my childhood and then eventually you lead yourself there.

Now when you think about past relationships and break-ups from past relationships, many of you have had a taste, sometimes, of that process. Where you felt emotionally first about the actual relationship that broke up, and how angry you were with the other person, and how bitter and twisted you felt about them and you carried that on for a while, and eventually you started seeing that, maybe, you had some parts to play in that person leaving you. You get to see that the addictions that you were projecting at the other person, obviously caused certain responses in them.

Then you start going through that and then, generally, if you continue that process, as you say, you eventually start recognising, and almost emotionally go straight to the actual cause, which was something that happened in your childhood in relation ...

Participant Male:

You wouldn't know really what it is ...

Jesus:

You don't know what it is.

Participant Male:

... you'd just be feeling like you're three.

Jesus:

Yes, you will all of a sudden be feeling like you're three, feeling something with your mum but you have to allow that process to happen, and most people don't. Most people, as soon as they feel any pain, want somebody to punish for their pain. So they're not now going on that road at all; they're not going down that track of even being self-reflective about how they, themselves, attracted the relationship and they were acting in addiction when they attracted the relationship - they're not even going down that track. All they're doing is going, "You left me. You shouldn't have left me. I hate you." And that's what they feel for the rest of their life. So they don't even allow themselves to go any deeper. The crying in that place is pointless and will never heal you. In fact, it can cause huge amounts of further damage to your own soul, and future relationships.

Let's say Mary left me, and I have resentment towards Mary for leaving me. I am now angry with Mary for leaving me. This anger is projected at women. It comes from a woman, my mother, right back at the beginning. But I'm now projecting that Mary is to blame. So I'm now blaming Mary for all of this feeling that I have that I don't want to feel, all this pain that I have that I don't want to feel. So what do I do? I then feel angry and resentful to her for the rest of my life. I hold this resentment inside of me. Now the next relationship that comes along, what's that woman going to have to do?

Participant Male:

Feel all that rage and ...

Jesus:

She's going to feel all this rage coming out of me towards women and before we can even have a relationship, she's going to have to pander to it somehow because if she doesn't, we're not going to even have a relationship. So she's going to have to feed this addiction further. I've not only damaged Mary in the process, but I'm now damaging my own soul further by holding on to the resentment, and then projecting more damage at another person, and more addictions at the next person who comes into my life, so that they meet my addictions. I have now damaged my soul further.

Participant Male:

It's most likely that that relationship will end as well ...

Jesus:

Of course because every addiction relationship generally ends, unless you tolerate the addiction for as long as possible - now, when I say as long as possible - most people on Earth tolerate it for seventy or eighty years. However when they arrive in the spirit world, they finish up ending the relationship and they go through exactly the same emotion as everybody else does and it's this process that we go through all the time.

If we don't address it here on Earth, we'll have to address it in the spirit world because it was an addictive relationship it will break down. It doesn't even matter if the addiction relationship is with my soulmate. The addiction relationship will break down; it has to; before we can grow in love, it must break down and I can then re-establish the relationship, if it's with my soulmate, even if that person is the same person, but now without addiction in play.

But because I have the addiction, and I'm projecting this addiction at another person, I am choosing, through this addiction, to damage the other person, therefore also to damage myself further and I'm also doing it to avoid my pain from my childhood, which was the reason why I wanted this addiction met in the first place.

Participant Male:

And in that place, you're probably creating a lot of physical damage anyway to yourself.

Jesus:

You're creating physical damage to yourself; your own body is starting to shut down. This is why cancer is on the rise, because that's a lot of passive-aggressive addictions and that's why it's constantly on the rise in relationships, and so forth. Many of these physical illnesses are the complete result of the shutting down of all of these kinds of emotions. So it's a very important thing to understand.

These trapped emotions are at an age, whenever they occurred, and there are two events that can occur - where somebody else did something to you, the emotion will be trapped, and when you did something out of harmony with love to somebody else, the emotion will be trapped at that age. It will be trapped at the age that those events occurred then when they were suppressed.

13.2. Repentance and forgiveness with parents

13.2.1. An example of interacting with a father who's dying

Participant Female:

AJ, what about our adult interactions with our parents, when we then become perpetrators to them? I was caring for my dad recently, he passed with cancer, and I just wanted his approval, and I realised there was a lot of addiction in me caring for him. So I would have things to repent from then, as well?

Jesus:

You see this is very interesting because while that is true, who created this addiction in you in the first place?

Participant Female:

Well, both my parents.

Jesus:

Yes, but if the addiction exists with your dad, who created the addiction primarily?

Participant Female:

Yes, my dad.

Jesus:

Your dad: so yes, you will have to repent any bad behaviour you had with your dad that was unloving, but at the end of the day, who's got more responsibility for it occurring?

Participant Female:

My dad.

Jesus:

Your dad, because he created it.

Participant Female:

So part of repentance definitely is that forgiveness. You can't repent without being willing to feel why you did it.

Jesus:

Willing to feel why.

Participant Female:

Why you did that unloving action. Yes.

Jesus:

True, you can't repent without that and once you get into the why, you'll realise it's not something that you really wanted to do, it's something that your dad wanted you to do and then you'll have to go through the process of forgiveness of your dad. So in other words, it will take you away from blaming yourself, and into seeing the true cause if you follow that rabbit down the hole; it will take you into the true cause but most people don't want to face that.

Particularly if their father is dying, it's like they have all these guilt feelings that maybe any pain that daddy has is my fault. And when you try to raise an emotional issue with dad when he's dying, he gets all resistive and everything, gets angry, and says, "Can't you see I'm dying, leave me alone."

Participant Female:

And everyone else around you shuts you down.

Jesus:

Everybody else around says shut up.

Participant Female:

Don't upset him.

Jesus:

Yes, don't upset him.

Participant Female:

Don't speak truth to him.

Jesus:

No, upset him. Upset him. I'm not saying you purposely would do so. You need to just tell the truth. It will upset him.

Participant Female:

But the last time I saw him before he died I did.

Jesus:

Yes.

Participant Female:

And it really upset him.

Jesus:

Good. Because it means that he's going to have to work through something, he's going to have to respond to it. I'm not saying you did it to upset him, I'm just saying it's going to upset him.

Participant Female:

No, I didn't; I was just speaking truth.

Jesus:

And you don't need to feel guilty at all about speaking truth, ever but we often do, because they taught us to. Your daddy taught you to feel guilty whenever you made him upset. That's why you had the addiction to please him. You see eventually, you follow that down and you get to that emotion, the childlike emotion of yes daddy wanted me to do this and when I didn't do it, he punished me or he belittled me or he humiliated me or he disapproved of me or he told me off or he was angry with me or whatever.

Participant Female:

All of the above.

Jesus:

All of the above: then you start to feel who was actually responsible for the emotion that's now in you. So all of the things you did to other people to get this addiction met are your creation but all of the things you did to your dad to get this addiction met, mostly were his creation.

Participant Female:

Particularly if I'm not doing it consciously to hurt him, like, I'm not setting out to murder him or something.

Jesus:

Even that is his creation. I'm not justifying the behaviour because that would be unloving for you to justify such behaviour, but it is actually his creation. You wouldn't be doing it if you hadn't been hurt from him in the first place. Of course, there is also the suppression on your own pain, which is an aspect of why you want to hurt him. You're unwilling to feel your own pain without involving your dad, so you want to hurt him. Well that's unloving, being unwilling to feel your own pain is unloving.

But the whole reason why the addiction was in you in the first place is because your dad was unwilling to feel his own pain and he projected all that pain on you. So I'm not justifying your response to shut down your pain. What I'm stating, quite clearly though, is that your father is very much responsible for the addiction he created in you that you now have towards all men, and still have towards your father the most.

So you can't say that you are to blame for this addiction you have with your father, because you're not. You're only to blame for the things that you choose to not feel with regard to your pain about it. Do you see the difference? So you are responsible for the fact that you chose to not feel your pain and then take unloving actions out on other men - you're responsible for that. But you're not responsible for the fact that the addiction is there

and was created by another man, your dad; you're only responsible to feel the pain that's underneath it to let it go, because only you can do that.

See often in these kinds of relationships we get into guilt, and guilt prevents us from really acknowledging the truth of these relationships. Any emotion you have towards your father, justified or not, is the result of his addiction with you.

Participant Female:

Even if it's covert?

Jesus:

Of course if it's covert, it's even worse; it makes it harder to release. Now the only time when you are responsible for your treatment of your father now is when you chose to ignore your pain with your father, and instead tried to get something met from him. Now there is a degree of your own responsibility and when I say a degree, it's a very small degree, really, because in the end he was the person who created the addiction.

Participant Female:

So that's not the thing to focus on, really; that would be a path of self-deception.

Jesus:

Once you become emotionally aware you'll go through these emotions quite seamlessly and you'll realise what's going on. You'll have not only the light bulb moments, but you'll have a lot of grief associated with them regarding the real relationship. The fact is you are not to blame for your father's creation of an addiction that he wanted you to meet.

He wanted you to meet it; otherwise it would never have been created. He or your mother, wanted men to meet that, one of the two of them: they created it. The only responsibility you bear is when you're unwilling to feel your own pain, you will perpetrate further addictions towards others.

Participant Female:

And I especially did that in my last marriage.

Jesus:

Yes. And that's what will normally occur when you're trying to avoid the pain of the creation in your childhood that was created by the environment you lived in.

13.3. Repentance and forgiveness with children

Participant Female:

Perhaps tomorrow I could ask you about that in relationship to children, as well.

Jesus:

Sure.

Participant Female:

Perpetrating things on our children.

Jesus:

Yes, this is one of the major damages we do to our own children. What we do is we deny our childhood experience emotionally. We set up addictions in our adult life. Often our partner doesn't meet those addictions. We give birth to a son or a daughter, and we train that child to meet our addiction.

This is where we cause a lot of damage to our children. We're actually training our children to meet our addictions and whenever they don't meet our addictions, we verbally abuse them, we berate them, we humiliate them, we sometimes violently punish them, we restrict them. We do all sorts of things to train them to meet our addiction and when they meet our addiction we give them all this positive reinforcement, oh it's wonderful, you're so nice to mummy, or daddy or whatever and we give them all this positive reinforcement so by the time they have become an adult, we've done the same to them as what our parents, usually, did to us.

This is why a lot of us are very resistive to dealing with parent-based emotions because many of us become parents who have now done the same thing to our own children and so we go, "Oh, you've just got to get over it. It's what happens in every family. You've just got to get over it." And this is our way of avoiding this terrible cycle of damage.

We need to stop doing that if anything is going to change; we need to stop doing that. We need to see that the choices our parents made caused the damage in our childhood experience. Our suppression and their suppression of our childhood experience caused us to act in addiction. Our decision to avoid our own pain by getting our addictions met caused us to take actions towards other adults and children, which now damaged them.

At some point we are going to have to stop this cycle and that's going to mean being honest about what happened to ourselves as a child, and being honest about our own addictions that we are now trying to meet through our own children or through other adults that we meet in our life. We're going to have to be honest about those particular things.

13.4. An example of a participant experiencing her mother's emotions about her father

Participant Female:

Most often when I start having a feeling in the present of feeling ignored or unwanted, particularly by males, and I start crying about it, I instantly go to a particular age, and it's always, like, I'm pretty young, in my bedroom, about my dad completely ignoring me. But I'm just feeling I'm probably actually crying about that addiction not getting met, because I didn't cry when I was that age ...

Jesus:

No, you didn't cry when you were that age and you weren't suppressed from feeling that feeling when you were that age, so who's emotion is it most likely? It's not your dad's.

Participant Female:

So I'm not going near my real grief.

Jesus:

Can I at least state further whose emotion it is, and then we'll talk about where you're not going? It's your mum's emotion towards your dad. You think of your mother and you dad's relationship; what's her emotion towards your father?

Participant Female:

Resentment.

Jesus:

Resentment, disapproval. She believes he should be making her safe and secure and he isn't. What else; he doesn't engage her?

Participant Female:

No.

Jesus:

She feels resentful. So she's projecting all of this stuff of rejection, she's feeling rejected, but in a rage about it, projecting it at her husband. You're born. What are you feeling?

Participant Female:

All those feelings towards my father.

Jesus:

Correct and you can't stop them from entering you. So now you start acting out with your father exactly what his wife is avoiding.

Participant Female:

And that's why I would sit in my room, feeling is he ever going to come in my room, these kind of resentful feelings.

Jesus:

Yes. Why would a child ever feel that? It's only coming from some other person's emotion.

Participant Female:

So when you say it goes back to an age, what happens if it's already in the soul in incarnation?

Jesus:

Then you'll go back to that age. You won't have an age, you don't have a conscious age associated with it. You'll just cry and you won't even know what it's about and that's okay. But it will release if you let it and that's okay too, that you don't even have an intellectual awareness of what's really about. Things will change around you and then you'll know, "Oh wow, I've dealt with this feeling with my dad because I cried about my mum and the feelings I got from my mum."

Participant Female:

So when that used to happen, sometimes I don't know where my mother ends and where I start.

Jesus:

You don't, because you're totally open to everything your mother projects at you. You don't know where your mother ends and you begin. Right at the moment you don't know. She berates you, treats you badly, and you accept most of the bad treatment. Isn't that not true? You've had attempts to try to stop her, but there's still the emotion in you that you've done something wrong. This is the emotion she created in you. We can talk more tomorrow about these personal things.

But what I'm trying to illustrate is that sometimes you think you're crying about something's that's got nothing to do with these things. This is where the intellectual analysis is not working and the reason why it's not working is because you're not allowing yourself to truly feel what you really feel.

You are petrified of your mother. You are not petrified of your father. Is that not true?

Participant Female:

It's true.

Jesus:

Okay, so any emotion you're crying about with your dad is highly likely to be about your mum, whom you're petrified of and if it's something you're repeating over and over with nothing being cleared, you know that it's the wrong thing. It's the wrong thing because no change is occurring and if no change is occurring, it's not the right emotion.

13.4.1. Avoiding emotions about a terrifying mother

Participant Female:

So the emotion is I just want her approval?

Jesus:

Well yes, not only her approval. She was jealous of you, she was angry with you, she was violent with you, she was abusive towards you, and there's a whole lot of things there that you don't want to feel about that and as a result of that, you have an internal preference of feeling emotions about your dad so that you don't have to feel emotions about your mum. That's what's causing you to stay stuck because you're not understanding who did what emotionally, who did what. You prefer to feel that your dad did something that he didn't do, because you don't want to feel that it all came from your mum in the first place. You know what she's going to be like if you actually said anything about this. What's she like? When you just say one thing about one emotion?

Participant Female:

Well I haven't communicated with her for ten months because she just basically said that I'm insane; I need mental health.

Jesus:

Of course. You know what she's like. She's just going to blame you. She's going to tell you it's all your fault, that it's all your problem, that you're crazy, you're an idiot, who you're listening to are crazy and idiots as well. She's going to tell you all of that - why? Because that's what she's always told you. She's not going to change overnight from that position and you feel terrified of her. Is that not true? Terrified of her. But you're not terrified of your dad. That's why you're not feeling your emotions with your mum, because you first need to go through the terror, the terror associated with your mum and the terror is locked up at young ages. You're terrified of her. You weren't terrified of your dad at young ages; you're terrified of your mum.

Participant Female:

She bragged about terrifying me in the high chair when she used to feed me.

Jesus:

Yes, she loved terrifying you. She has this addiction to terrifying somebody else so that she can feel powerful and in control. So that she cannot feel her own fear. She liked the fact that she had a child that she could terrify.

Participant Female:

She took photos of me terrified.

Jesus:

Like how vindictive is that? But that's what she was like. That's the emotion that's really locked up in there that you are too frightened to feel at this

point, because you don't want to feel your fear. You need to let some of this fear go with your mum, and then you'll start feeling how bad her treatment of you was, and then you'll be able to start healing it.

You'll start crying about things about rejection and other things from males, and you'll find a lot of it might not even be about males. It'll be about your mum's feelings that she had that men always reject you, that men are bastards, that men need to be controlled and manipulated, they need to be told what to do, they need to make you feel safe and secure as a woman, and all of these false beliefs that came from her. They came into you, not from your father's treatment of you like that, but rather from your mother's belief systems that entered you emotionally and you are open to the entering of them emotionally, and still are open, actually, to her beliefs entering you emotionally.

Participant Female:

Thank you.

Jesus:

Again you can see the illustration is a lot of the times we prefer emotions because they are easier than the ones that we really need to feel, which is the pain. Every time we don't feel the causal pain, we start to project things on to others.

What you've done in your relationship with your boyfriend Fab is you project on him that he's got to make you feel safe, he's got to make you feel secure, you compete with him a bit. You do all of the things your mum has done with your dad and that's what you need to repent for. If you repented for that, you could follow it down into who caused it and you'll see that it wasn't your dad that caused it, it was mostly your mum that caused a lot of these things. Do you see the difference? If you followed that down, you would find that.

13.5. Repentance and forgiveness emotions are trapped at an age

Participant Male:

Just to clear something up, forgiveness is trapped at an age, and then you said that repentance is trapped at an age.

Jesus:

Yes.

Participant Male:

Does that usually occur young, or as an adult?

Jesus:

No, because when you're very, very young, it's rare that you took actions that were out of harmony with love unless they were motivated by your parents' choices and decisions.

Participant Male:

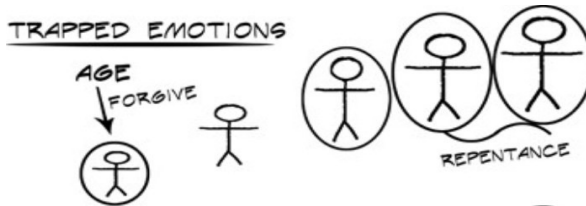
Or probably someone else coaxing you to do it?

Jesus:

Correct, but as you grew into your will, a stronger expression of your will, you started to take actions based on your feelings about what you wanted to do. So most repentance emotions are actually not childlike in their experience. They are adult emotions.

Participant Male:

They feel like that, don't they? They're like at eight, ten, twelve.



Repentance and forgiveness emotions are trapped at the age they were suppressed

Jesus:

Yes they'll feel a lot older ages, like usually after seven. Sometimes before, depending on how serious the abuse from parents was, but a lot of times after and if you're feeling forgiveness emotions as an adult towards your parents, it's highly unlikely that you're actually facing the truth about your relationship with your parents.

Participant Male:

Can you explain that a bit more?

Jesus:

Well, most forgiveness emotions relating to your parents happened when you were a child. So if you're feeling them like an adult feels them, and you feel the age of it is an adult age, then you're probably feeling exactly the opposite emotion that you need to feel. Why do we want to do that? Because we still want the approval of our parents, so we're willing to blame ourselves and repent for things that we do not need to repent for but doing that doesn't make any emotional progression. It doesn't break any emotional errors because it's error that we're still feeling. We're not actually feeling the truth.

The truth is that most of the damage that we need to feel about happened during our childhood, and therefore we're going to have to forgive others for

causing it and most of the damage we've done to ourselves occurred after we've become teenagers generally, and those are the things that we're going to need to learn to repent for.

Most of the repentance things that we need to repent for are related to the things we didn't forgive. In other words, they are related to the things we refused to feel about or we weren't allowed to feel about, which is probably more the case, from our childhood.

Now God attributes the things that you chose to do with your own will to you and God attributes the things you chose to do because of forgiveness issues to the will of others. The laws automatically work perfectly and you don't have to worry about that; all you need to be concerned about is allowing yourself to forgive where others have done hurt and damage to you, and allowing yourself to repent where you have actually done harm to others and most of the harm you did to others did not occur in your childhood.

Most of the emotion that you feel as a child, that's locked up inside of you now, is not related to things you need to repent for, it's related to things you need to forgive. So therefore if you're trying to feel that you were a bad child, and your mum and dad were just driven nuts by you being a bad child, then you're way off beam when it comes to progressing emotionally because you weren't a bad child. Nobody was. There were things that happened to you that were then suppressed and then you acted out, and also your parents' emotions you acted out. Now that all occurred because of the parents, not because of you. So this is where I see a lot of people getting really mixed up.

Participant Male:

This is great.

13.6. Effects of giving children unrestrained will on repentance and forgiveness

Mary:

I'm fascinated by something I see quite commonly now is parents raise their children with almost an unrestrained will, in that the child is given a lot of will very early. And I can see that because there's no consequence, that's damaging the child with respect to them understanding their will.

Jesus:

It's totally damaging them, yes.

Mary:

I think it's fascinating the idea of forgiveness and repentance in that continuum, because will is enabled much earlier, but without good understanding of what will entails. So the Laws of Cause and Effect are not even reflected even in a minimal way by a parent. In fact they're negated.

Jesus:

They're negated purposefully, so a parent who does not provide a framework of discipline or law for their child is negating all of God's Laws purposefully, in order to allay some of their own addictions with their child. In other words the parent is trying to avoid how they were treated as a child, and what they do instead is they say, "Okay, my parents were too hard on me. My parents were too controlling. I don't believe in that anymore. So what I'm going to do is provide no framework, no law for my children, and hopeful they'll grow up to be lovely people, without pain." And it doesn't work, as everybody who tries that knows, but that is damage that the parent has done to the child in order to avoid, and in order to act out their own addictions, which are avoiding their own fears related to their own childhood.

Mary:

It seems to me for that child, it's a very difficult injury to work through.

Jesus:

It is, because the childlike experience is going to have experiences of anger and rage towards their parents, but they'll feel them like a child; they won't feel them as an adult. If you're trying to feel that as an adult, again you'll be on the wrong track; you need to feel them as a child. Because there were all these addictions created in the child for which there were expectations that were created as a child and those were suppressed, many of the times, or fed, and that's where the damage is. So that's what the person, as an adult now, is going to have to feel - the damage that was done to them as a child just getting whatever they wanted.

Mary:

But in that case there's no suppression of a negative emotion. There's the development of a lack of conscience.

Jesus:

No, there is the suppression of a negative emotion. The suppression of the negative emotion is the parent's suppression of their own fear about their own childhood.

Mary:

Oh, okay, yes.

Jesus:

So that's what the child is going to have to feel at some point - forgiving the parent for the fact that the parent did not feel their own pain from childhood.

Mary:

Yes, but as an adult, they have to deal with the fact that they're addicted to getting whatever they want.

Jesus:

Correct and that they're probably acting out in addictive ways. Usually what will happen with such a person is that there will be a long list of things they have to repent for and very little they have to forgive. So this is why it's hard for children who grow up unrestrained, without any formulation of the law regarding their own will, because what they do is that by the time they're four or five, six or seven years of age, they're already hurting other people.

So once they come to accept the truth about God's Laws of Love and so forth, they are going to find they're going to have a lot of repentance and very little forgiveness. They'll want the opposite. They'll believe that they need to forgive everyone around them for not giving them what they want. That's what they'll believe but the reality will be completely the opposite.

A child who has grown up in that environment will have a lot to repent for because they have been taught that they can just take, take, take from anybody and abuse everybody in the process, and that's all okay. So they'll have childlike feelings of repentance to go through.

They'll remember events like when they were four when they bashed the next door neighbour's kid up. When they were five and they sexually abused their neighbour's three year old. When they were seven they did this, and when they were eight they did that. They'll have all sorts of repentance to feel because they believed that all of those actions were their right to take and that's the error.

There's still repentance and forgiveness, it's just for such a child the repentance emotions will start much younger and it's hard, it's a very hard thing to process the way through. This generation we're in right now is a very damaged childhood generation, because many of them have been given an unrestricted use of their will, and as a result they are going to have to deal with repentance from a very young age.

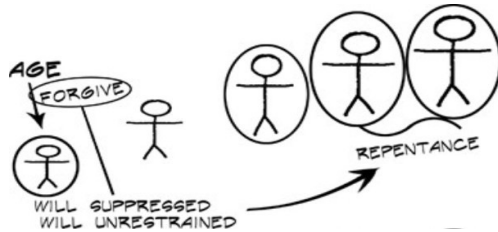
When I say a very young age, they'll be four, five, six years of age and they were already doing things using their own will because they believed they could get away with it; they believed that there was no law controlling them, and so forth.

13.6.1. Repentance, forgiveness and free will**Mary:**

And so to me, correct me here, forgiveness and repentance is very much another way that we come to understand the dynamics of our will, in that a lot of times, when we have a lot to forgive, it's where our will has been suppressed, and when we have to repent it's when we have to understand the workings of our will and the impact that it has.

Jesus:

Let's say it properly. With forgiveness, it's where our will has been suppressed. When there's repentance, it's where our will has been unrestrained, out of harmony with law, out of harmony with God's Law of Love. So repentance stuff is where we have been unrestrained by considerations of love.



Repentance is required when will has been unrestrained, out of harmony with love, whereas forgiveness is required when our will is suppressed

Mary:

So it seems to me that all of us are grappling on the Earth with a good understanding of what our will is, in and out of harmony with love. So as someone who's been very suppressed in their childhood, I grapple with enabling my will, because I'm full of fear and what's going to happen and the repercussions, judgement and all of that. For someone who has had this sort of hands off kind of parenting - it's not even hands off its saying, "You can do whatever you want and I will negate the effects of that."

Jesus:

Yes, and obviously for a lot of those kinds of parents, by the time the child is five or six, they're so unruly by then that the parent is starting to try to reverse the process, often without success, because they've already learned the unrestrained use of their will by that stage.

When our will is suppressed, they are the relationships we need to forgive and when our will is unrestrained, where we have done things towards other people where we've been unrestrained by conditioning, by thinking or considering love, then we're going to need to repent for those actions.

If a child has been unrestrained at four years of age, and has exercised its developing will to do whatever it wants, which of course is at the approval of its parent, because the parent is going, "I'm going to let you do what you want," so it's at the approval of the parent, then both the parent and the child bear the responsibility for the child's actions. That makes sense, does it not?

The child has not yet got a formulated, proper brain functioning; they've not got a formulated body yet; their emotions are still undetermined; they still don't understand emotions as well as they could. So it makes sense that if

the parent is basically saying to the child, "You can do whatever you want," when the child is four years of age, then the parent bears a large degree of responsibility for what happened to the child when it was four years of age. When that child damaged other children at four years of age, then the parent bears a large responsibility for that action, which makes sense.

This is why when I often get asked, "What damage, from God's perspective, does God need to forgive or provide forgiveness for?" we can't answer definitely in each case because there are so many factors that have determined the actual use of that child's will at the age of four. This is what we need to consider.

What we're trying to get at in this section is if we're going to come to understand our emotional self, we must understand that there are emotions trapped at certain ages and there are two types of emotions trapped. One type of emotion is where our will was suppressed, where someone acted unlovingly towards us and suppressed our will to release the emotion or damage that was caused by their actions.

The other type of emotion is when we acted in an unrestrained way with regard to love, so in other words when we were not loving towards others, where we damaged the will of others, where we restrained the will of others, in an unloving manner and they are the things we are going to need to repent for. Each of these emotions, whether they're forgiveness emotions or repentance emotions, will be locked up at the age in which either the damage was done to us, or we did the damage to others.

13.7. Repentance and forgiveness emotions are trapped at an age (continued)

Jesus:

We're going to talk a lot more about this in the Assistance Groups, which will all be recorded anyway if you're not coming, so you'll be able to get more information about all of that but what I'm trying to point out here is there are trapped emotions. Trapped emotions are at a certain age; most of your forgiveness-based trapped emotions are all going to be at a young age, where you need to forgive someone else for that they did to you. Most of your repentance-based emotions are going to be at older ages, where you chose, through the exercise of your will, to do something to somebody else that was out of harmony with love.

13.7.1. An example of repenting for addictive partner relationships

Jesus:

What I see happening for many people is they try to forgive their partner for what they did. Like you attracted your partner to give you exactly what you wanted to demand from your addictions. How can you then blame them when they don't do that? It's not loving, the projection at your partner.

This is where a lot of people crying about something that somebody else around them, as an adult has not given them, and they say, "Oh, this is because my daddy didn't love me and he didn't give me the things that I needed." No, it's not. It's not because of that. It's because you demand that a man does this for you. That's why you're having a good cry and you're not releasing any emotion when you do that.

We've got to be realistic about what's actually being released. You see most people are unwilling to be truthful with themselves about what is actually going on. That's the problem. The reality is that all of you would know what I'm saying to you if you were truthful about what was going on already. You would already know this because you can feel it so strongly when you go through it all but most of us don't know all of this because we don't allow ourselves to feel the actual causal emotion.

What we're doing is we're projecting at the relationship that we need to be repentant for, we're projecting that we need to forgive them. We're projecting at them that they're the ones that have done the problem, that they're the ones that did the damage.

When I'm in a relationship let's say with Mary, she leaves me and I'm crying because Mary's left me, and I'm angry with Mary because she's left me. What am I doing is I'm blaming Mary for what I created in my attraction of Mary, which was all based around a suppression of my pain from my childhood experience. That's what I'm doing. The more I blame her, the more damage I'm doing to her and my own soul. You're going to stay in those kinds of emotions for a long time if you're not careful. No real improvement with your emotional self can ever occur while you stay in those emotions.

13.7.2. An example of parents' attitudes towards adult children

Jesus:

I see a lot of parents projecting these kinds of emotions at their adult children: so the parent and the child have now grown up, the child's in their twenties or thirties, and the parent is in their fifties or sixties let's say and the parent is projecting at the child, "You need to be sorry towards me for what you are now doing to me." Come on, who created the addiction in the child? You, the parent: how can you then ask the child to be sorry for what

you created? That's way out of harmony with love, and way out of harmony with personal responsibility. You can only ask the child to forgive you for what you created from God's perspective. You can only ask the child to forgive you for what you created in the child.

When that child goes off and gets drunk every second night, and goes and takes drugs every third night, and you've got to rescue him from the police station every fourth night because of all the things that he's doing, the main reason why he's doing all of these things is because you have not repented yet. Once you repent, fully repent for your actions, he's going to feel alleviated of many of the emotional burdens that he's under, and he will go through the process eventually of forgiving you, and then he won't do all those damaging things to you but if you think he should be forgiven by you, then you're way out of line.

13.8. Summary of the discussion about forgiveness and repentance

Jesus:

This is where I find a lot of people are very mixed up when it comes to dealing with their emotions: they are blaming people for what is not to blame of that other person, and then they blame themselves for something that is not their blame, but rather something that somebody else did to them.

I see a lot of people punishing themselves for things they never did and I also see a lot of people punishing others for things they didn't do, and then calling that emotional processing. That's not emotional processing, that's living in addiction. It's not emotional processing - you cannot progress that way, you'll never get closer to God that way. You can only get closer to God by confronting your addictions, confronting the fears that are underneath them, forgiving the people that need to be forgiven, and repenting toward the people that you need to repent toward because you did the wrong thing with them. That's the only way you're going to progress.

If you are in a child-like state, five years of age, feeling that you did the wrong thing by daddy, that's not the emotion you need to feel; it's daddy who did the wrong thing by you. That's what you need to feel. But if you are an adult projecting at your child that they did the wrong thing by you, that's not the emotion you need to feel. You did the wrong thing by them; you created their addictions; you did the wrong thing by them. That's what you need to feel.

That's point number one that I wanted to discuss. Pretty important point, though. When you understand this point, and probably what we'll do is we'll leave the second point, which is all about the use of your will, to tomorrow. So the first hour or so of tomorrow we'll talk about the use of your will. You can see here, the use of your will is a very big part of what kind of emotions you need to forgive, and what kind of emotions you need to repent for. And

the exercise of the will has a big bearing on those emotions and this is the case with what we want to go through tomorrow with you as well, just a brief discussion about the use of your will in a positive direction in order to understand your emotional self.

But the main thing probably I'd like for you to take home from today, this consideration of what is the source of the true types of emotions that you need to experience, and what age they occurred is very, very important to you to determine whether you've actually worked through anything or not.

Participant Female:

I found that when I am connecting to some grief, that then it seems naturally I become aware of the repentance of what I've done then as a result of that to others.

Jesus:

Yes that's true.

Participant Female:

That often just naturally happens.

Jesus:

It does naturally happen. If you allow this process right the way through to the end, a lot of these things will naturally occur and this is what I'm suggesting to you is that many of you have not followed this process right to the end, and that's why you didn't know this because when you follow the process right to the end, you automatically know this.

I feel quite strongly that the majority of people who hear Divine Truth do not understand that processing any emotion is not going to lead to your progress. You've got to process the emotions that are truthful - that's what will lead to your progress. You can process self-delusion and self-deception emotions, you can convince yourself that you need to repent towards mummy and daddy, and that you need to forgive other people in your adult life but the reality is that it can be completely the opposite to that, and unless you know it's opposite of that, then you will never progress. So it's very important for you to understand these principles.

13.9. An example of a participant who is confronted by the material

Participant Female:

Just in regards to this, I'm just wondering if I should just go home and reflect on it and ask you tomorrow instead.

Jesus:

That's okay, if you want to do that, but what were you thinking?

Participant Female:

Well, I feel worried.

Jesus:

Why?

Participant Female:

Because, well, I over-think everything.

Jesus:

Yes, see worry is fear, so what's the fear?

Participant Female:

So I'm afraid that I'm just never getting there.

Jesus:

But is that true? Let's look at your life.

Participant Female:

No, but when you talk about this age thing, I don't have any of these like concrete things. Like my life is changed on stuff, and I feel different about some things, and not necessarily saying causally I've got through everything. I can see things better ...

13.9.1. *Stages in emotional progression***Jesus:**

Can I suggest this - many of you are going through breaking down your belief systems about your emotions. There are very few causal changes in your life that will occur while you're going through that process. It doesn't mean that you haven't made progress, because you are now more sensitive emotionally than you were before. You are now more aware of the damage your dad and your mum have done to you than you have before. So therefore you have made progress.

Participant Female:

Yes and that's the thing, I'm feeling at the moment this other stuff. So I don't understand this bit yet.

Jesus:

Yes, that's okay. You're feeling all that and that's fine, let yourself go through all of that. However, there's one thing that I must point out - don't be surprised that you actually start feeling some emotions with certain ages attached to them.

Participant Female:

Okay.

Jesus:

Once you go through breaking down all of these barriers to feeling your emotions, which is what has been, for the majority of you, what has been the journey of the last five years. Breaking down the addictions that you have, the self-delusion that you have about crying about things that are just you crying because you're in a tantrum, getting upset because you're in a tantrum, getting upset because somebody didn't meet your demands and your expectations. You think about how much of that you've been processing, which is quite a lot, so you've gone through all of that. Well, you start going through all of that, and in your case, starting to come face-to-face with the damage your family has done to you. Is that not true?

Participant Female:

Yes.

Jesus:

But, you're yet to feel it.

Participant Female:

Yes, I agree with that.

Jesus:

When you feel it, you'll feel the age of it.

Participant Female:

Awesome.

Jesus:

When you feel it, you'll feel the age of it. But don't assume that just because you have done all of this work, to get to the point where you are now, that that means that you've progressed hugely, because you can see that your life hasn't changed very much during that process, and the reason why your life hasn't changed very much during that progress is because you're yet to go through the emotions that will actually change you. When you go through the emotions that actually change you, you will feel the age of them ...

Participant Female:

... then I'll feel what it's actually about.

Jesus:

And you will feel what it's actually about, and you will see your Law of Attraction change instantly. What you attract in your soul will change instantly once you go through those particular emotions and the only reason why it's been hard up to now, is for many of you you've been deconstructing all of your addictions, all of your false beliefs, and you have yet to get to the emotion what will free you, and also yet to feel the terror that you feel. Many of you are yet to do that.

Once you feel the terror you actually feel, you'll feel relieved of the terror, you'll feel less inclined to resist your emotions, and in fact you'll get to have a desire for them and then in addition to that you'll start to experience some of them and when you experience some of them, you'll experience the age at which they occurred.

Participant Female:

Yes, thank you.

Jesus:

What I notice a lot of times when I share something that's new for you is that you then judge what you've done up till now. What many of you have done up until now is you've learned that some of the emotions have been processed in your addictions and you've learned now that that kind of processing doesn't do anything, haven't you? Nothing's changed in your life. Nothing's got better. So that kind of processing doesn't do anything. It's just you acting out your addictions.

What I'm trying to explain to you is why those things haven't worked and that's all about being addicted to have other people repent for what you think they did to you, when actually you're doing things to them. Then some people, your parents, want you to repent to them for what they actually did to you and of course, while you have those beliefs, no true emotional processing can actually occur.

Now, I've had to learn all of that through my own personal emotional experience. For many of you you're yet to go through the personal emotional experience of feeling the childhood-based emotions, and so of course, you haven't learnt that yet and that's okay. Give yourself a break, but learn it.

Honestly there are millions of psychologists on this planet who don't understand what I discussed with you just now because they keep advising that you've got to forgive your parents, without actually going through the emotions about it. They keep advising that you're allowed to have expectations in your current relationships, when from God's perspective that's not true. If you love somebody you wouldn't have them.

They advise all this stuff that's completely false, all because they don't understand these basic principles, what I feel are basic principles, that once you go through the emotions you'll understand and that indicates that most psychologists and psychiatrists haven't gone through their emotions and, of course, they have not. That's why many of them became psychologists and psychiatrists; so that they could help other people avoid their emotions just as much as they do. I'm not saying that's the same for all of them, I'm just saying that that's why many of them have become such.

We've got to make sure that we understand what's going on, even from an intellectual concept. If we can begin to intellectually conceive that, "Oh, okay, I can see now. I'm trying to get such and such, my partner, to be sorry for what she did to me, when really I created the addiction with her in the first place. How fair is that?" I need to go deeper than this and find out what addiction I had that caused me to have that desire with her, and what I need to heal inside of myself that's relating to my family in order to heal this relationship that I currently have.

13.9.2. Emotional reasons for the participant judging herself when she receives new truth

Jesus:

Don't now go into the state where you go, "Oh, I haven't done anything then," which you are apt to do.

Participant Female:

I do, I'm get freaked.

Jesus:

You do. Why do you do this?

Participant Female:

I think it's again parental approval.

Jesus:

Yes, your parents taught you to do this.

Participant Female:

It just sucks though.

Jesus:

Yes it does; it does suck. They taught you to go, "Oh you haven't done anything good." They taught you to have this feeling. Now, that is just another one of the things that you are going to need to forgive them for, which means you are going to have to feel that they did the wrong thing with you teaching you this; not that you are to blame, but rather that they caused you to believe that you are to blame when you were not. That's the real emotion to feel. They attacked you when you did not deserve it. Not the other way around.

Participant Female:

But they wanted me to think it was the other way around?

Jesus:

Of course, because why does a parent want the child to believe that the child deserved it?

Participant Female:

Well then you'll always do what they want, and just try and please them all the time.

Jesus:

Not only that, the parent can then belt the child or berate the child or punish the child, and feel like, "Oh, I'm still being a loving parent." That's what the parent can do. It gives them a justification for their own unloving behaviour to their children. That's why they do it. They want to have a justification for unloving behaviour towards their children, because that way they can still feel like they're a good parent even when they're a shocking parent. That's why they do it.

They're not being honest with themselves: they are a shocking parent if they've abused their child; they're a shocking parent if they've berated their child, emotionally abused their child, punished their child, been violent to the child, abused their child in any way, they've been a shocking parent and they need to come face-to-face with that particular issue. If they do, it will make it a lot easier for the child to forgive, but most parents don't do that, most parents don't do that; they justify their own unloving behaviour. They justify their treatment of the child and they believe their adult children should repent for what they're now doing to them and it's totally out of line. Totally out of line from God's perspective. All of those parents never make any progression towards God; you can't make progression towards God when you're like that.

13.10. Compassion and understanding through forgiveness and repentance

Participant Male:

So to get to the forgiveness, you have to actually go through that emotion.

Jesus:

You do.

Participant Male:

That's the causal kind of emotion that you're talking about, isn't it?

Jesus:

Yes, see in Eloisa's (the participant's) case, it's not the emotion that she did something wrong, it's the emotion that she was blamed for something that wasn't anything that she did.

Participant Male:

Yes, so if she goes to this child feeling of this emotion, she needs to experience that emotion to flow through her, and then the true forgiveness will actually happen, wouldn't it?

Jesus:

Correct.

Participant Male:

Because then you'd have compassion for the parent, and maybe ...

Jesus:

You might not have compassion for the parent yet, because at the end of the day, how can you have compassion for something that's wrong?

Participant Male:

Yes, but you'll sort of understand why they did that, wouldn't you?

Jesus:

Yes, you would have compassion for the error that existed in them that caused them to do such a thing but you won't have compassion for the fact that they chose to suppress their own pain, and harmed you in the process. They chose to harm you rather than feeling their own pain. God doesn't have compassion for that. God says that is wrong. God has compassion for things that actually you can be compassionate about, which is the fact that somebody was harmed in the first place.

We can have compassion for our parents if they were harmed in the first place, but we can't have compassion for the fact that they chose to avoid their own harm and chose to harm us instead. That's not very nice. That's like me being treated as a child badly, so I grow up avoiding all that pain, and so I decide to get a child and treat them just as badly. God doesn't have compassion for the fact that I chose to treat this child badly. God has compassion for the fact that I grew up being treated badly.

Participant Male:

That's what I sort of meant.

Jesus:

Yes, so we've got to be careful there, too. God doesn't have compassion for things that are wrong. God has compassion for the underlying causes, not the effects because we chose to avoid truth, and avoid love, and avoid the proper exercise of our will.

That's why the Law of Compensation grinds you into submission, which it does. It was designed by God to grind you into submission when you are out of line with repentance and forgiveness and there's a purpose to that. God's saying to you, "I can't have compassion for you until you get repented or forgiving." Until that point in time, the law is going to grind you into submission and it makes sense. It's the most loving possible thing God could do.

You can't have compassion for something that is wrong; you can only have compassion for its cause. You can't have compassion for people choosing to avoid their pain; you can't have compassion even for that. Choosing to avoid your pain; no, how can you have compassion for that?

It's wrong. Because every time you choose to avoid your pain, you are causing pain for someone else, and that is wrong.

I can have compassion for the fact that the pain exists within you, and it wasn't your fault that it exists within you, that somebody else put it there because they avoided their pain but it's very hard to have compassion for something that is very, very wrong, in the sense of it's wrong for you to choose to avoid your own pain and then damage other people as a result. That's wrong and that's why God's Law, the Law of Compensations has no compassion in that circumstance.

To have compassion, you have to engage the Laws of Forgiveness and Repentance, then compassion comes. Until that point in time, the Law of Compensation operates, and that is a loving law, but it's without compassion. When I say without compassion, it's probably not strictly the right way of saying it. The law itself is compassionate to all involved. The Law of Compensation is a law that is compassionate to everyone involved. In other words, it doesn't let you off the hook for what you did out of harmony with love, until such a time that you're repentant for what you did out of harmony with love and that's compassionate to the people you harmed, isn't it?

Would you let somebody out of jail, a murderer, who murdered children, when you know he's just going to go and murder some other person's child? Of course you wouldn't let them out of jail. You'd restrict them until such a time that they were sorry for what they did, and they were repentant for what they did, then you could let them out of jail safely because they'll never murder again. They'll never harm another person again. That's the only circumstance under which you can let them off the hook and that's how God's compassion works and that's all about understanding this as well.

We need to understand all of this: when we engage the Laws of Repentance and Forgiveness, which are all about love, and we need to understand the Law of Compensation is loving. It's a loving law, because it doesn't let a person off the hook when they are not repentant because the law knows that if you let a person off the hook when they're not repentant, they will do it again - they will. And God doesn't want you to, so the Law of Compensation is going to work under all of those circumstances until such a time as we're repentant.

14. Closing words

Jesus:

Anyway there's a lot more to say about forgiveness and repentance. As you can imagine, we have much more information to share about those two principles, but we're trying to get you sensitive to your emotions first, so that you'll at least allow the feelings, so that you can understand these principles of truth about forgiveness and repentance. Without being emotional, you will not understand these principles. You'll try to work out everything intellectually; nothing will gel. You won't understand these principles emotionally at all until you understand your emotional self. Then you'll start to grasp the principles associated with forgiveness and repentance far more deeply and understand how all the laws work together in order to create the outcome. The outcome of which is your growth in love.

Well, I think that probably finishes off for today. Tomorrow, in session 4, we'll talk a little bit about the will, about the positive exercise of your will, and how important that is in terms of understanding your emotional self and then we'll answer your more personal questions about understanding your personal emotional self, and how that applies to what things we've learnt over the last four presentations.

(Applause)

Understanding Your Emotional Self

Session 4 Part 1

1. Introduction

Jesus:

Welcome to Session 4 of "Relationship With God - Understanding Your Emotional Self". Remember I said, that the first part of this day would be doing a little bit of revision, and a little bit of extra things that we missed out on yesterday, and then I'd like to open it up to have answers with your questions, so that I can answer some of your questions about the subject.

1.1. Reasons for resistance in the audience

Jesus:

Before I start, I just would like to address some of the feelings yesterday. One of the things we're noticing is that more and more, groups that we've seen regularly, are becoming overloaded more and more with information, that they're not processing, and that was very evident yesterday. The first half of yesterday was very heavy going for me, and the main reason why, because I could just feel this feeling of resistance in the group generally.

Now, not all of you are in resistance, there are some of you who are not, but there are two levels of resistance, in the persons who are resistive: one is fear is driving your resistance. Many of you hear more information and feel overwhelmed, and you don't let yourself feel overwhelmed, and just have a big cry about being overwhelmed, or, just have a cry about not doing it right in the past, or whatever it is that causes you to feel overwhelmed. What you finish up doing is you sort of just put a wall up.

Now when you put a wall up, it's pointless for me to talk, because nothing's going in; It's like closing the lid of the bottle of your soul, and as soon as that wall is there, anything I say is not going to be able to be processed by you. I'd be better off spending a bit of time with Mary, home and playing the guitar - that's how it is. That was the first level of resistance, which is about fear.

The second layer of resistance is about denial: many of you who were here yesterday, are still in a lot of denial about what's really going on inside of your soul. You'd like to believe that everything is working fine, when the reality is the Law of Attraction is illustrating to you already, in your personal life that everything isn't going fine, and you're not being honest about that.

You're also not being honest about the fact that you believe that everything's good, when everything in your life really isn't very good, and if you're honest about that, then you would probably get out of your denial, and probably start to feel some of your fear - and that would be wonderful.

But while there's fear or denial driving your attendance to any group, my feelings are, well, that group of people, I can't speak to at the moment. Not for any other reason than, anything I say is like hitting a brick wall, and bouncing straight back off of it.

There's a whole heap of truths that we need to present, that I would like to present, which are what I would call truths that will help a person grow beyond. If I rewind a bit: most of what I've been presenting at this point, have been things to help you get out of the first sphere of the spirit world, and of Earth, and into loving truth, and loving confronting your fear, and loving feeling some of your emotions, and loving to express yourself more clearly, and express your desires in the world that you live in, and all of those things. They're all the things that you need to do to get out of the first sphere; get out of the hells of the spirit world - they're the things you need to do. Most of the information we've been presenting, up until now, has been information revolving around helping people get out of that condition.

In other words, helping you raise your condition above the rest of the world, into a point where you can now start feeling God, and feeling the progress you're making, and growing your own soul in a really proactive way. That's the kind of information that we've been sharing up till now.

But then, of course, there's all the information that needs to be shared, about the kinds of things that you're going to learn through the second, third, fourth, fifth, sixth, seventh spheres - all of those things, they're all emotional in nature. Without understanding your emotional self, none of those things can be really learnt, or absorbed into your soul. Then also, they are all mostly joyous, in the sense that you start to feel the joy of knowing these truths.

At the moment, most of you don't feel joy knowing truth, particularly truth about yourself; you hate it, actually - many of you hate it. You hate it so much, that the instant somebody starts talking to you, about your personal issues, you've instantly got the wall up; whether it's a wall of denial, or a wall of fear, either way it prevents any absorption of any information. Strictly speaking, if I honoured your will, I would not talk to you, because your will in that moment, is being expressed to deny or to be afraid of new truth.

Anybody who's in a condition where they love you, would go, okay - and to be honest if you were in the spirit world in this state, the spirits who would be helping you would say, "Okay, you can stay in this place that you want to be in, obviously, for as long as you wish. I'll go away and wait for when you want to change that." As I said earlier in a private discussion, sometimes that might be a hundred years later that you start realising that your life hasn't changed, and you want somebody to come back and help you understand why.

If it takes a hundred years, it takes a hundred years - from God's perspective, a hundred years, a thousand years, whatever. God created you to be an infinite soul, with the potential for living forever in infinite growth, so what's a hundred years in the scheme of things from God's perspective. It's only you that you finish up hurting by having this resistance. But, the people who wish to help you, wish to help you only when you desire that help. So it requires a true desire for assistance and growth before you can really grow.

1.2. Understanding the use of desire

Jesus:

This is one of the things I would like to discuss with you this morning - it's a part of your emotional self. We're talking about understanding your emotional self, and part of understanding your emotional self is understanding the use of your desire; what it means to develop a desire, what it means to feel a desire.

Probably what we need to do first, is remind you about a few things when we raise this issue of desire; what we'd like to do is remind you about three primary things: the three primary things that I'm always speaking to you about, but we'd like to remind you about them from an emotional perspective, what they look like from an emotional perspective.

Those three basic things are humility, truth, and love, and the question I'm now going to be raising with you, or the reminders that I want to give you first, is what does humility look like from an emotional perspective? And what does truth look like from an emotional perspective if you had a desire for truth? And, if you have a desire for love, what would that look like from an emotional perspective? That's what we need to do here.

What we'll do is just have a little discussion, where Mary will raise issues with me, and we will talk about some of these issues together, so that you can be reminded of what those basic things would look like, if you're emotional.

Then what I would like to do, is then raise with you, the issue of developing desire; developing a desire to be humble, developing a desire for truth, to both receive it and be in a place where you live it; and also the desire to love, what it means to love God, receive Love from God, love other people, receive love from other people.

They're the main things that we would like to talk about just briefly, because we've got a lot more to share about all those things, but it's important that we discuss those particular things, from the aspect of understanding how your soul works, how it can grow.

1.3. Understanding how the human soul functions

Jesus:

While your soul is not open to growth, it's impossible for new information to enter it. Many of you may not have seen our discussions that we've placed on the Internet, and also on our hard disk drive synchronisation service, which are all about the human soul and how it functions. I don't know if many of you have actually watched those videos, but my suggestion is to watch them, because they give you a lot of information, about how God created the human soul to function. It's very important for you to understand how the human soul functions, because there are certain things about the human soul, that many of you are trying to overcome, that you cannot overcome with the methods you're using.

1.3.1. An example of suppression

Jesus:

To give you an example, there is a principle in the human soul of suppression: in other words, this principle illustrates that if you suppress one emotion, that you will not be able to avoid suppressing other emotions. In other words, if you have an attitude where you want to suppress one emotion, all other emotions will also get partially or fully suppressed in the process - you can't avoid it.

If you try to shut down the flow of emotion in your soul, even if it's just in one thing, then the flow of emotion will shut down with many other things as well. That's the way God created your soul. Whenever you choose to suppress, you're actually choosing not only to suppress the emotion you're currently trying to suppress, but you're also choosing to suppress any joy, any happiness, any other emotions that are positive, or any other emotions that you're not as afraid of, will all also get suppressed, just through that choice of suppressing one emotion. That's a principle of suppression.

Many of you did that yesterday: you were suppressing one emotion, which is an emotion of, "Am I really growing? How exhausted am I?" That kind of emotion. In the process of suppressing that emotion, you suppress many other emotions, and that basically meant that another aspect of the soul came into play.

1.3.2. An example of preclusion

Jesus:

There's an aspect of your soul that I've called preclusion, and that aspect of your soul is: if there is something inside of you emotionally, that's out of harmony with truth and love. In other words it's error that exists in your soul that's out of harmony with truth and love, and it's in there emotionally - and the truth that's trying to be presented is the opposite to it - while that

thing exists within the soul that's error, and while it stays within your soul, it will preclude the new thing from entering.

It doesn't matter how much you sit down and swat about it; it doesn't matter how much you hear about it; it doesn't matter how many of AJ's presentations you hear about it; it doesn't matter how much you study about it; it doesn't matter how much you do anything about it, at all. It will not change until you're willing to release the error, that precludes the new truth from entering you. Until you're willing to release the error, then basically there is no hope of this new truth entering you. That's an aspect that I've termed preclusion.

This is how God designed your soul; God designed it purposefully like that. It's great when it's the other way around: once truth has entered your soul as an emotion, error can't penetrate your soul anymore, because the truth precludes it from entering you. But when error is in your soul, the aspect of preclusion requires that you need to release the error, before the truth can enter. Many of us are not doing that.

What many of us are trying to do is we're trying to overcome the error, rather than feel it and release it using our feelings. That's what we're trying to do. We're trying to overcome our errors by ignoring them, or denying they even exist and you can't do that. The soul doesn't work that way. Every time we try to do that, we're going to run into trouble.

What I'm going to suggest to you, is that you look at the Frequently Asked Questions channel of YouTube, if you haven't got them on a disk, particularly about How The Human Soul Functions, and then ask yourself if you understood this information, really understood it, would you be so resistive to hearing new truth?

One thing that concerns me, is many of you are enrolled to come to our assistance group. That's eight days straight of presentations - eight days. Many of you struggle hearing two days in three months, so how are you going to cope with eight days in a row? There's only one way you're going to cope, and that is every day you're going to have to release some emotion. It's the only way you're going to cope, and unless you come prepared to release some emotion every day, and to get out of your denial, and to get into some of the feelings that you actually feel, it's going to be impossible for you to actually stand being there. It's going to be also a waste of your money and time, so, I would suggest that you allow yourself to ponder about those particular things.

2. What humility looks like from an emotional perspective

Jesus:

Let's go through what, from an emotional perspective, what it looks like when you're humble. Shall we do that? What do you think it looks like? If I'm humble from an emotional perspective, what would I do?

2.1. Feeling and experiencing emotion

Participant Female:

I'd feel what I feel every moment, like that guy you were telling us about yesterday.

Jesus:

I'd choose to feel what I feel every moment, wouldn't I? I wouldn't be avoiding it; you'd want to do it, wouldn't you?

Participant Female:

Yes, because then you'd have this ... sorry, I'm hearing my internal voice around me.

Jesus:

Yes, forget the internal voice, just say what you're feeling.

Participant Female:

I just think that you'd just have this joy of just being like, "Yes! Like, here's another thing about me that I've just discovered and yes it feels bad, but I can release this and know something new about me, that's going to help me be this cool person."

Jesus:

Yes, so even if it's a hard emotion, you still feel happy that you're finding it, wouldn't you?

Participant Female:

Totally.

Jesus:

That's what you'd do: you would not only choose, but you would actually love feeling your emotions. You'd love doing it, wouldn't you? You wouldn't go, "Oh I've got to avoid that, too; avoid this one today." You'd be instead going, "What can I feel today?"

Participant Female:

And what else can you tell me. Like, to everybody, I reckon, it'd be like, "What else am I seeing?"

Jesus:

Yes, (Writing on board) feeling and experiencing my emotions. What else do you think, if I was humble, from an emotional perspective? Do we need some help?

Participant Female:

Truth: I'd be just really, really honest both with myself, with others, with everyone, just about where I'm at, what's going on, what I see, what I feel ...

Jesus:

You would but maybe that fits more under the quality of truth; we'll talk about humility, love and truth separately here.

2.2. Having no restriction of emotional expression unless love dictates otherwise

Participant Male:

I don't think you'd hinder your emotional expression in front of other people, no matter where you are.

Jesus:

Good, you wouldn't restrict your emotional expression purposefully - because many of you are doing that -you're restricting your emotional expression. Why? Because other people will judge you. Now if you were humble, you wouldn't worry about other people's judgement, would you? You'd just go, "Okay, other people judge me," and have a cry about that as well. You wouldn't be trying to restrict your emotional expression.

There would be no restriction of expression. Maybe I need to say one little qualifier of that, and that is unless love dictated otherwise. For example, if you were sitting around with a group of people, and you're all having a meal, and then something was said in the meal, and you just started crying. If you stay there and start crying, then nobody else eating that meal can have a conversation. So love would dictate that you would leave the conversation, and cry somewhere where they could all still have their life, and then you would come back when you're done. That's what you would do; that's what love would dictate.

You still wouldn't restrict your emotional expression, you would still go ahead and have it, but love would dictate that you'd probably leave the situation, so that other people could also have their life, while you're feeling what you're feeling. All the times you would consider what love would do, but you wouldn't restrict yourself and stay there, you would leave, and it doesn't matter what you miss out on.

Many of you are so worried about what you're going to miss out on if you leave, you'd stay there and impose your will upon others - that's not loving. Or you impose your will upon yourself to not feel - that's not loving either.

The best thing to do is just to leave, feel the feeling you have, come back, and if it happens to be three hours later, and nobody's there anymore, well that's just the way it goes. That's how you would be if you were humble all the time. Any other ideas?

Participant Male:

I think it's under this one - you'd feel open to God, and feeling God, and be open to, how do I want to put it: you'd definitely feel God's Love in that space as well, and you'd be connected to God in that space.

Jesus:

You would, but when you're progressing, you don't always feel God's Love, because there might be other impediments to you feeling God's Love, so you'd be even humble to that, wouldn't you? You'd say, "I'm not feeling God's Love because I can feel the impediment." Let's talk about the types of things you'd be humble to. What would you be humble to?

Participant Female:

Would you be more humble to your surroundings? So you'd be more aware of your surroundings. You'd be feeling when you're doing something unloving to the Earth, for instance.

Jesus:

Of course, you would, but let's focus on internal rather than external, because emotions are all about you, your internal life, your internal world - so let's focus on that. You're right, you would be able to absorb what's going on around you, and, in fact, the more humble you become, the more you notice about what's actually happening in the world around you. The more you notice about individuals' feelings, the more you notice about the world itself, and the feelings it projects at the environment. You notice everything, in fact, the more humble you become, but that's a result of you first doing some things inside of yourself, so let's focus first on the things that are inside of yourself, and what's happening there.

2.3. Being authentic and willing to see the facade

Participant Male:

A sort of joy of being yourself, or being authentic within yourself.

Jesus:

Okay.

Participant Male:

And a peace that comes with that.

Jesus:

Shall we say you would be your authentic self. So, the converse of that is what would happen to your facade? Is your facade your authentic self? No, so what would you do with it?

Participant Female:

Kick it out.

Jesus:

Well, you can't necessarily kick it out without feeling your way through why it's there, can you? So, what would you do?

Participant Male:

I think you'd just be willing to expose it, to have it exposed in front of other people and to yourself.

Jesus:

Okay, so you'll be willing to see it, so you would no longer be desiring to deny it, would you? You'd be wanting to see it instead. We'd be focused on - if we're our authentic self - we'd be wanting to expose our facade, see it for what it really is, rather than deny that we even have one, when we have a big one. That's not going to help us progress; it's also not being humble. Anything else you can think of with your facade? What was your name again?

Participant Male:

Marco.

Jesus:

Marco, okay.

Participant Male:

Being more open to the truth.

Jesus:

Yes, you would, but we'll talk about truth as the next layer, while I'm talking more about feeling and what being humble means here in this section. Anything else you can think of?

2.4. *Desiring to expose and feel fear***Participant Male:**

Well you'd love to be your authentic self, wouldn't you? It would be something that you'd always want to be.

Jesus:

Yes.

Participant Male:

There'd be this desire to just always be yourself no matter what.

Jesus:

So you'd be desiring, wouldn't you, to expose the reasons why you're not your authentic self? So what are the reasons why you're not your authentic self? What group of emotions would they be called?

Participant Male:

Fear, isn't it?

Jesus:

Fear: so you would desire to expose and feel your fear, wouldn't you? Because you know that fear is the main reason why you're not your authentic self. Your authentic self would know that fear is the major reason, why you choose to put on a facade. You would desire to expose and feel the fear rather than ... what do many of us do now? We desire to avoid and suppress, and hide it, and make out we don't have it, even to ourselves, let alone other people; but if we're humble we wouldn't do that - from an emotional perspective, we just would not do that. Anything else you can think of?

2.5. *Desiring to know, feel and confront addictions***Participant Male:**

You'd reject staying in addiction.

Jesus:

Okay, yes, because we know that there's a linkage between fear and the addiction in the facade, don't we? We know that every time we don't want to feel a fear, an addiction is automatically created and that helps us remain in facade about the fear existing. We know that addictions are very important to actually deal with, so what do we want to do with our addictions?

Participant Male:

Feel them.

Jesus:

Not only just feel them; how do you become aware that you have them? You need to stop feeding them.

Participant Female:

A desire to know what they are, and be pretty self-reflective about what's really going on.

Jesus:

Okay, so it begins with a desire to know them; so with our addictions, if we were humble, we would desire to know them. We would, as somebody already has pointed out, feel them; and, as Ken pointed out, confront them; and we'd want to do that.

If you think about what most of us do, we don't want to do that; what we do is we want to do exactly the opposite. We want our addictions fed, and we don't want to know what they're doing, the damage they're doing to ourselves and other people, and we definitely don't want to confront them, because when we confront them we feel totally unloved, because our whole definition of love is all about addictions.

We see our addictions as that's the only time someone loves me, and that's the only time I love someone is when I'm feeding their addictions, so that they feed mine; all of my co-dependency on other people and my emotions, and other people on my emotions. All my co-dependency of my emotions on other people, and all their co-dependency of their emotions on mine, all get fed in this process and we both walk away happy.

When we start confronting our addictions, are both people going to walk away happy from any interaction? No. In fact, it's highly likely that both people, or at least one, is going to walk away unhappy from the interaction. Most of us don't want that if we're honest with ourselves, we just don't want that. What we do instead is, we don't confront them, we just let them run our life, because it's the only time we feel loved, and we're not willing even to confront our definition of love while we do this.

Okay anything else you can think of?

Participant Male:

I think in that we'd be like willing to actually see that we are being unloving, that they're yucky; so really honestly see that.

Jesus:

Yes, we will, we'll desire to know them. When you feel them you will actually start feeling the sleaze of your addictions, and that's the only word I can use really - it's not a sexual sleaze, although your sexual addictions will have a sexual sleaze about them - but it is a general sleaze. Most addictions are like a leech; they're like leeches, sucking the blood and life out of other people, and you're then also feeling sucked the blood out of you with other people. That's how the addictions work.

The reality is we'd want to confront all of that and feel that. We would start feeling it and go, "Oh, that feels really off now." Once you're sensitive to them you start feeling like, "Oh no I don't want to do that ever again. That just felt horrible." And that's how you start to be sensitive to the fact of what they're covering - the fear that they cover, yes.

2.6. Feeling the hurt child

Jesus:

Yesterday we raised this issue of the hurt child, the hurt child's emotions. What would you do with those emotions if you were humble?

Participant Female:

I'd feel them and I'd love feeling them and I'd go back and just be praying for as many memories as I possibly can have, and actually feel those memories.

Jesus:

Okay, so you'd be willing to visit the memories of your life, and particularly your childhood memories; you'd have a strong desire to know what they are and feel them.

Participant Female:

And I'd want to know who she is, like, who I am when I'm little ...

Jesus:

Who the person who was suppressed really would have turned out to be.

Participant Female:

Yes.

Jesus:

Yes, it'd be fantastic, wouldn't it? You'd want to know. What do most of us do instead of that? What do you do?

Participant Female:

What I do is I go, "Nah, you stay out of the way, thanks, I don't even want to know about you." In fact, I don't even do that. I'm just like, nah, she doesn't even exist.

Jesus:

Yes, you keep her in a box.

Participant Female:

Totally.

Jesus:

And you put the lid on her; put a few nails in the coffin; and hope that it stays a coffin. That's not the way to love yourself: that child is hurt; that child needs your support, needs your love, tender care, needs your compassion, needs your honesty, needs so many things from you. Every time you put her or him in a box, and then you nail it flat and then you bury it, you're doing exactly what your parents did with you. That's how you turned out to be the person you are right now: your parents buried the real you by suppressing you, controlling you, resisting any of your development, telling you that you had to be what they wanted you to be, and so forth. By the time that was all finished, the real you got buried somewhere, and now you're going to have to somehow un-Earth her or him, and allow him or her to feel their emotions about that. That's what you would choose to do instead.

Some of those emotions are going to be embarrassing because they're like, three years old. Remember yesterday we said, every emotion you feel when you're relating to a childhood experience, is locked up at the age of the experience. You're going to feel embarrassed feeling three years old when you're thirty-five, or forty or fifty, or sixty, or seventy, particularly if other

people see it. You'll think, "Oh, that little child, where did they come from?" But you need to get over that.

If you were truly humble, you would allow the embarrassment and still feel it. Shall we say we would be feeling the hurt inner child; let's call him just the hurt child, because it's not inner, it's you, it's a large part of the real you. Inside of finding that person, you're also going to find a lot of very nice things about yourself that you never knew, because all of those things got suppressed as well.

Unless you're willing to let that person, he or she, have her way with you, you're not going to be able to even come to know who you are. Your parents chose to suppress that person, control that person, put that person in a box, and bury it, and you need to choose to do the opposite. If you're going to be humble, you would choose to do the opposite to that.

2.7. Desiring to know the harm caused to others

Jesus:

Now, we've covered a lot about what you would do in terms of feeling, but we haven't covered much about what you would do, about some of your feelings where you've harmed others. What would you do with them?

Participant Male:

You'd be prepared to be open and repentant.

Jesus:

Yes, exactly, you would. You'd desire to know what you've done to harm others, and you'd want to feel about that; so you'd desire to know the harm you've caused. That's what you would desire to do.

Participant Female:

And to know how to fix it if you can.

Jesus:

Well, no, see, you might not know how to fix it, but you would certainly have a desire to fix it, wouldn't you?

Participant Female:

That's what I meant - yes, the desire to fix it.

Jesus:

Correct.

Participant Female:

Find out how you can fix it.

Jesus:

You'd want to do something about fixing it, wouldn't you? And you wouldn't be worried about making a mistake doing that. Many of you are so worried about making mistakes: you do something wrong, you're worried about, "Oh, well, I made a mistake then," and then when someone tells you that you made a mistake, you go, "Oh, I don't know if I want to fix it, because I might make another mistake." If you were truly humble you wouldn't worry about that. You'd want to fix it, and if you made a mistake trying to fix it, you'd try again, and try again, and try again, and try again until you fixed it, until you found the one that worked. That's what you would do. You'd desire to overcome these mistakes, and you'd see these mistakes as a growing process, wouldn't you?

Participant Female:

And also I was thinking go to and apologise and tell the person that you harmed. that you have harmed them.

Jesus:

Yes, because a lot of times they're already trying, to convince themselves that you didn't, or they're feeling that you did, but nobody validates their emotion, and so they don't get to feel the sorrow they feel about the harm - so let them know.

Mary:

I suppose the big issue with repentance, is desiring to feel the harm that I have caused the other person, not just know what it is, but having a willingness to feel.

Jesus:

Yes, to feel it. Not only the willingness to feel the harm, but the willingness to feel the reason why you chose to harm, and feel the actual reason inside of you that caused you to think, that choosing this harm was okay. You'd want to do all of that too if you were humble; you'd want to go into those feelings.

That's already quite a lot on the list of, if you were being humble, and what it would look like emotionally.

IF I AM HUMBLE

I LOVE FEELING AND EXPERIENCING EMOTION
 NO RESTRICTION OF EXPRESSION UNLESS LOVE DICTATED OTHERWISE
 BE YOUR AUTHENTIC SELF
 FACADE
 DESIRE TO EXPOSE AND FEEL FEAR
 WITH ADDICTIONS, DESIRE TO KNOW AND FEEL THEM; CONFRONT THEM
 FEELING THE HURT CHILD
 DESIRE TO KNOW THE HARM YOU HAVE CAUSED

2.8. Being observant of the Law of Attraction

Participant Male:

If you were truly humble, you'd have no room for arrogance.

Jesus:

That is correct, you wouldn't: in other words you wouldn't be as resistive to your own denials; you would be observant with your Law of Attraction, in terms of the sense that whatever your soul attracts to you, you'd be observant about what it is that's really going on.

If your wife's unhappy with you, for example, you'd go, "Okay, how much have I actually contributed to my wife being unhappy to me, not just, "Oh she's very unhappy all the time. She's a bit bitchy, I think I'll just spend most of the day away from her," that kind of thing. You wouldn't do that; you would want to look at your own involvement in every issue, whatever those issues were, and so that's what we would do - we'd choose to do that. Because we love - we want to do that, we want to resolve every problem.

When we're truly humble, we want to resolve every problem. We don't try to sweep it under the carpet and make it go away. We want to resolve; we're happy to be engaged in the process of resolving every issue. In fact, we see that as the only solution to every issue; we don't see denial as a solution; we don't see suppression as a solution; we don't see resistance as a solution; we don't see shoving it under the carpet and making it go away, as a solution. We don't see any of those things even as solutions anymore. We engage the process of resolution when we're humble.

Well, I feel we've covered a lot there, so you get a bit of a picture of what being humble looks like from an emotional perspective. Mary and I did a lot of interviews about humility, a series of five of them in 2012, and it mentions many of those things, of what it looks like from an emotional perspective.

3. What being truthful looks like from an emotional perspective

Jesus:

Let's look at the next layer. Remember humility opens you up to truth; it lets you absorb new truth; so, if I am truthful, what would that look like emotionally?

3.1. Loving truth

Participant Female:

You're going to be truthful in every situation: you're going to like love receiving truth, you're going to love giving truth, you just won't even think outside of truth, really, and if you don't know what the truth is, and you realise that you're in error, you'll find that out, too.

Jesus:

Yes, so could we say you would love truth.

Participant Female:

Yes.

Jesus:

How many of you love truth really, honestly? Like, how many of you are more afraid of truth? Most people.

Participant Female:

Depends what it is.

Jesus:

Most people are more afraid of truth than loving truth. When you're afraid of something you can't love it - so it's either one or the other.

3.2. Having a passionate desire to release fear

Jesus:

What's the opposite to truth? What's the thing that opposes truth? Fear - okay, now how can truth enter you emotionally? Remember I just mentioned before about the human soul functioning, with the aspect of preclusion. So, how does truth enter you emotionally?

Participant Female:

By releasing the fear or the error on that subject.

Jesus:

Right, so there's a false belief inside of your soul, that's emotional on that same subject, and for the moment truth can't enter you on that same subject, because that false belief exists. So what are you going to have to do, if you were truly humble, if you're truly feeling with regard to truth, what would you be willing to do?

Participant Female:

To release the error.

Jesus:

Release the fear - so you'd be willing to release the fear. Now, to release the fear, what do you do? You first have to acknowledge it exists, surely, don't you? You have to become aware of its existence; you have to know that it exists. You have to then allow yourself to start to see how it exists, and then eventually you'll get to the point, where you let yourself feel it.

When you feel it, and you truly feel it, it'll go; and when it goes, now you're open to the truth entering you. Until that point the truth can't enter you; you can think yourself that it has, and it hasn't. Guaranteed that you'll put yourself in a situation where that truth is confronted, you will revert back to the error, because you will revert back to whatever is inside of the soul, every

single time. Unless the truth is inside of your soul, you can't revert back to it; you're only going to revert back to the error - and you know that.

A person who's understanding their emotional self would have to have a desire - and I would replace the word "willing" to release fear to having a "passionate desire", which is a bit different than willing to release the fear, isn't it. You see, a person who's desiring truth knows that the enemy of truth, if you like, is the fear; the fear prevents the truth from entering; the fear is going to be the thing that needs to be released.

I'm going to need to know what it is, how it got there, and I need to feel it. I would be willing to go through that process; not only willing, I would be passionately desiring to go through that process, because I love truth; not for any other reason. Even if I don't believe my life's going to get better doing it, I would do it for the sake of loving truth; even if I have no faith in God, I would do it because I love truth; even if I had no faith that my life would get better or improve by doing it, I would still do it because I love truth.

That's what a person who loves truth does; they're motivated by the love of truth - and they don't let their fear dictate their life - they let truth dictate their life. Truth determines everything in their life, even though they have fear. They still have fear, there's still fear inside of them, but they don't live by their fear; they don't let their fear dictate to them what they should do with their life, the truth dictates every time.

That's a really nice place to be; it's also a very uncomplicated place to be, to be honest. Many of you do not realise how much complication, you create in your life, when you live your life surrounded by fear. When you're in a truthful place, it just un-complicates all of your life.

Every single interaction, you don't even have to remember what you said last time, because last time you were truthful; and this time you will be too. You don't have to remember what you said to that person, or this person, or that person, or this person. A lot of the things that happen to you pass through you; you don't store all of the past baggage, of every interaction you had, with individuals because you don't have to worry about, all of that because you were truthful, and all you're going to do this time is be truthful too. You will love the fact that people are truthful with you; you'll be drawn to people who are truthful with you, you'll enjoy their company; and people who are not truthful with you, or want to maintain the facade, which is not truthful, you'll be feeling like, "Well, I don't really feel that attracted to those people anymore." You won't even be feeling attracted anymore to creating a facade in your own life, because to do such a thing is untruthful. You wouldn't feel attracted to any of that anymore either.

3.3. *Desiring truth*

Jesus:

Anything else you can think of?

Participant Female:

I might have already said it, and it might come under the love of truth, but having a real desire for truth. Is that different?

Jesus:

I agree the desire for truth is incredibly important, you would desire it; you wouldn't be resisting it. You would desire it, and of course, if you loved the truth, you would probably desire it, wouldn't you?

IF I AM TRUTHFUL

LOVE TRUTH

~~WILLING TO RELEASE THE FEAR~~

PASSIONATE DESIRE TO RELEASE FEAR

DESIRE TRUTH

3.4. *Desiring to know our inner self*

Jesus:

If we look at how fine this might be in terms of our inner self: we're talking about what's inside of you here, because all of your emotions are yours - they don't belong to anybody else - they're yours. Or, to be more accurate, some of those emotions pass through the other half of yourself, so they're your soul's emotions, of which you are one half, but they are your emotions. No other person other than your soulmate will ever have these emotions pass through them unless they allow it to happen from an external perspective. I want to focus more on your inner world; what goes on in your inner world? What are the kinds of things that happen in your inner world? If we look at what happens.

Participant Male:

Well I guess you wouldn't want to be pursuing denial anymore ...

Jesus:

Okay, well how would you define your inner world, like in terms of what are the things that are involved in your inner world? Maybe that's a bit of a loose question. To give you an example, your thoughts are a part of your inner world. What other things are a part of your inner world? So your thoughts are, what else are a part of your inner world?

Participant Male:

Intentions.

Jesus:

Your intentions, yes. What are intentions? If you had to define an intention, what really is it? Isn't it a thing that you emotionally want to do that's in your future? That's an intention, isn't it? So, intentions, yes. What else do you have?

Participant Female:

Well, your feelings.

Jesus:

You have feelings or emotions, obviously, and you have your emotions, which are really part of your feelings; but feelings would also include things like your sensory feelings - the pain that you have in your physical body, even -that's a part of your sensory feelings. That's a part of what's going on in your inner world: nobody else really knows half of your pains, physically even, until you start to tell them about them; other than that, they're inside your inner world, are they not? So these are part and parcel of what's inside of you.

Participant Female:

Would you also say it's what is in your soul?

Jesus:

Well, all of these come from the soul, that is very true; so everything in here, everything including the thoughts, by the way, all are triggered by and come from your soul - these are all soul-based things. Of course, this is all about growing your soul; so, of course, we need to allow all of these things.

Participant Female:

If you're truthful, you'd be living in your desires and passions, and then be open to what the feedback is.

Jesus:

Good, so we would have desires, we would have passions, and we would be honest about them and desire to live in them, and desire to know whether they are in harmony or out of harmony with love, wouldn't we? What else goes on inside of us?

Participant Female:

I don't know if this comes under thoughts, but it's like when you think you don't like something, you feel you don't like something, but deep, deep down you know that you do - like a secret.

Jesus:

Yes okay, I'd classify them as thoughts, but shall we call them secrets. We'd want to know all of them as well, wouldn't we?

Participant Male:

What about suppression of stuff?

Jesus:

Well when we suppress we're trying to suppress all of those things we've listed above - thoughts, feelings, desires, intentions, emotions and so forth. What I'm suggesting is if we're living in harmony with truth, and we were allowing our emotional self, and knowing it, we wouldn't do this anymore; we wouldn't actively try to control these things anymore.

Participant Female:

Memories.

Jesus:

Okay, so memories: we'd want to know our memories. Why do a lot of people get Alzheimer's when they're old? Why do they have dementia when they're old? They don't want to remember certain things; that's going to damage you, not wanting to remember certain things. You want to be able to remember everything; it doesn't matter how much you judge it as good or bad, or painful, not painful. If you were humble you would feel the pain anyway; if you're humble you'd feel the pain, so you'd want the memory, and you'd want to be truthful about the memory. Was that the actual thing that happened or not? You'd be truthful about that as well.

Participant Male:

Your actions.

Jesus:

Okay, so you'd be analysing or looking at your actions, and finding out what the underlying reason for them was.

Participant Male:

Yes, and how you treated other people.

IF I AM TRUTHFUL

LOVE TRUTH

~~WILLING TO RELEASE~~ THE FEAR

PASSIONATE DESIRE

DESIRE TRUTH

SOUL

↓

THOUGHTS	INTENTION
FEELINGS	EMOTIONS
DESIRES	PASSIONS
SECRETS	MEMORIES
	ACTIONS

Jesus:

What's the truth about how you treated somebody, what's the truth about how they treated you? You wouldn't be denying the truth, about the treatment of other people or their treatment of you.

Participant Male:

I think, like God, you'd be very focused on causes ...

Jesus:

You'd want to find the truth of the causes of these things inside of you, wouldn't you? We could list many more things, but if you're starting to see the picture, these are all qualities of your soul that you can choose to develop, and to develop them, you're going to firstly need to be truthful about what they are, to be truthful about what is inside of you before you begin.

If we're honest with ourselves, a lot of our thoughts are negative; a lot of our thoughts are completely out of harmony with love. A lot of our thoughts drive ourselves and others insane if we express them, and many of us like expressing negative thoughts, because we get certain addictions met. We get to avoid certain pains within us by having other people agree with us. We wouldn't do that anymore if we were really truthful. We'd go, hang on a second, what am I doing here?

If I'm having an interaction with Matt, I'm talking about my pain, and I'm going, "What am I doing to Matt, here? Why am I talking about my pain with Matt, rather than feeling my pain?" And therefore Matt doesn't have to put up with my pain being expressed to him. Why would I not choose to feel my own pain rather than expressing it all to Matt, unless Matt has asked for his own sake? Why would I do it? Well, I wouldn't; if I really loved Matt and I was honest about what I was doing to him, I wouldn't do it. This is the thing that we need to become very honest and truthful, from an emotional perspective about what's really going on. We would want to know what's really going on about those things, wouldn't we?

3.4.1. *Desiring to know others' inner selves***Mary:**

We'd also want to know that about everyone else, wouldn't we? We'd want to know the truth about those things within us primarily.

Jesus:

Correct.

Mary:

But then we would also seek and love to know the truth about that inside of everyone else.

Jesus:

Other people - exactly, because without that we know we're not getting the real person. Without the person being able to be this in front of us, and with us, we're not getting the real person. Can you see that? We would choose to not only do this with ourselves, but we would also choose to do it with

everyone else around us, and encourage everyone around us to do it with us. That's what we would do.

Then when somebody is truthful with us, and we didn't like it, we felt bad about it, we wouldn't shut them down, because that would be shutting down their soul. We wouldn't do that either; we'd just listen - we'd feel our own feelings and our own pain about that. That's what we would do.

Okay, well, that's quite a lot to put on our list, of what we would be doing if we were emotionally truthful, if we're emotional with regard to truth. It's quite a lot, isn't it?

3.5. *Asking God for truth*

Participant Male:

Would we be asking God a lot about these things, like, how God sees them as well?

Jesus:

Of course, because I suppose you could say there are two aspects to everything I'm talking about now: one is if you do this by yourself, and the other one is if you do it with God. If you do it with God it's going to be a lot easier, but if you do it with God, you'd want to know God's opinion about these things, wouldn't you? So I would be really honest about what is God's opinion.

When you're in a rage with your partner, what's God's opinion about that? Do you think God's goes, "Yes, beauty, get on there. This is fantastic." Or do you think God's going, "Oh, man, I think you just need to calm down a bit there, and need to work through the reason why you're so angry." Which one do you think God would be? If you don't even know God yet, which one do you think God would be? Number two.

So you would go, "Okay, I'm in rage and anger with my partner, it's pretty obvious to me that probably that's not God's Truth about this situation." That would cause you to pause, would it not, in your actions? And even in your thoughts? And then start directing your thoughts towards, "Okay, why am I so angry? What addiction inside of me didn't she meet that I wanted met in this interaction?" That's what you'd be more focused on then, wouldn't you?

Most of us are not honest with ourselves about God's opinions: we believe we don't know God's opinions; but the reality is God's opinions are pretty logical most of the time. Do you think God wants you to have a sleazy, addiction-based relationship with everyone around you? Do you think God's going to have one of those kind of relationships with you? Okay, that's pretty straight, isn't it?

Whenever you are trying to have, a sleazy addiction-based relationship with another person, and you're unhappy that you didn't get your addiction met, are you in or out of harmony with God's Truth on the matter? You're obviously out of harmony with God's Truth - be honest about it. "Okay, no matter how angry I am about this feeling, the reality is I am out of harmony with God's Truth on the matter." At least tell yourself that, because if you don't tell yourself that, you're never going to actually want to find out, what the emotional reason why is inside of yourself, are you?

I feel involving God in the process is very, very simple actually when it comes to truth or humility and all these things, because you can feel quite easily what God would want, even if you don't know God. If you just assume God is good, all you have to do is make two assumptions about God - that God is good and God is all powerful.

You make those two assumptions about God and then you ask yourself, "Would God want me to do this?" You come up with the answer pretty rapidly, and then you can check yourself against that. You can go, "Well, I want to do it, but I'm pretty sure God probably wouldn't want me to do it, so, why do I want to do it?" I'd be more focused on finding out why I want to do it. What are my thoughts, my feelings about doing it, what do I get out of it, what addictions does it drive? All those things - I'd be wanting to find out the truth about.

I would probably do all of this automatically, actually, once I really had a desire, wouldn't I? It would just be an automatic process, with almost every situation that happened. "I'm angry, I'm out of harmony with God's Truth, therefore I'm out of line, I'm out of line with God's Love - obvious - what do I need to do to find out the truth? What am I going to do? What's the problem here?"

These kinds of things are what you would do, if you really understood your emotional self, and you really wanted to grow emotionally. You would automatically, be focusing on those things with regard to truth.

Again we haven't done an exhaustive list, but we've had many, many, many discussions about truth. If you go back over those discussions - and we've had many discussions about Divine Truth, the qualities of God's Truth, and all of those kinds of things; we've had a lot of discussion about truth generally, facing personal truth, and all these kinds of discussions - I'm sure you would find out what you would do, if you were emotional about it by having a look at all those discussions again.

4. What being loving looks like from an emotional perspective

Jesus:

Okay, let's look at the next one: so the next one is if I loved, what would I do? If I were focusing on my emotional side of myself, what would I do? And I'm going to ask this question about what would I do about love in four main areas. If I loved God, what would I do? If I wanted God's Love, what would I do? If I loved other people, what would I do? And if I wanted other people's love, what would I do? Those four things.

4.1. What loving God looks like from an emotional perspective

Jesus:

Okay, so let's first ask the first one: if I loved God, what would I do, if I were focused on developing emotionally?

4.1.1. Discovering God's nature

Participant Female:

I would respect His Laws.

Jesus:

How can you respect laws you don't even know?

Participant Female:

Oh, well I'd have a desire to know how God's loving Laws are in operation.

Jesus:

So how do you know?

Participant Female:

Well, first if I desire them, I'd want to be in harmony with the way God feels about me, and others, and the environment ...

Jesus:

But how do you know?

Participant Female:

I'd have to emotionally ...

Jesus:

You'd have to ...

Participant Female:

Well, I'd have to experiment with the laws in order to ...

Jesus:

Okay, you'd have to experiment with them, and discover information about them, wouldn't you?

Participant Female:

So it can be a personal experience, and not something I've read.

Jesus:

Yes okay, so, if you loved God, if you decided you wanted to love God, one of the first things that you'd be trying to do is to discover God, discover God's nature, God's personality, God's character, all of these things about God. How do you do that? You do that by studying the concept of God from an emotional perspective.

Many of us have never done that. I know Paul's done it; I can feel Paul's done that. Very few people in this auditorium at the moment have done it. I know Paul has because I can feel his love for God. I can feel his desire to know God is very strong in him, but most of us sort of leave God on the back burner, if you think about it. We do, don't we? If we're honest with ourselves. We don't think about loving God, we think about God loving us - but that's a bit selfish, isn't it? Like, how do you develop a relationship where it's all one-sided, where they have to love you but you don't have to do anything? Does that kind of relationship really work?

If you imagine you married, and the things you said during your marriage were, "I would like you to love me, but I don't have to love you." Would that come across pretty romantic in the process of your wedding ceremony? "I don't have to love you, but you've got to love me and that's all I'm interested in." What's that called? There's a word for that.

Participant Female:

Narcissism.

Jesus:

Narcissism, selfishness - so if we really wanted to have a relationship with God, wouldn't we want to discover God? Okay so, if I loved God, one of the first things I'd want to do is discover God's nature, isn't it? You can't love someone you don't know.

4.1.2. *Experimenting with a relationship with God***Jesus:**

As Laura pointed out, the way you discover God's nature is by experimenting, with your relationship with God; that's how you do that. If you think about how you do it with a person, how do you do it? You experiment with a relationship with them, don't you? When you first see a person, you go, "I would really like to get to know that person." What do you do? You take action, and spend time with that person; you try to get to know

that person; you try to listen to that person about how they have lived their life, their history, and all these other things. This is the thing you try to do, isn't it?

So why don't you do that with God? Why don't you try, at least; attempt to do that with God? Now a lot of people then say, "Well, but, God's not the same as a relationship with a person." And I say, "No, God's an easier relationship than a relationship with a person." God is totally willing and desirous of sharing all that information with you about Herself, and the only thing stopping you from absorbing that information about Her is you - your unwillingness to know Her, your unwillingness to discover. She's totally open to letting you know everything - everything possible about Her nature, Her character, Her Laws, Her abilities, Her power. All these things that we often talk about, but we don't know much about, because we haven't done anything about trying to discover God's nature for ourselves personally.

If I were understanding my emotional self, and I loved God, I would be desiring this with my feelings. I'd be going, "Wow, this is something that I need to focus a bit of my time on. Like, Jesus is saying to me that the most important relationship that I'm ever going to develop, is my relationship with God, and yet how many times do I ask about my physical relationships, and nothing about my relationship with God?" If we're honest with ourselves, almost every single question that we ask is generally not about God - but that's the primary relationship.

Once we have that as the primary relationship, every single question will probably firstly be about God, and then about our relationships with people, and partner, and our children, and all those other things. Can you see how even our day-to-day life is illustrating that we don't really yet have a strong desire to love God, to actually know God, to feel God? Because most of the time, the questions we're asking ourselves are not about God at all; they're about everything else other than God.

We, of course, have the Frequently Asked Questions channel now. We get lots and lots of emails with questions about all sorts of things. Emotions - we've got something like two hundred or so questions. We've actually fielded out a lot of doubling up and all those kinds of things and in the end we've got a couple hundred more questions that we want to answer about emotions.

I went through recently all of the lists of things that people have asked about, and do you know there are only thirteen questions about God. This is from a group of people who say that they want to place God as their first relationship, and there are only thirteen questions about God. We have over two and a half thousand questions and thirteen of them about God. Do you know what that says to me? We don't really want to know about God, we want God to know about us, and trust me, God already does. That's the sad

thing, God already knows about you; it's you who don't know about God yet - that's the problem. That's the reason why we're closed to this and closed to that, and closed to the reception of love; a lot of times it's because we don't really truly have a desire to know the person who is actually giving us the love.

4.1.3. *Receiving God's feelings*

Mary:

I thought I could add to your list of what I would do if I loved God.

Jesus:

Sure.

Mary:

I would be willing to open my heart to God, to expose who I am to God, without trying to censor that and overcome any fear I have of doing that, because I wanted to give my feelings to God.

Jesus:

Let's be more specific about it, it's really opening my heart; it's opening my heart in two ways: one way is to give my feelings and what's the other way?

Mary:

To receive God's feelings.

Jesus:

To receive God's feelings.

IF I LOVED

GOD; DISCOVER GOD'S NATURE
EXPERIMENT
GIVE MY FEELING
RECEIVE GOD'S FEELINGS

Mary:

And I do that when I love, when I love I open my heart to give and receive simultaneously - that's an expression of love.

Jesus:

Exactly.

Mary:

It's not, "Oh I want to give love or receive love as two separate things." When love is in my heart, it opens my heart towards that person, or towards God, and then I want to give and receive simultaneously.

Jesus:

Correct, now God is not injured in love - you've heard me say this many, many times - God's not injured in love. The average person on the planet is injured in love, so what is more complicated: trying to resolve your relationship with people on Earth, or trying to resolve your relationship with God? Of course it's the people on Earth that are more complicated, isn't it? Because we've got our own injuries, and their injuries to work our way through; with God we've only got our own injuries, to work our way through; and so it's less complicated to have a relationship with God, than it is to have a relationship with any other being. So it makes sense to start with your relationship with God, not for it to be the one that you ask about at the end, or last, but rather to be the one you focus on first.

4.1.4. *Reasons for resistance towards knowing God***Participant Male:**

This will probably be an open-ended question, but why is it that we all, on Earth, just want to live in denial almost of God's existence?

Jesus:

Well, because we've got so many emotions about it: we've got so many emotions locked up about God's existence, so many fears, so many denials. So much untruth is perpetrated, both in the name of God erroneously, but also so much untruth in terms of what is God's nature, what is God's character, all of those things - we hardly know anything.

Most people don't want to know God, because they feel that's it's impossible to know God, and when you feel something's impossible, you don't bother trying - you just don't. The majority of people on this planet have no faith that God exists, and no faith that even if God does exist, that they personally can ever know God, and so they don't bother trying.

If you think about the last six years or so for many of you, that you've been associated with Divine Truth, and you reflect back that you very rarely asked questions about God, and God's nature - like I've received hardly any questions from you about God or God's nature - and then you think about why that's the case. What would you feel is the case? What do you feel is the reason why that's the case?

Participant Female:

I think it ties into what we spoke about yesterday with not forgiving our parents, or still feeling we need to repent for our parents; so, it's linked with the feelings that we have with our parents. We put that on God and still view that relationship as the same.

Jesus:

Yes, so shall we say, in summary of that, we're imposing our relationship with our parents upon God? We're basically believing God is the same as our parents - so that is a problem, isn't it?

Participant Female:

And if we have fear of our parents and feel unsafe - which we all did feel unsafe - then we feel unsafe to open our heart to God for the same fears.

Jesus:

Good, so that's one of the main problems. How honest are we about our relationship with our parents generally? Most people are not very honest at all, and if you can't be honest about your relationship with your parents, how are you ever going to break down, the blockage between you and God, if one of the major blockages is your relationship with your parents? It's not going to be possible; so that is a problem.

Can you see, that understanding your emotional self requires that you start to feel about, "Okay, I haven't really been very emotional with God; I haven't really wanted this relationship with God; I haven't really desired it; I haven't really longed for it; so how can I really expect to enter and know everything God knows? I can't; none of that's possible, unless I really desire this relationship with God."

And yet, when it comes to my relationship with my partner, how much words, energy, time, emotion, gets expended there, trying to get to know them in comparison? Huge amounts, huge amounts, and how many questions have I asked about all sorts of things - my own emotional condition, my own emotional state, my own truths about external truths about the universe - long lists of them. I've had many conversations with many of you, where I've answered fifty questions in a row about those kinds of things, and yet, not one question about God. And to me that tells us something, that tells me something, anyway: it tells me that most of us are still pretty blocked towards God.

If you're fairly blocked towards God, how are you going to be open to receiving God's Love? It's going to be hard, and this is why many of us are finding it hard, because we're not open to that relationship, for whatever reasons. It would be wise, you would think, wouldn't it, it would be wise to focus on, why you're not open to that relationship as one of first things you address; that would be where wisdom would dictate you would spend your time. Focus first on the reason why you haven't got a relationship with God; that will help you sort out a lot of other problems in the process.

4.2. *What allowing God to love us looks like from an emotional perspective*

Jesus:

If you love God, how would it be now, on the other side of this, if you allowed God to love you? What would that look like emotionally?

4.2.1. *Receiving God's feelings about us*

Participant Male:

You would allow the intensity of God's emotions to overwhelm you.

Jesus:

You would, you would start letting God's emotions into you, wouldn't you? You would start letting God tell you what God feels about you.

IF I LOVED

GOD; DISCOVER GOD'S NATURE
EXPERIMENT
GIVE MY FEELING
RECEIVE GOD'S FEELINGS

IF I ALLOWED GOD TO LOVE ME
RECEIVE GOD'S FEELINGS ABOUT ME

Many of you are not doing that; you know what you do instead is you say, "It's impossible for God to feel that about me." You've already got a heap of judgements about God, and you're telling yourself constantly, that you're not going to be able to feel what God feels about you - yes, you are.

The only thing limiting you, from feeling what God feels about you, is your inability to be humble: in other words, your inability to just feel some things emotionally; that's the only thing limiting it. God wants to share Her emotions with you, and in particular God wants to share, what God feels about you with you; but we're so focused on going, "No, what my parents think about me is right, what my facade says about me is right, what my injured self is, is right." We don't find out anything in those places about ourselves really, because God is not allowed to share with us in those places while we're shutting down our emotion. For God to tell us the truth, we're going to have to be open to what the truth is about us.

Participant Male:

Correct me if I'm wrong, but it's a sweet feeling, isn't it?

Jesus:

Of course it's a sweet feeling, but it's also very emotional, and this is where many of us have a problem with understanding our emotional self. We're trying to shut down our emotions, while at the same time feel how God feels about us, but everything that God feels about you is emotional, everything.

While you're trying to shut down the emotion, while at the same time feel God, it's not going to work; of course it's not going to work; that's why most of us don't feel it; that's why most of us don't feel what God feels about us.

Do you know what we do instead then, when we're not feeling what God feels about us? Because we're not feeling what God feels about us, and we want to feel good, we start looking to our addictions to feel good. If you could feel how God feels about you, most of the time, do you think you'd be searching for addictions with other people to make yourself feel good? Of course you wouldn't, so even our desire to have our addictions met, is driven by the fact that we're denying the relationship with God, and wanting our addictions met, because they are the only things that make us feel good.

But the person who can really make us feel good, is God telling us the truth about ourselves, but you know what most of us feel about God telling us the truth about ourselves? What do you feel about God telling you the truth about yourselves? Most of you feel that anything God feels about me is always going to be bad; God's going to see "warts and all" with me, and it's only going to be warts in the end, is the way we generally feel.

We believe that God sees us the way we see ourselves, or the way our parents saw us, or the way our environment saw us, and none of those things are true, but that's what we believe. We are not open to allowing God to give us the feeling about ourselves, that we're desperately in need of feeling, and so what we do is we develop a whole heap of addictions, and get them all met somewhere else.

Instead, it would make more logical sense, wouldn't it, to start allowing ourselves to feel, or attempt to feel, what God feels about us.

4.2.2. Reasons for resistance towards feelings God's feelings for us

Jesus:

I've been experimenting with this a lot in the last year or so, and it's really hard sometimes. It is really hard, because inside of yourself, you have so many beliefs that are false about yourself, that every time you try to open up to one of God's feelings - God's feelings about you - you'll find that there's a whole heap of layers of feelings that you've got to wade your way through first, before you'll let yourself feel what God feels.

It's a great way to progress, because you can feel this first, and feel that, and feel this belief that you have, and that belief that you have, all start coming up; and you realise, "Wow, I'm really closed to letting God tell me what God feels about me." And God tells you through the emotional experience.

In other words, I'm really closed to letting God feel for me, what God feels for me, and me receiving that feeling; I'm closed to receiving the feeling. If I allowed God to love me, I would receive God's feelings about me.

As you can see, the majority of us are not doing that - and I put myself there in a fair portion of the time - the reality is we are so blocked, to receiving God's feelings about us, that we block that flow that's possible, most of the time. When you've got very low feelings of worth, very low feelings of who you are - you've been shamed, and guilted most of your life - of course you're going to have low feelings about yourself. It's only your resistance to feeling that pain, that stops you from feeling how God feels about you.

Mary:

I don't know if it's like that for other people, but I find I don't have the belief, that God feels the same way about me as other people. But because I don't want to feel the contrast between how I feel about myself, or how others have treated me, and the way God feels about me, so my resistance to the love, is about my resistance to the grief that would be triggered.

Jesus:

Well, it's still a resistance to pain, isn't it?

Mary:

Yes, so it's not always our belief that God isn't exactly like our parents, sometimes it's the feeling, that we just really don't want to feel the truth about our parents.

Jesus:

True, a lot of times the contrast between God's feelings, and your environment's feelings about you, are so great that it would automatically trigger your grief, that you don't wish to feel, the pain you don't wish to feel. Instead of allowing yourself to feel God's feelings about you, what do you do? You shut down God's feelings about you, and in the process of shutting down God's feelings about you, you are able to manage the pain of how other people felt about you.

Of course, that doesn't work very well, because in the end you don't get to receive any of God's Love then, and remember that God's Love is the transformative substance, that operates upon your soul. While you're doing this, very little soul-based transformation can actually occur, from God's perspective, and then all of the soul-based transformation has to be on your own effort.

In other words, you're on the Natural Love Path, progressing, trying to make soul-based transformation on the Natural Love Path when you're doing that. Every time you refuse the reception of God's Love, you are automatically on the Natural Love Path; that's the reality, and most of us are on the Natural Love Path most of the time. There are occasions in our life where we engage

this process with God, and therefore we're on the Path, or the Way, if you like, the Way to having this relationship with God.

4.2.3. *Receiving God's Truth about us*

Jesus:

I would also allow myself to receive God's Truth about me, wouldn't I? Can you see that? I would allow God's Truth to enter me. When I've done something that's out of harmony with love, the more sensitive I became to God and receiving God's Love, the more I'd know it's out of harmony with love; I'd automatically start knowing things that are out of harmony with love, more than I did before. I would know when they're not right, I would know.

I wouldn't have to ask questions anymore of other people: I wouldn't have to go up to Jesus and say, "Is this right or is this not?" Because you would know because God's already told you, because you're open to receiving it from God. To be open to receiving it from God, requires you to be the most humble, because all of God's transmission of truth comes through your emotional condition.

When you come up to somebody else and ask them the question, you don't have to be very humble, because they can just tell you, and you don't have to be open to the emotion coming from them and you don't have to be open to it emotionally - you're just hearing the words. When you've got a developing relationship with God, God is teaching you how to be humble, to be sensitive to God's emotions, and all of God's emotions are the most powerful, but also the most clear.

This is the reason why we don't understand truth a lot: we don't understand truth because we're not allowing emotional sensitivity to God's emotions; we're not allowing ourselves to be humble in our relationship with God - that's why we don't know what the truth is. If we were allowing ourselves to be humble in our relationship with God, God would tell us the truth every single moment; then we'd know what God's Truth is, and of course then we wouldn't have to ask anybody what it is.

That doesn't mean that there might not be people, who come along into your life that will help you, it just means that your primary focus is your relationship with God, not your relationship with other people. If you truly loved God and wanted love from God, these are just some of the things you'd be doing.

We can create a very long list here of all the things you could be doing, from an emotional perspective, that would help you open more to God, but you can see that it's a large part of understanding your emotional self.

If you can feel the truth from God about you, then you'll find out about you far faster, than you'll find out about you from any other source, including yourself - any other source, including yourself - because God knows everything about you. God created your soul, God created its potentials, God created the other half of your soul, God created everything the Universe in which the soul plays: God created all of the potential things that you could experience.

God knows where you can go, God knows your future, God knows your past, God knows everything about you. Most of you have hardly any knowledge about your childhood, and the reason why, is because most of you are in complete denial to the emotions about your childhood; but also because we're completely blocked to somebody, God, telling us about what our childhood was really like. If we let God tell us what our childhood was really like, we'll go through a lot of emotions, but also we'll get to trust God a lot more.

We'll go, "Wow, that was true, that was true; yes, I remember that now." And you start to trust the person of God, rather than just thinking that God's some far off Being, who has no personal interest in your life. God created the whole Universe, where God knows everything about every one of God's creations, every single one. What you ignore happening in the Universe - and when I say ignore, most of you tread on one hundred, two hundred, five hundred ants a day, you ignore it - God knows every time that happened. God knows the transference of any energy that has occurred at any level, at any time, and in any miniscule degree.

These are a part of the things God knows, so God knows everything about you, so what's the most rapid way for you to find out about you? Be open for God to tell you about you, that's the fastest way, it's far better than asking Jesus about you. Jesus asks God about himself, so why wouldn't you do the same?

4.2.4. Receiving truth about everything from God through feelings

Participant Male:

In receiving feelings from God about us, do we receive just the pure - how he made us feeling - or the injured.

Jesus:

No everything - injured and everything: God will show you everything. If you're open, God will show you everything about you, including all of your injuries, where they came from, what triggered them, what caused them, what inside of your parents made them occur, everything.

Participant Male:

As a feeling?

Jesus:

As feelings, always as feelings, because none of God's communication with you is intellectual, it's soul-to-soul communication; it's direct soul to direct soul communication. This is why it's so important for you to understand your emotional self. Without understanding your emotional self, you'll never be able to receive God's feelings; you need to be open to that.

4.2.5. *God's Love sensitises us***Mary:**

Receiving God's Love also sensitises you to love, and so then you become even more sensitive, to the areas where you're out of harmony with love. So God gives you the truth about your condition, but also, having received the love, you suddenly become more sensitive, to everything else with regards to love in your life.

Jesus:

Yes, we've lived a life of desensitisation, and when you start allowing yourself to be open to God's Love for you, you start re-sensitising your soul, and after awhile you become so sensitive. God's soul is very, very sensitive; like I said, God feels every single thing - every single thing that happens in God's Universe, God feels - that's how sensitive God's soul is.

The most sensitive Being in the Universe - and "in the Universe" is not the right statement probably - the most sensitive Universal Being is God, because God exists outside of the Universe, because God's created it, but God is sensitive to everything that's happening in it.

Eventually you'll become just as sensitive; you'll become just as sensitive. You'll not only just be sensitive to your own feelings, you'll be sensitive to your partner's feelings, your friends' feelings, your children's feelings, the animals around you feelings, the creatures around you feelings, the nature around you and how that feels when we do things to it.

You'll be sensitive to the feelings of spirits; the feelings of whatever dark spirits, or bright spirits, it doesn't matter, you'll be sensitive to all their feelings, and you won't feel overwhelmed by it, because your soul has expanded enough, to process all of that emotion and feeling without you becoming overwhelmed.

Isn't God's Love an amazing thing? It allows the soul to do that.

4.3. What loving others looks like from an emotional perspective

Jesus:

Okay, well the next thing I'd like to do in this session is to focus on the other half of the issue, and that is if I loved others, what would that look like emotionally? Any ideas what that might look like emotionally, if you loved others?

4.3.1. Desiring to feel for them

Participant Male:

You would be more open to how they feel, and how they feel about you.

Jesus:

Yes, so you'd desire, in fact, their feelings for you. Sorry, excuse me, in here we're talking about love of others, so we're talking about desire to feel for them; we'd do that.

4.3.2. Honouring and respecting their true feelings

Participant Male:

We'd respect how they feel, their love.

Jesus:

Okay, yes you would honour their feelings, but that wouldn't be their facade feelings that you're honouring or feeling, would it? It would be their true feelings; that's what you would honour. For example, if you tell me that you're really, really happy today, and I know you're really, really sad today, I would honour that you're really, really sad today, not what you've told me.

4.3.3. Sharing ourselves with others

Participant Female:

I'm not sure about this one, but I think it's if I loved others, I'd be willing to share myself with them.

Jesus:

You would, yes, you would share yourself with them. Does that mean that you would share yourself in your addiction? In other words, you share yourself because it gives you a whole heap of things back? No, you wouldn't do that, would you?

Participant Female:

Your true self and your true feelings.

Jesus:

Your true self with them: so you wouldn't cover over yourself, put on a facade with them; you wouldn't try to make them feel something they don't feel, or that you don't feel. You would not do any of those things, would you, if you really loved them - emotionally you couldn't do it.

You would just go, "No, I can't do that; I've just got to be my real self with them, and I've got to honour who they really are." If they're a murderer who wants to rape and pillage everything in the world, you'd honour that, in the sense that you'd acknowledge, that's the kind of person they are at the moment; you wouldn't try to falsify to yourself what they're really like.

I see a lot of you doing that particularly with your families: you try to make out that your family's good, when actually there are a lot of dark emotions going on in the family. If you really loved them you wouldn't put up with the facade; you'd go, "No, there are a lot of dark emotions going on here in this family," that's what you would do; that's what you do when you love people - you don't feed their addictions anymore.

4.3.4. *Desiring to know them*

Participant Male:

I'd desire to know them, to not just feel them, but to really know who they are.

Jesus:

Very, very important - how do you know someone?

Participant Male:

Know their soul; you ask about them, get to know them maybe ...

Jesus:

Yes, like if I asked you about you, I'd get a whole heap of things that are completely false.

Participant Male:

Probably.

Jesus:

What's a more sure way of knowing you?

Participant Female:

Feel them ...

Jesus:

You need to be open to feeling them.

IF I LOVED OTHERS

DESIRE TO FEEL FOR THEM
HONOUR AND RESPECT THEIR FEELING (TRUE FEELING)
SHARE YOURSELF (TRUE SELF)
DESIRE TO KNOW THEM

On one hand you're feeling for them, in other words you're feeling compassion, kindness, feelings of emotions that are in you for them, and then on the other hand, if you really desire to love other people, you would want to know them by feeling, what they feel really inside of them, and be open to feeling what they really feel. Not what they say they're feeling, but what's really going on, what's really there.

The only way you're going to do that, is for you to understand your own emotional self, so you can tell the difference between your feelings and their feelings, and you can actually feel their feelings, no matter what they are. Even if they're feelings you've never felt, you'd be able to feel what they're feeling, because you'd be open to it as long as you are open to your own feelings. This would require you, also, being open to your own feelings, of course.

Participant Female:

I just feel that you and Mary are the perfect example of that.

Jesus:

I'm not the perfect example of that actually; the perfect example of all of these things is God, with you.

Participant Female:

Well, you demonstrate to us in very ...

Jesus:

Well I demonstrate a little, tiny bit of what is our potential, but the reality is God is doing this with each individual - God already does it - this is the beauty of developing your relationship with God first, because God is the Being who is already doing this perfectly with you.

When you desire to know a person, you desire to know what they are really, not what they present as their facade; not what they would like you to believe they are, but really what they are. When you're open to that, and when you become at-one with God, you'll find yourself open to that completely, and what will happen is you'll be able to feel everyone around you, and know what is really in them, good and bad. When I say good, emotions that are harmonious with love, and when I say bad, emotions that are completely out of harmony with love - you'll be able to feel both.

You'll be able to feel what motivates them, their desires, their passions, their longings, even if their longings are out of harmony with love, you'll be able to know what they are, and if their emotions are in harmony with love, you'll know what they are. You'll know what their deep desires are, what kind of nature and personality they have inside of their soul. When you can feel all of those things; you can feel all those kinds of things from them.

That's what you'd want to do, if you really loved them, and you were doing this in an emotional way, that's what you would do. You think how many relationships you even have doing that. The average person doesn't even have that kind of relationship with their partner, let alone anyone else. They definitely don't have that relationship with their children, because most of the time, they're trying to impose their own emotions on their children, and they definitely don't have this idea of what does my child feel, what's my child's real desire, what's my child's use of its will, how does it want to use its will? Most people don't even know, because they're not willing to feel their child, they just want their child to feel them. They impose their own feelings on their child; they don't want to feel the child's feelings.

4.3.5. *Honouring others' free will*

Participant Male:

Would their relationship with themselves and their relationship with God be important to you?

Jesus:

Of course, you would want to do whatever you can, to help them grow individually, and also if they desired, grow their relationship with God. But you would only want to help them if they desired it, because what would also be a feeling inside of you is - I honour your will to decide that you don't want to - that would also be present.

When someone doesn't want to do something, you wouldn't be angry and upset with them; you'd say, "Fair enough, you don't want to do that, okay; let's be honest about that." And you could also then decide, well I don't want to be around with you, while you don't want to do that. You're allowed to do that too, but you would at least honour the fact that each person has their own will, and has the ability, and also, should be given the chance to exercise it - that's what God does - and that's how you will love your brother; you will love them the same way.

If you really love others, that's what you'll do, you will honour their will; you won't try to control or circumvent their will. You'll try to work with their will, just like God's trying to work with your will to become more loving; you would also try to work with their will to become more loving.

If you find there's an area of their life, where they do want to become more loving - and it's got nothing to do with God, nothing to do with much of the things that you like - but there's an area of their life, that they want to become more loving, you would want to help them do that, because you know that if there's one area of their life that they become more loving, there's a potential that other areas might come up where they want to be more loving. So you'd want to do that.

You don't wipe people off: the only time that you would prevent yourself, from interacting with people, is when they're continually attacking you, or continually attacking other people, and continually degrading the condition of love of other people, or yourself, or attempting to. Then of course, you would go, "No, my love for you dictates I can't do this with you, because if I do that with you, I'm feeding your addictions; I'm creating a monster in you. I don't want to do that; I want to become more loving myself, and I would like to see you do it too. Of course, I respect your right to go and do that if that's what you want, but you're not going to be able to do that with me." And you'd be okay with that; you wouldn't be yelling and screaming with them about it.

You'd be okay with it, but you'd also draw the line in the sand, whenever love's compromised, you'd say, "No, it's no good now, because I love you, I can't let you continually compromise love, without me saying something or doing something about that." Not to the person, but for your own sake - if you loved them you wouldn't do that.

Can you see what you would do? If we're honest with ourselves, the majority of us don't do these things with other people. We barely have the time to survive, even in Western countries, we barely have the time to survive our day-to-day life, before we even consider doing any of these things with anybody. That's the reality isn't it?

4.4. What desiring others' love looks like from an emotional perspective

Jesus:

If I desired other people's love, what would I do? What would I do if I desired to be loved? If I'm emotional?

4.4.1. Desiring to love and be loved as God loves

Participant Female:

I would treat them the way that I'd like to be treated.

Jesus:

Is it the way you'd like to be treated, or is it the way that you know is right to be treated?

Participant Female:

The way that I know is right to be treated.

Jesus:

That's very different to the way you'd like to be treated, isn't it? Because when we're full of error, the way we'd like to be treated is often in addiction, and that's not loving them or us. Isn't it more I would desire to love them

the way God loves them, and I would desire that they love me the way God loves me. Does that make it more specific?

It's a very important thing that I just said, of course: I would desire to love them the way God loves them, and I would desire for them to love me the way God loves me - that's what I would do. That's a very important thing to understand. I would not desire to love them, the way I want to be loved, because the way I want to be "loved," is often in addiction and in co-dependence, and that would be completely out of harmony with the way God loves in fact.

Participant Female:

When we're children and we have the desire to be loved by our parents, that would be the pure -not that we'd intellectually know - but it must be a pure desire to be loved, the way that God would love us, because we're not aware of an addictive love, we just know there's pain that we're not being loved.

Jesus:

You said that when we're born, or when we're a child?

Participant Female:

When we're little, like three.

Jesus:

Yes, so that's not true because by the time we're born, or three years of age, we've already had a lot of addictive emotions from our parents enter us. You could say only that at the time we're conceived, we have no addiction in our desire for love; but, by the time we're born, we've had nine months with our addictive parents. Now we do have some addictions in our desires to be loved, already; we have already been damaged by that point in time.

Of course, if our parents were completely in harmony with God's Love when they conceived us, if our parents were completely in harmony with God's Love, then we would have no addictions or co-dependency in our desire to be loved.

See, a desire to be loved - and this is something I'd like to point out to you - a desire to be loved is completely different to a demand to be loved, and the majority of us demand to be loved; we don't desire to be loved. A desire is a completely different emotion than a demand.

4.4.2. Imbibing emotional addictions during childhood

Participant Female:

Yes, I'm really struggling with what you're saying there, even just writing "a desire to be loved", I don't feel it's a natural part of our state, to like I just don't feel that I should desire to be loved.

Jesus:

Why not?

Participant Female:

Because it always comes out demanding for me.

Jesus:

Well, yes, it becomes tainted by what's happened to us, during our childhood and our addictions, and so forth.

Participant Female:

So it can be that we're born, that we're born with that demand ...

Jesus:

Yes, we can be born with that demand, because by the time we've been born, we've had nine months in the womb absorbing the emotions of both our mother and our father - if our father's around - but definitely our mother, and we've absorbed her emotions for nine months. Whatever she feels about love, is probably what we're going to end up feeling about love, after that period of time. Remember our soul is like a great big sponge, soaking up all of the emotion, so a lot of what we feel about love, is already going to be dependent upon, what our mother and father felt about love at the time we were conceived.

So yes, we can be born with addictions: as you know, you can be born with physical addictions. If your mother smokes or drinks a lot or takes drugs, you can be born with an addiction to those things physically; so why couldn't you be born with an emotional addiction? Of course you can be born with an emotional addiction because your soul is even more sensitive, to the emotional addiction than the physical one.

Participant Female:

That explains a lot.

Jesus:

Yes, many of us are born with emotional addictions, therefore we have no concept of what love is - none at all -because it's already been distorted by the time we're born. However I must point out, that it's unusual for it to be completely distorted, and this is why many babies, when they're born, cry a lot: because they're feeling the grief of being unloved already; they're already feeling the grief of being unloved - that's why they cry a lot.

And you can't stop them, except if you put some food or mum's breast in their mouth or what else do you do? Put a dummy in their mouth, or emotional projections are, "shut up," lock them in a room, then you can start shutting them down, which is what most of us finish up doing, unfortunately, which actually puts the suppression on the grief, which is not very helpful to the child's soul-based development. But yes, the majority of us are born already with a lot of distortions, about what love is because we absorbed them in the nine months we were in our mother's wombs.

4.4.3. *Working through childhood-based addictions to deeper causal emotions*

Participant Female:

That's actually kind of, strangely, comforting for me.

Jesus:

Why is that comforting for you?

Participant Female:

Because I just I feel, in my core, that I've just got this error and it's like a curse, I guess.

Jesus:

Yes, and you've blamed yourself for it.

Participant Female:

And I have, yes.

Jesus:

Yes, and so now you're seeing, that it's actually not you that's been the problem, so that's why it's comforting; so that's good. It's good that you see that truth, because it is a truth.

Participant Female:

I was just feeling, that when I do start longing for God's Love, I go to a childhood place, but in that childhood place, I'm waiting to be loved, and there is a frustration there.

Jesus:

That's not a childhood place, that's an addictive place.

Participant Female:

But still the addiction was there in the childhood place.

Jesus:

Of course, well you think about your parents: you examine your parents - like we were talking about yesterday -there were a lot of feelings, particularly from your mother, of competition, trying to humiliate you, trying to scare you and terrify you - taking photos of you being terrified and scared and laughing about it. These are all things that have entered you emotionally, and so, of course, you're going to come out of that, feeling like you're waiting to be loved and not receiving any.

Participant Female:

So I always thought that, that was more causal because it was childhood, but I never knew that the childhood had the addictions in place, and to go really beyond that is to feel through that, and into somewhere that I'm not even aware of right now.

Jesus:

Correct, yes.

4.4.4. *Longing for God's Love without addiction*

Jesus:

At the moment, your belief of God is that you're going to long for God's Love and ...

Participant Female:

I'm waiting for it, again ...

Jesus:

Yes, God's not going to give you any, just like your parents - that's what you believe - and that's why a lot of us don't even bother longing for God's Love, because we believe, before we begin, that we're not going to get any, because that's exactly what happened when we were children. We longed for love then and didn't get any, and we impose a lot of our beliefs upon God, you see.

Participant Male:

I'm just wondering - this is how it can work for me sometimes: if I see something loving, or a love in action, I feel the sadness of the lack of love, and then I feel like, oh, I really want to be loved. And so I'm wondering if I direct my thoughts towards God, "Please love me God," is that a neediness towards God because I don't want to feel the sadness?

Jesus:

I feel if you're not careful, you can be very complicated, with the way you deal with your relationship with God. If you fully allow your feelings associated with the fact that, when you see a contrast between love and no love, and it causes you to trigger tears, if you allow yourself to completely feel that grief, then there can be no addictive relationship with God.

The other thing is, that if you long for God's Love and you don't receive it, then it's probably an addiction because God will only give you love when it's not an addiction: so, automatically, if you are receiving God's Love, you don't have to worry.

It's different than if you're in a relationship with someone on Earth: if I'm in a relationship with Mary, and I'm receiving love from Mary, I don't know whether it's because of my addiction or not, because she may be in addiction, in giving it, and so I don't know whether I'm getting my addiction met, or she's really loving me, necessarily. But when my relationship is with God, I know God's not going to meet my addictions.

So if I am receiving Love from God when I'm longing for it, then it means I'm not in my addictions, automatically, and this is the beauty of having the relationship with God first, is that you get to feel what it's like to actually have all of your addictions confronted. If you're not receiving Love from God, when you think you have a longing, then it's obviously an addictive

longing, because otherwise you would be receiving God's Love in that moment. So it's got to be something wrong with the longing, and therefore not pure, otherwise you would be receiving God's Love - that's all you need to worry about, you don't have to worry about anything else.

Participant Male:

And perhaps there's a little bit of confusion, right in that process of feeling the sadness and stuff, and I probably don't need to worry about it, because if I focus on God, I think, well this is one Person who can love me ...

Jesus:

Yes.

Participant Male:

And so, that's where I want to direct some energy.

Jesus:

Yes.

Participant Male:

And so it can just keep me in the process, of feeling the sadness of the contrast of not feeling loved, I guess.

Jesus:

Correct, but also if you're not feeling the flow of Love from God, then it means, most probably, that your longing for God in that moment is out of harmony with sincerity or purity, because if you were sincere and pure, you would be receiving Love from God in that moment.

Participant Male:

Yes, and what I'm thinking goes on is like, "God love me, so I don't have to feel how bad I feel about not being loved."

Jesus:

Yes, and God's not going to do that - that's an addiction - but in that moment you'll know it's an addiction, because you won't receive God's Love under those circumstances.

4.4.5. *Benefits of focusing on a relationship with God first in order to discover errors in giving and receiving love*

Jesus:

It's really simple to tell with God whether you're in or out of harmony with love: if you're receiving God's Love, then you're in harmony; if you're not, you're out - it's so simple. But when you're in a relationship with someone else, it's very complicated because, like in my relationship with Mary, it could be that something's wrong with Mary receiving love, or Mary giving love, or it might be something wrong with me receiving love, or something wrong with me giving love, that would stop the love from flowing between the two of us. There are four things that could go wrong.

With God, there are only two things that could go wrong: it's either I'm not open to receiving, or I'm not open to giving, with God. Those are the two things, and that's it, and both of them involve me, so I can easily tell that there's something wrong about me, when I develop my relationship with God.

But when I develop my relationship with another person, there might be four things going wrong, and two of those things are about somebody else. It makes it really complicated to determine what's really going on, particularly when I am distorted in my viewpoints of love.

This is where, with regard to understanding your emotional self, the fastest way to understand your emotional self, is to develop your relationship with God first, because it's far less complicated than any other relationship. That's not the way most of us think; the way most of us think is that the relationship with God is the most complicated, because we don't know anything about it; we don't know anything about God; we don't know, understand - that's what we think.

What we do is we forget about developing our relationship with God, and we focus on developing our relationship with the person. But that's going to make our life very complicated, because we're not going to know which time the other person - so in my relationship with Mary, I don't know, because my love might be distorted - so I don't know which time Mary's actually loving me. She might be loving me, and I think she's not; or she might be not loving me, and I think she is; or she might be not receiving my love and I think she is, because if she's receiving an addiction, addictively, or something like that; or I might be blocked to giving it or receiving it myself.

There are all sorts of things that could be going on that are very confusing, but with my relationship with God, it's not that confusing. If you're receiving God's Love, then you're in harmony with love; if you're not receiving God's Love, then you're out of harmony with love - it's really simple - there's something inside of me that's wrong, every single time.

See, most of us go into that place and we go, "There's something inside of me that's wrong," and then we go into the punishing side. "Oh, there's something wrong with me again; why is there always something wrong with me?" We start to punish ourselves about all that, but we don't need to, because most of what's wrong with you - if you look at what's wrong with you - it only came from two possible sources: one was the way you were treated, as we talked about yesterday in Session 3, the people we need to forgive; and the other is the way you treated others, which are the people you need to repent towards. That's the only two ways something can be wrong, so if something is going on with God, I know something's going on with God and I'm not receiving God's Love, it's got to be something wrong with those two things.

Understanding Your Emotional Self

Session 4 Part 2

5. Jesus' experiences with connecting to God

Participant Male:

I'm wondering how you, yourself, have utilised God in your process? When I say utilise ...

Jesus:

Yes I don't utilise God, but go on.

Participant Male:

I guess in a personal way for your own progress, in a practical sense, which may be helpful to us to connect with God.

Jesus:

What I want to do is present a whole series of talks about God, and present a whole series of talks, about how you can personally go through the process of discovering God's nature and God's character. But to be honest, when everyone is so shut down emotionally, it's not going to be a process that you're going to find, probably, even worth talking about until you let yourself open up emotionally - that's the key thing - so I'd definitely like to talk about those things.

5.1. Jesus' passion for discovering God

Jesus:

For me, my entire focus is, firstly, on that relationship: and firstly, my entire focus is on understanding God; so my focus isn't on understanding me - that's comes secondary to me. I come to understand me by developing this relationship, where I want to understand God, and in that process God shows me a whole heap of things, about me that I need to know before I can understand God.

My focus isn't on God knowing me, first; my focus is on me knowing God first, trying to understand God, trying to get to know God. And I know that I must receive some of God's Love to understand God - I know that, now - but when I began I didn't know that necessarily.

When I began, it was just a desire in me, to know the Creator of the wonderful Universe, in which I was a part, and I just wanted to know the Being who created all this, and who created me, and in particular, I was fascinated about the Being who created the emotion of love. Because it's an amazing thing the emotion of love: it's still something that blows me away most of the time when I talk about it, and when I feel about it.

You think about the very concept of creating an emotion, that is completely independent of space and time - it's not bound by distance or time or space itself - God is living outside of the Universe, and yet I can feel God's Love. Therefore the emotion of God's Love is something that is not bound by the Universe itself; it's a pretty remarkable substance or emotion that somebody created - the whole concept that somebody created that.

Not only that They created love, that once you receive it, that your soul has the potential to grow by receiving it: that's an amazing concept in itself. That the very substances involved in making your soul are dependent upon the flow of this Love from that Creator, and this Love flowing into your soul, will cause you to become a completely different person than you currently are: now that's an incredible concept as well.

When I start thinking about those kinds of things, I want to know that person who does all that: how they feel, and how they think, and what caused them to come up with these concepts, that are so amazingly simple, but amazingly beautiful - like, what causes a person to even dream up these things.

And what causes a person, to dream up the Universe in which I can play, and gives me free will so that I can play, even in the way that they don't want me to necessarily. When I say don't want me to, where they know that I can't damage anything, if I do play in the way that is out of harmony with the Universe itself. But they've created a self-correcting Universe, and a self-correcting soul, and a self-correcting body - like, what amazing creature is this Person?

What is the way they feel and think? That's been my primary focus in my entire life, and all the other things that I've discovered, all the laws I've shared with you, everything about your emotions I've shared with you, all of that comes from that relationship.

I haven't gone away, and tried to find out about the Law of Cause and Effect, I haven't: I've discovered the law, through this relationship, with finding out about the Person who created it. To me, that's the most fascinating part of your development of your relationship with God, and to me that's something that we quite honestly, could talk about for years, for centuries.

5.1.1. Difficulties with describing God's nature and personality with words

Jesus:

We have talked about it for two thousand years, twenty centuries, and still are nowhere near discovering the full extent, of God's nature and personality, but, of course, in that time you do discover a lot about God's nature and personality, and for you to share that with others, the only way

you can share it, unfortunately, on this Earth, at the moment, is via words, which are terribly limiting.

I was saying to Mary this morning, I always find myself terribly limited, when it comes to expressing concepts in English, because if we were in the spirit world, we could just project the emotion of what it all feels like, and the other person would understand, if they were in the same, or similar, condition, they would understand straight away. And understand it and get it probably fairly quickly, but here on Earth, we speak all these words, and somehow somebody's got to interpret everything from these words.

5.1.2. Learning truths of the Universe from God

Jesus:

God doesn't do that with me: that's why I can understand things better from God, than I can from anyone else, because God's transmitting these emotional concepts to me that, as long as I'm open, I'm understanding my emotional self, and open to these emotional concepts flowing into me, they can flow into me without impediment. Then all these concepts within me start coming up as well, like understanding how everything else works.

At this stage, you know the words I said that "If you seek first God's Kingdom," it says in the Bible, "all these other things will be added to you." The way I actually said it was, "If you seek first God's Love, all of these other things will be added to you." The reality is very few people understand that concept even, and the demonstration that we don't understand, is what kind of questions we ask. That's the very first time somebody has asked me that question that you've just asked, Paul, in the last six years - that's pretty amazing, isn't it, if you think about it.

Yes, that's where I want to head, discussing all of those kinds of things, and one of the things I'm doing, at the moment, is writing a book which tries to help people, connect emotionally to how I discovered, the Truths of the Universe through this relationship with God.

That's what I'm trying to do at the moment: I'm getting about three pages a week done at the moment, so it's going to take a while obviously, but I'm trying to describe in English, feelings all the time, feelings of what it's like to develop this relationship with God, and to be focused, firstly, on that relationship.

All I can recommend to everyone is that's the way to go: find out about God first, and what I would like to do is, in the future, have a lot of discussions about how to do that. But if you're not open emotionally, there's nothing I can say, because there's no amount of words that is going to open you emotionally; it needs to be a decision that goes on inside of your soul, to understand your emotional self, and open yourself up emotionally towards God, then you will have the ability to understand.

Even just developing a desire to do that begins the process, but you're going to have to have a sincere desire to do it; a sincere desire to really confront all the emotions within; to really get started on the path, the real path with your relationship with God - that's what I can recommend at this point.

We will have discussions, yes, where we focus on the relationship with God, and we focus a lot of our attention on finding out, from God, what God is like, and developing that relationship.

5.2. Jesus' primary interest is God

Participant Male:

Yes, your enthusiasm is awesome around this topic.

Jesus:

Well, it's my favourite topic. (Laughter) You don't get to see my favourite topic very often. Do you think my speaking about emotions, or prophecy and prediction, or lots of other things that I've spoken about in my time, do you think all of those things, have anywhere near the importance to me? They have importance to many of you, I understand.

Some of you need answers to those questions sometimes, to break down the errors and break down the lack of faith, and start to build some faith and those kinds of things, but the reality is real faith doesn't build unless the relationship with God starts anyway. So while I'm happy, and have been happy, to answer all the questions I do get asked, the ones that really matter to me are these ones about God, God's nature, and God's personality, God's character, the overwhelming power of God's abilities and how you can discover and interact with all of those things. That's more important to me.

Participant Male:

And I guess things in the Bible, a part that touched my heart was where it said, "Jesus went away and prayed all night."

Jesus:

Yes, yes, I often pray all night.

Participant Male:

That's huge to think that you just hung out with God all night.

Jesus:

Yes, well, why wouldn't you? Particularly once you become at-one with God, all of the difficulties associated with the reception of truth, have all been dismissed in your soul. In other words you've got no blockages or impediments to reception of truth. As a result, from that point on, you have a complete connection with God all the time, so why wouldn't you hang out with that connection most of the time? Of course you would; everyone in the Celestial spirit realm does that; it's not unique to myself.

But my first feelings are, I want to discover God's nature, that's my first feelings. All of the other things we can talk about, to me, are incidental to that underlying thing: discovering everything that I can possibly know about God and God's nature. I feel the only reason why I know what I know now, is because I did that. I don't see myself as any special or unique individual.

The only difference between myself and most other people that I've met, is they don't have as strong a desire to know God as I do, that's the only difference, but you can develop it. It's like any other desire, you can develop it; a desire to know God. And that desire to know God and understand God, once you develop it and once you engage it fully you will progress very, very rapidly. You will find that you won't be slowed down by external things - external events, fears, all those things won't slow you down anywhere near as much, because the thing that's always pulling you is this desire for that relationship.

5.3. Respecting others' free will to learn about God

Jesus:

I feel it's the most important thing you can find out about, but I'm not willing to answer questions - or I should say, I'm not willing to have discussions with other people who don't want to know about it, because to do that would be breaking their will. At the moment, for many of you, if you're honest with yourself, your will is being exercised to not know God, but rather know yourself, or know what's going on in your relationships, or something like that. That's where your will has been exercised.

If you think of even many of our inter-personal interactions, Paul, even though you do have a fascination about God, which I feel in you quite strongly, most of your will has been engaged trying to solve other problems.

Participant Male:

Yes.

Jesus:

When I interact with that, like I love you so I want to give you what I can, in supporting where the direction of your will is. We've got to understand, for the majority of us, that the direction of our will hasn't been to love God or know God; it's been more about, trying to resolve our personal problems and personal issues, all of our sadnesses and our fears, and allaying a lot of our problems, that's where we've spent most of our time answering questions. I feel like that's fairly normal, because most of us are fairly narcissistic; we're mostly concerned about ourselves initially, or our relationships initially, but once you develop your relationship with God, it's not like that anymore.

5.4. Jesus' primary interest is God (continued)

Jesus:

In my experience, I'm not focused on myself when I'm developing my relationship with God, I'm focused on "I want to know God," and in coming to know God I'm going to have to know myself, I understand that, I'm going to have to. Sometimes I feel forced into it, but very rarely, because to me it feels like, no I have to know this. I desire to do the work I need to do to come to know God more, and I know the only way I'm going to come to know God more is by expanding my soul, and the only way I can expand my soul beyond the natural person, is to receive some of God's Love. I know the importance of all of those things. Without receiving God's Love, I cannot come to know God; I can guess, but I'm not going to know God's nature or personality. This is why it's so important to me, those subjects, but I understand why those subjects are not important to you yet, for many of you; I understand that you're more concerned about the unhappiness in your life, and you're more concerned about these other things.

But at this stage, many of you don't understand, that if you focus your first priority on the relationship with God, then a lot of these other things would sort themselves out really rapidly, much more rapidly than they have been being sorted out, much more rapidly. That's the beauty of having that relationship.

5.5. Opening the heart to know God

Mary:

I don't think that's a principle you've skipped over with anyone.

Jesus:

No, it's not a principle I've skipped over, but it is something that I haven't been able to share much information about.

Mary:

It's kind of funny though, isn't it? I mean I feel really passionately, about letting people know about the possibility of God's Love, and sharing - that's amazing. And hearing you talk about your relationship with God is often really inspiring, but sometimes I find it sort of humorous - if you'll humour me - because it's like we're all talking about someone, and pretending they're not in the room. Do you know what I mean? It's like you and I having a conversation about Lena, and Lena's qualities, and she's right there.

Jesus:

In regard to what? With God, you mean.

Mary:

With God, you know, and God's already here and we could just feel God, but we end up talking about God, instead just opening our heart up and feeling.

Jesus:

Correct, which is the main reason why I've focused on, trying to attempt to help you open your heart. Now I can't open your heart, as you know; God can't open your heart either, by the way, do you know why?

Audience:

Free will.

Jesus:

Free will, yes: God's given you the free will, and so therefore, you are the person who has to open your own heart, which is good, isn't it? Like, that's the way it should be. That's what it's good to be a free thinking, free feeling sentient being: someone who has their own feelings, their own thoughts, their own emotions and so forth, and all of that is governed around what they want to do. This is what I'm saying to you, it's only when you really want to get more information about God, that more information about God is going to flow to you quite easily.

6. Developing a desire to know God

Participant Male:

I'm wondering how to grow that.

Jesus:

The desire.

Participant Male:

The desire: like I haven't thought about God all day today, you know.

Jesus:

Yes.

Participant Male:

And then, for it to be an intellectual thing, and think, you know, I want to go for a walk with God and spend some time, but to somehow grow this desire

...

Jesus:

Okay, that's the question I was actually going to leave you with, so the question that we're going to leave you with today was: I've just listed all of the things that you would do, if you were emotionally involved with those particular things - being humble, wanting truth, and then, in particular, we've been focusing on more, on being loved -wanting to love God and have God's Love enter us, and then wanting to love others and having other's love enter us.

Now, we've made statements, about what it means to be emotionally involved in that, but the real question is this, "How do I develop desire to do those things?" That's the real question isn't it?

DEVELOP DESIRE

I think exactly what you said is true for the majority of people, Paul. The majority of people in the course of a day do not think about God; even when they know God exists, they don't think about God, many of them, so the real question becomes, how do I develop a desire to do all of these things? That's where I feel you need to do some homework; think about how you've developed desire to do other things, think about that. Like, how have you developed this desire to do other things? We don't want to answer the question now, because I feel that's a whole separate discussion on its own.

6.1. An illustration of developing a desire for a building on a property

Jesus:

So Paul, you bought a property next door, you built on it. How did you develop a desire to do those things? Something had to have happened for you to make those decisions and choices.

Participant Male:

Yes, well it was connected to other things which I love and like doing.

Jesus:

Okay, but how did you develop a desire to do it? There's got to be something ...

Participant Male:

By the action.

Jesus:

Yes.

Participant Male:

So I sort of made some calls and came out and had a look, and ...

Jesus:

Yes, keep going.

Participant Male:

And then ...

Jesus:

Did you like, think about it for two seconds and then say yes?

Participant Male:

No, no, so it took ...

Jesus:

So what did you do?

Participant Male:

Well it took, I don't know, eight months of thought and ...

Jesus:

Right, and I bet you thought about it pretty much every day.

Participant Male:

Yes pretty much.

Jesus:

For that eight months, yes, and you thought about how you could achieve it, what you were going to do with it, what kind of plans you had, all these different things you had. What I'm suggesting is that's what you'd do with anything, that you have a desire for that's physical in its nature.

What I'm going to suggest to you, is to work out a plan for yourselves, of what you're going to do in the same line, of developing your relationship with God. Can you say you want to develop a relationship with God? Like you wanted to buy the property next door - let's give you an example - and you spent eight months of thought, investigation, plans, thinking about it each day, thinking about how it's going to happen, what you were going to do, what was your future with it, all these things. Do all of that with your relationship with God; do all of that work, the same way you would that you did it with the thing.

Participant Male:

And like I had an end goal in sight; so I'd have an end goal in sight as well, thinking I wanted to be really close here with God, and receive God's Love.

Jesus:

Yes.

Participant Male:

And give God my love.

Jesus:

To me, at-onement with God isn't the goal; to me, at-onement with God is just a part of the journey, that I want to know as much about God, that I can start interacting with God. Like I know God exists outside of the Universe in which I live, but I wonder sometimes, whether it might even be possible at one point in my future, to actually get outside of the Universe in which we live. I don't know, I don't know whether that's possible, do I? I don't know, so I've got to expand my capacity, my imagination of what might be possible, in my relationship with God, and then you'll want to desire to experiment with that; just like you phoned around with people, you talked with people about concepts and ideas.

So do that about God: talk with people about concepts and ideas about God, what do you think God's like this, what do you think God's like that? Talk about the person you're trying to discover more about.

This will help develop this desire for you to know, and the more the desire develops, the more open your heart becomes, and then you'll start receiving the actual knowledge from God, after that point; but before that point, the desire has to develop.

God knows when your desire is lukewarm, God knows when your desire is like, "Oh yes, whatever," you know. "Oh yes, I'd like to have a relationship with God, in amongst all the other five thousand things I want to do," you know. That kind of thing is the attitude most of us have, and God knows that, and God knows that a relationship with God is not possible under those circumstances; so God's waiting for our desire to grow.

6.2. An illustration of developing a desire for a partner relationship

Jesus:

You can grow your desire, can you not? Like when you first meet a person of the opposite sex, and you're a heterosexual, and you're not in a relationship, and you'd like to know that person more, you'd like to finish up having a relationship with them. Like, as soon as you meet them, did you go, "Oh, I know everything about them; I know I want to have a relationship with them, so I'm going to have one." That's not how it works generally.

What it works is you meet them, you get to know them, you spend time with them, you like the time you spend with them, so you spend more time with them. You investigate how they feel about all these different things, because you ask them questions about themselves, and you watch their life, and observe their life; and they, on the other end, have the same feeling for you, and so you develop a relationship and eventually this relationship develops, where you're starting to know each other.

Well, that relationship began with you not knowing each other, and your relationship with God begins in the same place, where you don't know each other, and God wants to know you. God's already going, "I want to know you, I want to understand you; I know everything about you, I know how you were conceived, how you were born, how you've lived your life, all the emotions that have entered you, all the emotions that could be, all the personality I designed you to be, everything." God knows everything about you, and we're just saying like, "Okay, we're waiting for God to do something." God's already done everything that God can do, on God's end of the relationship; the only person that we need to start to deal with is ourselves.

6.3. Being honest and sincere in our relationship with God

Participant Male:

It's like to go through the nothingness of, "God, right I'm here, and I'm ready for the info, or for the feeling," and it's like ...

Jesus:

Paul, if you're honest with yourself, if we're ready for the info, would the info already be flowing? Yes, is the answer. God loves you enough to know, that if you have this open heart and you're ready to have the info flow, God's going to be making it flow, already, so if the info isn't flowing, the info isn't flowing, something's going on within me.

Participant Male:

Yes, but it's like just spending the time to be patient and present, I'm wondering, and to be hopeful ...

Jesus:

Not to be patient, not to be present, not to be hopeful; to be honest and say, "Okay, I know God, I have enough trust right now. Because God loves - and I have that as an intellectual concept, at least - I have enough trust that if God really loves, that God is already trying to give me everything that I need, already." And I'm not feeling that, that's true, I'm not feeling that, so if I'm not feeling that, what's got to be going wrong? It's got to be something going on in my inner world, that is causing this block between myself and God - there's got to be something wrong there.

6.4. Being humble to discover our blockages towards God

Jesus:

The key then is being humble enough, to discover what that thing is. God even wants to tell you what it is, and the indication that we're not knowing what that is, is already an indication we're not humble enough to hear it from God, already, because God's already trying to say, "Here's your next issue, here's your next issue, here's your next issue." God knows all the next issues, every single one of them. If you've got a thousand of them, God knows every one of them, in the right sequence, for every one of them. Every one of these issues that you have, God knows exactly which one is the next one, that's going to cause you the most benefit, if you release it. He's already trying to tell you; the Law of Attraction is already ramped up around the issue in your life - it's just that we don't see it.

6.4.1. *An example of a participant's emotions towards women blocking his relationship with God*

Jesus:

You think about the Law of Attraction, and what it's brought into your life recently, and you think about the events that have occurred - you think about all those things - what is it that God's trying to show you? It's pretty obvious isn't it? This stuff with women is blocking me from feeling my stuff with God.

Participant Male:

Yes.

Jesus:

God's already showing you, so the key is to be humble, and allow yourself to feel your way through that stuff with women. Up until this point you haven't realised how important it is, because if you have, I'm sure you would have done something more about it than you have.

Participant Male:

Yes.

Jesus:

This is the thing Paul, you know, and I'm speaking specifically to you, because I know others don't have the same desire for God that you have. You know you have a desire for God; you can feel this desire for God in you; you love talking about God - I know that it's probably the subject you'd like to talk about the most, with other people - this is what drew you to becoming a minister of religion, and all those kinds of things that you wanted to do. They were all driven by this desire you have for God, so, the issue isn't the desire you have for God, so much, as the unwillingness to deal with certain impediments that are causing a blockage - that's an issue.

Participant Male:

Yes, and so it's like, being honest with God, and asking what is stopping me from connecting with you at the moment.

Jesus:

Yes, and God's already giving you the answer; remember God is already giving you the answer, already. God's already giving me, you, every single person on this planet the answer to that question. Right at this moment, we are all getting the answer through all of God's Laws, and all of God's helpers - this is in the spirit world - are all trying to tell us the information we need to know. We are just resistive to it, and that's where we need to do our work; we need to find the resistance, what's the resistance?

You think about what the attractions are bringing you at the moment, it's a lot about women, your willingness to pander to women, your willingness to do what women say, or advise, without any thought about whether it's loving

or not loving - your willingness to do all of these kinds of things. You know this has been a problem all through your life, and God, through the Law of Attraction, is showing you, "This is the problem, this is stopping my relationship with you Paul," is what really God is saying.

And Paul's going, "But I don't want that thing, to be the thing I have to deal with next; I want something else." And that's where we come unstuck, we come unstuck with our humility; our inability to see what God's showing us, and then focusing on developing through it.

6.4.2. *An example of Jesus' current blockages towards God*

Jesus:

I always think, "Well God's already trying to show me." Like, at the moment, I'm a bit frustrated with myself with my own progression, because I can feel God's already been trying to show me, for ages, what's going on now, for me. I'm obviously really resistive about this particular thing, whatever it is, so I must have a lot of fear - so, I'm acknowledging this - there's got to be a fear. What is this fear? I'm acknowledging this.

Normally I have a breeze getting into my emotions, generally; I have a breeze getting into my emotions. The ones I'm focusing on now are emotions associated with my early childhood, and I'm having a bit of a struggle getting at them. What is the reason why?

I'm shown the reason why every single day, but I'm just oblivious. Because I trust God enough to be showing me already; I know God's showing me, so I'm just looking around my life, looking around my life, and more focusing on, "Okay, feel some of this terror that's in me, so that I can at least be open to knowing." Because it's the terror that stops me from knowing, and the greater the terror, the more the resistance to knowing.

There's got to be some terror in me, at the moment, about some issues that cause me to not see, and I can feel in my body where the pains are, around my throat, and in my bowel - I feel the problems there. And I know, "Oh there's some problems there. I can feel the pain of the resistance." But I'm still not getting to the emotions, so that's telling me I'm in a lot of fear.

I've been praying a lot about showing me the fear; what's the fear about? And because my emotions are unique -because of coming back - it's not the average thing that would come up in your life, so I've got to be really sensitive to every little event that occurs if I'm going to see what this is all about.

Last night I had a dream, and I very rarely dream, and it showed me one part of what it's about; so I go, "Oh, okay." These are all ways God's trying to show me; the problem isn't on God's end, ever.

Participant Male:

I guess that's right; it's us wanting to know, wanting to see God's guidance.

Jesus:

Yes, and that's where our humility comes in: most of us haven't developed that level of humility yet - we have the opportunity to, but we haven't.

7. Reasons for ebbs and flows in desiring God

Jesus:

What we can do now is we can talk about any issues associated with those subjects we have talked about over the last two days about, so answering your personal questions.

Participant Male:

The question I wanted to ask is: I've been inspired by you guys for a few years, three years now, but I'll get my moments where I feel like I've got a desire for God, and feel moments that I don't have a desire for God, and sometimes it goes a week, two weeks, where I don't even think about God, and sometimes it's an intense week when I do. I just want to know how I can - is it just about fear that I don't have that desire, or is it ...?

Jesus:

No, it's not just about fear, no; obviously fear plays a part in desire; every time you have fear it suppresses desire certainly - but desire is not just about fear. You see there are people in the sixth sphere of the spirit world who have no desire for God, no desire to have a personal relationship with God. Now they don't have much fear; they have no fear that affects their love of other people, at all - they obviously do have some fears about God - but they don't have fears related to other people; they have perfected their natural love, the love that comes out of them towards others, and the love that they allow other people to love them. But they still haven't developed a desire for God, and the first human couple didn't have a desire for God. Yet they were completely without fear, actually, when they were created -so they had no fear, at all - and they still didn't develop a desire for God.

Developing desire is not just about your injuries - and this is something we need to understand about our emotional self: if you don't have a desire for something, it's not just because you have an injury, it's because, also, you don't have a desire of some kind. Desire is something that has to be developed.

You know you never start something, generally, without there being a spark of something, but you generally don't do anything about it, until that spark sort of develops into a flame, and then develops into a furnace, that fires everything that you do, and that's the same with your desire for God.

7.1. Examining fears that suppress desire for God

Jesus:

There are a couple of things that I would look at: firstly I'd look at my fears. Like every time you have a desire for God, as you know, you have quite an emotional week when you have a desire for God, and maybe there are some fears associated with you having a week that's emotional like that, and feeling like if every week was like that it might be a bit overwhelming, and so there's a tendency to shut down.

Participant Male:

Being able to function too, you know because in that week, I can't sing, I can't do much, it's ...

Jesus:

So there are some of your fears: some of your fears are that you're not going to be able, to continue your normal day-to-day life if every week is like this, and so that obviously it's fear that's stopping a desire for God.

But, to be honest, I feel a lot of the stuff about desire for God is just a lack of desire for God: a lack of desire to know God and to understand God, and to understand the importance of a relationship with God, and all these other things. Because when I have a week where I'm, like, really focused - and I usually have months, not weeks - where I'm really focused on God, I don't feel like I can't do anything else; I feel like I can do everything else better. That would tend to indicate, that if you're having a feeling, like it's shutting yourself down from doing other things, then maybe there are quite a lot of fears, that are being confronted every time you have a desire for God.

But, my suggestion is firstly, work your way through what fears are preventing your desire for God, and in fact, I would focus on those fears. To me they are the first fears that are worth developing, worth working your way through.

The average person on this planet can list twenty, thirty, fifty, one hundred fears - if they're honest with themselves they possibly could list thousands of their own fears - but very few of us ever list fears relating to God.

7.2. Prioritising a relationship with God

Jesus:

We don't focus very much of our attention on the relationship, the relationship isn't our first priority, and if you're honest with yourself, your relationship with Laura is your first priority.

Participant Male:

Before God, yes.

Jesus:

Yes, before God, and obviously that means that if something comes up in your relationship with Laura, your relationship with God is put on the back burner. If your relationship with God was your first priority, then your relationship with Laura would be second priority, and that means if something happened in your relationship with Laura, it wouldn't interfere with your relationship with God; you would still want to develop your relationship with God.

One of the things we need to look at is our priorities. So when we're looking at the aspect of desire - and this is something that will help you with some of that homework that I gave you about finding and developing desire, how do you go about finding and developing desire - part of developing desire is about your internal priorities. What are your current priorities?

If we're honest with ourselves, most of us would have to say our current priorities are, for some, about avoiding fear every day, that's their priority. For some it's about getting their addictions met, every day, that's their priority. They don't even have a priority with their relationship with their partner, as long as they get their addictions met, it doesn't really matter if they're a partner, or somebody else who meets them, it doesn't really matter to them.

So a lot of times, even our relationship with our partner is quite low down on our priority list, if we have a partner at all, And of course, all of you have a partner, just some of you are not with them at the moment. Because your partner is your other half, your soulmate, that is your partner. You're just not with them at the moment. You're not aware of them, you're not conscious of them. But a lot of the times you don't even care about that. That's another priority that's down on the list.

Often what we need to do is re-adjust our priorities if we're ever going to develop relationships. So if you're going to develop your relationship with God, one of the things we're going to need to do is adjust our priority system as to what's the most important relationship.

So, from my perspective, my most important relationships are God, my soul, which includes my soulmate, because she's one half of my soul, so it automatically must include her. So that's my next priority, my soul, which is not just me, but also the other half of me. And then the souls of others is the next relationship that I would like to develop. So souls of others are not my children, they're not my children. I've got two "sons", but they're not my children, they are God's children. So they are just as important, but not more or less important to me, than any other person on this planet. So I want to develop a relationship with them just as much as I want to develop a relationship with any of you.

DESIRE

PRIORITIES

GOD

SOUL (MINE)

SOUL (OTHERS)

Now, of course, you've got other things happening down here in your priority list. And if you're honest with yourself you might have thirty, fifty things, one hundred things even. You might finish up with the things you love doing, all goes on the list. But, what I find is that most people don't have that as their first three priorities.

The majority of people have: priority number one, avoidance of pain; priority number two, meeting of addictions; priority number three, enjoying your life. Now I don't know how you're going to do that with the first two priorities in play, but that's what we finish up doing.

DESIRE

PRIORITIES

AVOID PAIN GOD

ADDICTIONS SOUL (MINE)

ENJOY LIFE SOUL (OTHERS)

We think we can enjoy our lives while we avoid all pain and meet our addictions. That's not possible, of course, but that's why we often have an unhappy life. But the average person on this planet has those first three priorities, which are completely different than the priorities of God, followed by our my soul, followed by other's souls.

Now, in order to swap our priority systems over, we need to recognise firstly that we have a priority, and what that priority is. And then we need to recognise that, that is obviously out of harmony with the happiness in our soul. That's why we have unhappiness - because our priority systems are out of harmony with God's Love and Laws. So, we'd be better off bringing our priority systems into harmony with God's Love and Laws. And once we recognise the importance of that, we start to adjust our priorities.

So, as I said, the average person's priority system is to avoid pain, get my addictions met, and then enjoy life. Usually the first three priorities in the average person doesn't even involve another person, aside from how that person can meet their addictions, and how that person can help them avoid pain, and how that person can help them enjoy life. That's why most relationships break down very rapidly as soon as one problem comes up.

7.2.1. *An example of priorities in a partner relationship*

Jesus:

For example, the average male on this planet, if he doesn't get sex for a month, he's already almost breaking up with his partner. Because these priority systems are all about these things. None of those things are getting met properly and so he doesn't get to avoid pain while his partner is avoiding him. He doesn't get to have his addiction for sex met. And he doesn't get to enjoy his life because most of his life revolves around the fact that a woman isn't showing him attention sexually. And so he's willing to discard that woman and just get another one who does those things.

So he can say he loves that woman, but the reality is his love of that woman is way down on the list because if the love of that woman was way up on the list, you wouldn't avoid your own pain. You wouldn't want your addictions met with her. You wouldn't focus on enjoyment of life. You'd be focused on sorting out the relationship between yourself and her, so that you can have a happy relationship, rather than a co-dependent one.

Mary:

Just equally, if you were the woman in that relationship, you would ... if you really had the priority ...

Jesus:

This is number one.

Mary:

Yes, number two. Then you wouldn't avoid sex for a month in order to avoid pain, meet your addictions, and enjoy your life more.

Jesus:

Exactly. You wouldn't do that. You just couldn't do it, because you know straight away that there's something going on, there's something wrong, there's something interfering. What is it? You'd want to know. You wouldn't do things like that.

So the majority of us have to be very honest with ourselves about our priorities. Most of our priorities are very narcissistic and selfish. They are not involved around our relationship with God, our relationship with our soul, and the other half of our soul, or the love or care that we have for others. But rather they're revolving around those three things that are our real priority - avoiding pain, getting our addictions met, and enjoying life.

7.3. Distorted priorities create ebbs and flows in a relationship with God

Jesus:

Now, while those things are maintained as a priority, you're going to find developing a relationship with God quite difficult. And you're going to find it waxes and wanes. Whenever one of these things comes up, whenever anything that's more important than God comes up, you will abandon God for that thing.

So, if your fear is more important than God, you'll abandon God and you'll embrace your fear - when I say embrace it -you'll live in it. If your avoidance of pain is your primary priority, whenever that comes up in your relationship with God, you'll just abandon God and avoid the pain. That's what you'll do.

Whenever your addictions come up and they get confronted in your relationship with God, if your priority is to get your addictions met, above your relationship with God, then of course, you will go for your addiction and forget about God for a while. This is why we often forget about God in our daily life.

When you really desire somebody, you don't forget about them. You don't ever forget about them. You think about it, you don't do you? You remember the times you're really, really in love. Can you remember a time during the day when you didn't think about them? It's completely the opposite, isn't it? When you're really, really in love, you think about the person all the time. When you really love somebody, that's what you do. You do, do that. But most of us don't do that with God, for lots of reasons.

7.3.1. Identifying emotional reasons for losing a connection with God

Jesus:

Like I said there are literally thousands of reasons why a person may not - or be challenged by their relationship with God - or may not want a relationship with God. There are lots and lots of reasons that are potentially the reason why, but if you're truly going to progress on the Divine Love Path as we call it, or as people call it - the Way that God designed to progress, if you're going to progress on the Way, you are going to need to, firstly, have as your primary priority your relationship with God. And when you don't, you will find you'll abandon God every time something else of more importance in your life comes up.

So what I would do, personally, with that issue that you've raised, is I would look back over the times when I had a developing relationship with God, where I felt there was some connection with God in that week, and then what I would do is I would look at what happened in that following week and see what that tells me about my current priorities.

What happened the following week? What might have happened was that you might have had a bit of a disagreement with Laura, and the relationship was a bit topsy turvy, and that interfered with your relationship with God, it might be that. Or it might be that you had some music gigs come up, and because of the gigs and your engagement with the gigs, you forgot about your relationship with God. Or it might be that some issues come up with the family, with your daughter or someone, and then during that process you forgot about your relationship with God. Now, every time you forgot about your relationship with God, that tells you what your priorities are that are higher than your priority to be with God.

Participant Male:

Yes, and I was looking at that. and I started doing that already, this analysing when I lost my focus for God. And as it's been growing over the years, but it's like, I'll have this moment or this time with God and then it disappears, because something does come up. And then I avoid that emotion for one, two weeks, until God keeps ... and I know inside that God's showing me ...

Jesus:

Yes.

Participant Male:

... so it gets to a point where it becomes so much that I need to start to connect to the emotion and God, and then it gets cleared again. And then I've got this relationship with God again, but it's like I get frustrated because I have this feeling that I know that that's the process, but it could be easier.

Jesus:

True, but if you think about it ... God wants the relationship with you more than you want the relationship with God.

Participant Male:

That's true, yes.

Jesus:

And that applies to all of us. God wants the relationship with me more than I want my relationship with God. And that will forever be the truth. So, if no relationship is actually occurring, it's always to do with something going on internally, always.

7.4. Fear or a lack of desire block the relationship with God

Jesus:

Now it can only be two things: one is that we are lacking desire, real desire, and two is that we're in the process of a lot of fear; it's got to be one of those two things. If it's fear, then yes, there are certain fears, and you know them. You know when things are not so smooth between each other, there's fear

that comes up; when you've got some issues with your children, there are fears that come up. You know that those fears in particular seem to interfere a lot with your relationship with God, so you know there's a relationship between those fears and your priority system. Those fears are telling you your priority system, actually; they're telling you the truth about your priorities, and I feel at times you're not willing to see the truth about the priority.

Participant Male:

Yes.

Jesus:

You want to tell yourself that, no, you really do have a desire for a relationship ...

Participant Male:

Yes, no, I know I don't have that full relationship with God.

Jesus:

Yes, when there are other things on your priority list.

7.4.1. *An example of the participant's fear with women affecting his relationship with God*

Jesus:

So when something happens with your daughter, you know that you get very distressed.

Participant Male:

Yes.

Jesus:

Generally you do. Now, you know during that time, you think less about God.

Participant Male:

Completely.

Jesus:

You barely think about God at all. So you know that there's something in your relationship with your daughter that is causing an emotion inside of you - it's about understanding yourself emotionally - there's something that causes an emotion in you in that moment, that causes you to abandon God, and focus on your relationship with your daughter. You've got to find out what that is - God is already trying to tell you what it is, and the fact that you don't know means that you're not open to knowing.

Participant Male:

Well, with my daughter, things have moved a lot in that area, because I went through a lot of those processes that you're talking about yesterday.

Jesus:

Correct, yes.

Participant Male:

Now it's more what's happening with us.

Jesus:

Still with a woman, though.

Participant Male:

Exactly, yes, so something's gone off my daughter and now on to Laura.

Jesus:

Yes.

Participant Male:

And I'm still not willing to see my mum's part in it all.

Jesus:

Yes, but also not willing to see your own addiction in it all.

Participant Male:

Yes.

Jesus:

And that's more the point. There are two sides to everything that's going on in your current relationship. As I said yesterday, remember I said there were two types of relationships - forgiveness relationships and repentance relationships.

Here's your relationship with Laura, your partner, so there's that relationship. That's a relationship where you need to repent, because you created an addiction with Laura that you wanted met; any problems that you have with Laura, are all about your addictions and her addictions. Now they all come from your refusal to forgive your mother.

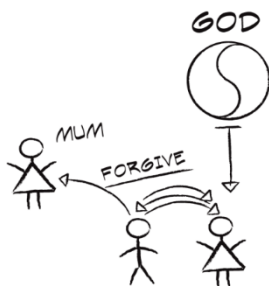
Your refusal to forgive your mother creates a fear in you, and therefore an addiction. When you refuse to forgive your mother, the only reason why you refuse is you're afraid of something, you're afraid of some grief, or you're afraid of crying about some issue relating to your mother, and you then have fear associated with that. That's the only reason why you'd not cry, because you have some fear associated with it.

Then you create the addiction with your mum: you try to do it with your mum first, but that doesn't work because she's the one who's caused the actual pain, so what you do is you establish a relationship with another person - that's the addiction relationship - that's the relationship you need to repent for.

When there are problems between yourself and Laura, the first thing you focus on, is what is going on inside of me, what have I created here with Laura that I want met, that is because I feel pained if I don't get it met. That's what I need to focus on here.

Whatever that is causes me - here's my relationship with God - to abandon my relationship with God, so it's very important to work it out, because anything that causes you to abandon your relationship with God needs to be focused on as your highest priority.

There's something going on where you want something from Laura, that causes you to abandon your relationship with God; there's something addictively going on there, and that's what's causing your relationship with God, to be put aside for a period of time, while you try to resolve whatever is going on here.



A male (centre) needs to forgive his mother (left) and repent towards his partner (right) in order to sustain and develop his relationship with God

God's been trying to show you what it is, and the Law of Attraction's been trying to show you what it is, and you're resistive to it. Because if you weren't resistive, you'd already know what it is, so you need to honour the fact that you're resistive to it. Honour the fact that there's got to be a fair bit of fear associated here, and then focus on praying about that issue. What is the fear? Why is it that I'm now abandoning God for the sake of this relationship? What's really going on for me? And that will help you work out what it is, that's causing the fear side of the relationship to be affected.

7.4.2. An example of the participant's lack of desire for God due to not wanting to feel all of his emotions

Jesus:

But the desire part of the relationship, while it is impacted by fear, can exist ...

Participant Male:

At the same time.

Jesus:

... at the same time. What I'm suggesting is, desire is all about getting to know someone, wanting to know them, wanting to spend time with them, so why don't you want to spend time with God, and you'd rather spend time with Laura?

Participant Male:

Because I can't get my addictions met by God.

Jesus:

True, you can't, but what other reasons might there be?

Participant Male:

Well, because I can talk to Laura, and I can have her talk back to me.

Jesus:

Okay, so you get to hear Laura, without you needing to be in the development, where you're open to her emotions, so that would be an addiction as well, wouldn't it?

Participant Male:

Yes.

Jesus:

Like wanting to be able to hear somebody without feeling them. You can hear God, but only when you feel God - this indicates that you want a relationship, without having to feel them. You want a relationship with Laura, but you want to be able to not feel sometimes, the relationship with Laura, but still have the appearance that you're having one. You won't be able to have that kind of relationship with God; with God, you either feel it or you don't, and if you don't, there's no relationship.

Participant Male:

Yes, and I've noticed.

Jesus:

Can you see, also, another reason why it might happen? Whenever there is no relationship, and God's showing you there's something wrong, there's a feeling, of wanting to hook into other people around you, as a way of avoiding the pain of not having the relationship with God. In other words, you're using substitution methods to avoid the relationship with God. I'm just giving you a list of what potentially it could be ...

Participant Male:

Yes, a lot of them seem spot on.

Jesus:

... rather than doing all your investigative work for you.

Participant Male:

No I understand.

Jesus:

You can see that there are two sides to it: one side is addressing the fear, so there are obviously some fears that develop when this relationship (with Laura) - something wrong with this relationship happens that causes you to abandon your relationship with God - but on the other side, there's something with regard to desire, that causes you to focus your primary focus on to this relationship, rather than your relationship with God.

My suggestion is to examine both directions, rather than just looking at one or the other. And the things that could be affecting desire, are that you want a face-to-face interaction, because you can't feel a non-face-to-face interaction - that could be one thing - or you want an addiction met and with God you're not going to get your addictions met.

Participant Male:

Most of the time I feel it's that one.

Jesus:

Yes, and for most people it is that one quite frequently.

7.5. *Methods to develop a desire to know God***Jesus:**

Also it can be things like desire: have I learnt enough about God to develop a desire to want to know God more? In other words are you reading enough about God, thinking enough about God, feeling enough about God to even develop a desire to know God? See, what helps me a lot there is to read material, like the Padgett messages, or the Robert James Lees material, other material like that, that helps me feel my relationship with God again, rather than focusing my attention, on something else that's more distracting.

Participant Male:

Yes, my guides tell me sometimes to read stuff, or put a certain thing that you've put on YouTube, to watch that to get me feeling about God again.

Jesus:

Yes.

7.6. *Being open to receiving assistance in developing a relationship with God*

Participant Male:

It's just that I just want to be able to do it, without having them tell me most of the time.

Jesus:

Yes, this is another injury though that you have, is that you do want to go it alone a lot, and to be honest with you, nobody has - even I haven't - the difference between you and me, is that God has always shown me where to go next.

Participant Male:

So I'm not going to be able to get it from God, if I want to do it on my own either.

Jesus:

No, this is the thing: we've got to be humble enough to recognise, that God has provided to us people who can assist us in our relationship with God. Every time you go, "Oh, but I want to do it myself," you're not honouring the fact, that God provided you somebody who did it first. And that's to do with what? What's that emotion?

Participant Male:

Arrogance.

Jesus:

Yes, basically, isn't it? It's a feeling, that you wanted to be the person who was first, but you weren't the person God selected to be first, so there is some emotion there, that's obviously interfering with your ability, to receive help from your spirit friends, and from other people who might be able to assist you - so allow yourself to see that.

You see there are quite a number of different things that could be affecting this desire, that God's showing you there's something, there's an issue there. At some point each one of you is going to have to go through the emotion - and it will be an emotion - that there is a person who God did select to be the first person. I've had to go through it, even though it was me, and you are going to have to go through it too.

But you'll have a different slant on it than I did, in that you'll have, maybe, some anger in that it wasn't you. I didn't have that; I just had fear that it was me. And I had other things that I had to work through, about it being me, but these are emotions that you are going to have to go through, and everyone will have to go through them at some point. You need to honour what God has established, to be the method of helping you, and you could say, in some ways, that you're not honouring that.

Participant Male:

No, I'm not. I mean sometimes ...

Jesus:

Sometimes, but other times ...

Participant Male:

It's not often, yes.

Jesus:

No at other times there's this feeling in you of independence ...

Participant Male:

Yes.

Jesus:

... is probably the best way of putting it, and that feeling of independence is partly something, that interferes with your relationship with God.

Participant Male:

I feel that's more of those times that I feel connected to God; I feel softer those weeks.

Jesus:

Correct, yes, when you have the relationship with God, you will feel softer; you will feel more in connection. You'll also honour the gifts that God has given you to help you progress.

Participant Male:

Yes, it's like two different kind of worlds, at the same time. They don't happen at the same time, they're just two different worlds.

Jesus:

They are two different worlds, yes.

7.7. Fear or a lack of desire block the relationship with God (continued)

Jesus:

What I'm trying to point out, I suppose, Fab, is all the different factors, that may be interfering with these two areas. The two areas in summary are: fear, have a look at your fears. Obviously there are fears with regard to your relationship where, when the relationship starts going a bit topsy turvy, it interferes with your relationship with God. Obviously that's telling you that your priority system, internally, is out of harmony with the best way to progress towards God. The best way to progress towards God is to have God as your first priority.

Then there's the issue of desire, and what are you doing to develop this desire.

FEAR DESIRE

7.7.1. *Spending time with others who are interested in God*

Jesus:

And to me that's like associating with other people who have the desire, associating with other people who know about God, who want to talk about God, who want to spend time feeling about God. A lot of the people you associate with don't want to do that.

Participant Male:

No.

Jesus:

If you think about almost everybody you meet in your day-to-day life, there are very, very few people.

Participant Male:

There's only a couple that I can ever talk to God about.

Jesus:

Yes.

Participant Male:

And that's because of my desire isn't ...

Jesus:

Partly, but it's also partly because of these other pressures that you have, and partly because the priority system is out of whack. Whereas almost every day, Mary and I are talking to each other or someone else about God, and God's nature, and God's character, and God's feelings, and all of those different things. Mind you, you can do it by yourself, but have to have time alone, when you can think about God, feel about God, and so forth. So, are you giving yourself that time alone to develop the desire, inside of you, for this relationship? They're the two things I would focus on.

Participant Male:

Yes, thank you.

7.7.2. *Fear dictates priorities*

Jesus:

And your fears will dictate to you your priorities - they will - every time you're afraid of something, and you honour that fear, you've now put that fear above everything else in your life, and you've got to see that, and reverse that somehow. If you're willing to feel your fear, rather than act upon it, then

you won't do that; see you can still have fear, it's just how you treat your fear; how you act, what you do with it.

Participant Male:

Yes, it's like it has to ramp right up before I ever go there, and then I eventually go there, but it's like it has to be intense.

Jesus:

Yes, and God wants you to be more sensitive than that, so God's trying to help you be really sensitive, so that it only takes a little bit.

But to be frank, I find I have the same difficulties, particularly coming from the condition of error, and from my perspective, coming from the condition of low worth is a very, very different process going towards God, than coming from a condition where you have worth. In the end the biggest emotions you will have to address, is your own sense of your own worth - yes - and they will be the biggest impediments to your progress.

8. Emotional causes of judgement

Participant Female:

I just realised a little more clearly last night, how my own judgement is just a huge block in front of me.

Jesus:

Yes.

Participant Female:

And all I could do was get through to some pain, and just a little flash with God this morning, but it's taking me more time to break down this resistance.

Jesus:

Yes, can I talk a bit about judgement?

Participant Female:

Thank you.

Jesus:

Is that alright? And then maybe you might want to still remember your question. Let's look at what's driving judgement, shall we. See if we're going to understand our emotional self, we're going to have to, at some point, understand what's really going on inside of ourselves, and that means becoming sensitive to the flow of emotion within ourselves, and what stops it.

You could say, that the emotion - whatever the emotion is that you're feeling - starts to flow. Before it starts to flow, it's just energy that's locked up inside of you. Once it's in motion, it becomes an e-motion - something that is now passing through you.

Once this emotion starts passing through you, what happens next? What happens internally next is the question. When you judge, what happens? The emotion starts flowing, and what's the feeling that comes up prior to judgement? Let yourself feel your judgements - don't just jump out with the answers - just feel; what happens inside of yourself? The emotion's flowing, you're starting to cry, you're starting to have tears come down your face, let's say; or you're starting to shake, or you're starting to actually feel the energy in motion, inside of yourself, and then what happens?

Participant Male:

Well, to start with, my desire to feel that feeling just goes down very quickly.

Jesus:

It does, but why? There's got to be something that makes it go down, isn't there? Can you see that?

Participant Female:

For me it's a belief system.

Jesus:

Okay, I agree, it's a belief of some kind; so there's a belief of some kind. All beliefs are emotional, they're all emotions, so, what's happening?

Participant Female:

I think for me it's - and I'm not always conscious of it - but it's the lack of desire to choose something different.

Jesus:

Yes, you intellectually know, that if you chose to go and feel this emotion, that something is going to improve in your life, but emotionally you don't know that, which is what we're really saying, isn't it? Because if emotionally we knew it, we would do it, so the fact is we're not doing it, so emotionally we don't know that it's actually beneficial. There's got to be something going on.

We've got one emotion flowing: let's say it's the emotion of grief that starts to flow, that's now starting to flow. There's got to be something else happening to stop the flow of that emotion; there's got to be an emotion in itself, doesn't it? Does that agree?

Participant Male:

I'm just thinking of my own experience, a lot of the time I'll start having a thought of what someone else would think.

Jesus:

Okay, so what's that?

Participant Male:

Fear, judgement.

Jesus:

Fear - it's fear of what ...?

Participant Male:

It's fear of them.

Jesus:

Them, fear of them: what are they going to do with what I feel? What are they going to think about what I'm feeling? What are they going to do after I feel in front of them? What are they going to do? Can you see the emotion of grief is flowing, and so this belief is causing an emotion of fear, okay.



A belief causes an emotion of fear, which prevents an emotion from flowing

The emotion starts flowing, the belief cuts it off, through the flow of the emotion of fear now. So what's the thing we need to do to right this problem? We've now got fear, what do we do? It's an emotion, so we allow the flow of the fear; that's what we need to do.

If you do not do that, you will accept the belief; the belief will become true to you. As soon as that belief becomes true, you are now shutting down the emotion, because that belief says you've got to. The belief says you've got to shut down the emotion. So what is the main problem? You are not willing to feel fear when you go judgemental; so judgemental emotions are all about fears. They're all about what you're afraid of.

Mary:

So what I experience, or what I don't experience, is I begin to feel an emotion, and then I'm aware that I have a fear of feeling how my parents judged that emotion, and I don't want to feel it, so I judge myself in the way that they would have judged me, and it stops everything.

Jesus:

Yes, so why don't you want to feel their judgement?

Mary:

I'm afraid of the pain, the pain that I suppressed as a result of their judgement.

Jesus:

Correct, the only reason why we don't allow fear to flow, is because in the end, we don't like to experience pain, because everything is going to be related to pain. The biggest problem that we have in the world we live in, is that nobody wants to feel their pain.



Blocking the flow of emotions such as fear is due to resistance to experiencing pain

Most of you don't want to do it even in your relationship. That's why you're blaming the other person all the time, "Oh, but they did this. Oh but they did that. Oh, but they did this." It's because we don't want to feel our pain; we want to blame our pain on something else.

9. Causes of emotional suppression

Jesus:

What caused all of the emotional suppression in our soul? How did our parents cause our emotional suppression in our soul? You think about it. What did they do to themselves?

Participant Female:

Suppressed their emotions.

Jesus:

They suppressed their own pain; that's what they did. The choice that you make to suppress your pain, is exactly the same choice that your parents made, to suppress their pain, which created all of your pain. When I say all, no, half of your pain would be more accurate. Do you know where the other half came from? From yourself doing what?

Participant Female:

Unloving acts.

Jesus:

Unloving acts - that's the reason - they're the two only causes of pain; they are only those two causes of pain in the end. Every time you choose to avoid pain - whatever justification you have for it - you are choosing to harm

someone else, right there and then, every single time, and that's exactly what your parents did to you.

Can you see that the real problem with all of our processing work, is the honour we give to fear, and the resistance we have towards pain; they're the two only problems we have processing all of our emotions, we honour fear and we resist pain.



***Honouring fear and resisting pain are
two major problems for processing emotions***

If you could develop, somehow, within yourself, a desire to feel pain, that would be pretty powerful, because then all of your resistance to your pain would be removed, and if you could also develop, within yourself, a feeling that you would no longer honour fear, you will no longer value fear over anything else, now, both of the impediments to your processing emotion, when you're going through emotion, would be gone.

Now how much easier is that going to make your life? Heaps easier if you want to progress towards God: you'll be able to feel an emotion, the fear might come up, the belief might start kicking in, but you don't honour it, you don't honour it emotionally anymore. Instead you just feel the fear that you have, another emotion, you just let it pass through you - the fear - and any pain associated with that fear might come up; there'll be grief under it and stuff, you'll let yourself feel that, and then you'll be back to feeling the original emotion. It'll just be like a small little detour, and back to feeling the original emotion.

We've been doing a whole series of FAQ's about emotions. In the second session I think it is, we talk about what are the primary problems associated with feeling emotion. We mention the resistance to pain, and the honour of fear are those primary problems that everyone's facing.

9.1. An example of a participant's fear of pain from her childhood

Participant Female:

When the emotion starts to flow and the belief system kicks in, for me it feels like a cap, that is almost like a betrayal of myself, for a promise that I made in my childhood not to ...

Jesus:

See what you do with a lot of your emotions - there's no way of knowing that you made promises to yourself in your childhood - do you know why?

Participant Female:

No.

Jesus:

Because you didn't have a developed enough mind to do so, or developed enough moral state to do so. This is stuff that New Age spirits just feed you with crap.

Participant Female:

Sorry, I mean in the sense of, like, if a teacher hit me in the classroom, I said, "Don't cry. Don't ..."

Jesus:

That's not a promise to yourself; that's a response of fear. That's a feeling, it's not a promise, it's a feeling of fear. You're afraid of crying because you might have violence; that's all it is.

Participant Female:

Okay.

Jesus:

You want to view it as a promise to yourself, so that you can distance yourself, from what it is emotionally. What it is emotionally is fear, of somebody violently hurting you. It's fear of pain; that's all it is, nothing more complicated than that.

Participant Female:

So then, with the cap, how do you get to the flow of an emotion when the cap just ...

Jesus:

What's the cap?

Participant Female:

So the cap feels like a numbness ... so that's fear, that numbness ...

Jesus:

Yes, it's fear; it's not the promise you made to yourself.

Participant Female:

I thought fear might be shaking ... it's just not, it just goes like ...

Jesus:

It's fear, and you don't want to feel the fear, and that's the problem - that's where it all begins - you don't want to feel it, and you can call it "promise to yourself", but it's not a promise to yourself.

Participant Female:

It's more like a strong use of my will not to feel ...

Jesus:

No, you were taught that every time you felt, whatever that original emotion was, that you were going to be violently abused - pain - and you don't want to feel pain, you're afraid of pain. That's where all of your blockages are. There's no such thing as promises you made to yourself, they're just things that happened, as a result of our desire to avoid pain.

You could call it the "beast" part of ourselves, the human part of ourselves - not our soul - but the physical part of ourselves has a physical pain response to certain things, and we need to develop a desire to feel it. Right now most of you are sitting down, and you've no idea what pain you're in, and the reason why is because we desensitised ourselves to feeling our pain.

We don't want to feel our pain: that is our primary problem. If you, as a child, wanted to feel your pain, no matter how much pain came along, you would never have made what you call a promise, which I call fear, be the ascendant thing that controlled your emotion. You would have allowed the emotion to continue, but that's pretty hard for a child to do, because it doesn't have a developed intellect, it doesn't have developed emotions, and it doesn't have developed morality, until it's usually above seven, or much greater than that. As a result, anything that happened before then, is going to be tainted with all these murky areas of morality, emotion, feelings, pain, and avoidance that it's been taught to have. So give yourself a break, it is just fear of pain; everything you called a promise is fear of pain.

Participant Female:

So, I used to veer off with the belief system which just takes me further away from ... I go that way ...

Jesus:

Yes you want to do that, because you know what doing that does?

Participant Female:

Well it takes me away from going down ...

Jesus:

The more you use your mind to go off and analyse the belief system, think about the belief system, what is this belief system, a promise I made to myself, and all these other things, the more you do that, what are you doing? You're using your intellect to avoid the fear, feeling. That's all your doing.

Participant Female:

Yes, I felt that I was working through belief systems ...

Jesus:

No, you were using your intellect, to do exactly what you want to do at your soul level, which is avoid fear.

Participant Female:

Which is my priority.

Jesus:

Which is your priority, yes, and you need to see that as your priority, and go, "Okay, yes, a lot of my life is all based around avoiding fear; a lot of my life is all based around pain." And when I say based around pain, based around your fear of pain.

You see if you could let yourself feel pain, then you wouldn't be afraid of it anymore, but most of us are so afraid of it, we can't even let ourselves feel it, and this is our problem. Because we're afraid of our pain, and we don't want to feel our pain, and we don't want to feel our fear, what we do is we search for other solutions. Do you know what I mean by that?

Participant Female:

Totally.

Jesus:

You do that all the time, so you know what I mean by that: you search for other solutions, and if that means analysing my belief systems, and thinking about this and working out my Law of Attraction events, and working out all these other things, that's where I go because - all that does is help me avoid the feeling of fear.

Participant Female:

So that's my addiction.

Jesus:

That's the addiction; that's the addiction in play. So, you think you're doing something that's beneficial to yourself, and it's very counter ...

Participant Female:

I think I'm working through my belief systems, yes.

Jesus:

No, you're not.

Participant Female:

That's how distorted I am.

9.2. Working through belief systems by experiencing fear

Jesus:

The belief system can only be worked through by feeling the fear - that's the irony, that's the irony of all this - the only way that your belief system is going to change is by you feeling your fear. And when we go and intellectually analyse the belief system, work on the belief system, and all those things, which are all responses to avoiding our fear, we are not feeling our fear.

The only thing that is going to help truth enter our soul, on that same subject, is by releasing the fear that exists on that subject in our soul. That's the only thing that's going to help the shift; the soul has to release one thing in order for the other thing to come into it.

When you're analysing your belief, and doing all those things, there's no release of anything going on, and because there's no release of anything going on, there is no hope of the truth entering you on that subject, and the truth can't enter you on that subject, until the fear has been released. Remember fear is error needing to be released, and without the error being released, the truth cannot enter; the emotion will not flow. And while that happens, it doesn't matter how much intellectual work you do, how much study you have, how much listening you do, how much talking you do, it's all driven by the avoidance of the fear. It's all a method that we have to avoid the feeling of the actual emotion we need to feel, which would actually heal us if we allowed ourselves to feel it, and this is where we do many counter-intuitive things.

We think that analysing it all, working it all out, thinking about our belief systems - all of your belief systems are not thoughts, all of them - they are all feelings that are false, and error-based, and therefore there will be fear associated with every single one of them. Every one of them is a feeling; not a single one of them is a thought; they produce thoughts, but they're all feelings.

Unless one of those feelings exits your soul, by you feeling it, by you experiencing it, by you going through the emotion of it, the truth on that same thing can't enter your soul. And so while we go around on this intellectual route, examining all of the different possibilities and potentials, philosophising and reasoning and discussing, and all of that, we're actually not aware that we're doing all of that in order to avoid the one thing that will actually help us.

Now, you, a person like yourself, who has been treated quite badly as a child, Laura, are going to have lots of ways of doing this - that's the hard part - the hard part is de-constructing the ways and methods, that you have to avoid the feeling of it.

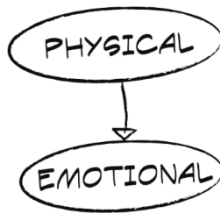
9.2.1. Emotional addictions drive physical addictions

Participant Female:

Well it's already scary, to think that I'm really running out of addictions. There are all the physical, like, you know, but it's actually a scary place to now really know, that to right my belief systems, to feel about my belief systems is another addiction and an avoidance.

Jesus:

Correct, yes, so what we do initially when we look at our addictions is we look at the physical ones, which are all to do with substance abuses like food, alcohol, drugs, pills, television, sex, all those kinds of things, and all of those, of course, are driven by all of our emotional addictions: what created the avoidance of our emotional addictions, is what created our physical addictions.



Physical addictions cover emotional addictions

The thing about physical addictions is they are fail-safe, if I can use that word: what I mean by that is whenever we have a physical addiction, that's met through a physical substance, we don't have to rely on a person, and that's great because people are unreliable; whereas substances are reliable.

Like, how many of you ladies know, chocolate is the best way to feel good for a short period of time? Well you do know that - that's why you take it - so you know that's the solution every time. That's why you want the chocolate: it's more reliable than your husband or your wife or your family, or your friends in making you feel good for a short period of time.

That's the thing about physical addictions, is the substances are more reliable than the people, but once we get rid of the substances, the substance-based addictions, we're left with these emotional addictions, which are all about people - what you do and what you can get, from people in order to avoid your fear of your pain.

9.2.2. *Intellectual analysis of belief systems does not release erroneous beliefs*

Jesus:

Many of the things we do emotionally, are all driven by this desire to avoid our pain: so this desire for you to analyse intellectually everything about your belief systems, rather than feel what your belief systems are, is actually an emotional addiction that helps you avoid pain. There's a little person inside of you who learnt, at a very young age, that if you could do all this intellectual gymnastics, you'd get away from the fear, and it will make you feel like you're in control.

Participant Female:

And it's almost like when I hear you speak, and then look at the belief systems, then I take that but use it as the way that I want to use it.

Jesus:

Many people are doing this: so many people here, like, you know when I talk somebody asks me about their emotions, and I tell a person exactly what their emotions are, and they go, "Oh, AJ analysed that person." No I didn't; I've never analysed a person in my entire life. Do you know what I do? I feel the person, and all I do is I tell back to them what I feel from them - that's all I do.

The average person doesn't see it that way; you know what they see it as? An analysis, an intellectual process that I go through - which I don't go through by the way - an intellectual process of analysis, and so they go, "Oh, AJ does that, so that's what I'll do; I'll do that with all of my emotions; I'll analyse them all and go through them all." Check off the boxes, and all that kind of stuff.

Participant Female:

I'm sure people have put that before priority of God. Like they think that they're getting closer to God, but it's all based on a fear of trying to sort their addictions, whatever it is, but all that's an avoidance.

Jesus:

Yes, I don't do that, I don't do any of that, but, because I can feel what a person feels, and be quite accurate with it pretty much all the time, generally people think that that's what I'm doing, but that's only because that's what you do. We often judge another person for what they do, based on what we would do, in the same circumstance or situation.

The reality is, yes, a lot of people - most people, in fact - when it comes to dealing with emotions, analyse them, but analysing your emotion is a mental activity, that is usually undertaken to avoid the emotion. If we're not honest about the desire to avoid the emotion, we're not honest about why all this

intellectual activity is now going on, and it's all going on because I'm wanting to avoid the feeling, the feeling of fear that has now come up in me.

9.3. *Fear is due to not wanting to feel pain*

Jesus:

Fear is always about being afraid of pain; and a lot of people say, "What about if I'm afraid of pleasure?" No, at some point in your past if you're afraid of pleasure now, then at some point in your past that thing was painful.

For example, a woman who's afraid of sex: she says, "But that's pleasure." No, for many women, that's not pleasure at all; that's pain because it reminds them of things, that have happened to them in their childhood with their dad, or their grandad, or with other people, and it's painful, it's painful - not pleasure, it's pain. And so that's why they don't want to feel it - that's the fear.

Just because it might be pleasurable now, because everything is through the filter of the emotion, of what happened in the past, unless it's gone from the past, you're going to think it's painful, so many women, for example, feel it's painful to be involved in sexual activity.

Participant Female:

I know for myself, when I'm happy, my mum was very jealous and so happiness is a double edged ...

Jesus:

So there's a pain associated with happiness: it's not the happiness that causes your pain, it's the fact of your mum's projection of rage and jealousy, that you're unwilling to feel that causes your pain. See the pleasure based emotions, there had to have been some pain associated with the pleasure-based emotions in the past for us to be so afraid of them.

If we understand all of that, from an emotional perspective, about what's going on in our soul, then we'll see that our primary problem that we have, is whenever we go intellectual, it's because we're using it as a technique to avoid the feeling of emotion - and it's a very powerful technique, that's why many people use it. Of course, many people use other techniques, too, you know - they go and get the addiction met, that avoids the emotion, it avoids the pain. Deny everything, and you get to deny all the pain then.

Of course, you get to deny all your pleasure as well, and a lot of other things, but a lot of other truth gets denied, and everything else gets shut down, but who cares about that? All we're worried about is shutting down the pain, and this is where our focus has become distorted. We've become distorted in that we want to shut down our pain, when the reality is we need to learn to love

our pain, accept it, and move through it and release it - that needs to be our focus.

9.4. *Fear and a lack of desire prevent the experience of emotions*

Participant Female:

Learning how to develop a desire to feel ... like you're going into the very place you don't want to go, so it's a desire to go into a place ...

Jesus:

Well, you won't go there while you feel you don't want to go there - the reality is you won't - you need to let go of the emotion that causes you to feel you don't want to go there, and that is again an emotional process. Fear is always the reason why you don't want to go there.

You see, what I see people doing over and over again, is they ask me question and question and question about their emotions, about their emotions, about their emotions, and in the end there's almost one answer - or two answers, actually, but one primary answer is fear - you don't want to feel it, because if you wanted to feel that, you'd be able to feel everything else - that's the main answer.

The only one other answer is desire, a lack of it. They're the only two reasons why we don't do anything; we either have a lack of desire, or we're terrified.

Participant Female:

Don't we get to a stage where there's nothing we can do to actually stop the emotion?

Jesus:

Of course, it's not an automatic place though, Catherine, it's not an automatic place. There had to have been some things that you've stopped doing before you reach that place. Like I know people in the spirit world, who have been there for twenty thousand years, still in lots of darkness and pain, and they have no desire to work through their emotion and, also, no desire to feel their pain. Now, why has it taken them twenty thousand years?

Participant Female:

Well, fear, and they don't want to do it.

Jesus:

Okay, so there are these two aspects of fear and they don't want to do it; they haven't, through twenty thousand years of life, got to the point where it's automatically coming out of them.

Participant Female:

But the pain becomes so great, there's nothing else you can do but go into the emotion.

Jesus:

I agree, if you have a desire to go into the emotion, and that's a big "if". There are people whose pains are so great, and they still have no desire to go into the emotion, so they hold that place. And while they hold that place, they hold that place, they hold that place - and many of you are doing that right now, so you can't say that it won't happen in the future - you hold that place, hold that place, you have a very strong desire to use your will to avoid the feeling of pain and avoid the feeling of fear. While that will is exercised in that direction, you will not feel it, it doesn't matter how much pain you have.

Participant Female:

I just kind of find ... the older you get the more pain that you have, physical and emotional.

Jesus:

Yes. That you get to a point where you've submitted to it.

Participant Female:

Yes.

Jesus:

But a lot of people don't.

Participant Female:

I mean it doesn't happen all the time, but it does build up.

9.5. Societal views on the experience of emotions

Jesus:

Yes, but a lot of people don't. See, a lot of people in your position, what would they be doing? They'd go to a doctor, get as many pills as they possibly could, get some drugs that they can do to tune away from the pain, calm down the fear, calm down the depression, calm down the whatever it is that they're feeling.

What do you notice for most people on the planet in the Western world at the moment with regard to them being seventy or eighty? They've got like a whole drawer of pills, that they pop for all sorts of things. Why is all of that happening? Because they have a fear of pain, popping all of those things, and they can stay in that state now on Earth because they've got all this extra assistance.

But in the spirit world, you can feed your addictions forever if you wanted to, if you choose to; it all depends on your choice. This is where your will to make a different choice is so important; exercising your will to make a different choice. You have exercised your will, partially.

Participant Female:

Partially, that's exactly right.

Jesus:

... to make a different choice, not fully yet, because you're still contemplating the possibility of maybe going to some medical solution, or whatever; so you have not yet exercised your will fully in that direction, but you've made it partially.

Participant Female:

Yes.

Jesus:

The average person doesn't do that on Earth, doesn't even make a partial choice; there is just no choice in their mind: avoid pain at all costs, get some physical way of doing that, or some emotional way of doing that, and focus on those things, and I'll only do that for the rest of my life. That's the way the average person thinks.

This is why we have this dominant feeling on the planet of forget about the past, it doesn't help you going back to the past; it doesn't help you to analyse, to feel your emotions, it doesn't help you. Don't even try it; take a pill instead. If you think about it, almost everybody you probably know thinks that way. Why? Because no one wants to face the fear of their pain.

The way the world is going to change, is by having a lot of people starting to face the fear of their pain, and developing a desire to actually feel their pain, and experience their pain, and work through their pain, rather than just avoiding it. That's how change is going to occur.

9.6. Judgement is a method used to avoid experiencing emotions

Jesus:

With regard to judgement, which was what started all this off, can you see that judgement is just a way of shutting yourself down, and many of us like it, because it's an intellectual exercise we undertake so that we can avoid the emotion. We accept the judgement without any confrontation of the judgement, because we want to shut down.

The feeling inside of us is, "I want to avoid my pain! Give me a reason; give me a reason to avoid my pain. Ah, judgement - bang, there's a reason. That's a valid reason I can use to avoid my pain, so I'll use it; intellectual song and dances are a way to avoid my pain, so I'll use that; getting my addictions met, that's a way to avoid my pain, so I'll use that; taking some pills, doing physical substances to avoid my pain, so I use that. I'll do anything."

We are sluts when it comes to avoiding our pain; you'd do anything for the sake of it, that's the reality, and this is what we've got to stop doing. We've got to stop making the moral compromise: every time we revert to judgement and allow the judgement to exist, we are reverting to a moral

compromise, that stops us from feeling our pain; every time we go through the process, of intellectual justification and intellectual reasoning, we are already involved in a moral compromise, avoiding our pain. And we've got to stop these compromises, that we make on our soul and just know and honour the fact, that we've got to go through it.

I'm telling you this, now the only reason why I'm telling you this, is because I've done this, and I know for certain; you don't necessarily know for certain, that's why you want to go through the other ones. But I can guarantee you, you can spend the next twenty-five years, going through every opportunity to judge your own emotion, every opportunity to intellectually reason around your own emotion, every opportunity to get your addiction met, and every opportunity to do everything else, and you'll be no closer to God than you are today. I can guarantee that to you.

But you can try it because you've got free will; you're allowed to do it and all those things; you're allowed to try it all for yourself and work it all out; or you can listen to somebody who's already done it, and say, well, there probably is not much point in me doing it; you can have some trust in that. You can do one of those things.

But for the majority of us, we don't like listening to other people, and we've got to try at least one or two of them ourselves, so we do. Then ten years later, when we haven't made the progress we were hoping to have made, we then realise, well, maybe that hasn't worked, if we're honest with ourselves.

Judgement is just another one of these methods that we use. Sure, it came from our childhood and everything, but we now use it as justification, just like our parents used it as a justification to avoid their emotions. They judged you so that they could avoid their pain; they judged you, they blamed you for their pain; they blamed you, every time you did something that triggered their pain, and they had to feel something, and they didn't want to feel it, so they judged you. You learned to judge yourself, but you need to understand it's just an addiction. It's an addiction used to avoid the feeling of fear of your pain. That's all it is.

Participant Female:

And so, because it's an intellectual thing, it's choice, I need to ... I could stay ...

Jesus:

It's not an intellectual thing - the judgement exists inside of you emotionally - I'm not suggesting it's intellectual. I was talking to Laura about the intellectual justifications she uses personally, but judgement is not an intellectual thing; it's an emotional thing.

Participant Female:

So at that point, I could use my mind to recognise that.

Jesus:

You could say, "Yes, I can see here we go, judgement again. All I'm doing here is repeating my own parents' judgements of me, to me, and why am I doing this? Why did they do it? They did it to avoid their pain, and all I'm doing is doing it to avoid mine."

What I need to do instead is feel, "Yes, they judged me, and I didn't deserve it; there's some pain I can feel." Straightaway, there's some pain I can feel. Take away the judgement as a justification or an addiction, and now you've got the fear back again; the fear's back now - choose to feel that. You see, you wouldn't revert to the judgement; you wouldn't revert to these other things, unless you were already trying to avoid the fear, and you wanted a way to avoid it. If you chose to feel the fear instead, then most of these other things wouldn't happen.

9.7. Physical pain results from suppression of emotional pain

Participant Female:

And I wouldn't have so much physical pain.

Jesus:

Of course.

Participant Female:

So I feel that I'm more willing to feel physical pain than I am to feel fear.

Jesus:

Yes, most people are actually more willing to feel physical pain than emotional pain - that is very true. It depends how intense the physical pain is, of course - remember, that most of your pain, emotional pain, often comes from physical pain in your childhood, that was shut down because your parents didn't want you to feel it.

Every time you started to cry because you hurt yourself, what did mum and dad do? "There, there, you don't have to cry, patch that up. You know, stop crying." "I'll give you something to cry about!" You know, whatever it is they chose to shut you down, and so you shut down from that experience. That's how you became afraid of pain, because before then you weren't afraid of pain; before then you just felt it.

You look at the average child who doesn't get shut down when they injure themselves, five minutes later they're up running around and half their leg's fallen off, and they're still running around half the time. They can even have a broken leg, and still try to run around.

Participant Female:

Yes, I've noticed that if I'm in my desire and I hurt myself, if I stop and feel, then I don't even feel that bruise or anything later.

Jesus:

Correct, and also heals very rapidly.

Participant Female:

Yes.

Jesus:

Straightaway.

Participant Female:

But I've noticed that, like this morning for example, I spent some time praying, lying, feeling, praying - and I remember you saying, even if nothing happens, spend time with God - and so I started to feel an emotion, and just like a flash of what I felt was God, but then judgement and then ...

Jesus:

So judgement was the desire to avoid, and it comes from somewhere emotionally.

Participant Female:

Yes, and then I realise ... well fear ... but then physical pain, and so I spent quite some time feeling this physical pain.

Jesus:

Yes, physical pain that keeps recurring is always the result of the suppression of fear - you will find that in the end - physical pain that keeps recurring, is always the result of the suppression of fear.

Participant Female:

So if that's all I will let myself feel at this point, at certain times, then that's a worthy thing to feel.

Jesus:

Of course.

9.8. Becoming willing to feel fear and experience pain

Participant Female:

Sometimes it's like, hmmm, well I wanted to come here too ... and so then I also felt a desire to move and change what I was doing. So I felt that there was definitely a change, I had less pain.

Jesus:

Yes.

Participant Female:

I was ready for something else then, but it sometimes this is what happens: like I feel blocked at the moment because this is, that can be the process and then, suddenly, without any warning, I can maybe get into the emotion and connect to God.

Jesus:

Yes, so take those opportunities when they come.

Participant Female:

It seems to be more distance between that ...

Jesus:

Of course, because there's more and more things, that you're getting exposed that you're resistant to. When you begin this process, often you have a bit of a honeymoon period, where you get into this emotion and that emotion. All of those emotions are your easy ones; you might think they're hard at the time, but they're actually your easy ones. The ones that are the really hardest to get into are the ones you're terrified of - they're the hardest to get into.

Participant Female:

That's when my judgement goes up more.

Jesus:

Of course, because you're terror wants you to judge, because that way you get to avoid the feeling of the pain.

Participant Female:

Yes, I do. It's a very vicious circle.

Jesus:

So you've got to stop the judgement. That's just an addiction; stop it; tell yourself God's Truth on that subject; most of the time we do know God's Truth on the subject.

Participant Female:

Yes, I'm even doing that, but it's like, not working.

Jesus:

Yes, but you understand that it's all because of the reluctance to feel fear; the reluctance to feel terror. This is our main problem; we don't want to feel the fear; we don't want to feel the pain. We're reluctant to do it, when we're reluctant to do it, what do we do? We do anything else other than it: we'll justify it, we'll shift the blame on someone else, we'll do anything, we'll minimise it, we'll say it's not there anymore when it still is; we'll do anything to avoid it and we've got to stop doing that.

The only person that can stop doing that is you; God can't stop you from doing that; God's already trying to give you maximum help to stop it. But we're just justifying it, saying, "Oh, that's the way I want to go; that's the way I want to go." We're honouring our fear and we're resistive to our pain; and that's our biggest problems.

If you stopped honouring your fear, and stopped being resistive to pain, then you'd probably feel your pain, or your fear, depending on which one you needed to feel at the time, and either one is going to help you, the next time you come to feeling one of these other emotions which will heal you.

Remember it's the passing through you of these emotions, the grieving-based emotions that's going to heal you emotionally. Of course, it doesn't develop your relationship with God, because developing the relationship with God depends on desire, but it does help you with desire.

Every time you confront a fear, that helps you with desire. It means that if you have a desire, it'll be able to be present more, if you have one; if you don't have one, you'll in the end see you didn't have one. Then you'd have to develop the desire using some method, which is all about getting to know somebody, getting to feel somebody, having the interaction with somebody.

That's the part that I feel a lot of us are also missing, because we're not wanting to have this personal interaction with God really. Most of us don't even think that it can happen, that it's even real. Most of us don't even believe in God, if we're honest with ourselves, or if we do, we believe that God's a punishing, vindictive bastard who's going to oppress us for the rest of our life. That's basically what religion teaches you, and so we don't feel, and, of course, we don't develop a desire for God.

But if we do both, if we develop the willingness to feel these two problematic emotions, fear and pain - they're only problems because we honour them - we put them above our relationship with God; we put them above our relationship with other people; we put them above our relationship with ourselves; we honour them, we worship them, we bow down to them - don't we?

The average person on this planet bows down to pain: what I mean by that is, whenever they have pain to feel, they'll do almost anything to avoid it. The average person on this planet is exactly the same with terror: if you ask them to feel it, they say, "Don't be stupid. I'm not feeling terror." They'll do anything to suppress and avoid it. The things that you will do anything for, they're your gods - that's your god.

10. Closing words

Jesus:

I'd probably like to finish now, if that's okay with everyone. I think we've discussed a lot about understanding the emotional self, and also, from a practical perspective, what's happening to most of us. What's happening to most of us is, we don't understand the importance of feeling fear in our lives, and we don't understand the importance of allowing pain in our lives, and desiring to actually work through our pain; we just don't get the importance of it. The third thing we don't get the importance of, which is probably the most important thing, and that is we don't get the importance, of developing a relationship with God through desire.

They're the three things that are affecting us the most, and while they affect us, anything we talk about God is going to go over our head, anything we talk about emotions over our head, and almost any discussion we have at all about Divine Truth will go over our head while we're living in that place.

This is why many of you have hit the point of saturation with truth: you hit the point of saturation with truth when your fear of your pain has increased to such a level, that you don't care anymore about truth. This is why we stopped doing presentations up our way in Queensland, because in the average person coming to seminars there, the fear of their own pain has increased to such a point and they haven't released it, it's increased to such a point that they no longer care about receiving any truth - it doesn't matter anymore.

"Go and have a life where you don't have to face these things," is the way most people feel, and that's what many of them are doing actually. Many of them have told us actually that's what they're doing. "I'm much happier now - I get all my addictions met is the subtext - I get all my addictions met, and everything's nice. I was over thinking things before" - I agree with that - "Over thinking things, and, I was feeling too much." I don't agree with that. You weren't feeling enough. And all these kinds of things about how now you're happier and everything - they're not happier - they just have reverted to what the fear has wanted them to do all along. That's what they've done.

10.1. Having a pure motivation for a relationship with God

Participant Male:

In regards to making God your desire, it would soften the fear, it would soften the pain, if you have Him as a desire? Understanding God more?

Jesus:

Yes, see you've got to be very careful, because if that's why you want a relationship with God, it's already distorted. If the reason why you want a relationship with God, is so that you can soften your fear, and soften your pain, then you've already got a distorted relationship with God. God's not going to enter that relationship. There's a selfish desire driving the desire for the relationship; the selfish desire is to make fear and pain easier to handle.

Participant Male:

Yes because I've got blockages in fear and pain, but if I allowed God to help me, is that ...

Jesus:

That's certainly different. See the question we've got to ask ourselves is, what is motivating our relationship with God? For many of us we only have selfish motivations in any relationship, including our relationship with God: we want God to take away our pain, we want God to make us feel safe, God to make us feel secure, God to make us feel like everything's okay, God to make us know everything and avoid all of our terrors, and fears. That's what we want from God.

I suggest to you that, that relationship with God is impossible, because God won't engage it, because it's not driven by a pure longing for love; it's driven by all these negative things; a desire to avoid pain, a desire to avoid grief, a desire to avoid fear. If our desires are such that we want to avoid, by having a relationship with God, then a relationship with God is not going to be possible.

10.2. Ways to get to know God

Participant Male:

In regards to religion, there are so many religious people out there in regards to different gods or whatever. If you wanted to engage in God a lot more and understand God, how would you do it? Because I'm from Melbourne, I listen to your teachings all the time, and to engage the people who are wanting to speak the truth, it's very hard with my interaction with people. No one really wants to know. Like how would I develop ...?

Jesus:

I've spent most of my time with myself.

Participant Male:

Okay, so that's the thing that I enjoy doing.

Jesus:

I don't try to convince anybody else what I've learned about God. The only reason why I'm here is because I get asked to come. I first focus on my personal relationship with God, and spend time with God by myself. That's how you develop a relationship. If you were developing a relationship with anybody else, you would probably do the same.

If you had a woman in your life that you wanted to enter a relationship with, what you would probably do is you'd want to spend some time by yourself with her, get to know her, get to feel what she feels, listen to her, if you can - and, when I say if you can, obviously with many of us, we don't listen enough, and that's why we can't hear God. But we need to learn to do these things, and then I would also spend time with people who know about God.

There are not many people on Earth who know about God, so what I would suggest there, is read the books from people who know about God, and those books are, two books, two forms of books in particular: one is the Padgett messages themselves, which are a long list of messages, many of which are about God. The second series of books are the books by Robert James Lees, which are a long list of discussions about God's nature and God's character and God's personality, and all those kinds of things. That's what I would do with my time, and that's what I do with my time, as Mary knows, I still read those books every day.

Participant Male:

Thank you, that's what I wanted to know.

Jesus:

I don't get to spend much time with people who have this love for God, but I do get to spend time then with these people who are in the spirit world, who have a love for God, and that helps me with my relationship with God.

Participant Male:

Thank you.

Jesus:

That's just what I do. Thank you guys. (Applause)

Understanding Your Emotional Self

Outline for S1 & S2

Preface

Before we deal with subject, deal with unloving behaviour coming here

Introduction

Most who listen to Divine Truth are not changing

Most do not understand that they are not changing

Most are not changing because they have little understanding of "The Way"

Remember, it is the Way God designed for you to live the rest of your life

Most have little understanding of their real Emotional Self

Most who leave Divine Truth resist the process of developing their emotional self

Most who criticize Divine Truth do not wish to experience true emotional growth

For most, Understanding Their Emotional Self is a major problem

The Way You Currently

see, hear, sense, taste;

analyse, think;

believe, imagine, desire, aspire;

see your-self and the universe around you;

live your life, interact with yourself, others, and God; and feel your emotions;

IS completely out of harmony with "The Way" God designed you to be.

Note: If it was in harmony with "The Way" God designed, then you would already be at-one with God, a loving individual all of the time, and in complete harmony with all of God's Creations.

How Most Currently See Emotions

As a means to an end

The 'end' differs for each person, but it can be;
 becoming at-one with God (which is actually not an 'end' but a beginning)
 having a happy life (which is actually not an 'end' but a beginning)
 enjoying good relationships (again not an 'end' but a beginning)
 Most see this 'end' as a place with little emotion;
 seem to believe in a permanently calm, serene, and peaceful life
 seem to believe that thoughts will be the primary power
 Most feel that emotions are something you will 'deal with', not live
 They believe emotions are problematic
 They believe emotions are something you go through rather than live
 They do not believe being an emotional being is the end result

As a process

Keep on hearing 'show me what to do and I'll do it'
 Want 'instructions' rather than living a Way of life
 I am showing you what to do every day, but very few do it
 This indicates you do not truly understand the 'end goal', what you will become

Emotions & The Way

With respect to the Way, there are two parts to emotions:

Part 1 - Living being connected to God emotionally

Impossible to be at-one with God from an intellectual standpoint
 It is impossible to connect to God intellectually
 The intellect is only the brain of the spirit body
 The 'soul's mind' is its emotional core, the intellect is a tool of the soul's mind
 God is the Constant Emotional Being
 Connection to God is only possible by becoming a constant emotional being

Part 2 - Living as an emotional being in harmony with God's Love

Impossible to be connected to one-self from an intellectual standpoint

It is impossible to connect to other souls intellectually

Living in harmony with God's Love is impossible intellectually

You can only exchange information intellectually

Thinking 'thoughts of love' only benefits when those thoughts translate into emotions

Emotions allow you to exchange feelings, love, truth

Emotions allow you to truly live and experience life

Emotions allow you to become the person God created you to be

For emotions to benefit you and others, they must in harmony with God's Love

Proper Understanding Of Emotions

Living emotionally

Emotions are not the means to the end

Emotions are a major part of the "Way" you will eventually live

Without them, you will

Without emotions, it is impossible to:

know God

become at-one with God

know or understand yourself

know or understand someone else

have a real experience of anything 'understand' anything about the soul

truly live and experience life

truly understand the universe in which you live

exchange feelings

progress beyond the 6th sphere or dimension

to sincerely grow and change

Your Attitude To Emotions

You will not:

- invest in your emotions
- identify with emotions
- involve others in feeling your emotions with you
- be afraid of your emotions
- be afraid of others' emotions

You will:

- feel that emotions pass through you and do not stay with you
- feel that you are what you feel while you feel it
- feel that you are not permanently what you feel
- feel that having others 'share' your experience cheapens your experience
- feel that emotions are openheartedly welcomed
- feel that when others are emotional they are being real
- feel that emotions need to be in harmony with Love in order for a connection with God to be maintained
- feel that emotions out of harmony with love must be experienced to be released
- feel that growth is impossible without the experience of emotions
- feel that a loving condition is impossible without emotions in harmony with Love
- feel that nothing can change while unloving emotions are maintained within
- feel and honour your own emotional experience

Understanding Your Emotional Self

Outline for S3 & S4

Introduction

Subjects from previous sessions:

The way we currently live is severely out of harmony with "The Way"
Emotions are not a 'means to an end' but rather are the "Way" we end up living

Emotions are not a 'process' but rather a "Way" of life

Emotions and the "Way"

We must live being connected to God emotionally

We must live as an emotional being in harmony with God's Love

Your attitude to emotions

We must see emotions as a "way" of life, rather than a goal

We must remove impediments to feeling 100% of the time

Your Attitude To Progression

Thinking Growth involves:

thinking you have dealt with something when you have not
thinking you have changed when from God's viewpoint you have not
having intellectual realizations without accompanying emotional experiences

thinking you know things you do not feel

thinking you know things you have not experienced

thinking you are more loving without having an emotional release of unloving feelings

analysing law of attraction events with the mind without emotional understanding or connection

incorrectly identifying 'injuries', love, or truth, and not understanding the truth of events or your own condition

If you are thinking growth, when you are placed in a difficult situation, you will revert to your own historical unloving behaviour and feelings unless you exert an extreme force of your own will

Truly Growing involves:

becoming a complete 100% emotional being (like God)

receiving God's Love (an emotion of God) allows transformation of your own emotion

becoming a being with emotions that are only loving

feeling and expressing feelings and emotions 100% of the time
 responding to events, people and truth in an emotional way
 discovering the truth of your childhood and current life through
 feeling emotions

understanding the world, yourself and God emotionally
 allowing the release of unloving emotions without acting upon them

***If you are truly growing emotionally, when you are placed
 in a difficult situation, you will always act in a loving
 manner automatically***

Reminder: Being Humble Is An Emotional Process

Being Humble involves:

- Desiring to face and feel the façade
- Desiring to face and feel the addictions
- Desiring to face and feel the fears
- Desiring to face and feel the grief
- Desiring to connect to the inner hurt (inner child's pain)
- Releasing desires for glory, attention, approval, acceptance,
 commiseration etc

Reminder: Truth Enters You Emotionally

Experiencing Truth involves:

- Emotionally releasing FEAR (False Expectations Appearing Real)
- Allowing Truth to enter your soul emotionally
- Desiring Truth
- Being Truthful in all of your thoughts, words and actions

Reminder: Love is an emotion

Experiencing the emotion of love:

- Generates all desires
- Generates all thoughts and words
- Moves us to consistent action

Understanding Trapped Emotions

All trapped emotions have an age

Each time you were treated unlovingly, and then suppressed from
 feeling, the emotion was trapped at the age that the suppression
 occurred

Each time you undertook an action out of harmony with God's Love,
 the compensation emotions entered you at the age the action was
 undertaken

Healing can only occur by feeling & experiencing these trapped emotions

Most healing emotions will feel child-like in their expression, unless they are emotions relating to using your own will unlovingly, and in those circumstances, healing emotions will only be repenting emotions.

Feeling 'Adult' emotions cannot heal you unless they are repenting emotions

'Adult' emotions are usually not healing emotions unless they involve your repentance

Unless they are repenting emotions, 'Adult' emotions of grief, shame, hurt, anger etc, are all created by using your will to have your addictions met, in other words they are self-deception created to avoid the childhood suppressed emotional pain.

Engaging Your Will Positively

Do I honestly from an emotional perspective wish to;

Engaging my will to be humble?

Engaging my will to receive truth

Engaging my will to receive love from God

Engaging my will to love God

Engaging my will to receive love from others

Engaging my will to love others

How would my life look if I engaged my will positively in the above areas?

Understanding Your Emotional Self (Session 4 Q&A)

Opportunity to engage questions about Understanding Your Emotional Self

Resources

For more information:

Divine Truth Website: divinetruth.com

Donate Divine Truth:

<https://www.divinetruth.com/sites/main/en/index.htm#donate.htm>

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Mary's Blog: mary.divinetruth.com

eBooks by Divine Truth including eBooks translated into a variety of different languages:

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It does not and cannot contain the entire of God's Truth since God's Truth is infinite and humankind will forever continue to discover more of God's Truth as we progress in receiving more of God's Love.

Please remember that due to these limitations, information contained within this document may need to be revised in the future.

***Other compilation books can be found at
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Handbook	Ethics & Morality
Workbook	What Is Your Treasure
Prayer	Passionately Desiring Positive Change & Taking Personal Responsibility
Humility	
Law of Attraction	Qualities of Divine Truth & Desiring Divine Truth
Parenting	
Soulmates	The Power of Your Soul and Denial of the Soul
Solomon's Message	
Positively Responding to Spirit Influence	Laws Governing Love of Others and Love of Self
Secrets of the Universe	Law of Desire & Law of Cause & Effect
What Happens When You Die	Pseudo vs True Spirituality
Understanding Sin	Getting To Know God & The World's Definition of God
The Way including Putting It All Together and Eternal Benefits	Why We Resist God & Emotional Blockages to God
The Truth & Purpose of Jesus' Life	
How the Human Soul Functions	Emotional Processing
Faith & Prayer	Understanding Your Emotional Self
Sincerity	
Sexual Attraction	Laws of Rapport & Spirit Communication and The 'Sleep' State
Fear (Revisited)	
Anger is Your Guide	Emotions & The 'Mother' Taboo and Emotions, Truth & Families
Forgiveness & Repentance	
Addictions	The World's Definition of Love
The Gift of Free Will	
The Three Selves & The Façade	
Deconstructing the Façade & Experiencing the Hurt Self	