

DIVINE TRUTH

How the Human Soul Functions

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 book is a collection of excerpts from the FAQ Session/Interview with Jesus and Mary from the Divine Truth website discussing How The Human Soul Functions

Session 1

Parts 1 and 2 of the interview were conducted by Luli Faber on 1st April 2013 and Part 3 by Mary Magdalene (Mary Luck) on 10th April 2013. In these interviews Jesus discusses how the human soul operates, describing the principles of preclusion, absorption, dominance, progression, resistance, presence and suppression

Session 2

This interview was conducted by Mary Magdalene (Mary Luck), on 9th April 2014. In this session Jesus and Mary have further discussions about how the human soul operates, which was introduced in Session 1, describing the principles of preclusion, dominance and progression

Session 3

This interview was conducted by Mary Magdalene (Mary Luck), on 15th April 2014. In this session Jesus and Mary have further discussions about how the human soul operates, which was introduced in Sessions 1 and 2, describing the principles of resistance, presence and suppression

The interviews used for this compilation are:

- How the Human Soul Functions S1P1 – [Apr 01, 2013](#)
- How the Human Soul Functions S1P2 – [Apr 01, 2013](#)
- How the Human Soul Functions S1P3 – [Apr 10, 2013](#)
- How the Human Soul Functions S2 – [Apr 09, 2014](#)
- How the Human Soul Functions S3P1 – [Apr 15, 2014](#)
- How the Human Soul Functions S3P2 – [Apr 15, 2014](#)

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

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How the Human Soul Functions:

Session 1 Part 1

1. General introduction

Jesus:

Welcome today to a discussion. I have invited Luli Faber along to join me with, and the discussion is about how the human soul operates. The main reason why I wanted to have this discussion with somebody was because we get many questions about the soul and how the human soul operates, but many of these questions are based around assumptions about the soul itself that are false. And there is often confusion between the mind and the soul and there's also confusion about what constitutes the soul compared to the mind. And so during this discussion we're going to talk primarily about how the soul itself operates in comparison to how the mind operates. That's why we're having the discussion.

Once we have this discussion we have then the ability to refer to this discussion when we're answering questions about the human soul and in the FAQ channel there will eventually be many, many questions that we want to answer about the human soul. But most of the questions will be answered by referring to some of these principles that we're discussing in this discussion that I'm having with Luli. So thank you Luli for coming along and joining me with the discussion.

Interviewer:

Pleasure.

Jesus:

And like I said to you off camera, feel free to ask any questions as we go along and also any points of clarification that you want to make. And I've really just asked Luli to come along to keep me in line today, so (laughs) if you can keep me in line today that would be great as well. (Laughs)

2. Introduction to how the human soul functions

Jesus:

So let's just talk about the human soul in comparison to the spirit body's organs and the physical body's organs initially.

2.1. The half soul requires the physical and spirit bodies for experiencing the universe

Jesus:

When God created the human soul, He knew at some point, due to its creation, that He would separate the two halves of the soul and have an incarnation process where they could become individualised. And as a result

of that, He created all of these sensory apparatus in each half of the soul, that when the two halves of the soul split apart the sensory apparatus in one half of the soul has to connect to something and the sensory apparatus in the other half of the soul has to connect to something in order to experience the universe around it. And God created this wonderful process where a human couple who love each other make love with each other, create two bodies, the spirit body and the material body; and the half of the soul, the sensory apparatus, can now connect to those bodies through these cords and therefore experience the universe, firstly by experiencing the physical universe and then by experiencing the spiritual universe.

And so the physical body has organs of its own. We have the organs of sight, hearing, all the sensory apparatus plus a brain and all the internal organs. They are all used by the physical body in order to maintain itself while it's alive. And the spirit body also has a whole group of similar organs. It has a heart, it has a mind, it has the sense of sight and other senses, and in fact it has an even greater amount of senses than the physical body has. And so we have these two bodies, which are basically like organisms, or you can almost think of them as robots that the half of a soul, the one half that split away from the soul in the union state in its un-incarnated state, can now experience the universe through, until it reaches the union state again in a conscious manner.

Now for all of that to occur we must start to understand what we're developing if we're actually growing in love, what part of ourselves we're developing. So we're obviously not developing the physical body as the primary point of development and we're also not developing the spirit body as the primary point of development. We're developing the soul and so therefore we need to understand how the soul works, we need to understand how it's organised.

And we also need to understand that our physical body and our physical body brain is actually being exercised by something behind it, through this silver cord that connects our physical body with our spirit body. And then our spirit body's brain and all of its other organs are also being influenced by something behind it, the soul of the individual, and it's the half of the soul of the individual because it's yet to be into a completed union state.

Now if we remember that in this discussion then that will help us greatly in terms of determining what the soul is and what the spirit body's mind is and what the physical body's brain is in particular. Because a lot of the questions we receive are a lot about - if I exercise my mind in this direction how does that relate to my soul? And is my soul developed if I've developed my mind? And there are all these ideas or concepts that people have that you can make your mind be more loving, when that's actually a physical impossibility. There are all these basic concepts of misunderstandings that I feel cause

people's questions that we would really like to iron out, and the way we can iron them out is by discussing how the soul works, how the spirit body works and how the physical body works to a degree, and how they all fit together to become our conscious existence, firstly in the physical world and then in the spirit world.

So if we refer firstly to this physical body of which you've done a lot of work on the brain and so forth, you can see in science that generally there's a lot of emphasis on the brain and its ability to control all of the functions of the physical body. What have you found in that process?

Interviewer:

There's just a complete mystery as to how it manifests the mind. Everyone thinks that somehow a bunch of nerve cells going off can create thoughts and ideas and beliefs.

Jesus:

And personality.

Interviewer:

And personality and free will and all these things but no one has the foggiest. There's not even a theory, there's just no idea.

Jesus:

No idea about how it works and so what we need to do is talk about perhaps a bit about how it actually does work so that people can understand.

2.1.1. Interactions between the soul, spirit body and physical body

Jesus:

So firstly we've got our physical body and let's focus on our mind because that's where a lot of our thought obviously seems to take place, if we could say. But the reality is, as you know from working with the brain, that a part of the brain can die and then you would think if that part of the brain had died then the thoughts associated with that part of the brain would also be dead. But there have been occasions where a person has gone through some kind of recovery process after a stroke for example, and then all of a sudden they get back the memories that you thought they lost. And that's pretty obvious then that that part of the brain didn't contain the memories that they lost, it was a temporary loss for some reason.

Interviewer:

They explain it as that it's some kind of diffused network of information and they just source it from another bit of the network.

Jesus:

Exactly. Then there's also the issues that you would have heard about too where people have lost their sense of sight and then all of a sudden through some medical operation or whatever regained their sense of sight. So these

kinds of instances show that if the physical body loses a sense of some kind it doesn't necessarily mean that the person behind the physical body has lost that sense at all. What it means is that the physical body is unable to manifest it, is unable to actually have an outward manifestation of what the capability is anymore because of the loss of the sense of the physical body.

So the physical body has senses of its own that obviously are connected to something behind it, and that's our spirit body. So our spirit body has a sense of sight, our spirit body has a brain and it exercises through this silver cord connection that we've talked about before, all of the senses of the physical form. And so that means that if a certain sense that is in the physical form dies for whatever reason, if we haven't cared for it, or we've had an accident or for some other reason, then we haven't lost the memories or lost the capacity to see, in the case of the sight if it's the sight, the capacity to hear if it's the case of the hearing sensation and other capacities; we haven't lost those capacities we've just lost the ability to control them in the physical body, that's the only thing we've lost. And all of those capacities still exist in the spirit form.

Now if we look at the spirit body in reference to the soul is almost identical to that; it's almost identical in operation to the physical body in reference to the spirit body. So the pattern of the spirit body looking after and maintaining the physical body is the same pattern as the soul controlling the spirit body. So behind the spirit body is this organ, let's call it the real us, the real person, the real individual, that has all these organs that control through a cord, a series of energetic connections with the spirit body and control its brain and control its operation of all of its important internal functioning, and also controls its ability to emanate those particular things to actually do something with those particular things and make choices and decisions and live in the spirit world.

And the half of the soul needs the spirit body in order to connect with the spirit world. If it didn't have the spirit body it would have a limited sensory ability to connect with the spirit world. Just like if we don't have a physical body, we have a limited sensory ability to connect with the physical world. It's not that obvious to a spirit anymore that they're living in that world whereas when we've connected to a physical body on Earth it's very obvious that we're connected to a physical body and physical things, and the reason why we need these bodies in order to grow.

They're really like an educational system. The physical body being the educational system for our soul to learn the surroundings in our physical universe, the spirit body being the educational system that our soul uses to connect to the spirit universe and then of course we can grow to even beyond that point where we no longer need any body. And I don't mean we no longer need anybody (laughs), in terms of other people; we don't need any body,

physical or material, in order to express ourselves, and in fact we have the ability to create many bodies in that state.

2.2. Interactions between the soul, the mind and the brain

Jesus:

So if we examine all of that and we talk about the mind, which is the main thing that most people believe is the real person, the personality of the individual, and we talk about the soul, which is the real thing that is the personality of the individual person, and we start to compare where those things are and what happens to them, then we'll have a far greater understanding of what we mean when we talk about soul development and particularly developing our soul to grow in love.

So if we focus on the mind and the brain and the spirit and the soul as well in terms of how they all are influenced by each other. This brain only controls the physiological functions of the body in which it is encased. It doesn't control the thought processes or the personality or the emotions of the individual. They can be expressed through the brain of course because that's the reason and purpose for the brain - to express what is behind it, what is at the back of it, but all of those things are usually felt for most people with their spirit form, their spirit body.

So they have a mind in their spirit body, which is really like the brain of the physical body, and most of their memories and most of their thoughts are stored in this mind of the spirit body. Therefore as soon as they pass into the spirit world, nothing is really changed. They can remember everything and usually they can remember even more than they could remember using their brain of the physical body because their brain was an encumbrance in many cases by the time you pass it's a bit decayed and older and not able to be used very well, but your spirit body's mind and brain is able to be used a lot more with a lot more functionality. And therefore you can have a larger speed of gathering information, a larger speed of absorption of information by that brain and so forth and gathering more facts about the universe.

But behind that is the soul, which has the real mind, and the mind of the soul is just an organ of the soul. It's just a small portion of the soul. It's where in the end all potential logical functioning can occur, but for most people who live that's not the case, because what happens is they suppress their soul so much that the mind of the soul is not functioning. Instead they use the mind of their spirit body in order to determine the truth or in order to determine anything in fact about what they wish to do with their life, their personality, their nature and all these other things are often a part of that but not yet a part of their soul.

And so what I feel most people don't realise is that when they're using their mind they're just using another brain, not the physical one but their spirit body's brain and they're using it without any reference to the soul, which is a very dangerous thing to do actually because it's also very illogical to do.

So that's the main relationship with the soul. Eventually when we're at-one with God, the soul has its own mind and in fact the mind of the spirit body, the brain of the spirit body, just becomes a tool that the mind of the soul exercises to express itself. Just like the physical body's brain is just a tool that the spirit body's mind uses to express itself. So there's this relationship between the three organs if you like.

Interviewer:

But it's possible while you're in the physical form to have the soul mind completely dominant...

Jesus:

Yes.

Interviewer:

... and the spirit mind completely just passive?

Jesus:

Yes. Yes and that was the transition I went through in the first century before I became at-one with God in the seventh dimension. You go through this transition, and in this transition basically what happens is the mind of your spirit body sort of becomes absorbed by the mind of the soul. In other words the mind of the soul dominates it now completely.

And so what we need to understand is the actual mind, which is really the mind of the soul, is actually just a small portion of the soul itself. It's not the soul itself, it's just a portion of the soul; you could call it an organ of the soul. So just like we have an arm or a leg or a kidney or a liver or a brain, which is our organ of our whole body, the whole soul has many organs. But the organs of the soul are not of the same nature, of course, of our spirit form or our physical form, but there is what you would classify as different processes that occur within inside of the soul that by themselves cannot independently operate without the complete soul. Just like we have in our body, physically independent organs in our body that cannot operate without the body itself. They need the body in order to function.

2.3. Developing the soul is most powerful because it controls the spiritual and physical bodies

Jesus:

It's the same with the mind of the soul. The mind of the soul needs so many other things in the soul to be functioning in order for the mind of the soul to be functioning. Therefore it needs development of the soul in order to function. Whereas the brain of the spirit body, which is the mind that most

people use and the brain of the material body, which is the physiological brain that we use to operate in this physical world, those two things don't require much development in order to function. In fact the physical body requires no development in terms of spiritual development in order to function, that's why God created it that way so that we would be automatically functioning in the physical world.

The spirit body though does require a certain amount of spirit development in order to function in the spirit world and the reason why is so that we develop in the spirit world and grow in the spirit world. So it does require a certain amount of spiritual knowledge and development before a person will actually grow in their spirit form in the spirit world.

But the soul needs to and can grow by itself individually and affects both bodies no matter where we are. It is independent of the physical world and independent of the spirit world and so therefore has the greatest capacity for our interaction with all worlds, and I feel that's one of the things that most people are not aware of. They develop either their mind or they develop themselves physically.

So for example a person developing themselves physically might go to the local gym, and then they might read some books and get a heap of knowledge as well and that is also developing them spiritually partially. Whereas when they just go the gym and pump iron most of the time, or go running or whatever, that's developing physically. As soon as they start picking up something that requires the engagement of their brain and therefore the engagement of their spirit body's mind, they're now starting to develop their spirit body as well; their spirit body's brain and also the body as a subsequent result gets developed through that process. And so now they're developing more than just their physical form.

And then once you start developing this whole area of emotions and feelings and sensations and deeply emotional things, you're now developing the soul. The reality is you can develop all three things at the same time obviously, but the soul has the greatest power, and the soul itself affects the functioning of both bodies. So if we have specific emotions in the soul it will affect how the spirit body's mind actually even works and affect the physical body's brain and the whole of the physical body and all of its organs.

This is one of the reasons why we get sick because there's an interruption to how the soul can affect these particular things because of something that's going on in the soul causing an interruption to the flow of energy and the flow of information from the soul to both bodies. So if most people understood that then they'd start working on their soul when it came to sicknesses and diseases rather than working on just their physical body or their spirit body.

So I feel even that would answer a lot of questions for people surrounding diseases and sicknesses and if they've got some kind of terminal disease for example. If they understand that behind their physical body is a spirit body and behind their spirit body is their soul, and inside the soul when there's an interruption emotionally of some kind, it will cause an interruption in both spiritual and physical bodies, which will create the disease. And while that interruption remains in play, the disease will continue to grow. As soon as you reduce the interruption from the soul, the disease will die a natural death and you'll become healthy again. These kinds of things need to be understood by a person who's trying to develop themselves, working out why they're sick and why they grow old and why they die even. It's all about what's going on in the soul.

So I suppose the main thing at this point is that we understand that the soul has organs of its own and one of which of those organs is the mind of the soul. The spirit body has organs of its own which maintain the spirit body and one of the organs is the brain of the spirit body. The physical body has a brain that helps maintain its body and it is just one of the organs of the physical body. And if people realise that the physical body is just like a robot that the soul uses to express itself in the physical world and the spirit body is like the robot the soul uses to express itself in the spirit world then we would start to focus more on soul development rather than development of our mind.

So the mind becomes sort of subservient to all other forms of development, whereas for many people who are on Earth, the mind is the dominant form of development that they engage in. They've absorbed information through their mind and it's their main way of engaging with the world. And what I'm suggesting is that's not the main way the soul engages with the universe.

2.4. Attributes of the soul that are contained inside and outside of the soul's mind

Interviewer:

So just a question about the soul's mind. When you list the attributes of the soul - the emotions, the personality and the free will, are they in the soul's mind?

Jesus:

No the soul's mind is a separate attribute of the soul to those things.

2.4.1. The attribute of logic

Interviewer:

Because that's where the logic of the soul is.

Jesus:

That's where the logic of the soul is expressed; the soul's mind is the organ in which the logic of the soul is expressed. There are other organs in the soul that express all other different things that are much more powerful than the soul's mind actually. So for example if we look at the organs, the soul has a heart and the heart of the soul expresses the love-based feelings and emotions of the soul and they are far more powerful and far more powerfully expressed than anything the soul's mind is capable of expressing.

So there are organs in the soul that are far more powerful than the mind, which is one organ that exists within the soul. But it is a necessary organ in the soul because it's a necessary organ in terms of it determining logic. If you could liken it to a computer, it is a microprocessor that is the centre of the computer that controls a lot of physiological functions of the soul in the same way, but it's not the dominant thing in the soul. In fact if you've developed your soul it becomes very subordinate, it is completely subordinate to other functionings of the soul.

2.4.2. *The attribute of humility***Jesus:**

If I can give some other illustrations: so when we develop humility for example, we view that as a quality, but actually it's developed in an organ in the soul itself; humility is a part of the organs that are contained within the soul and it's actually a larger part in the mind of the soul and it also dominates the mind of the soul and how it functions. So in other words the organ of humility, which we express as a quality, actually controls how the mind of the soul works.

This is why humility is such an important quality to develop in your soul because how it controls the mind is, that the mind is unable to accept anything that the soul lacks humility about. Or if we put it another way the soul's mind cannot accept anything about which we are arrogant, in which we believe we know the truth but we have not yet fully discovered it. And you can see why of course because while I'm lacking humility, I am blocked to certain thoughts, to certain concepts. I believe myself to know them already or I believe they are immaterial or I believe that they're not important or I believe that they don't exist. One of those things usually is what I believe when I lack humility and so humility controls the thought processes; I will not accept the thought that humility or my lack of it determines I should not accept.

And so you can see from that regard the mind is completely subordinate to this quality of humility.

Interviewer:

And this is both the spirit body's mind and the soul?

Jesus:

Of course because the spirit body's mind is just an expression of what's happening at the soul level anyway. So it will also greatly control what we'll allow ourselves to accept into our spirit body's mind. So we will not allow anything that disagrees with our concepts that exist within the soul with regard to the attitude of humility. So if I don't have humility on all subjects, it is only the subjects that I have humility on that I'll actually receive the truth about. And my mind is only capable of absorbing that truth while I am humble on that subject. As soon as I have a lack of humility on that subject, that's like closing my mind to that particular subject now and my ability to learn more truth on that subject is now highly limited. So in that regard you can see that humility is a much greater quality to develop than intellectual development because it controls intellectual development completely.

2.4.3. *The attribute of love***Jesus:**

If we have a look at another quality, love. Love is a quality that is understood by the organ of the heart of the soul. It is completely unable to be understood by the organ of the mind of the soul. So when we talk about expressing love, feeling love, acting in harmony with love and all these other different things with regard to love, our mind is completely unable to understand it, particularly (and this is our soul's mind) is completely unable to understand it at all; it's impossible.

Interviewer:

Which is why we can't describe it in words, it's impossible.

Jesus:

Exactly, it's impossible. It's impossible to describe effectively in words unless the person has had an emotional inflection of those words in their past. In other words they've had an experience of love in their past to which they can relate those words to. And this is the limitation of our mind; our mind is completely unable to understand feelings. It can express them as thoughts, but it cannot understand them and feel them as feelings and this is one of our severe limitations of our mind, both spirit body and our physical body's brain, but also the mind of the soul is limited in that regard.

The mind of the soul is only able to express logical thought and it is not able to actually feel feelings without the other organs of the soul being involved. So if a person hasn't developed their heart of their soul and they haven't developed their humility, the organ of humility in their soul, then you can see the mind of the soul is going to have a lot of difficulty determining any truth and also a lot of difficulty feeling any happiness and joy and any other emotion.

This is why people do get to the stage in their development on Earth and sometimes in the spirit world where they almost feel devoid of emotion, they almost feel devoid of that kind of understanding because they can't understand it because they've only developed their mind and the organs that understand these other qualities are all undeveloped. They're all lacking development. So humility is lacking development, the heart of the soul is lacking development and so therefore love can't be understood, humility can't be understood, they can only understand intellectual logical reasoning but the intellectual logical reasoning is flawed because it's not taking into account all these other developments that can happen.

2.5. Limitations of the mind

Jesus:

The way God's made the universe is that without the entire soul being developed the mind is incapable of understanding the universe. So that's a major limitation obviously if we're ever going to have to grow, we need to understand that part of our growth is going to be developing these other parts of our soul that are independent of the mind itself. And in fact that actually controls the functioning of the mind itself. So we need to understand that the development of the soul is the most important thing, not the development of the mind.

And the mind has severe limitations in terms of its development. It's only capable of responding to stimuli without analysing very clearly the source of stimuli based on other emotional aspects of the soul or other organs within the soul. So, for example, the mind is often incapable of determining love by itself as a feeling because it's incapable of feeling love. The mind is incapable of accepting information about any subject unless humility is developed. So the mind itself, unless there is the soul that is behind the mind having humility, the mind itself won't absorb any new truth on any subject that the soul does not have humility about.

And so you can see the mind is severely limited in its ability to reason, its ability to absorb truth, its ability to determine what the truths of the universe are and so forth. And while we focus on our mind, we continue to completely limit our abilities.

2.6. It is not possible to live in the mind without any feelings

Interviewer:

And it would be a really sad existence to just have your mind and no feelings whatsoever. It would just be like we wouldn't be human anymore, would we?

Jesus:

That's right and it's actually a physical impossibility to have just your mind and no feelings. So every single person who thinks they are focussed on developing their mind and their intellect eventually does have joys and feeling as a result of their development.

So, for example, let's say you're in one of your passions, and one of your passions is finding out about the brain. So the more you find out about the brain, you have some joy come up, which is a feeling of the soul. It's not actually something that happened in your mind. The joy came from a different place within you; it didn't come from the development of your mind. And your engaging your mind and eventually understanding something, that process of feeling that you understand, you know how you go through, "I'm confused, I'm confused... ah now I get it!" You know that feeling (laughs) and once you have that transition of, "I'm confused", into, "I get it", you can feel your soul leap with an emotion. And that's immaterial to the mind, it's not the mind having that sensation now, it's another organ that's been developed within the soul.

So from a practical perspective even the people who feel that they are a hundred percent focussed on the development of their mind are actually developing their soul because they have these different experiences of joy and other emotions that occur through the development of their mind that start developing their soul anyway. So from what I've observed, it's a physical impossibility to not develop your soul in some way.

The key is to engage it in a manner that we're not ignorant, that we have full disclosure of what's going on. For the majority of people, because we don't understand what's really going on, we don't know what we're developing. And in fact the emotions almost seem to be something that you can't develop - you just have them.

Interviewer:

They're annoying and... (Laughs)

Jesus:

(Laughs) They're annoying.

Interviewer:

... and someone else's fault.

Jesus:

Well they could be annoying side effects if they're painful and if they're pleasurable they're great - I'll accept those. But either way we sort of still see them as side effects. We don't really see them as the actual things that we can develop that are a part of our soul. We see them as the side effect of following a certain course of action or exercising our will in a certain direction. But the reality is that these are parts of our soul and our soul can

be developed so much so that the soul's functioning controls the mind completely. Everything our mind chooses to do and every thought that we ever have is driven totally by the other parts or the other organs that exist within the soul.

2.7. The mind is subordinate to the soul

Jesus:

So I feel as an introduction, the key thing for people to remember is that God designed the soul to have a mind but the mind is not the soul, the mind is an organ of the soul. The mind is a part of the soul and the soul has many other parts. Many other parts of the soul are much more important than the mind because they control the mind, they control how the mind thinks; they control everything that it processes. And so these other organs, and the organs of love and the organs of humility and other organs that exist within the soul are all part and parcel of certain parts of the soul itself, they need to be developed if we're truly going to grow as humanity, not just our mind. Our mind will subsequently come along for the ride because it is completely subordinate to the soul itself.

And that's whether we think it's subordinate or not, it is still subordinate. So even if we believe that our mind is superior and our soul is not being developed in any way, our mind is still subordinate to many of the functionings of the soul, it's just that we're not conscious of it in our mind because we don't wish to be. Like I said anything that we're not humble about, we won't be able to process even though it might be happening, we still won't be able to process it.

2.8. The importance of understanding the soul

Jesus:

So I sort of feel if most people understood those basic concepts, then we can introduce some basic concepts about how the soul works in comparison to the mind. If they don't understand that the soul is the dominant part of ourselves, and remember here we're talking about the half of a soul, and really in the end, we want to be connected with our other half of the soul, but initially we need to develop our half of the soul, the part that we're connected to with this body before we can ever expect to connect with the other half of the soul.

The half of the soul uses the sensory apparatus of the physical and spirit bodies in order to experience both of those worlds. If we understand that basic understanding, then we will start to get some of the principles that we're going to mention when we discuss the different understandings if you like, of how the soul actually does operate; such as, how I can change my soul and how I can have my soul grow? And what resistance is in my soul and how can I determine what's loving and what isn't? And how can I

determine what is truth and what isn't? Once we understand how the soul works then it will all make sense. All of those things will make sense to us.

If we don't understand how the soul works, we will often try to develop ourselves in a certain direction only to find that it's a dead end and then we have to retrace our steps generally and find a path that's not a dead end any more. And the path that's not a dead end is always God's Path because it's always the road to infinite understanding.

So do you have any more questions about it in this introductory phase or do you think we'll just go into it?

2.9. The half soul requires the spirit body's mind for full expression and functioning

Interviewer:

I do have one. It's about God's Intention when God created it this way. So the way God intended it was that both the mind of the soul and the mind of the spirit body would just be like just tools.

Jesus:

Yeah you could say that.

Interviewer:

From the word go?

Jesus:

Yeah, I think if I can explain it this way it would be better. Remember if we look at the soul, we're talking about half of the soul here. What I'm saying is that the whole soul has a mind and I'm only developing half of it when I develop the mind of my soul, I'm only developing half of it. But the spirit body has a complete brain that is not shared by somebody else, it's our brain. Thoughts can be dropped into it from external stimuli, but it's our brain completely. So the half of a soul connects to a whole brain in the spirit body and a whole brain in the physical body, but the half of a soul only has half of its brain functioning. Without the other half, a full whole soul brain cannot be realised. A full soul's mind cannot be realised. And we need to understand the difference between these functions.

So it's the half of the soul that exercises control over the spirit body's brain or the mind of the spirit body. It's a half of the soul that does that, not the complete soul. The complete soul does not need the spirit body's brain at all to function; the half of the soul needs the spirit body's brain because it hasn't yet joined to the other half of the soul and therefore is not capable of experiencing all the stimuli that the complete soul can experience in terms of learning. And until such a time that it voluntarily undertakes the process of joining with the other half of itself, it will never have that functioning.

So while we remain half a soul, while we remain independent of our soulmate and don't go through a soul union, we need the half of the soul's mind which is only half of a soul's mind or brain, needs the spirit body's mind in order to express itself. But as you grow and grow into a soul union state, once you get into a soul union state, the mind of the soul doesn't need any spirit body's minds in order to express itself because it now has a complete functioning organ of its own mind in order to express itself in a logical manner. Whereas when we are just a half of a soul, we must have a connection to a spirit body form and we need to use the spirit body's mind in order to express ourselves. But we've still got half of the soul's brain that we're using in order to express ourselves through that spirit body's mind.

Interviewer:

That's makes sense, yes.

Jesus:

So it's relatively logical when you think about it all. We've got half of our soul, which is what we see as our real self, but we're really only half of our real selves. And so I'm sitting here but the other half of me is somewhere else at the moment and the other half of you is somewhere else but we have also our half of the brain that we can develop in our soul. But that only usually starts developing once we make the transition between the sixth and the seventh dimension of the spirit world.

2.10. Developing the soul and becoming soul-dominant

Interviewer:

So it's not a graded development?

Jesus:

It is a graded development but we usually first notice that something is different by the time we get to the seventh dimension. Up until that point usually the mind remains dominant still, our own spirit body's mind remains dominant. But the development of the soul's mind begins usually right down in the third and second dimensions of the spirit world when we start developing our spiritual natures and our emotional natures and this is what causes or triggers the development of the soul and the development of the soul's mind. And so that begins way, way earlier. But we usually get to a point where we notice it, and if we have followed the Divine Way, the God's Way, in our development we will notice it earlier than if we follow the natural love development. If we follow the natural love development, which is our own way, we can even get to the sixth dimension of the spirit world and not even know that our soul's mind has been developed in any way or that we even have a soul.

Interviewer:

So can you just give an example of what difference you might notice as you're using your soul's mind more?

Jesus:

The soul's mind remember is connected to these other organs and these other organs include love, humility, the expression of emotion, the expression of affection; all of these emotional aspects, which we could define as emotional aspects are of the soul. So you will find that a person who's developing their soul becomes more emotional. You can feel more from them, you feel more of their personality; you feel more of their nature. It's not like they're sort of a rigid intellectual being anymore, they're now a soft changing personality that you can sense and feel quite strongly at times. And in fact you can feel the love that's in them and you can feel the other emotions in them quite readily as well. They haven't shut those particular things down. That's an indication that their soul has started to be developed and the soul's mind is now starting to be affected by that development.

Whereas for a person who tries hard - it's almost like the Buddhist way - trying hard to suppress desire and suppress emotions and suppress feeling, what they're trying hard to do is to use their mind to control their soul. Now of course that's a physical impossibility in the end, you can't actually do it, no one historically has ever successfully done it. And the reason why that is the case is because God created it that the mind would be subordinate to the soul not the other way round. And God created it that this mind is an organ of the soul and not the other way round. The soul's not an organ of the mind. And for that reason it is impossible in fact to suppress our soul using our mind, using our intellect, and so that's why you see the soul of the person come out at times. Even if the person is very intellectual in their development, you will see their joy come out, you'll see other desires come out as they express themselves and that's the soul being developed, that's the part of them that is the real part of them.

So this soul can be consciously developed but for the majority of humanity at this point in time the soul is unconsciously developing. As a person develops their mind and learns new things, they experience certain joy and that causes their soul to feel some things and therefore become developed. So that's the way that most people develop at this point in time. But we could instead of doing that engage the soul's development, which is what I chose to do in the first century and what every person who's become a Celestial spirit has chosen to do. We can do this on Earth; we can engage the development of the soul rather than the development of the mind. And as a result of engaging the development of the soul, the mind will subsequently develop more rapidly because the mind is controlled by organs of the soul that most people don't realise it's being controlled by at this point.

So for example, the soul's ability to feel controls how the mind thinks. The soul's ability to love controls how the mind thinks, it controls its choices, controls its logical reasoning. The soul's ability to be humble controls what the mind, in terms of knowledge, can absorb. So we can see that if we develop our soul, then our mind will have greater capacity to develop and greater capacity for understanding. If we don't develop our soul our mind has no capacity for understanding at all if we're not careful.

And this is why people who don't develop any part of their soul, which is very hard to do of course consciously, you can't really do it consciously, but people who spend very little time developing their soul also become very illogical in their understanding of the universe. They have all sorts of theories that they believe as facts that are impossible to substantiate and are very illogical in their reasoning because their soul, all the organs of the soul, aren't being used to determine truth, only the mind is. And the mind is trying to operate independently of all these other organs, which are all going to control how the mind absorbs truth.

So it's very important for people to understand that they will not be able to receive love through their mind. They will not be able to receive truth through their mind. The mind can be involved in the process but it's not going to be the thing that controls the absorption of love or truth. And if we're developing towards God, love and truth are the two things we're wanting or seeking and so we're going to struggle if we use our mind to seek those two things.

2.11. Summary of the introduction

Jesus:

So probably what we could say in summary to the introduction to this material is that we must understand that the soul has an organ called the mind but it is just a subordinate part of the soul. The soul has many other organs and many other things that we can develop that are more important than our mind and if we do not develop them, our mind will also be unable to develop fully. The spirit body's brain, which spirits often refer to as the mind and people on Earth often refer to as the mind, is just a part of that, of that functioning of the soul's mind. And the more dominant we become in terms of our material state, the more it will turn out that we suppress the soul's ability to understand truth, suppress the soul's ability to understand the universe around us.

And so God designed us purposefully with a soul so that we could come to understand everything in the universe, but what man is doing is they are suppressing the soul most of the time and for that reason they are struggling to understand the universe. They're struggling with their mind to understand even our own bodies let alone the universe. But as soon as we

start to allow the soul to be a part of the absorption of knowledge, then what's going to happen is it will stop struggling to understand the universe and all these new truths - and there will be many myriads of truths arrive to humanity through this process - all these new truths will start to be absorbed by the soul and so the soul has a greater capacity to understand the universe as a result.

So I think that's a great thing about the way God's created it. God's created it in such a way that we have the complete capacity to understand everything that God's created eventually, if we develop our soul and not just our mind.

3. What is preclusion?

Jesus:

So the first principle that I'd probably like to introduce is the principle of preclusion as it relates to the soul. If we just explain to people that these principles are just names I've given things. They're just labels that I've given to a certain type of understanding, and if we can describe the understanding then they'll be able to associate the label with the understanding.

Interviewer:

Okay so would you like to describe what preclusion is?

Jesus:

Yeah, preclusion is the principle, and it's based upon this basic premise about how the soul operates and how God created the soul. God created the soul so that truth and error cannot exist in it at the same time. So preclusion is this basic understanding that while truth exists on a certain subject inside the soul, then an error on that same subject inside the soul cannot exist. The same applies with errors. While an error exists within the soul on a certain subject, at the same time truth cannot exist on that same subject. It precludes truth from existing.

So error and truth that exist in the soul are independent of each other in the way that truth and error cannot exist on the same sector at the same time in the same soul and so this can help us a lot if we can understand that is the case.

What I feel preclusion helps us do is to understand that while I might have certain beliefs in my mind, it doesn't necessarily mean they've entered my soul because the entering into the soul of that particular belief will depend upon whether error or truth already exists in the soul about that particular thing. And so the error inside of my soul precludes the truth from existing if the error already exists in the soul.

3.1. *Preclusion refers to a current state or condition of the soul*

Jesus:

So this is about the state or the condition of the soul right now. It's not about some future state or how change happens or any of those things; it's really a statement about what is the state of my soul right in this moment. The state of my soul right at this moment on a particular issue or subject, this is my state. While error exists inside of my soul on that subject, it's impossible, no matter how much I think it's possible, for truth inside of my soul to exist on the same subject.

Interviewer:

So that could be any kind of feeling or belief?

Jesus:

Yes it's relates to beliefs, it relates to feelings, it relates to all sorts of issues. Remember that our soul is the feeling part of us. Remember the dominant organs of the soul are not the mind of the soul but are the emotional parts of the soul, the heart, the humility and other parts of the soul, the other dominant parts of our soul. That's what controls what happens with our mind.

So something might enter our mind externally. So you might tell me a truth about the universe but while I have an emotion or feeling or belief inside of my soul that is different to that truth that you've told me, it's impossible for me to absorb that truth into my soul. I have to first get rid of the error, and we'll talk about that process as a separate process, because that's the process or the change that has to occur to the soul in order to absorb truth.

This idea or understanding of preclusion is about the state as it is right now. And I feel a lot of people don't understand the current state of their soul because they don't understand this basic principle. They think that what exists in their mind is the truth about what's in their soul. And this is also why psychologists have come up with the concept of unconscious behaviour, what they call a lack of conscious behaviour, or the "subconscious" is what they've called it eventually. The reason why we have the so-called subconscious is because our soul has a completely different idea or concept on a particular subject to what our mind does and it's always our soul that dominates our mind. It's always our soul that dominates our actions and everything that we choose to do and even dominates our thoughts in the end. And so this so-called concept of subconscious has been created because of not understanding this idea of preclusion.

Interviewer:

So for someone who wants to know what their soul condition is, that's quite pertinent to this point isn't it?

Jesus:

Of course.

Interviewer:

So it's to look at with honesty what they're feeling and also to look at their actions.

Jesus:

Exactly, look at the actions and the feelings. Of course a lot of people are not very sensitive to their feelings and so probably the best course of action is to look at the actions, what your soul is attracting because that will tell you the truth. And when I say what you soul is attracting, there is a law called the Law of Attraction that controls how things come to you from the universe. How it works is that the soul in a certain condition will attract certain things in order to expose its condition whether the mind of the person believes they have that condition or not.

3.2. An example of the truth of loving our neighbour

Jesus:

So this is what I see with a lot of spiritual development on the planet. For example, if we take the average Christian. The average Christian probably thinks they believe in the Ten Commandments and believe in the commandments that I gave in the first century of you must love your God with your whole heart, your whole soul and your whole mind, the whole strength, and love your neighbour as yourself. So they might feel that, they might think that that's what they believe. But the reality is as soon as a war comes along; a lot of times they are the first person to enter it, particularly if their own family or their own country is being threatened.

Now if the law of loving your neighbour as yourself had truly entered their soul, they could never contemplate going to war, ever. So that tells me that the feeling of loving your neighbour as yourself has yet to be created inside of the soul. Instead there's another feeling that's there already, which is the feeling of I'm able to kill my brother or sister or my neighbour under certain conditions. If they threaten me, for example, I should kill them or if they threaten my life or they threaten the life of my family or they might try to rape my partner. Under certain conditions I can kill them, that's their thought.

So that is proof that the actual feeling of loving your neighbour has yet to enter the soul. All that's happened is they've had the thought that they should love their neighbour and they think that in doing what the Bible says that they've actually honoured or obeyed that particular command, but the reality is the command itself and the desire to do so has not entered their soul because they're willing to go to war. So that's an example of how the mind might think one thing and the soul be in a completely different state.

And with this idea of preclusion, we will start to understand why it's a different state because the feeling of loving my neighbour has not entered my soul; I just have it in my mind as a thought. And this is the problem with the mind is the mind can have both error and truth on the same subject in it at the same time whereas the soul cannot. It's impossible to have error and truth in the soul at the same time on the same subject. And that's what the idea of preclusion is all about. We must understand that it's impossible for our soul to have the same thing in it on the same subject at the same time but with different opinions.

And that's a beautiful thing if you think about it because I can then go, "Okay, what are my real feelings, what are the real thoughts of my soul?" The real thoughts of my soul are, in the case we gave, "I am willing to go to war under certain circumstances". So the feeling of loving my neighbour as myself is definitely not in my soul, it's just a thought; it's just an intellectual concept or idea that I'm not actually following for some reason. And once I know that, I can then start to investigate what the reason might be. But if I don't know that I'll probably never investigate the reason, I'll probably just logically justify why I should be able to go to war and kill my brother under certain circumstances.

This is where the mind becomes totally unreasonable because the mind will justify the soul's error. The reason why it does is because we often want to retain the error in the soul and we don't want to change our soul to accept the new thing for emotional reasons. There are emotional reasons why we don't.

3.3. An example of the truth that we are the pinnacle of God's Creation and the error of drinking alcohol

Interviewer:

Okay we came up with another example here which was - the truth was that the soul is the real me is the pinnacle or creation of God.

Jesus:

Right, so when a person first hears that truth they sort of usually go, "Yeah, I get that. You know, we're a pretty amazing creation. If you look at humanity we've got our free will, none of the other creatures in the universe seem to have that, that we've met anyway." And so we have this concept that, wow we are the pinnacle of creation, we're a pretty amazing creation.

Interviewer:

But then they want to go out and get drunk.

Jesus:

Exactly and they justify getting drunk. So how does this work? Hang on a sec. On one hand we're saying we're the pinnacle of creation of God, but on the other hand we're acting like we're not in the sense that we're harming ourselves. So if I give you more of a background of that.

We know that when we drink alcohol, usually, if we do it to excess, we wake up in the morning with a very sore body and sore head. We also know that it kills brain cells. Even a small portion of alcohol kills brain cells if we ingest alcohol. So bearing that in mind, if we really believed we were the pinnacle of the creation of God, do you think we would drink alcohol? Probably not, right? But the fact that a person does decide to drink it is proof that the other truth, that I am the pinnacle of the creation of God, has yet to enter my soul. It's only entered my mind and it cannot enter my soul because something else already exists in my soul. And that something else is willing to determine my actions of even killing my brain of my physical body under certain circumstances. I'm willing to take an action that results in the destruction of my brain, which is an indication that I have not yet really accepted that I am the pinnacle of the creation of God.

Interviewer:

Yeah there are emotions in there that they want to escape from that are quite the opposite of being the pinnacle of the creation of God.

Jesus:

Exactly. There's something inside of the soul that causes them to feel that they're not the pinnacle of the creation of God, even though in their mind they think they've accepted that particular concept.

3.4. An example of the error of wanting to be violent precluding the truth that violence is not loving

Interviewer:

The other example is the truth is it does not love to be violent. We sort of touched on this with the Christian thing. And the error is I want to punch that guy in the face.

Jesus:

(Laughs) Yeah, so I think that like the average person on the planet would shy away from violence under most circumstances. However, there are times when the average person on the planet feels violence is justified.

Interviewer:

Yeah sometimes when you're watching a movie and you think, I'm really loving and I wouldn't want them to be violent, and then you're like yeah, go on. (Laughs)

Jesus:

Yeah go and get them! (Laughter) Yeah, that's right. And that emotion of go and get them and be violent now, that's triggered something inside of the soul that already exists in the soul. But when you think about it, the thought of I want to be loving all the time is really just a thought under those circumstances because if you have enough stimuli in a certain direction, whatever is in the soul will become the truth. So if the soul says, "No I'm willing to justify violence under certain circumstances," then you'll justify violence under those circumstances every single time. And even if that means somebody dies as a result of your actions you'd still justify violence under those circumstances.

And that is an indication of this preclusion concept and that's this idea that while in my soul I have a justification of violence under certain circumstances, it is impossible for me, no matter how much I exercise my mind, to be loving under all of those circumstances because I will use even my mind as a justification for the underlying flawed emotion in order to express that thought emotionally.

If we talk a bit about love and how it affects this, if I'm going to become more loving then I have to at some point understand that there are things inside of my soul that preclude me from becoming more loving while they exist in my soul.

3.5. An example of hearing vs. experiencing truth

Jesus:

This is what I find happening a lot to the people who come along to our seminars - they hear the truth, they like what they hear, but it's only a thought based on what they like, it's not actually entered their soul yet because you put them in a situation, sometimes the very situations I describe when I'm talking to them in the seminar, and they act immediately out of harmony with love, which is an indication that love hasn't touched their soul enough for the truth to enter their soul yet about that particular thing. And the only reason why that has occurred is because of this concept of preclusion. While an error exists in the soul on the same subject, the truth cannot enter them. So they will not be able to change while that error stays in the soul on that subject. It's impossible for them to change.

Now they can think they've changed but that matters not; it doesn't matter at all. And this is why a lot of people go to the reversion, to this subconscious concept because they go, "I thought I'd changed, but something just happened and something flipped in me and I just went and did it anyway, and that's what my subconscious has determined." Well no it's what your soul's error has determined and if you understood the soul's error, you could have released that error and then of course once the error no longer exists

in the soul, it no longer determines the course of action or conduct and it no longer determines the reasoning of your mind, it no longer determines it in the same direction.

3.6. An example of the error of wanting to be violent precluding the truth that violence is not loving (continued)

Jesus:

So if you talk to the average person on this planet about violence, if we get back to that example, the average person on the planet has a mind that says and justifies logically to them; they think they have logical arguments and reasons for justifying violence. Most people on the planet feel they have a logical reason for justifying violence.

But if you look at the results of violence in the course of history, we can see that there is no justification for it whatsoever and in fact if you look at the results from a logical perspective, every single time somebody's reverted to violence there's extra pain and suffering and probably oftentimes more violence, every single time. It's only when somebody's forgiven that that hasn't occurred.

But the logical mind of a person who has this feeling in their heart can't absorb that. They don't understand the principles of forgiveness and they will not be able to understand the principles of forgiveness until their desire in their soul of wanting, under certain circumstances, to be violent has left them. Until it leaves them they will continue in their own mind to justify violence even seeing and observing the negative outcomes of such violence, it won't have an affect logically on them.

Interviewer:

And they're in denial about their own contribution, their own feelings to what's actually happening.

Jesus:

Totally, of course, because their feelings are contributing to violence in fact. This is why there's this statement that some people have made that violence begets violence and it does, that's the reality. If I'm violent towards you, unless you are of very high development in love you will probably want to be violent back to me. And of course people today feel no matter how highly developed they are in love they should be violent back because the original violence justifies the subsequent violence is the way they believe.

But we've had a record in humanity over tens of thousands of years; we've had this record in humanity that every time violence has been engaged and somebody's returned with violence, the situation has worsened not improved. So we have proof and evidence that this is not true but very few

people on Earth even accept it logically because they have the justification in their soul. While the justification remains in the soul it will determine even their logic, it'll determine how they think while the justification exists.

3.7. Summary of preclusion

Jesus:

And that's the concept of preclusion. The concept of preclusion, basically to remind everyone is this concept, is that while an error exists in the soul on a certain subject at a certain time it is impossible for the truth to exist in the soul on the same subject at the same time. The error precludes the truth from existing.

By the way the flip side is also true with preclusion and that is while a truth exists in the soul on a certain subject at this time, it is impossible for error to actually be felt by the same soul at the same time on the same subject. That's also a truth.

So you can see that this is a great thing if you think about it. If we allow the errors to be released and we absorb the truth, which brings us to the next point really, which we'll talk about, then we can change. Our soul can change, our reasoning will change and our logic will change, everything will change as a subsequent result of understanding that basic principle.

Interviewer:

So you can release the error and absorb the truth, is it possible to release the truth and absorb an error?

Jesus:

Of course, we'll talk about absorption in a minute and the possibilities that are involved, but yes of course this happens very frequently.

Interviewer:

For children?

Jesus:

No for adults on this planet it also happens frequently, under certain stimuli. We'll talk about those particular stimuli, but yes it's certainly possible for the soul to release a truth and absorb an error. But obviously it depends on how much the soul desires that truth or desires the error as to how well that occurs.

So that's our first topic, our topic of preclusion and remember that preclusion is just a label for this idea or concept that while a certain error exists in the soul on a certain subject at this time, the truth will not be able to exist in the soul on the same subject. That's what the principle of preclusion is all about.

4. What is absorption?

Jesus:

So now we come to the second concept or understanding that we need to understand if we're going to truly understand the development of our own soul, and that's the concept of absorption or understanding absorption.

Interviewer:

Right, so would you like to tell me what absorption is? (Laughter)

Jesus:

What is it? (Laughs) Well it's the principle that we cannot change unless the thing preventing change is released from ourselves. So if we state it more carefully, I cannot absorb any new truth, or have truth flow into my soul while error exists in the soul on that same subject. And I cannot have new error be absorbed into the soul or flow into the soul if truth exists in the soul on the same subject.

4.1. Absorption refers to a process of change within the soul

Jesus:

So this process of absorption is all about the change that occurs in the soul. So remember the first point preclusion was about the state of the soul, this second point is about how we can make the soul change from its state to a new state. And what we're basically saying is the state of the soul cannot change unless somehow the error that's in the soul that causes the state to remain the same and the truth in the soul that causes the state to remain the same is somehow released; is given up. It's got to be a process by which we can give up both truth and error if we want to. And there is and we can discuss that in another point.

So this process of absorption or the concept of absorption is; we cannot have a truth or an error absorbed into our soul while the opposite thing exists already in the soul at the same time on the same subject. And if we understood this truth, you know really understood this at the soul level, we would give up trying to learn new things with our mind without going through some kind of process that allows those particular things to be absorbed into our heart, into our soul. We'd give up that entire process if we understood this.

Interviewer:

What about if you're learning a new truth but there's no error in your soul opposing that?

Jesus:

Then the truth will enter immediately.

Interviewer:

It will just go straight in.

Jesus:

It will go straight in. It will flow in because there's emotional openness to the absorption of that truth. The same applies to the error of course. If there is no truth in the soul on a certain subject and there's no error in the soul on the same subject, then the soul is also emotionally open to absorbing error as well as truth, and this is what it's like for a child.

4.2. *An example of a child absorbing truth and error***Jesus:**

When a child first incarnates and they are first conceived, from that moment on they're absorbing everything in their environment without check, without any resistance because they started with a blank soul, with no truth or error in it. And because there was no truth or error in it, in that blank soul, they can absorb anything. They can absorb truth and error.

So if the parents were in a high amount of truth, then the child would start absorbing a lot of that truth. If the parents were in a high amount of error, then the child starts absorbing error. And what normally happens of course on the planet is that the parents are in a what we would classify as an average amount of truth and an average amount of error and as a result of that then the child themselves also absorbs the same errors and truths that the parents had and so therefore starts acting upon them as they develop in their brain, in their mind.

4.3. *Absorption of truth is the emotional experiencing of truth***Interviewer:**

So would you say that this absorption is the experience of the truth as it enters you?

Jesus:

I don't feel the truth is an entity because an entity implies that it is like a being or a person, but the truth itself is available on any particular subject. And yes the process of absorption is the experiencing of the truth, not as an intellectual concept or thought but rather as an emotional experience.

So this is why I often say in presentations to people that the truth is emotional. You can't accept a new truth without going through an emotion. And in fact usually you can't accept a new truth without going through two emotions. The first emotion is the release of the error, and this is the concept that we'll discuss further in another section, and then the second emotion is the absorption of the truth. So the reality is yes, the truth is an experience

that you have to go through, it's not ever going to be an intellectual concept if it's going to change your soul.

So there are plenty of people who have heard the truth in their mind, but it hasn't changed their soul and you put the same stimuli from an event onto their soul, some kind of trigger that hits their soul, they'll react completely different to what their mind would have suggested to them because the truth hasn't entered their soul yet. And the only way the truth is going to enter the soul is for the error in the soul to go through some kind of process of release and we'll talk about the process of release as another point. But we need to understand this concept that we can't absorb new truth while error is existing and we can't absorb even new error while truth is existing, so that's great too.

So when we get to the point where we have absorbed a new truth into our soul that is in harmony with God's Truth, and remember every time I'm referring to 'truth' here I'm referring to the absolute Truth of God, we can't absorb that truth into our soul while an error exists. But also if the truth does already exist in our soul we're going to be impervious to error as well, which is fantastic. It means that we can't be manipulated in any way away from the truth on that point.

Interviewer:

But you said it is possible to release a truth and absorb an error?

Jesus:

Of course it is.

4.4. An example of a child absorbing truth and error (continued)

Interviewer:

So what might be an example of that?

Jesus:

Well an example of that often happens during our childhood for example. So for example we might have had one experience in our childhood that most people have had, where they're two or three years of age and for the very first time in their life they get belted by their parent for doing something. Now in that moment there is a deep confusion within the soul of the child. Up until that point in time the child has only received what you would call loving responses from its parent and the child has never had an experience of violence from its parent at that point, not physical violence that has created physical pain to their body. And then all of a sudden the parent has reverted to some kind of physical action that is violent towards the child, that's an assault on the child. Now the child goes through a deep deal of confusion in that place because it's never experienced that before, it's

only ever experienced what we would say would be more loving feelings from the parent.

Now what happens generally, if that happens once, the child usually goes through a whole set of confusions. If it happens again and then again on any subject, the child begins to accept the error and give up the concept that something is wrong. Initially it knows something is wrong because of the pain it's experienced, but after a while it gives up the concept of something is wrong and after a while it even starts to justify. And once we become adults ourselves we often justify the physical punishing violence that is being perpetrated by parents towards us in our childhood. We justify it saying, "Oh I was a bad child," or whatever. So we've actually come to the point of completely accepting the error by that stage.

Interviewer:

So it can be a progressive thing?

Jesus:

Definitely. Yes a smidgen of truth gets lost; a smidgen of error gets imbibed as a result. A bit more truth gets lost, another error imbibed as a result and so forth and so forth until such a point in time that the error is like a mountain and the truth is like a molehill. Therefore the truth doesn't govern our actions anymore - the errors govern all of our actions.

4.5. An example of the stages involved in releasing error and absorbing truth about parental violence

Jesus:

Now of course the same process can happen in reverse. The error can be released a bit at a time and a bit of truth can be absorbed about that particular thing. So for example, if I was talking about this truth about my parents assaulting me during my childhood by using what we call punishing the child or what we call disciplining the child through a violent act. Now I would argue that there's no such thing as disciplining a child through a violent act in the sense of from a loving perspective. But we won't arrive at that condition initially just instantly, because we have all these concepts inside of our soul that it is a loving act for the parent to sometimes restrict the child's actions through violence. We believe it because it happened to us and it happened to us through a lot of our childhood so we come to accept that.

Now in terms of releasing that, I would go through, "Oh that really hurt that my mum and dad did that," and as an adult we might process some of that hurt that we got hit quite frequently sometimes for things. Initially it usually starts by feeling about the things we got hit about that we didn't deserve,

where we knew we didn't do something wrong and they still violently attacked us in some way.

After a while say we've released that emotion, we've now released this emotion that we didn't deserve being attacked for things that we didn't do, we released that at least and now we can accept the truth that nobody deserves to be attacked for things that they didn't do; that we need to make sure of our facts before we go attacking anybody is maybe the subsequent result of that truth entering us. But we still may believe that our parents were loving even though they attacked us at other times when we felt we deserved it. But then we go through another emotion where we realise that we only feel we deserved it because our parents felt we deserved it. So really we felt we deserved it because they felt we deserved it and it was really like an emotional blackmail or you would call it almost an emotional programming that caused us to accept that we deserved it.

And then we process through that emotionally, so we release that emotion of, "Oh I've just accepted my parent's definition of the world all the time. I've accepted their definition of what's right and what's wrong." And I process through that emotionally and then I realise, "I don't have to accept what my parents think is right or wrong all the time," and then I start to realise that a lot of the things my parents said were right are actually wrong from a perspective of love. And so now I've grown a little more in accepting more truth.

And then I go through another process after that generally where I start realising, "Wow, I got punished for all of those things they said were right and I didn't deserve to be punished." So now I process that emotionally, I release all of that emotion about how forgiving them, going through the process of forgiveness of them in that process of releasing that emotion. And now I come to terms with the fact that I didn't deserve to be hit ever. And once I get to that point, I realise that actually when my parents hit me they were committing a violent assault and once I hit that point, I'll have a big bawl or cry about it probably, if I want to release the error of that, that they have actually assaulted me. My parents have assaulted me and in fact they assaulted me many times during my childhood. And if they had done that to an adult, they'd be in jail probably, and still in jail for how many times they assaulted me as a child. If they had done that to another adult they would have got put in jail many times as a result for that particular offense.

And then I feel about all of that and release all of that emotionally and forgive them for that. And go through all of that emotionally. Once I come out of all of that, I am very firm now with the truth, and the truth is that nobody, no matter whatever their age, deserves to be assaulted. And that now is a truth that is firmly in my soul, nobody can shift it and it doesn't matter how many people attack me and how many people justify their

actions through God or through the Bible or through some other book or justify it, I will be immovable. Because all of the error on the subject now has been released and I now know the truth that any form of assault on my person is an unloving act.

And that's how it usually happens is this gradual flow. And so when I say any truth on a particular subject, I'm talking about that process. In the process I've just described for example, which is really a subset of the actual process, and you can see that there is a little bit of truth that I had to come to terms with and then the error could be released and I could come to terms with that truth. And initially I receive it intellectually, I think about it, think about it, and think about it to the point where I get to release the emotion. Once I release the emotion now the truth can enter me as a solid fact and that's how change occurs, that's the principle of absorption.

4.6. An example of absorbing the truth about the Law of Attraction

Interviewer:

Right. Can I use another example?

Jesus:

Sure.

Interviewer:

So when in growing faith as you grow towards God and you experiment with the laws and you have an experience where the Law of Attraction feeds you back something and you're like, "Oh I've had that experience," so I believe the Law of Attraction a little bit but not like totally...

Jesus:

Not on every subject.

Interviewer:

No it's just a little bit. And then you have another experience and then I believe it a little bit more. So that's the same process...

Jesus:

In a positive direction.

Interviewer:

Yeah, so you just have more and more experiences having released an error associated with it.

Jesus:

Exactly. So you know initially we might have this feeling that there's no such thing, no such thing as the Law of Attraction, what happens to me just happens. And then something might happen which seemed to be very co-relative with something that you thought about and then you start going,

"Oh maybe I should experiment with this." So that in itself is a shift of truth but yet to be determined emotionally because it's not entered emotionally. But to get to that point I probably usually had to release the anger and rage that I have that there is such a thing as the Law of Attraction.

So I've released a bit of anger and rage about this concept of the Law of Attraction and usually how I do that is by; I hear somebody talk about the Law of Attraction and I said, "Ah it's a load of rubbish!" And all this anger comes up in me and everything (laughs) and that's me releasing the blockage towards the concept. And then something might happen in my life that causes me to think, "What they said might be true. I might experiment with that," because I've now released a lot of the anger about it, I'm now willing to concede that it's possibly true. And so now the anger's been released there's a little bit of a shift on the Law of Attraction and then what happens is an event happens in my life that seems to be a very big event. It seems to be related to something definitely that I do feel and I go, "Hmm that's interesting."

Or even before then I could have some truth presented to me about the Law of Attraction. Initially it might be something like the New Age version of the Law of Attraction, which is this concept that you could think your way out of anything pretty much, and then I try to think my way out of it, think my way out of it, think about it. It doesn't work at all and I get all angry and rageful about that and upset with the whole concept and give it all up. And there's some more emotion released.

And then somebody presents the concept of the Law of Attraction to me that it's actually to do with your emotions that guide your Law of Attraction, what's going on in terms of what you attract. I've now given up all the blockages to the belief; the denial of the belief, the concept that it's an intellectual process has been given up now. Now I'm open to the concept that it might be an emotional process and now I can experiment with that.

And in the process of experimenting with that I'll learn some things that cause me to give up more emotions that eventually help me to come to see that the law's a loving law. Then after a while I'll have so much faith in it that anything that happens to me I always firstly examine myself because I know for certain that it's got to be something in my soul that created it. Eventually I get to that point. But again it's a gradual process - I release a little bit of error a little bit of truth comes in, I release another little bit of error another little truth on the same subject that I've just released comes in and so forth until I get to the point where it's built into a mountain of truth that has been absorbed by my soul and I'm now solid in the concept.

4.7. Embracing the process of releasing truth and absorbing error

Interviewer:

And in that incremental process, is that when confusion can happen?

Jesus:

Well yes because at that point in time you've got bits and pieces of the truth on different subjects in there because you've had to release the error about that bit and so the truth about that bit can enter you. But the error about all bits hasn't been released, so the truth about all bits cannot be absorbed. And so during that phase we often go through what you would classify as doubt or sometimes what you would classify as regression. So if we got some kind of evidence to the contrary that we didn't understand that we attribute with our mind to being a flawed concept, we may absorb that error as well. We might go through a little cycle in amongst all of that. And that does frequently happen for people where they're not comfortable with the concept of doubt and as you know doubt creates a lot of discomfort internally, emotionally, emotional discomfort.

And most people are not willing to release emotional discomfort, in other words they're not willing to feel emotional discomfort. Not understanding that the emotional discomfort itself is an error. Because why are we so uncomfortable not knowing? It's because when we were children generally and we didn't know something, we were often humiliated, laughed at, sometimes ridiculed and sometimes even punished for not knowing when it was a sincere case where we just didn't know. And so when we don't know as an adult we actually have quite a lot of fear associated with not knowing and as a result that's one of the errors that needs to be released, our fear about not knowing.

From God's perspective there is no fear in not knowing. If we lived in a universe where we were never punished for not knowing something or never laughed at for not knowing something, never humiliated for not knowing something, then I doubt whether we'd ever have blockages to not knowing something. I doubt whether we'd worry about what we do and don't know.

Interviewer:

We'd be like two year olds.

Jesus:

We'd be like two year olds who had never been punished, who have never been controlled, never been laughed at, who'd just go, "Mummy, daddy this, mummy, daddy that...? What's going on here, what's going on there, why, why, why?" Like my son was when he was two why everything. And that's what we'd be like in the universe we lived in; we wouldn't have any worry about that place. We wouldn't feel like anybody's looking down on us in that

place even if we were an adult we wouldn't ever be concerned about that place.

But again we can only get to that place by releasing the error and the error has been imbibed, usually through our childhood experience, absorbed into our soul and now we have the feeling in our soul that says, "If I don't know something someone's going to make fun of me. If I don't know something someone's going to make me feel humiliated. If I don't know something somebody's going to punish me." And if I've been violently abused as a child when I didn't know, where if I don't know something somebody's going to torture me, and in the end that might be the strength of that emotion, which is very overpowering. And unless that error is released, that emotion inside of me that's determining that reasoning is released, I will find it very difficult to go through doubt. I'll be in a panic every time I'm in a doubt as a result, yeah.

4.8. An example of the error that violence can be justified preventing the absorption of the truth that violence is not loving

Interviewer:

There's another example.

Jesus:

Sure.

Interviewer:

Still on absorption obviously. The truth is that violence towards anyone is not loving and the error is that that person made me angry so violence towards them is fine, that's justified.

Jesus:

Yes so we brought up this example in the first principle too, but remember the first principle was preclusion, which was about the state of the soul. So while I have inside of me a feeling, preclusion says that a feeling of the opposite type cannot exist inside of me at the same time, so that's the case with preclusion.

Here we're talking about, let's say I want to absorb into my soul the idea that no form of violence is acceptable, that all forms of violence are unloving. Let's say I would like to absorb that concept into my soul; but inside of my soul I admit to myself that right at this moment this idea or concept is present that actually violence under certain conditions is loving, then you can see from this example that what I would need to do is I would need to look at the conditions under which I define violence as okay and I would have to release some error about those particular beliefs in order to fully accept that no form of violence is a loving act.

So that means that for the new concepts to be absorbed in my soul I'm going to have to go through some kind of process that allows me to see the error and to see what we could call the characteristics or attributes of the error, because it might only be under certain circumstances. For example I might only justify violence if my child is being harmed. So I'm still justifying violence but only under a very slight or a very slim definition.

Interviewer:

A socially acceptable definition.

Jesus:

Yeah and often socially acceptable. Mind you the murderer justifies violence under a whole lot of very wide definitions, but many of us will become a murderer under certain circumstances. For example if a woman becomes pregnant from somebody that she doesn't want to be pregnant from she might justify an abortion under certain circumstances, which is a murder. The fact that she doesn't want the child, she's justifying the abortion, she's justifying the murder.

So for most people on the planet there is some kind of level of justification of violence under certain circumstances. What we need to do is be willing to find out what the error is, why we justify the violence under those circumstances and then we need to feel the error, we need to do something with this error to process it, to release it from our soul so that it no longer is in our soul. Once it's no longer in our soul, this concept of absorption says the truth will be able to enter us really easily and we'll be able to completely live by it after that point with no impediments whatsoever.

4.9. Absorbing new truths is more rapid when we receive Divine Love

Interviewer:

Is absorbing the truth an automatic process or do you have to long to God for that to happen?

Jesus:

Yeah the truth entering us is not an automatic process, just like the error leaving us is not an automatic process.

Interviewer:

Once the error's left us is it automatic?

Jesus:

Well it depends. If we're now choosing to do this progress, the change of the soul with God, what we could be doing is we could be longing for God's Love and when this error's released from our soul the Love will enter and the Love will bring with it the Truth that we're seeking. But if it's a process we're doing without God then we're not receiving God's Love but we still have the

capacity to absorb the truth but it has to be something that we choose to do with our will still.

So it depends on what path we're on whether we're on The Way, the Divine Love Path as people refer to it, The Way to God, or whether we're on the Natural Love Path which is not The Way to God, but the way to becoming the perfect natural man. No matter what form of development we choose there will be this process of having to release an error and to imbibe or absorb the truth. How rapidly this occurs will depend on whether we got God's help to do it or not through receiving Divine Love or not.

If we receive Divine Love it can be a very rapid process, because Divine Love softens our soul it can be a very rapid process. If we don't receive Divine Love because there's not that softening of our soul then we have to choose to soften our soul, which is often a very difficult process to engage, and which takes a lot longer time. But it's still possible; we can become the perfect natural man while we're on Earth. When I say perfect I mean perfected in love while we're on Earth in terms of our relationship to our fellow man and woman without God. We don't need to have God in that process. It's much easier to have God in the process but you don't need to have God in the process.

Interviewer:

But also if you have God in the process, if you absorb the truth immediately after you release the error, it kind of solidifies the release of the error and makes you more resilient to more error coming in later.

Jesus:

Exactly. So for example if we release the errors associated on the Natural Love Path, we release the errors associated with this concept about violence but we don't yet imbibe the truth, then there is the potential of further error entering our soul. But if we've released the error and soon after releasing the error the truth has entered us then there's no more potential of the error being absorbed by the soul after that point.

So there are a lot of advantages of doing it God's Way, with God's Help than doing it by ourselves, but the reality is we can choose to do it by ourselves and still change to a point of the perfect natural man.

4.10. Summary of absorption

Jesus:

So probably if we summarise that subject what we're talking about here with absorption is this principle that we cannot absorb something new unless the old leaves us. The old has to leave us in some kind of process, which we'll define in another section; it has to leave us first before the new will be absorbed. If we believe we've absorbed the new while we're still conscious

the old is within us, then the new has only been absorbed into our mind and it has yet to touch our heart. And that's a very important point because a lot of people think that they have become a different person, but when you put them under pressure they revert back to their old behaviour and the reason why is because their soul has yet to change, they've only thought they've changed, they haven't actually changed yet.

And what I suggest to people who are listening to this is that to truly grow in our soul we must understand how the soul operates and we must understand this principle of absorption. We cannot grow in our soul unless there is some release that occurs that is stopping the growth of our soul. It's impossible for our soul to grow unless some release occurs, particularly if we have error with regard to that particular thing in our soul.

It's also impossible for our soul to degrade in its condition once truth is absorbed by the soul. We won't degrade in our condition once truth is absorbed; it's impossible for us to do that too. So this is what we need to understand with regard to the soul and how the soul works with regard to absorption.

4.11. An example of a child absorbing truth and error (continued)

Interviewer:

When you say it's impossible to degrade once you've heard truth, you said earlier for a child though they can have repeated experiences where they start releasing a truth?

Jesus:

Well remember the child when it first incarnates into the parents it has no truth or error in it. It's like a fresh sponge of every truth or error and so it's very dependent on whether the parents have truth or error in them as to what the child will absorb from that moment. And it will be a process of slow absorption obviously over time. It's not going to happen instantly, it will happen over a period of time through experience. So the principles are still the same but for a child because there is no error and no truth to prevent anything, anything flows into the child pretty much unless the child at some point in the future has some point of view of error or truth in it.

Now these principles of course are negating the other influences that are upon a child or upon all of us. We must remember that when we talk about the environment we're not only talking about the parents who are with the child, but the child is capable of absorbing things from other people who are with it, including spirits who are with the child. Now all children are given a guide and a guardian from the moment of their conception. So that means that the guide and guardian also have the ability to transmit truth or even error to the child and the child accept those truths or errors. This is how a

child often does receive truths without them being in their parents because they have another person who's influencing them with the truth, which is their spirit guide or guardian is giving them truths, which they then have absorbed because they've been open to absorbing those particular truths.

So it's not just a simple matter of what happens with the parents with a child, we must remember that the entire environment is affecting the child, and that includes the environment of the people who are present on the Earth and also the environment of the people around the child who are in the spirit world. They will determine how much truth and error affects the child. And for this reason many children know more truth than their own parents do because they're receiving the truth from guides or guardians who know the truth and they're being open to the reception of those particular truths because they have no error in them to begin with on those particular subjects.

4.12. Summary of absorption (continued)

Jesus:

So basically, once we understand these principles, we can explain every single operation in our soul. That's the advantage of understanding the underlying principles. When we ignore these principles we start believing that we've accepted things with our mind when it's impossible for our soul to absorb those things while error exists within the soul. And so if we understand this principle of absorption then we will see that it's really a waste of time to try to accept a new truth with our mind without also engaging the process of releasing the error that might prevent the absorption of the truth into our soul.

And we also can start engaging our mind to find the error that prevents the absorption. Instead of believing with our mind that everything's fine what we need to do instead is go, "No, I can feel in me that I have a different feeling than what I'm trying to accept in my mind," and use my mind actively to find what that error is rather than using our mind to deny the error, and say I've accepted the truth when I haven't really accepted the truth at all. What's happening around me is proof that I've yet to accept it.

So when I understand absorption I will be far more conscious of using my mind actively to find the errors and release them than I will be trying to absorb truths in my mind only, without releasing error. So we change the way in which we're using our mind into a way that supports the development of our soul rather than really opposing the development of our soul.

So that's the principle of absorption if we can call it that.

4.13. Releasing truth and absorbing error for an adult

Interviewer:

We've got something that we'd like to clarify.

Jesus:

What's that?

Interviewer:

Is it impossible for the truth to leave an adult once it's in? Like for example if an adult had a horrific experience, something happened to it and...

Jesus:

No if the truth is actually felt in the soul by the adult it's impossible for it to leave them under any circumstances.

Interviewer:

So it's only in children that it's possible for it to change?

Jesus:

Yes for an adult they can act as though they don't remember the truth but the truth is still within their soul.

Interviewer:

Is this going to be under dominance?

Jesus:

Well yeah it depends, you see it depends upon what is dominant within them still obviously because if a person honours their soul at all times, then it's impossible for them to act out of harmony with their soul. But if the person does not honour their soul at all times, then what happens is their mind may dominate their thinking and the mind is quite illogical under certain circumstances with certain stimuli. So it may cause them to act in a manner that's out of harmony with the truth that they've already accepted in their soul. But once the soul becomes dominant, it's impossible; you just can't do it, because to do it you'd hurt too much.

4.13.1. An example of believing in God

Interviewer:

So say there's an adult who has a truth in their soul about something about violence for example...

Jesus:

Well let's say they have one about God, say they believe in God and they know for certain He exists. They'll always know that God exists once they've received Divine Love and received that truth, they will always know God

exists but they won't always believe in God's Goodness because there might be the openness to the concept that God is a God of wrath.

And so they might change what appears to be changed in their mind but they haven't really changed their mind. They've never really had a truth or error on the subject exposed until the event and then of course once it's exposed they act in harmony with the error believing that God is a God of wrath and somehow has punished them.

But that could only have entered them if they had some other error on that subject that existed inside of their soul already. And there's a common one and that is their parents were violent towards them and punished them and said that it was love so now there's the concept in the adult who's now only believed in a God of love but now they're starting to accept that God might also be violent because there is this predisposition to accepting it already that's within their soul that they haven't worked their way through yet. So it just depends on what they've worked their way through.

Interviewer:

Shall we talk about this in the next point?

Jesus:

Yeah can do.

Interviewer:

We might use it as an example.

4.14. The difficulty of understanding soul truths with the mind

Jesus:

This is the issue is that the majority of people will find it very hard to understand with what we're going through because until they themselves have experienced these changes in their soul, all of what I'm saying is really just an intellectual exercise. And here what I'm trying to do here is show them intellectually that they need to engage a different part of themselves other than their intellect and that's a very difficult task because in the end we have to use words somehow to describe a soul-based process that they're trying to use their intellect to resolve, and they really need to use their soul to resolve. Do you see what I'm saying?

Interviewer:

Well yeah because I didn't get it before, but now we're talking about it with examples I can relate back to some experiences that I've had and go, "Ah now I know what you mean."

Jesus:

Now I know what's happening, yeah.

Interviewer:

But when I first read it, it was like I don't get it.

Jesus:

Yeah and that's how it is for most people. All of these concepts that we're discussing, and we've only discussed two of them at this point, are all soul-based concepts of truth that the intellect itself struggles to even understand. And so what we're trying to do is to try to help an intellect that doesn't understand soul-based concepts of truth that can only be understood by the soul itself and so that's a very difficult task of course to explain truths in that regard.

4.15. Identifying soul progress vs. regression**Jesus:**

But what I'm trying to do in this discussion with people is try to help them see how they can measure progress that's actually occurred in their soul and the reasons why they revert to old behaviour. The reason why a person reverts to old behaviour has nothing to do with the fact that they've regressed. They haven't regressed. If something was truly in their soul they could never regress so when they seemingly regress it's because the truth wasn't in their soul in the first place on that subject and it was only in their mind. That's why they can regress. Does that make sense?

Interviewer:

I think so. Well I started relating it to something about my own life and then I...

4.15.1. An example of the interviewer drinking alcohol**Jesus:**

Well remember something you've related to me in your own life, you mentioned how when Mary and I went away last trip you just had these burning desires to drink alcohol for some reason (Laughter) and from what you told me you got drunk one night or whatever.

Interviewer:

Twice, yes. (Laughs)

Jesus:

And you know obviously you would have felt pretty bad about that at the time but you then viewed that as a regression, but it's not a regression. On this particular subject of alcohol consumption you have not made a shift yet and you've only exercised your mind to make a change. The actual soul-based change has yet to be made. Because once a soul-based change is made you won't even feel a desire for it, in fact you will find it quite repulsive, you'll find the actual...

Interviewer:

But I did find it more repulsive than I used to. (Laughs)

Jesus:

Of course but not completely so, obviously...

Interviewer:

But not completely repulsive at all.

Jesus:

Because what happened was certain emotions came up inside of you, and you might feel free to discuss those emotions if you want to, you don't have to, but certain emotions came up in you that overcame your repulsion.

Interviewer:

Yeah, it was self-punishment that I was going through at the time.

Jesus:

Okay so this is emotions regarding how you feel about yourself were so strong and strongly negative and those weren't ever dealt with and still not dealt with.

Interviewer:

And still not, no.

Jesus:

And as a result of that there will be times when you revert to behaviour that you're not proud of through alcohol consumption because the particular thing that drives the desire for alcohol is still present within you.

And so it might appear to be a regression of some kind, but the reality is there was never progression on that subject in the first place for there to be a regression. You're only conscious of it now because of your opening to your soul and your opening to other emotions and your other feelings. You are now conscious of the fact that you know it feels bad when you have alcohol to that degree and you're conscious of that fact, but the reason for doing it has yet to be addressed. And once the reason for doing it is addressed, the error-based beliefs in the soul are released about yourself, about how you feel about yourself, then you won't feel like doing it because you'll feel like, "How could I ever do it? How could I ever harm this beautiful body that I live in?" That's how you will feel inside of yourself.

4.16. Changes in our soul rather than changes in our actions are required for soul growth

Jesus:

This is what I notice quite frequently as well is sometimes people receive intellectually a truth, they try with all their might to live in it and then down the track they give it up. Well my suggestion is that if you can give it up then it was never in your soul in the first place because if it was in your soul you just can't ever give it up; it's as simple as that.

But the problem I feel people have is that they think they can absorb things in their mind and then choose to act differently and that means that they've changed. It means nothing of the sort. All it means is they've accepted it into their mind and as I've said to you during this discussion and during our introduction on the subject, the mind is completely incapable of controlling the soul. The mind is subordinate to the soul. So anything that enters our mind while it's just in our mind has no real capacity to control our soul. We'll have to try and struggle, and try and struggle, try and struggle, try and struggle and occasionally slip up, that's how it will be while the error exists in the soul on the same subject because the truth has yet to enter the soul on that subject.

Interviewer:

So it can be a bit tricking for people in that they can change their behaviour and then they look at the whole preclusion idea and go, "Oh look my actions are different therefore my soul condition's different..."

Jesus:

Yes.

Interviewer:

... but it's not.

Jesus:

It would put them under stress.

Interviewer:

But then they need to look at their Law of Attraction.

Jesus:

And look what happens under stress. Under stress, your soul if it's got a truth in it, it will not change. Under stress, if your mind has a truth in it but the soul doesn't, you will change. You will change for certain.

4.16.1. An example of drinking alcohol

Jesus:

And that's why under stress, in your case the stress of feeling bad about yourself was higher in terms of its pain than choosing to drink some alcohol was, and as a result you just go ahead and engage the behaviour, that's old behaviour. There's no new behaviour yet really. That old behaviour is still solidified in the soul and will remain so until the reasons for it have left you and gone.

So for example there are some people who drink only when they feel bad about themselves. There are other people who drink for the sake of getting approval from their environment. So the only time they would drink is if they went around at Christmas time to their family or something, somebody offered them a drink, they'll have a drink then. That tells you that the truth

has yet to enter their soul on that particular subject for that particular time and it's all related to the error relating to getting approval from the environment, feeling like you're a part of the world.

So the beauty of all of these things occurring is the Law of Attraction, through the soul condition, attracts these events showing to us the error that exists still in the soul. And if we're conscious of it we can say, "Ah, okay this truth has only been in my mind for this entire time."

4.16.2. An example of eating vegan

Jesus:

So for example many people at the moment that we know who have been listening to us for four or five years who have been now eating vegetarian or vegan, we know that many of them have not made a soul shift because you put them in a situation where they're going out to dinner or you put them in a situation where they're with mates or friends, they revert back to the old behaviour, they have not yet made a soul shift. It's just an intellectual shift and therefore really quite pointless actually. And this is one of the things that we must understand with intellectual shifts, they are only advantageous so long as they affect the soul shift. If they do not affect the soul shift, if we live in the false security of an intellectual shift without making a soul shift, it later on is going to affect us quite negatively.

We need to make soul shifts if we're truly going to grow towards God. And if we really want to grow our soul, even to become the perfect natural man, soul shifts are going to be required at some point. Without true soul shifts, we're going to keep reverting to old behaviour until the soul has shifted, and we need to like understand that.

On the Divine Love Path, on The Way to God, God's Way to God, we go through soul shifts very, very rapidly actually if we allow them to occur, if we're humble. But most people are not on the Divine Love Path, even those who claim themselves to be, they're still on the Natural Love Path using their intellect heavily in order to change their behaviour, and as a result of that they are going to revert back to old forms of behaviour fairly consistently until such a time as the soul has actually shifted on the issue.

So we need to understand that really if we're going to progress. And if we're going to progress towards God, we can choose continually if we want to absorb things with our mind without soul shifts, but God's relationship is with our soul it's not with our brain or our mind, it's a soul to soul relationship between our soul and God's. So unless there are true soul shifts inside of our soul, our relationship with God will also never change and that's a very important thing to understand. So I feel that changing your mind does not affect your relationship with God.

4.16.3. An example of our relationship with God

Interviewer:

And that's another way to see whether you're changing, to see how your relationship with God is changing.

Jesus:

Exactly. If your relationship with God is much the same as it was ten years ago and you don't feel any closer and you've not received Divine Love since that time or any of those things, then that should tell you that actually the soul has not shifted. You might have thought it shifted in your mind, but the soul itself has not shifted and is yet to shift, otherwise you would have the continually growing relationship with God happening at the soul level that you would feel and it would overcome everything. It would overcome all of the negative influences around you eventually if you kept growing in that way.

So for a lot of people they have not experienced the soul shift, even though they believe they have, and that's a sad thing because then you live in a false sense of security in that place. It's sort of like you're not being honest with yourself but also you're not recognising that God wants a closer relationship with you than that. God wants to have a relationship with your real self, not the fabricated self that you in your mind have created so that you can avoid your real self.

So this is where the mind, like I said, has lots of limitations and it also unfortunately misleads us many times and if the mind is developed without developing qualities of the soul, logic is not possible.

Interviewer:

Okay, that was an add-on bit to absorption was it?

Jesus:

That was an add-on bit, yes. I suppose it's a bit of background information about absorption but also about how the mind works and preclusion. And in fact for some of the other principles, what we'll probably do as we discuss some of these principles is we'll probably have more little discussions like that, which come up and illustrate particular points as an amalgamation of the understandings that we're raising.

How the Human Soul Functions:

Session 1 Part 2

5. What is dominance?

Jesus:

So the next understanding was the understanding of... what was it?

Interviewer:

Dominance.

Jesus:

Dominance! That's it, dominance of the soul. So this is a very important understanding, dominance. Would you like to know what it is?

Interviewer:

Yes please. (Laughter) No don't tell us. (Laughs)

Jesus:

No don't tell us, yeah. (Laughs) We'll just continue without. It is a very, very important fact that we must accept if we truly understand our soul, and that is that our soul has been created to dominate the mind and to dominate everything else. Our soul has been created to dominate every single facet of our being.

So if we believe that the mind has been created to be dominant we will be working in direct disharmony with our very creation, the purpose of our very creation. The purpose of our very creation from God's perspective is that our soul dominates everything that we do and everything that we become is dominated by the soul. In fact we are the soul. We are not our mind. Our mind is an attribute or organ of the soul and if we believe ourselves to be our mind only, we are severely limiting our future development. So it's very important to understand dominance.

Dominance is the principle that the soul dominates the mind and has full control over the mind whether the mind believes itself to be in control or not. The mind is not capable of ever having full control of the soul and the soul will always at some point in our future exercise its dominance since that is the purpose of its own creation. I think that's a pretty succinct way of stating this principle of dominance.

Now remember we've talked in our introduction about some of the other organs or characteristics or attributes of the soul besides the mind. We've talked about love, which is about the heart, and another quality humility. It's also about emotions, sentiments, affections, desires, passions, longings; these are all parts of the soul, they are not a part of the mind. The mind can encourage them or try to deny them but they will exist within the soul, these characteristics and attributes.

So these characteristics and attributes can be suppressed and the mind attempt to go through the process of suppressing them but sooner or later in our future progression they will be exposed. Now when I say sooner or later I've known people to go for thousands of years without them being exposed. So it's possible to attempt to suppress them for such a long period of time, but in the end they will be exposed. That is a guarantee because the way the soul's been created is that the soul will dominate the mind and therefore these things - the passions, desires, aspirations, intentions, the heart, the emotion, this emotional sentimental part of our being is always in the end going to dominate what happens to our mind.

5.1. Spirits on the Natural Love Path have to develop their soul to grow in love

Interviewer:

So how does it work for natural love spirits who've got to the sixth sphere by using their intellect?

Jesus:

Well they haven't got to the sixth sphere by using their intellect because if they just used their intellect they wouldn't progress one iota from where they arrived in the spirit world.

Interviewer:

They inadvertently engaged their soul in the process?

Jesus:

They've had to engage their soul in the process to get to the sixth dimension. The way that they've engaged their soul is they've started to realise with their mind that moral development is an important part of their development. In other words instead of just developing their intellect, they've now made an active choice to develop their morality and by that I mean their morality and ethics in terms of love, the expression of their love.

So instead of doing the things they would normally do, they've made up their mind to develop parts of their soul and to develop those parts of the soul, which the mind accepts, and they've accepted internally that they have to develop their moral code, their internal moral compass. And so what they've done is they've chosen to do that, they've chosen to go through this process through the Law of Compensation, where they firstly go through this process of compensating for all the things they did that were out of harmony with love, but then they've also had to engage new truths by releasing errors of concepts that's they've had about ethics and morals. So they've had to release old beliefs that they've had about immoral behaviour and accept new beliefs about moral behaviour. And they've had to go through this process emotionally. So they have engaged a process of soul-based change but it's

been limited to what their mind would allow. So it's only changing through what their mind would have allowed.

So what that means then is that there's this process that they've been naturally engaging, without them even really being aware of engaging that has caused them to change and to grow. And if they had not engaged that process morally and ethically they would still be in the same location that they began in, in the spirit world. So they've had to make changes in the same way, they've just not engaged God or God's Love or any of God's Truths. When I say any of God's Truths, any of God's Truths about God in the process. They have engaged God's Truths about other things, about the moral laws of the universe and the ethical laws of the universe; they've had to engage those because if they didn't engage those they would never have gotten to become the perfect natural man.

Interviewer:

Do they believe that they are still working from the mind then?

Jesus:

They believe they're still working from the mind...

Interviewer:

... but they're not?

Jesus:

But they've made a heap of soul-based changes, which they have used their mind to make. So they've used their mind to assist the soul in releasing error and in getting the new belief. The way they've done that is they've gone through a process of what we often in the spirit world refer to as forgetfulness. They've forgotten the reasons for their own unloving behaviour by accepting new reasons for loving behaviour.

So they have had to change at the soul level and they have had to go through that process and that process is still the same like no matter who you are whether you're on the Divine Love Path or on the Natural Love Path. However on the Divine Love Path it's a much more rapid process because you can receive Divine Love, which transforms the belief systems in your soul if you allow it to, if you allow the emotional release of the error as it goes. And this is a very rapid way of absorbing new truths into the soul because the error has now left and been forgiven and as a result the new truth enters very rapidly and so you can grow quite rapidly. But again you have to have a desire for that truth to enter you, if you have no desire for it to enter you; you will stay stagnant until you have a desire for it to enter you, to actually absorb the new truth.

And that applies whether you're on the Divine Love Path or on the Natural Love Path. If you don't have a desire for a truth and you don't have a desire to live in harmony with a truth, then no change can occur anyway.

5.2. An example of the error that violence is justified in the soul being dominant over the truth that violence is unloving in the mind

Interviewer:

Okay well shall we use an example for dominance that you have here?

Jesus:

Yeah, sure!

Interviewer:

So the example was about violence again. Violence towards anyone is not loving and the error is, that person has made me angry so violence towards them is justified.

Jesus:

Exactly! So if we look at this point in the point of dominance what we're really saying here is that my soul will dominate my intellect and its ability to reason and its ability to determine the truth on this subject. So while I might have received a concept and like I've said in many of our discussions with people, I've talked to people that violence under any circumstances is out of harmony with love. Now many of them have received this concept in their mind only. So in other words in their mind they can sort of see, "Yeah, I can sort of see why you know violence under any circumstances is unloving." But then put them in a circumstance which is being violent towards themselves or even in the circumstance that is challenging for themselves, many times they still resort to violence.

And the reason why is because they have not respected the fact that their soul will dominate their actions, not their mind. And while their soul has in it justifications for violence, those justifications under certain trigger points will be exposed and will undoubtedly be acted upon. And so they have not understood this principle of dominance. They've not understood that you can't just absorb a thought and have a change. A change has to occur in the soul for the change to actually occur in your day-to-day life because if it doesn't, sooner or later a situation will occur where the soul reverts to its dominance and overcomes the mind's reasoning ability and causes a certain action to be taken that might be out of harmony with truth and love.

And while I believe that my mind is dominant, I am really in a place that's very dangerous because I'll absorb this truth in my mind and absorb that truth in my mind and absorb this truth in my mind thinking that I'm changing and I might even choose through my mind to change my actions and that will tend to indicate to myself that I am changing. But the reality is if my actions are not automatic, I have yet to change. If my actions of love are not automatic, I've yet to change.

5.3. *An example of speaking the truth*

Jesus:

So if we talk about another example. I've often talked to people about telling the truth in all circumstances and situations. Now for the majority of people this underlying truth of telling the truth in all situations and circumstances hasn't entered their soul. Because you place them in a circumstance or situation where they're afraid of their family or afraid of their friends or afraid of public opinion or whatever fear is triggered, and the truth goes out the window in an instance and they might not tell a lie but they'll sit there not saying the truth either.

Now that is an indication that the truth of always telling the truth has yet to enter their soul. It's certainly entered their mind as a concept and until it enters their soul nothing has really changed. It's just in their mind. Their soul hasn't changed; they haven't grown on the issue. As we talked about, through absorption, we know that we have to release the error in order for this truth of telling the truth all the time to work. Once we release the errors, which are the different circumstances and situations under which we're willing to compromise truth, once we release those we'll never compromise truth in any situation anymore. Then we can say the truth is in our soul, only then.

Before that time it's just an intellectual concept in our mind and our soul error will govern our actions under the circumstances. So we get into a circumstance that we've yet to release the error about. So the circumstance might be, "I badly need approval of others," that might be the circumstance. So whenever that approval of others is threatened, because I've not yet released that error that's out of harmony with God's Love and out of harmony with God's Truth because from my soul, I revert to either speaking a lie or revert to not disclosing the truth. I revert to just shutting up and not disclosing anything.

And that tells me that that's the circumstance I need to find the error. If I use my mind wisely, what I will do then is I will go, "Okay that just told me that my soul's still got the error. Where is the error? Now I know through the circumstance that the error is related to public opinion, how people think about me, so that's where I need to focus my time and effort." I'm finding the error and releasing it so that I can have the truth enter my soul rather than it just being an intellectual concept in my mind.

Interviewer:

So that's an example where changing your actions in a more loving direction is beneficial because then that exposes the error in the situation.

Jesus:

Exactly! So if I had really used my mind again to change my actions, I would feel the feeling in that circumstance come up where I could feel I've got to say the truth, I can feel I've got to say the truth and in that moment I would honour that truth, if I have not yet released the error of compromise, I'd be able to. If I had released the error of compromise I would be able to honour that truth and speak up even though I'm terrified, I'd be able to do that. But this is what the situation is telling me, "Ah another situation where I honoured fear over truth, which means the truth of telling the truth has yet to enter my soul." And I need to find out why, what the error is in my soul that's preventing this truth that's in my mind from entering my soul.

5.4. The importance of understanding dominance for soul progression

Jesus:

Now I feel that if most people understood this dominant principle they would realise that their soul is always dominant and it doesn't matter how much they try to exercise their mind for dominance, in the end the soul will always revert to dominance. And in fact that's the way God created it to be. God created our soul to finish up being the dominant part of our nature because the soul is the real self; the mind is just an appendage of the real self. The soul is the real us, the complete unit of the soul has all of these organs of which the mind is only one. And while I'm trying to use one organ to dominate the rest, of course at some point in the future it's not going to work out too well for me.

And this is the problem I feel most people who are mind dominant have is that they are trying, trying, trying, always trying to dominate their soul, their entire being, with one appendage of their soul, and in the end it's never going to work. They're always going to revert to the soul's dominance at some point. And if the soul contains error, then it's going to be the error that dominates. If the soul contains truth, then it will be the truth that dominates. It just depends on what the soul contains as to what the end result will be. If the soul contains love, then love will dominate. But I can believe I'm loving with my mind and at the very same time as that my soul dominant emotions are not loving at all.

And you know we speak very frequently to people about this; we even had a discussion yesterday with a group of people where I talked about with them the dominance of some of their minds over their soul and they're not even aware of their soul's emotions until I talked about them with them. Why is that? That's because they're using their mind to think that I'm good or to think that I'm happy and it's a very arrogant way of operating but it's also a very fear-based generated way of operating and that is, "I'm trying to use my mind to tell me that I'm a good person," when my soul's actions and what I

do with my life demonstrates to me actually I'm not as good as I think I am but I'm trying to ignore that as well.

And it's not a natural thing to be loving under those circumstances and what I'm suggesting to people is if we understand dominance, if there's a change in the soul then the change in the soul will be reflected in my day-to-day life instantly. And my soul will dominate my actions and if my soul is loving then all of my actions automatically are dominated by a loving soul. If my soul is unloving then all of my actions will be pretty much relatively easily exposed as being unloving through that process.

And this is where we require some sense of honesty with self. Most people who are still in their mind are not very honest with themselves because they're not honest about the soul and its emotions that still dominate their feelings and their actions. They try to ignore their soul all the time and that's very, very dangerous to ignore your soul in any form of development.

Interviewer:

I was just going to say in neuroscience there's actually this whole area of research about trying to get the mind to control feelings. And there's this whole idea of how to treat anxiety and post traumatic stress disorders, which is all about training the mind to try and suppress the emotions. They know it doesn't work because they put the person and even animals; they put an animal in another situation...

Jesus:

Yes, and it reverts...

Interviewer:

... and it reverts back.

Jesus:

To old behaviour.

Interviewer:

Yes, and they're trying really hard to get it to work.

Jesus:

It's strange, isn't it? And in a way that's a reflection of the intellectual dominance of the people doing the experiment and the lack of understanding of their own soul, and how the soul has been created to be dominant. And we can temporarily or partially suppress the soul with our mind but it's never going to work for good, it can never work for good.

5.4.1. An analogy of maintaining a house

Jesus:

I often liken it to nature, where you can maintain a home for example. We build a home out of dead material and we have to maintain it because we built it out of dead material. So we spend all of our time maintaining it

because normally the elements will eat the dead material and put it into nothing unless we maintain it. So we choose to build it out of dead material and then maintain it and we have to maintain it, but as soon as we die or we leave the home, we come back a year later and it's a mess. Why is it a mess? Because nature reverts to its normal natural process and in the case of a home, nature eats dead material, that's what it does that's its natural process; it converts dead material into matter that can be used to support life. So it uses it as food for life and that's its natural process and because that's its natural process we come back a year later and our house is a mess, everything inside's a mess there's spiders, there's living creatures everywhere, there's paint peeling off, all sorts of things more so even than if we were in it, this terrible destruction occurs.

Now we say that's a natural process and what we're trying to do with maintaining our home is work against the natural process. That's almost like an analogy for what we do with our soul. We're often using our mind to work against the natural process of our soul. In the end it's going to require maintenance, in other words constant upkeep, constant trying, constant demand upon us, constant demand upon our attention and so forth. It's just going to be completely overwhelming eventually for us because we don't understand that the nature of the soul is that the soul controls, not the mind.

Now if we instead of doing that, for example with the house, instead of building a house out of dead material, we worked out, "Okay nature eats dead material but it doesn't eat live material so if I build my house out of live materials somehow, if I come up with some technologies that are alive and build my house out of live material, nothing's going to eat it. It's going to survive for good..."

Interviewer:

It's going to get bigger. (Laughs)

Jesus:

Yeah it might even grow and I won't have to maintain it. Now that same principle applies with our soul. The same principle is, if I now start working on my soul, which is naturally dominant and I promote its dominance rather than trying to suppress its dominance, and I work on anything inside of my soul that creates a dominance in an unloving direction and I release that from my soul, then what I'm going to be left with is an automatic natural process that I will not have to upkeep, that's what I'm going to be left with.

I'm going to be able to have no effort in my progression, my future progression under those circumstances, because my soul has learnt that it's dominant and everything then as a result respects the dominance of the soul. And because we respect the dominance of the soul, we realise that anything that we do or attract that's out of harmony with love, we realise we have to release something that's inside of the soul so that we can release that part of

the soul's dominance that's negative and so we release it and we're left with only loving things that dominate our soul. Now that would be a far more logical process to follow if we understood our soul and we understood the principle of dominance.

What I feel is that most people still don't understand that principle and they're working with their mind, working with their mind, trying to change their actions, changing their actions. A lot of people have become vegans just because Jesus talked about it in an interview or some kind of presentation, but they haven't had a shift in their soul. What's the point of doing that? Why not stay eating meat and feel guilty about it? That would probably be better. You might change faster there and work out what's going on in the soul.

You see a lot of people change their actions without changing their soul. The best course of action is to change your actions but always be conscious that unless the soul changes, changing the action is not going to have any long-term benefit to you. That's the best course of action. So when you notice something is out of harmony with law, with God's Law of Love, change your action. But understand that changing your action is not the end of it because unless something changes in your soul that allowed you to perform the previous unloving action, unless that is released from you, your soul has not changed. And unless your soul changes, you're not going to get closer to God, you're not going to be closer to yourself, you're not going to realise the power and the potential of the soul.

So when I understand dominance I will stop using my mind just to change my actions all the time and I will start using my mind to assist the soul to find the reasons why I have a certain action and release the reason, the error, inside of the soul, that's how I would use my mind. I will focus my mind on using it to expose the error and allow its experience so that it leaves me instead of using my mind to suppress the error and cover over the experience, which is the way most people are using their mind.

Interviewer:

Because of the way that God's designed it, it's only going to work for a little while.

Jesus:

Exactly! It can only work for a while. Now when I say a little while...

Interviewer:

Thousands of years. (Laughs)

Jesus:

In an eternal existence then it might in extreme cases work for a thousand years or a few thousand years but in the end it cannot work for good because God's created the soul to dominate. And so I've met people who've got to the sixth dimension of the spirit world who have not progressed further for two

thousand years, but when you talk to them I can feel in their soul the dissatisfaction. There are little points of dissatisfaction that the soul's starting to revert and start to dominate again, it's feeling its dissatisfaction, the dissatisfaction of not having a relationship with God; it feels.

And so the soul is still, even though they're trying to suppress it with their intellect, their mind, and distracted it with as many distractions as possible through two thousand or three thousand or five thousand years of life, in the end the soul's still going, "Listen to me, listen to me. You're not listening to me." (Laughs) The soul has been designed to do that. God designed the soul in a very clever way and it's been designed to constantly badger us when it knows something is not right and to dominate us even though we might try to intellectually dominate it for most of our existence.

5.5. *Summary of dominance*

Jesus:

So that was the point of dominance. So we've now got the three principles that we've looked at. We've looked at the preclusion principle, which is the state of the soul currently, we've looked at the absorption principle, which is the state of how we can grow the soul and then if we look at this principle of dominance, we're now looking at what we should be focussing on if we're going to develop.

We need to stop the focus on intellectual development and mind-based development and we need to start really feeling, because remember our soul is emotions, sentiment, desire, passion, longing, aspiration, feeling, sensory, fervour, excitement, all these kinds of feelings are a part of our soul, these are all a part of the soul's organs. And so what we do is we start focussing on the development of them rather than the suppression of them. And now, rather than using our mind to try and dominate the soul we go, "Okay I give up." In our mind we go, "I give up. The soul, is more dominant, the emotions and all these other feelings that we've described, all these sensory feelings are always going to dominate me." What I need to do is to bring them into harmony with love and truth, that's what I need to choose to do.

And now I can use my will, which comes from my soul and my mind as an intellectual tool to actually allow the development and dominance of these particular things, but only allow the dominance in the direction of developing further in love and truth. In other words whenever I notice an error I want to release the error rather than live in the error. I want to get rid of the error from myself rather than stay in it all the time.

And I feel if people focus their attention on that with their mind and use their mind as a tool of the soul to help the soul do its thing, then they would find progress much more rapid. So that's the principle of dominance.

5.6. The beauty of God's design of the soul

Jesus:

How are you going so far with our discussion?

Interviewer:

I'm enjoying it. It's so interesting. It's bringing together lots of things in terms of just a bit over there, a bit over there and a bit over there and now it's kind of all making sense a bit more.

Jesus:

Yeah I sort of feel for a lot of people it's like they've heard me say a lot of different things but not really understood that it's the way the soul's been created to work. There's not that underlying understanding that God's designed it this way.

Interviewer:

It's so clever, it's so cool. It's just remarkable.

Jesus:

Well everything God does is so clever, hey.

Interviewer:

It's like I've got to think about that one and just go wow for ages.

Jesus:

Yeah, and that's what I like about a lot of this material is that it illustrates that it's all by design. I think one of the biggest problems that I see is that people on Earth sort of believe that everything that happens to them and everything that happens around them is some sort of happenstance, some sort of chance that dictates everything. And because they don't understand the principle of the soul they don't understand that actually no there's nothing happening here by chance, it's all by design. Everything that's going on is by design and the way the soul works is by design. You can try to circumvent the design, you can try to work around the design for a period of time, but it's going to require huge amounts of effort, constant, constant effort.

If you work with the design, you get this beautiful smooth thing starting to occur. It's a bit like what I notice mankind doing with a lot of things on the planet with regard to nature even; we're constantly working against the design. Things have been designed a certain way and we're constantly working in the opposite direction. We spend a lot of our lives maintaining things and that's because we're working against their design constantly. If we worked with their design, we wouldn't need to maintain anything.

And that also applies to the soul. If we work against its design it's going to require constant work, constant pressure, constant effort. We're going to be constantly disappointed because we're going to have to make constant

adjustments. But if we work with the soul, we'll get to the point where it requires no effort at all and that's the beauty of what God has created by design. The way the soul works is all by design.

So far we've learned about this dominance, that's by design; God designed our soul to be dominant. God designed our soul that truth and error can't exist in the soul at the same time and God designed our soul that truth can't enter it while error is in it, that's by design. The process of absorption is by design. So these are all things that God has designed into our soul and we're constantly trying to work against it. That's what I see happening on the planet, we want it to be a different way. A lot of times it's probably because of the fourth and fifth points that we're going to discover, progression and resistance, which are a lot about pain and suffering. That's why we often want it to be a different way. But even that is by design. Every time God has created this framework of laws and every law that we follow that's in harmony with the law by design we're going to experience joy, happiness and peace and a lot of other beautiful emotions. Every time with these laws that we go away from their design, what they're designed to do out of harmony with love, whenever we act out of harmony with the law of love, by design there's a corrective process. It's all by design.

We're rebelling against the design thinking that we know better but if we thought about it clearly, we could see that if this body is designed so cleverly, then surely the universe in which it's in is probably going to be designed even more cleverly and the framework in which the universe in which we live is probably also going to be even more clever than that again. We'd understand it's all by design, but unfortunately we don't go down that track. What we do instead is we rebel against the design. So we're constantly trying to use our body, use our soul, use our mind and all of the things that are a part of ourselves in a way that's directly opposing its design.

Interviewer:

And we're saying that we're the intelligent ones. (Laughs)

Jesus:

Yeah and we're saying we're the intelligent ones. (Laughs)

Interviewer:

Aren't we brilliant.

Jesus:

Yeah, aren't we brilliant we can use something outside of its design. (Laughs)
And of course we're going to get a lot of pain and suffering in that process and we go, "Why are we having so much pain and suffering?"

Interviewer:

"It's a flaw to evolution."

Jesus:

Exactly and the reality is it's by design. We're going to have pain and suffering every time we use something outside of its design parameters. You grab a knife and you use it inside its design parameters there's no pain and suffering, but you grab a knife and use it outside of its design parameters, outside of its purpose for which it has been designed, there's going to be pain and suffering. There could even be death, and a lot of physical pain to the body and so forth can result using it out of harmony with the real purpose of its design, or if we could say, the loving purpose of its design.

And with God, everything that God has designed has a loving purpose, all the laws God's designed have a loving purpose. God doesn't design anything without a loving purpose and we're there rebelling, rebelling, rebelling (laughs), trying to use our soul outside of the parameters it was designed, and of course we're going to end up with a lot of pain and suffering as a result.

6. What is progression?

Jesus:

The point of understanding progression: so up until this point we're now starting to establish some basic parameters for the soul. We've got the parameter of preclusion, so we know now that truth and error can't exist in the soul at the same time. We understand absorption, we understand that truth can't enter the soul while error exists in it, love can't enter the soul while hatred exists in it on the same subject at the same time. All of these principles are true. So we understand that the soul was created to be dominant so now we're getting a bit of a picture of how we need to develop our soul. And then there's this issue of how do we now develop our soul. How does the soul actually progress, what do we do to actually help the soul progress? And this is the point about understanding the truth about progression of the soul.

6.1. Progression involves the experience of pain and pleasure

Jesus:

So what I've said about this truth is that progression is the principle that; true progression within the soul can only be obtained through an emotional process that will involve both pain, which is associated with emotions related to error, and pleasure, which is associated with emotions relating to truth. If the soul denies either pain or pleasure or uses its mind to deny pain or pleasure, progression cannot occur.

So I think it's pretty obvious what that means. It means that if we are always trying to control the outcome of our feelings when it comes to our soul with

our mind, then it is going to be very, very difficult for our soul to progress. We can't progress without experiencing pain or pleasure. Both pain and pleasure generally.

Now we get to a point when all pain is released. So once we get to the point of at-onement with God all pain is released and from that moment on we cannot progress without pleasure. But until that point error exists within the soul and error is always associated with pain, so we cannot progress to that point without allowing both pain and pleasure.

If you think about it the more error that we have within our soul, the more pain we will need to experience in order to have it released. But it will be a combination of pain and pleasure, not just pain only. And this is what I feel many people miss when it comes to emotional work. They do not understand the pleasure of accepting truth; they only understand the pain of releasing error. But we need both. If we truly progress, we will have both pain and pleasure.

So if we suppress pleasure, which many people have taught themselves to do as much as they've taught themselves to suppress pain, we're going to really have a lot of struggle in terms of progressing towards God because as we get closer and closer to God, we will have more and more pleasure. So obviously if we're resistant to pleasure, at some point where we stagnate in our progression of the soul.

Now if you think about pain and pleasure, the mind is capable of neither. It's only the sensations that are a part of our physical and spiritual body and also a part of our soul that are capable of experiencing these particular feelings. They are sensory and emotional; they are not an intellectual thought. They are sensory and emotional experiences. So this is why we must understand that pain and pleasure are a part of our progression.

So this principle of progression is the principle that we will not be able to progress unless we experience both pain and pleasure, particularly if we're not yet at-one with God. Once we're at-one with God there'll be no more pain to experience and of course we still need to be open to pleasure otherwise we cannot progress beyond that point. We cannot progress further in more knowledge and more love with God while we are still resistant to pleasure. So we need to have no resistance to pleasure and no resistance to pain.

Now unfortunately for the majority of people on the planet, we've got usually what we believe is no resistance to pleasure, but at the same time we've got huge resistances to pain, emotional and physical. As a result, since pain is only associated with error, it will be impossible for us to release error while we're shutting down pain, and that's an important thing to understand about the soul. If I shut down, if I use my mind to shut down pain, if I shut down the experience of pain, if I avoid the experience of pain, if I run away or deny

the experience of pain, I am shutting down the release of error and if I don't release error, truth cannot enter me on that same subject that I'm not releasing error about.

So I'm causing my own stagnation if I do that. And this is the principle of progression. We need to understand what really causes progression and it's the ability to freely accept both our pain and our pleasure. And if you think about it that is a humble state, to be able to freely accept our own pain and pleasure; we're humble to both sets of emotions.

6.2. Experiencing joy as we learn new truths

Interviewer:

So you've talked about, in the past, how you can absorb a new truth and it can bring you pleasure. But sometimes when you've released an error and it's been painful and then the truth comes in, that's not necessarily associated with a pleasurable experience at that point in time, is it?

Jesus:

I don't know if I'd agree with that Lula, because in every case that I've ever received the truth it's always been a pleasurable experience. I might have cried during the experience in joy in many cases. Or there are sometimes, as you receive a truth, new errors become exposed and they will often be then painful as a result. So it depends how rapidly you can process emotion in the end, doesn't it? So sometimes when you receive a new truth that triggers an acknowledgement of further error, which then of course has a whole heap of emotions associated with it that are painful, so that sometimes occurs, and often does occur when you're on the path with God, because you rapidly go from one emotion to another emotion sometimes during that process.

6.2.1. An example of learning the truth that violence is never loving

Jesus:

So remember in a previous example that I used, on a previous point, I used the example of slowly becoming aware that violence perpetrated by my parents was actually an assault on myself. So remember how I explained during how one particular aspect of truth, once it's absorbed by my soul, because I've released the error, exposed another error that then meant I had to process some more emotion. And so this is why sometimes people who are progressing on the Divine Love Path feel there's no joy because they go from one error, release it, absorb the truth very rapidly and they don't notice the joy of absorbing a truth because it triggers the awareness of another error. And as a result of that they then have more pain as a result of that awareness of this new error.

Now that is just a natural process, but when they look at the truths in retrospect, they will always feel a joy associated with acknowledgement of

that truth. So for example, once I acknowledge to myself emotionally and it enters my soul as a truth, that any person who perpetrates violence towards me is unloving; this becomes a joy to acknowledge because now I have the ability to determine what is unloving behaviour towards myself and therefore I have an ability to recognise who is loving in my life and who is not. And that means that I can make a choice and spend more time with the people who are loving, and therefore have more joy in my life as a result.

So when we look in retrospect to all of the truths we will always feel them with joy.

Interviewer:

But in the process of remembering the truth or acknowledging the truth of well my parents were really unloving to me in that situation, that doesn't feel good.

Jesus:

Well it does actually. I don't know about you but it has felt good for me because I've recognised that my feelings about that subject of violence were real, were true, and so I'm now acknowledging a part of my soul as containing truth that I would never have acknowledged before.

Interviewer:

You're celebrating the process.

Jesus:

I'm celebrating, yeah. I feel this is where a lot of people lose their joy in the process. They're not celebrating the truths they learn and you can celebrate them, like all of the truths that we learn need to be celebrated because they're all causing the growth of your soul. And I'm not saying they are truths that you learn intellectually because you won't celebrate those because that's just a thought. The truths that you will actually celebrate are the truths that are now in your soul as an emotion, you will definitely celebrate those.

So I would suggest to people that if they're not celebrating the truth, then it's yet to really enter them emotionally because of an error. In all cases I've found that to be the case. So for example, if I can't celebrate the truth that my parents treated me badly as a child it's because I still have yet to release sadness about my parents treating me badly as a child.

And once I release the error or release the feeling, the grief associated with the feeling that my parents treated me badly as a child, I will be able to celebrate the truth of my acknowledgement of that fact, and it will be a celebration in me. I'd go, "Wow, this is changing my life. Now I realise I don't have to accept this poor behaviour from people who say they love me but who act like they don't. I don't have to accept this anymore." How much would that change my life if I really felt that inside of myself and celebrated that truth?

So I feel what's happening for a lot of people is they can't celebrate the truth yet because they're yet to release the error on the same subject fully. And once you've released the error on a subject fully, you will always celebrate the truth of it. It doesn't matter how horrific it is even, you'll always celebrate the truth of it.

And also there's an underlying thing that occurs and that is you're now honouring the dominance of your soul, and there's a lot of joy in that you'll always feel joy in honouring the dominance of your soul. So there are all these joys that result if you...

Interviewer:

Because your behaviour has changed.

Jesus:

Because your behaviour has changed; but not only that, you've honoured your past experience now fully. You've honoured the fact that you've been hurt instead of denying it and shoving it down and saying it never happened and trying to get away, run away from it all your life and it affecting all the different choices and decisions that you've made throughout your life. You've now honoured the fact that all of that rubbish that happened in my life, that painful suffering experience that I had all came from this and I've now honoured my experience of that so much that now it's stopped all of this unloving behaviour and all of these unloving actions and all of these unloving results and all of these painful results that have caused my suffering. And I can rejoice in that, I can be happy about that. And I know once you've gone through that process, you know for certain, you will never revert to allowing that or revert to feeling, in the example I've given, that somebody who's violent with you is loving you, you'll never again, ever, consider that as truth.

And that's a beautiful thing too because that gives you the ability to choose your associates wisely now. So instead of accepting unloving behaviour as loving and accepting violence as loving, you're now never going to do that. So who are you going to be with? You're going to be with people who are never going to be violent towards you as a result of that. So it gives you the power to make choices in your life that love you further. And you'll always think the reason why this power came was because I let go of that error and I let go of that pain that I had about my parents. I let go of all of that and as a result of that this is why my life has changed. And you'll always have that joy of that experience of knowing that.

And so yeah I feel if a person isn't experiencing joy in the processing of error and the absorption of truth, obviously in the processing of error there won't be much joy in that, but the absorption of truth, it's because the error on the same subject has yet to fully leave them.

Interviewer:

So I guess this is why you get happier and happier and happier and happier.

Jesus:

Exactly!

Interviewer:

Because you're fully releasing more and more and more and then you're celebrating more of the truths.

Jesus:

Exactly!

Interviewer:

And you have less crap left in your soul.

Jesus:

Exactly and you have more love enter your soul from God and from your surroundings and as a result of that you feel better about yourself, you have more worth and so forth and so there are so many advantages.

Interviewer:

No wonder it's exponential.

Jesus:

Yeah.

6.2.2. *Reasons for not experiencing more joy on the Divine Love Path*

Jesus:

If that is not happening, then you're not being real about the path; you're not following the path if that's not happening. If that's not happening then something is wrong with what you're doing and I feel for many people there are things wrong with what they're doing. They're embroiling themselves in emotions that are not theirs or they're embroiling themselves in experiences where they're not being truthful or honest with themselves about what's going on. They're not happy with releasing error, they rebel against releasing error and that causes a lot of pain. They continually break God's Laws, which causes more pain. They still are in rebellion against God, which causes more pain and unless you change some of these behaviours which can only change by getting rid of the error in the soul that creates them, there will be the continuous creation of pain and the more sensitive we become to our soul, the more we're going to feel it.

And I feel if you look at the planet right now, in 2013, there's a lot of pain on the planet. There's a lot of pain on the planet as a result of people choosing to rebel, of people choosing to rebel against God's Laws, in the end. And as I discussed with a group yesterday, we often say, "well I don't want to go

back to my painful childhood experiences because I'm in too much pain about my current experiences, right?" But we don't understand our current experiences are caused by our dominant soul exercising itself in a direction that's in disharmony with God's Laws of Love, that's why we have pain.

So if I could help my dominant soul through this process of progression to progress from the state of exercising its will dominantly in a negative direction out of harmony with love into exercising its will dominantly in a process that's in harmony with love, then my pain and suffering in my current life will reduce and I'll have much easier ability to connect with old pain and suffering as well and release that through that process. So that's what I would encourage people to do.

6.3. Progression is an emotional process designed by God

Jesus:

Now that's what this point of progression is all about; understanding that progression is not possible without an emotional process, it's not possible. You can intellectually absorb something, and even if it is a truth that you're letting into your soul and there's no error in your soul already precluding the truth from entering, it will be an emotional process as it enters you. But it will be an emotional process of pleasure. You'll cry in joy of receiving this truth and then it will be in your heart, then it will be in your soul.

If there was error in your soul and you're trying to absorb this truth into your soul, then the error must first be released according to the process of absorption that we've already discussed. It has to be released. If I allow its release by allowing dominance, allowing the dominance of my soul to dominate how it feels and how I feel in that process and I allow its release, then what will happen is the truth will enter me as a joyful process after that or maybe during that process. And the painful process of releasing error will also need to occur. As long as I am not selective about pain and pleasure, it will all happen naturally. But as soon as I get selective about pain and pleasure, the entire process will shut down because God created our soul to experience all feelings and sensations whether they are painful or pleasurable. It is by design that God did that.

We must understand that all of these principles that we're discussing are not my ideas or concepts, they are God's design of the human soul. They are how God designed the human soul to operate and all I need to do is come to understand it. It's not my idea; I've had to come to understand it just like I'm trying to share with other people to help them understand it. If we understand it, we work with it. If we don't understand it or we deny it or we try to work against it, the results are always going to be pain and suffering that we see, always.

6.4. *An example of progressing by releasing the error that violence is justified and absorbing the truth that violence is never loving*

Interviewer:

Would you like to have an example for progression?

Jesus:

Sure, let's do that.

Interviewer:

So the example was the same one as we had for the one before. The truth is; violence towards anyone is not loving. And the error is; that person made me angry so violence towards them was justified.

Jesus:

Okay. So now we're looking at this same situation we've looked at in the other principles of the soul. We're looking at it in respect of this particular principle of progression. So what we're doing is we're relating progression to how do I progress on this issue of violence, like how do I actually change my soul to work through the issues so that eventually I come out the other end where I accept in my soul that I would never be able to be violent again. How do I get to that point? That's really the question.

And the answer to that is, well how did this violence get in the soul? How did this desire for violence get in the soul?

Well it got into the soul by the child being taught through a process in its childhood somewhere that violence and love go hand in hand under some circumstances and that violence is justified under some circumstances. And as an adult now, I need to understand my justifications for violence and release every single one of them if I'm truly ever going to be non-violent in my future.

So to do that, I'm going to have to go through a process, a painful process, of releasing every belief that I have of justification for violence. And I also will need to go through the joyful process receiving the new truth of why under those circumstances there's no justification for violence. And that's a process that I'll have to go through if I want to grow or change on the particular subject.

So if a child is taught through the parent's example of treatment of the child that a person who loves them can also sometimes be violent with them, this teaching will have entered the child through a painful emotional process. The painful emotional process is the parent has been violent with a child and there's been physical touch usually involved in it, usually a belting or some kind of violent process, which has been physically painful to the child. It's also been emotionally painful for the child because the child up until that

point trusted that this parent would act in harmony where it's never violent, never unloving, and now all of a sudden they're receiving a lot of pain from this person they trust. So there are a lot of broken feelings inside the child, emotional feelings about trust and who they can trust and what they can trust are all going on at the same time. It's a very painful emotional experience that's entered the child. How is it going to be released? By the child feeling it.

Now what happened most of the time was that the child wasn't allowed to feel it, the child was suppressed from feeling that and so now that we're an adult, we're going to have to go back to that time in our life and actually feel it to release it. To release the truth that's in our soul that's actually an error from God's perspective, but it's a truth of what happened to us, and we have to release it. So we have to go through the painful emotional experience of releasing it and then we come out the other side of that painful emotional experience with our soul through this process of absorption, now our soul is open to receiving the truth. Our soul is now going, "Okay the error's gone, what's the truth now?" and the truth now can be quite easily absorbed, and we can go through the pleasurable process of realising the truth after that point.

Now often as you pointed out it's not a thing that happens overnight on one occasion. It's gradual, where you release this point and that point of error and then you absorb this point and that point of truth and then you release that point of error and absorb this point of truth. And often in one large subject there may be hundreds of little subjects in which truth and error will conflict and therefore while the error exists the truth won't enter. So we have to release the error on that little subject for the truth to enter on that little subject and often that builds into the entire subject then being completed at some point in our future. So you can't expect that to happen overnight, there's no such thing as the overnight transformation of the soul and I suggest that if anybody says there is then they've probably just been over-cloaked by a spirit who's helped them be a completely different person because there is no such thing as the overnight transformation of the soul. So it is going to be a gradual process.

How fast it happens will depend on how much we understand our soul. If we understand our soul, these points that we've been raising and that's the way it's been designed, then we'll work in harmony with its design rather than always trying to work against it. Therefore if we're working in harmony with it, the soul will progress quite rapidly.

So that's the issue of progression and how progression works.

7. What is resistance?

Jesus:

Well the next point we'd like to discuss about the soul and how it operates is this point of resistance, understanding resistance, what resistance of the soul is all about.

Interviewer:

Tell me about resistance.

Jesus:

Resistance is the principle that; truth enters the soul when there is no emotional impediment as error resisting the absorption of the truth. Error enters the soul when there is no emotional impediment as truth resisting the absorption of the error. Emotional impediments are under the control of the will of the individual in that the will can be exercised to emotionally release the reason for resistance, and this is a part of humility.

So we're now putting together a lot of the principles that we've been talking about and determining well why do we become stagnant, why do we stop progressing, what's the reason why progress ebbs and flows? So we've discussed already now the points about progression and what's going to be needed for progression, that's the understanding that we need to do some emotional work that's going to be both painful and pleasurable in the process. And there's this issue of dominance that we want to encourage the soul to be dominant, not suppress it. We want to encourage its emotions not suppress them and absorption states that we can't have a truth enter us unless some kind of error leaves.

7.1. Resistance is emotional

Jesus:

Now if we put all that together, every single time we get into a state of resistance, basically what it's telling us is that there's an emotional thing inside of us that's causing the resistance. It's not some kind of intellectual thing that we have to go through in order to stop resisting, there's some emotion, there's some kind of emotional impediment inside of our soul, And we're using our will to hold onto it. That's the principle of resistance. We are exercising our free will, this gift, this beautiful precious gift that God has given our soul, to shut down the painful experience and if we exercise our soul to shut down a painful experience, we are going to be resistive to anything being absorbed into the soul.

Now we can be in error and resist truth or we can be in truth and resist error, either way it's going to happen. My suggestion is we use our will to always release error and if we use our will to always release error, then we will never hit a point of resistance. We will never hit the point where we stagnate, where we slow down and stop in our progression.

7.2. Resistance results from using our will out of harmony with the soul's design

Jesus:

In actual practise, for the majority of people, we hit resistance all the time; we don't want to experience the pain of the emotional error that exists in our soul. We want then to maintain intellectual dominance over our emotion. We want to avoid the process of absorption; we also want to avoid progression. Now of course if we're avoiding all of those things, the only subsequent result can be resistance, can be stagnation, can be stopping in our progress of the soul. And we need to understand the power of our will exercised in this regard. It's our will being exercised out of harmony with its design that causes us to go into stagnation.

So whenever we feel stagnant or whenever we feel resistive to absorbing new truth, if we thought about it and go, "Hang on a sec, this isn't very clever," we're now using our will in complete disharmony with the way in which God created the design of our soul. Why would we do that? That's such a silly thing to do; we'd be better off definitely changing that particular course of action.

I feel we need to understand that resistance is not about anything external. So in all of this I haven't mentioned anything that it's like your fault that I can't do something. It's not your fault, or Igor's fault or anybody's fault that I can't do anything. It's because of my choice to exercise my will out of harmony with God's original design that causes me to go into a place of stagnation. It's not because of anything you did. It's not because of anything you tried to stop me doing; I might imagine it to be but it's not. The reality is I can use my will every single time, every single time, to engage a place of no resistance.

Now if I understood that principle fully, I would probably find myself getting into progressively less resistance as I went on because the more of that truth that I let into my soul, the less I'd be tempted into resistance, because I'd realise that there's a negative effect for any resistance. I'd realise that every time I resist something, all I am doing is working against the design of my own soul, which is not a very logical choice to make.

7.2.1. Resistance can be understandable in children

Jesus:

Now the only time when I feel that such an action is understandable is when we were children. You see when we're children we're often put into situations that we cannot get out of and a result of that we suppress certain emotions in order to cope with the situation. So for example sometimes as a child we were smacked by our parents, we then start crying but our parent tells us if we cry anymore I'll smack you again. Now that's a very confusing

thing for the child because it's already experiencing the pain of the previous assault and now it's being threatened with another assault for feeling the results of the previous one.

Now in that circumstance the child will probably learn to close itself down and that's understandable but when we're an adult it is not understandable to do that; there's no reason to make those choices as an adult. Even if violence is perpetrated towards us regularly, there's no reason to continue that because we, as an adult, understand we have the power to release. In fact our soul has been created to release and as long as I release I am working in harmony with my soul's design. Whereas as a child we don't understand that, nobody's taught us that so we don't understand that. But now that we understand this truth, we can at least work in harmony with its design as an adult.

So I feel the only time when the process of resistance is something that you can truly understand is when a child is in resistance, rather than an adult being in resistance. Unfortunately we often find the reverse and that is a child is rarely in resistance unless an adult forces it into such and an adult is often in resistance even when nobody is forcing them to do anything. So that's something that we do need to change, that's another error in the soul that needs to be released; this desire to stop the process of release. The child does not generally have a desire to stop the process of release unless it's received plenty of encouragement in that direction by its environment before that time. Whereas an adult living by itself or even with a partner has no reason to not release, there's no logical reason to not release. They're no longer being dominated in that circumstance by another, although they may have attracted somebody, maybe their partner, who dominates them, but even so there's still no reason to not release if they trusted the mechanism of the soul, if they trusted God's design.

7.3. *Resistance is emotional (continued)*

Interviewer:

So if they trusted the fact that there's just one emotion they need to get rid of and then it will all flow, it's just another feeling they have to feel.

Jesus:

It's just another feeling, they wouldn't have this feeling of being afraid of their feelings all the time, they'd go, "It's just another feeling, even if it's fear or terror, it's just another feeling. All I need to do is release it and the error can leave me and then a new truth can enter me. I can grow if I allow this feeling to flow," and they wouldn't worry so much about their feelings and what they would be. All they would do is use or exercise their mind in a loving direction to support their feeling. So they wouldn't dump their feeling on everyone around them all the time. They would use their mind to support

the processing of the feeling in a way that wouldn't harm other people or themselves, that's what they would do.

So they wouldn't even choose to harm themselves, they wouldn't choose to cut themselves up or hurt themselves in any way or bash themselves. They wouldn't choose to commit suicide, which is the ultimate self-hurt or self rage. And they wouldn't choose to do any of those things because all of those things would be more out of harmony with love. They would choose just to feel the feeling no matter how intense it is and no matter how painful it is, knowing that if I fully express and experience this feeling, the error leaves me and now the truth can enter me and my life will change. That's the beauty.

7.4. *Resistance is futile*

Jesus:

So I suppose we could say resistance is futile (laughs) but the reality is most of us don't believe that, most of us believe that resistance is a powerful place.

Interviewer:

We believe that we can avoid our pain forever, and it's not going to control our lives and everything that happens to us.

Jesus:

But if I truly understood dominance, then I would also understand that resistance is futile because sooner or later if there is error and pain in my soul it's going to have to come out. It's going to come out one way or another and I can either aid that process in a logical and coherent way, so use my mind to aid the process or I can suppress the process and fight it for the rest of my existence, which means it's just going to take longer that's all. I can do one or the other.

Now it's not very logical to make something take ten years that could take one year. And it's not very logical to make something take a thousand years when it could have taken one year. And my suggestion is with resistance, notice when you're in resistance. You're in resistance every time you exercise your will to deny a painful experience. And you'll also be denying pleasure in that place because the soul is not able to distinguish feelings between pain and pleasure and selectively feel them without using the mind, and we're saying the mind can no longer be dominant.

What we're saying is the soul needs to be allowed to experience its thing, it needs to do its stuff and the only way we're going to allow it to do its stuff is by allowing it to feel everything, which includes its pain and its pleasure. If we try to shut down either, we are going to be creating a major problem for our soul in the future and a major problem in terms of development of our

soul. Our soul cannot develop while it's being shut down in one or the other or both directions.

7.5. Discovering the reasons for our resistance

Jesus:

So I'd encourage people to notice when they're resistive. Quite often you know a person comes up to me and says, "I haven't made much progress in the last year and I'm not really sure why that is." And I'm saying, "Why aren't you sure? You're obviously in resistance. You should be sure of what is creating your resistance. Like I know what's creating my resistance. Why don't you know what's creating yours?"

Interviewer:

So it's one or the other basically; you're in resistance or you're progressing?

Jesus:

That's right. You're either resistant or you're progressing, there's no real middle state from those two places. You're either in progression and fully engaging progression or you're in resistance and sometimes you can be in resistance on one issue and progressing on another, that is possible. But when it comes to each issue individually, you're either in resistance or you're in progression, which one? My suggestion to people is at least know why you're in resistance, at least know. (Laughs) Don't ignore it, don't try to make out that you're not when you are because nothing will happen then. If you make out that you're doing something that you're not doing of course nothing can happen so be real about it. "I know that I'm resisting this issue," work out why; use your mind to find the reasons why you're in resistance to this issue. And then allow, once you become aware of the emotions involved, allow the emotions to be processed so that you're no longer in resistance.

7.6. God designed the soul to grow

Jesus:

The soul's natural state is to grow. Again we can do an analogy with nature. You plant a tree, it would make no sense to put a complete structure around a tree that would normally grow thirty, forty or fifty metres high and to put a structure around the tree so that the tree could only grow one metre high and then to do everything possible to stop the growth of the tree. But that's what we're doing with our souls.

Our soul is made to grow. God designed it that way, to grow; God designed our soul to exponentially grow continuously ad infinitum. That's how God created our soul. So it's not like our soul's limited to being fifty metres high, our soul is not a limited creature if we receive Divine Love. So why would you choose to limit it? That can only be an error of some kind that would cause such a choice. So find it and release it, don't live with it because while

you're living in it you're putting structures around your soul to constrain it and that's going to damage its development. So you don't want to do that. You don't want to ever resist and particularly knowingly resist.

Interviewer:

I do that plenty. (Laughs)

Jesus:

Well find the reason; my suggestion would be to find the reason why. What is it about growth that is challenging? Or why do you wish to resist? What is it? And for a lot of people generally it's the pain, it's the fear of pain, not understanding that pain is a healing process. When you release it and experience pain it's a healing process. Most people still resist pain and as a result of that they can't grow. That's why they get resistive.

Many people I also find are not coping with overwhelm, they're not coping with being overwhelmed emotionally. To grow in its emotional expression your soul must be overwhelmed, that's how it gets stretched. It's sort of like getting a balloon and deciding to not put any air in it, which is what we often do with our soul. Our soul is made to stretch and expand infinitely in fact and yet many of us don't blow the air in to get that process started. We're not assisting the process, we're afraid of its growth as much as we're afraid of its shrinking.

And that makes no logical sense either if you think about it because our soul is designed to grow. So while I'm restricting it, I'm working or attempting to work against its own design with what God has put into it, the design that God has made. So it makes sense instead to start filling it with air, filling it with something to help it grow. And to grow it's going to have to stretch, it's going to have to stretch and in fact as we receive Divine Love we stretch even beyond our original capacity to stretch, that's how God created our soul; that we could be turned into a new Divine Creature through the reception of Divine Love. So we need to allow for the fact that we're going to not only stretch to what we were originally created to be, but we can also stretch beyond that capacity infinitely.

Now that can't happen if I'm resistive to being overwhelmed. If I'm constantly going, "I don't want to get overwhelmed. I want to receive a new truth but I don't want to be overwhelmed by it," and I'm timid with the reception of new truth in that regard, then what's going to happen is I'll be constantly resisting progression. So I'll be in resistance most of the time and that makes no sense at all. We're working against our design, the design of our soul when we're in resistance. It is far better to understand the principles of resistance and go, "Okay there it is again, I'm in resistance." Find out why; use your will to discover why. Use your will in a positive direction to assist your soul in its growth.

7.7. *An example of resistance to releasing the error that violence is justified*

Interviewer:

So can we use same example again?

Jesus:

Sure yeah, the same example of violence, yeah.

Interviewer:

So the truth was violence towards anyone does not love and the error is that that person has made me angry so violence towards them is justified.

Jesus:

Okay now we're looking at this principle with respect to resistance. So what we're saying here now is that the person who's thinking these things is resistive to letting go of the error that violence is justified. So that's what they'd be doing. They'd be saying, "I don't see any point in letting go of this. The truth is that there are times when violence is justified and the truth is if your child was being hurt, you would revert to violence, I know you would" and they come up with all these arguments, which is just basically an expression of their rage of accepting the truth that violence is never justified.

Now while they are expressing their rage of accepting the truth they're never going to release the error. The error is still going to remain within them whatever the error is that causes them to think that way; it's going to remain for good unless they have less resistance to accepting the need to release the error. So it's one thing to acknowledge, "This is how I feel," it's quite another thing to justify holding on to it. So it's one thing for me to acknowledge yes I do have emotions in me where I do feel violence is justified under certain conditions, that's one thing. It's quite another thing to justify the reasons for my holding on to those particular emotions. And what I'm suggesting is a person in resistance will justify holding on to the error and it's unjustifiable. There's no logical reason for doing it but obviously they believe there is one. But there is none, there is no logical reason for holding onto such an error.

Now a person who wants to overcome resistance would use their will instead of going, "Wow I really want to hold on to this error, I really want to hold on to it. I really want it to be the truth; I want to believe that there's times when violence is justified." And then if they allowed themselves to think about that and use their mind and their will to find out the reasons why, they would soon come to the conclusions of why they want to believe that. And there'll be all sorts of emotions involved in that, right the way through to unjust things that happened in their past that they would really like to get the person back for what happened to them in the past. There would be unreleased hurt about the unjust things that have happened in their past that causes them to feel that way. There might be unreleased hurt about

sexual matters such as sexual abuse and rape and those kinds of issues. There might be unreleased emotional hurt about violence that has been perpetrated towards them and if they were truly honest about that, and wanted to get out of resistance, they'd be willing to go to those emotions.

7.8. Discovering the reasons for our resistance (continued)

Jesus:

If people are not willing to go into those emotions, they will continually justify their position, and this is what I find happening quite regularly with people in resistance. They just come up to you and they say, "I'm in resistance," and you go, "Okay, there's no problem being in resistance that's not the problem, the problem is wanting to stay there, that's the problem. So what are you in resistance about?" And they say, "Oh well I'm in resistance about the fact that I don't want to accept that I've treated my children badly." I go, "Okay well how are your children treating you now?" "Oh well they're not very happy with me actually they all feel that I've treated them badly." "Okay so you're resistive to acknowledging that fact. And how's it working out with your relationship with your children? Well not very good obviously, because they'll be feeling one thing and you're acting another, not very good. So why do you want to hold onto this? Why do you want to hold onto this concept, this concept that it's justified that you treated them badly? Or that you even don't think you've treated them badly at all, you're in complete denial. Why do you want to hold onto this when it's being reflected to you in the course of your day; through God's

Law of Attraction it's being reflected to you all the time. Why do you want to hold onto that concept?"

And oftentimes they'll get down to the feelings of guilt and shame they have, and other different emotions if they're willing. If they're not willing they'll fight, "I only knew what I only knew then. I know better now of course but back then I didn't know better and I shouldn't be blamed for things that I didn't know." Now all of their errors are coming out, their unwillingness to take personal responsibility for actions they've taken in their life that were based around an ignorant position for example, which is part of the error that they've just expressed. And they are unwilling to accept these errors that they are actually errors within them still that stop them from accepting the truth. And so my suggestion to them would be to choose differently, use your will, choose differently. Choose to see the error, choose to acknowledge it, choose to firstly intellectually acknowledge it but secondly feel it, feel the error and a lot of it is about repentance. A lot of it is about a person's resistance to repentance.

You see we are very happy to acknowledge that somebody else has done something to us; usually we're quite happy about that. We're not so happy to forgive them because we feel that that's letting them off the hook for what they've done. So we're not happy about that. But when it comes to our being sorry for what we have done to others, the majority of people have huge resistance to that and that is usually the most common cause of resistance in our soul. The most common reason for us to not progress is because we don't want to acknowledge what we have done.

Interviewer:

So it's sort of like not taking personal responsibility for everything in our soul.

Jesus:

Exactly and not taking responsibility for the fact that not only have we created pain in our own soul but we've also created pain in other's souls as a result of our choices and decisions. Now if I understood resistance and I didn't ever want to get into resistance and I understood progression, I would be willing to go through the process of repentance. I'd be willing to work out the reasons why I chose to take such actions that I chose that obviously harmed others and myself. I'd be willing to look at those particular things. So I would not be willing to stay in a state of resistance, but if I don't honour my soul and I don't honour what God has created, I may stay in states of resistance for thousands of years.

In fact in the spirit world the main reason why people do not progress has nothing to do with belief systems, it has everything to do with their unwillingness to repent and forgive. That's the main reason why people stay stagnant for thousands of years in their soul progression. It's not even because of the way they exercise their mind, it's because of their unwillingness to feel specific emotions of repentance and forgiveness in particular that cause them to not be able to progress.

7.9. The importance of understanding resistance

Jesus:

So if we understood resistance and we understood progression in the soul, we'd be pretty resistive to holding back our own progression. In other words whenever we felt inclined to be resistive we'd be looking very carefully, like with a magnifying glass, at the reason why we're trying to be resistive instead of just trying to brush over it all the time and make it go away and try to justify it and minimise it and shift the blame to somebody else. We'd be constantly on the lookout for our points of resistance because it's our points of resistance that eventually prevent our relationship with God. It's not going to be the truths we accept that prevent our relationship with God, it's going to be the errors that we're unwilling to release that cause the injury to

our relationship with God, and also cause the injury to our relationship with ourselves and our friends and partner and children, and everyone else in our life. It is our resistance that is going to cause the damage.

So my suggestion to people is to understand resistance. Understand your will is being exercised to shut down this process, to shut down the process of absorption, to shut down the process of understanding how progression occurs in the soul and use your will differently; actively choose to use it differently. And use your mind. Instead of using your mind to deny you've ever done anything wrong, and using your mind to deny that something is wrong, or using your mind to minimise it or shift the blame onto somebody else and not take responsibility yourself, use your mind in a completely different direction to aid your soul's progression, not to limit it or inhibit your soul's progression.

And I feel that if people understood the principle of resistance they would never get into periods of resistance. They would get into moments of resistance, maybe for a day or two, maybe. But they'd never get into periods that last years and years and years of their life of resistance if they understood the damage that it does to the progression of their soul.

7.10. Resistance is emotional (continued)

Jesus:

You had a question.

Interviewer:

I was just going to say that resistances can be reason upon reason upon reason upon reason.

Jesus:

Of course! Often they are constructed in layers. And remember that resistance is about emotional impediment, so it's emotional reason upon emotional reason upon emotional reason. It's not just intellectual argument; it's every one of these intellectual arguments coming from an emotional impediment from an emotional reason why we're arguing for the error.

So when I see people arguing for the error that is a direct indication that they want to hold on to resistance. Of course you're going to harm your own soul holding on to resistance and harm the soul of others while you're holding on to resistance. Understand that your resistance is caused by the emotional desire to hold on to the impediment that is causing the resistance to truth. So why would you want to exercise your emotions in that direction? Feel the emotional reason why instead.

7.10.1. An example of speaking the truth

Jesus:

So you might get down to the fact, for example, that you don't want to tell the truth in all situations because you're just scared of people and what they'll do. So instead of going into resistance and justifying, "Well they'll attack me and they'll do this and they'll do that to me and they'll just make my life a misery if I tell the truth so I'm better off not telling the truth," which is all just justification of the error, a justification of you holding on to the emotional impediment, how about using your mind in a completely opposite direction? Say, "There is no justification to me holding on to this emotional impediment," and let myself feel that they will hurt me and feel that they will attack me and feel how my life would be and go through the feelings of that because they're obviously in me. That's the impediment that's causing the resistance.

So understand that it's the emotional impediment and I need to feel the emotional impediment. So I feel my anger at the fact that they'll attack me and feel my anger at the fact that they'll hurt me and all these kinds of things. I let myself release the feelings and get down to the grief that's underneath them to the point where I've released them and then I go, "Wow, I don't believe that anymore. You know I don't believe anymore that if I tell the truth I'm going to be hurt all the time."

You know I said to Mary recently that myself and Mary live in different worlds when it comes to the truth because I know that telling the truth all the time will always benefit me and everyone around me and I feel it all the time. It's directly reflected to me all the time. I have wonderful conversations with people where they connect to the truth and they go away feeling changed. Mary has the opposite occurring much of the time because she's afraid of people and how they'll react to the truth. And as a result of that up until quite recently was justifying not telling the truth and now she's working through the emotional impediment to doing that, which is her fear of people's violent abusive reaction.

So feel the fear of their violent abusive reaction. Once you've released that emotional impediment to telling the truth, you will have no resistance to telling the truth. It'll just be a natural process because you've released the emotional impediment that creates the resistance, and that's what we need to understand when it comes to resistance.

Interviewer:

Okay, thanks.

Jesus:

Thanks for that discussion, Luli.

7.11. *Emotional resistance prevents truth from entering*

7.11.1. *An example of the interviewer's neighbour*

Interviewer:

I had a conversation with my neighbour who just went on and on and on and on about me being in a cult. I said so many things and he was just convinced that I just wasn't advanced enough to have all the nasty things happen to me that happened to him when he joined some group and had this spirit attack and he felt like spirits were climbing up his abdomen and stuff like that.

Jesus:

Urgh!

Interviewer:

I know! And he was just saying, "You're not advanced enough yet it's going to happen to you," and I was saying, "Really it's not, it's really not." (Laughs) It was just like no matter what I said it was never going to change his mind.

Jesus:

Because a person who's embroiled in their unhealed emotion is incapable of being logical, the truth can't enter them.

Interviewer:

Because he's so riddled with fear.

Jesus:

Yeah if you're riddled with the emotional impediment you can't accept anything.

7.11.2. *An example of seminars that AJ delivers*

Jesus:

Sometimes when I'm giving a discussion or a talk with people and I come up with one example and I just feel the audience totally blocked to that and I come up with another example and the audience are totally blocked to that. All I'm trying to do is look for examples that I can feel in the audience where there's going to be some emotional openness. And there's sometimes an example that you can come up with, and I know that once I'm at-one with God I'll know the exact example that's going to create; if anything's going to create an emotional openness, this is going to be the example.

Interviewer:

Because you'll feel a person.

Jesus:

Because you can feel everybody collectively. It's hard in a group because obviously everyone has their own emotional impediment. Emotional impediments are interesting, the resistance is interesting, because you could

think of the emotional impediments as like doorways in the soul. And if the door is closed, the door is closed, the door is closed and until some opening occurs on that particular front, that door is never going to open. But there might be a slightly variant truth that you can present where there's a door slightly open in the same soul on a related subject. So you might use one analogy and the door starts to close and they don't even get the analogy at all and then use another analogy and the door's totally closed to that analogy because they don't get that analogy at all because of their emotional impediments. But then there's this third analogy where the door, because they've had a bit of emotional processing where they've released a bit of error or no error entered them on a particular subject, and the door's slightly open. Now when you say to them the third analogy they go "Ah! Ah! I know what you mean now!" (Laughter)

Interviewer:

I had that yesterday with something you said to me, "Ah now I get it!" (Laughter)

Jesus:

Now I get it! (Laughter) That's because with this issue of resistance, the emotional impediment creating the resistance, and there's an unwillingness to address the emotional impediment or even know what it is in most cases and then all of a sudden you hit one that's actually open like a door that's partly ajar, and straight away there's a connection. And that's the beauty of understanding absorption is that when you understand that you've got part openness in a certain location you won't bother having a conversation with a person unless they're partly open in a certain location.

7.11.3. *An example of the interviewer's neighbour (continued)*

Jesus:

So in the example you just gave of the man who wanted to try to convince you you're in a cult and you're telling him, "It's not a cult, I don't have any of those experiences." He's had a lot of bad experiences, which are driving his emotions about it all, of course, and we've got to acknowledge that and in fact if you acknowledge that you might have got further with him. "You've had a lot of bad experiences and I understand the emotion..."

Interviewer:

I did and it didn't work.

Jesus:

No, that didn't work. So that door wasn't open either. (Laughter) So he's going to try and convince you you're going to have the same experience and of course it's not possible, but he's going to try to convince you of such and unless there's a door open somewhere in this discussion around that

particular subject where there is a point of entry where a thought that you are presenting is truth can actually enter his soul, he will not be able to accept any of it. So nothing will ever be absorbed. So what I find under those circumstances is that it's basically totally useless having a conversation with that person on that subject.

Interviewer:

I reached that conclusion at the end because in the end he'd reached the conclusion that everything on the planet, any form of spirituality was evil and corrupt, and they're all in this big conspiracy theory, and so the only thing that was safe was Christianity. So then I started talking about some of the flaws in that and I didn't get anywhere on that so I thought fine, I give up. (Laughter) I give up totally now.

Jesus:

Exactly, there were no holes anywhere in him; there were only emotional impediments, only resistance in every course of action.

7.11.4. *Gaining the ability to feel areas of resistance in others*

Jesus:

So what you find after a while is the more sensitive you become in your own soul, you instantly feel whether there is an openness in the person in any direction and you are able to engage that openness instantly by saying the right words and leading them down a certain path instantly. And if there is no emotional openness in any direction with regard to truth, then you won't even bother engaging the conversation because it's pointless. It's just pointless. Nothing you do, nothing you say will actually change that people mind even, nothing you do. Even if you love them to bits they're not going to change their mind like because the emotional impediments prevent them from doing so.

And this is where I feel if you understand resistance in yourself and you start understanding resistance in other people what eventually happens is you know which conversations to engage and which conversations to just walk away from, because it's pointless wasting your time on conversations where there is no emotional openness, only resistance in every direction you take.

And it's interesting how people will often ask a question with no desire at all to be emotionally open to the answer. After a while you start feeling that as well, that it's pointless addressing the question, answering the actual question. You need to firstly address the reason why they're not emotionally open to the question, the answer to the question.

Interviewer:

So they're just asking the question from another motive?

Jesus:

Yeah, like many members of the media for example have asked me questions only to make statements. So they're really just making statements of their own by asking a question. They don't want or expect or even encourage me to answer it or give me the time to answer it because they don't have an interest in hearing the answer, they only have an interest in hearing the question.

Interviewer:

Yeah I watched one of the recent ones recently that was a bit like that.

Jesus:

Yeah and many people are like that where there is no ultimate desire to know the answer to any of the questions they're asking. They're only asking the question because they want to be able to say, "I asked that question and he couldn't answer it." That's all they want to say. And they remind me a lot of the Pharisees in the first century in that regard, that was the purpose of the Pharisees' questioning. They always had an ulterior motive to their questions and a person who's got ulterior motives to their question is never going to be self-reflective and they're never going to be able to grow their soul, they're constantly in resistance.

So my suggestion to anybody who wants to share truth with others is feel the soul of the person, feel where they're emotionally open and engage conversation in that direction. And usually a sincere person is generally emotionally open in some direction of some kind. But as you know there are times when you find a person who's not emotionally open in any direction at all except for something physical. In other words they're not emotionally open to any spiritual conversation or direction of truth that you could take, which is sad for them.

8. What is presence?

Jesus:

Anyway that brings us to the sixth point that we wanted to discuss today and that was this point of understanding presence. And here we're talking about the presence of love along with truth. So if I can define presence as the principle that for truth to be present and absorbed by the soul love must also be present. So it's a very simple principle.

So you often hear of people who are telling somebody the truth but they're screaming at them while they're telling them the truth. Now under those circumstances it's very, very difficult for the person who's on the receiving end of that to actually accept anything they're saying is truth because love is not present. The principle of presence is not being adhered to.

So this principle of presence as it affects the soul is this; the soul can feel when love is the underlying intention of the discovery of truth and the soul can also feel when the underlying intention is not love but a manipulation of truth. And as a result of that if we're sensitive to presence, the presence of love in discussion of truth, then we'll be able to easily determine when a person's out of harmony with love while they're discussing truth and that also means that the truth is probably not the truth, the absolute truth, it's only their version of the truth.

8.1. The importance of love being present when truth is spoken

Jesus:

When we understand presence, we understand who to listen to. Listen to the people who want to help you grow your soul and who have a feeling of love towards your soul. Listen to those people, no matter what they say and how confronting it is, listen. But don't listen to the people who say they love you and tell you a whole heap of truth but it really is without the presence of love, it's all done for an ulterior motive that you can feel. An ulterior motive of maybe pulling you down or humiliating you, making you feel bad or controlling your will or whatever other type of thing they might be attempting to do.

If a person has love present in the discussion of truth with you, and remember this is a factor regarding the soul and its absorption of the truth, if love is present then allow the absorption of the information. If love is not present, then be very selective to the absorption of the information. Because if you allow the absorption of information when love is not present, there's a high likelihood the ulterior motive will actually damage your soul, the ulterior motive of the person projecting their particular "truth" to you will eventually be exposed. And it's quite easy to expose a person who does not have presence; it's quite easy to expose their ulterior motive in the end.

And so what I've got here are a number of different, what I would classify as things to consider with regard to presence in terms of if a person loves you what would they do and if they don't love you what they do. And if we understand that, we will then allow our soul, no matter how challenged it is, to at least listen to, and even our mind at least to listen to the presentation of truth. If we understand that love has to be present in order for truth to be absorbed, then what we will come to understand within ourselves is we will create an environment of love around us that only absorbs truth because of love.

The reason why this is so important is because many people are being affected by very dark influences, both spiritual and physical. When I say dark influences, they're influenced by the dark reflections, intellectual and

emotional reflections of people on Earth and they're influenced by the dark influences and emotional reflections of people in the spirit world. And the reason why they're influenced by these things is because they do not understand the principle of presence. That is, if we allow a person who's in an unloving state to tell us truths and we allow the absorption of such "truths", and I use the word "truths" here in quotations because they're not really truths, there is the potential of further damage to our soul, that's the principle of presence.

If love is present then there will not be the potential of further damage to our soul if we listen to the person, even if what we're listening to is false, it won't damage our soul because we'll be able to recognise it sooner or later as false. If love is present it's beautiful having a conversation with somebody, even if they are in a state of untruth it's beautiful to continue a conversation with them if love is present because it's love that is the guiding factor of the absorption of all things into the soul. And remember this is all about the soul's progression, and when we talk about soul progression we're talking about the soul progressing in love every single time.

So if I'm in an environment where I'm discussing something with you and I feel the presence of love, then I'm in a safe environment for the discussion of this matter whether it's truth or not, I'm still in a safe environment. If love is not present in the discussion of this particular truth, now I'm no longer in a safe environment for its discussion whether truth is being discussed or not, I'm not in a safe environment for its discussion.

So this is what I find happening a lot in our seminars. What I find is that people are often asking me for more truth while at the same time treating me unlovingly. Love isn't present. What's the point of discussing more truth?

Interviewer:

So the love has to be present for both parties?

Jesus:

Yes. Yes, in any discussion love has to be present for all parties: really it has to be present. Or if in the case of a group the majority of people it needs to be present. If it's not present then the absorption of truth is impossible.

Interviewer:

So why is that? If we look back to the absorption of truth what we talked about earlier, you release the error, the truth can come in, how does this impact on that?

Jesus:

Well this impacts upon your choice to receive truth into your soul. You see if love is not present you would be very unwise to choose to accept what the person's saying to you because there's a very high chance that their

motivations are unloving because love is not present. If love is present then why would you resist what they're saying no matter what it is? There's no need to resist it because there is love that is present.

Now even if they're speaking in error, if love is present you can still have a conversation. You can still engage the conversation if you know a different truth to what they know and there is love present then you can have a free and easy conversation with them about the issue. And there's a high likelihood that at some point in the discussion truth will be arrived at. But if love is not present in the interaction between the people involved then what is happening is there's an automatic impediment to any truth entering the souls of all the people involved. So what's the point of saying a truth under those circumstances when the person is also being unloving right in that moment?

All development of the soul is about love; love is the thing that causes true development. So if I ignore love in my discussion of truth I'm ignoring the reason for discussing truth. And if I'm ignoring the reason for discussing truth then of course there is little point to discussing truth because the only real reason for discussing truth is so that we can obtain more love, so that we can become more loving. As a result of becoming more loving we'll know more as a result and we'll be able to feel more, our soul will expand. Remember the soul's expansion is the expansion in its ability to love. And if I'm discussing truth with you with no desire at all to become more loving, then I've lost my point. I've lost the point of all soul progression. This is why it's important that love is present because without love being present I have lost the point of all discussion of truth.

All discussions of truth is for the expansion of love, not for its degradation, not for its withdrawal and this is why it's important for me to understand the principle of presence and the affect that it has on my soul. This is why it's also easier for anybody who's in the room with somebody who's loving to actually hear what they've got to say.

8.1.1. An example of AJ's seminars

Jesus:

So you know how sometimes in group, and you've been present at some of the groups that we've been at, where I get questioned by a person who's bombastic or angry or resistive and sometimes I answer the question, not because of their presence of love but because of the presence of love that I feel in the room. But other times I feel no presence of love in the room towards the individual and no presence of love from the person towards myself and I feel like now I've got to deal with the emotion. The emotion that they have is the first thing I have to address, I can't answer the question until this emotion is addressed, this reason for their unloving behaviour is addressed.

Interviewer:

Because otherwise it's not beneficial to anybody.

Jesus:

It's not beneficial to anybody in the room and I sometimes I've had in the room one person being angry and resistive. A good example is the recordings you would have seen of some of the events in Sweden the first time we went there. There was a person in the room in the second discussion who was not present in love and he just wanted to attack, attack, attack, attack, attack and be bombastic and attack and so forth. And as a result of that eventually other people around him starting attacking him. Now initially while he was attacking me I was okay and comfortable with trying to address the issues because at least there was a presence of love in others and they could at least see the truth. But once the others starting attacking him, now there's no presence of love whatsoever, now I had to stop the whole thing and talk to him about his unloving behaviour and talk to the rest of the audience about their unloving behaviour before I could continue because all were resistive to truth.

Now when I did that the others who had projected the unloving behaviour towards the man involved started to feel the truth of what hit them and they became present again with love, they started to feel some compassion and they started to feel some repentance for their own actions. As a result of that they felt more loving and now I could re-engage the man again and discuss the actual issue with him.

So these are things that happen in interactions with people. When there's love present, at least even a little bit of love present, we have the ability for people to absorb some truth. If love is not present at all it's very difficult, it requires a highly developed person to absorb truth when love is not present.

Interviewer:

So for someone who's so humble they'll just look at whatever their part is in the negative events that are going on around them.

Jesus:

Exactly it takes a very developed individual to do that, to just continually examine themselves. To allow their emotions and allow their feelings and allow their expression and allow all of these qualities of the soul that we've talked about, allow the dominance of their soul, allow their progression of their soul right in the situation. It requires a very developed person to do that in an environment where there is no love.

So if we wish to make it easier for ourselves and others to progress and consider that all progress is progress in love, then obviously love needs to be present when discussing truth. So that's the best thing to do, make sure love is present when discussing truth. If you can't do that, then it's going to

require a lot of very, very good development on the part of the people who remain there to stay there without getting angry or resentful or resistive.

8.2. Conditions under which truth can be delivered lovingly

Jesus:

So some of the issues that I've raised here were issues regarding, for example, a person who honours the loving principles of the soul's free will and wishes to share some truth under all circumstances, will be able to tell you the truth about yourself if and only if they have learned in their soul the same truth within their selves.

8.2.1. Conveying truths that have already been personally absorbed

Jesus:

So I can only tell you a truth about yourself that I have come to accept inside of myself in my soul. I can't tell you a truth that I can intellectually see that I personally have as a problem inside of my soul. I can attempt to but I'll have all sorts of problems with that, as we'll point out. The person will be able to logically describe the truth and define how it is the truth. So they'll be able to tell you why what they're saying is the truth and how it's the truth. They won't be tongue tied every time you ask.

Interviewer:

So it's not like, "Oh you're unloving!"

Jesus:

"Oh you're unloving" and you say, "How am I unloving?" "Oh you're just unloving." "How am I unloving?" "Oh you're just unloving." Well there's a person who has no idea why you're unloving and so there's a high potential you're not unloving generally. They're not describing to you why they believe you're unloving because they're unable to. They're unable to because they don't have the truth about it in their soul; that's why they're unable to. They will only be able to describe why you're unloving by having the truth in their soul and therefore being able to tell why you're unloving.

They will be able to tell you why the condition of error exists within you. So they'll be able to say this is the truth, this is why it's the truth and this is the error you have and this is why it's the error and this is why you have this error. You have this error because this event happened in your childhood; they'll be able to feel the events in fact as to what created these errors inside of you. And they will have compassion for the error that's inside of you and its creation.

They'll be able to show you how to remove the condition of error from your soul. So they'll be able to give you instructions if you ask them about how to actually let go of this error that's in your soul, what you actually need to do

to process the error in your soul and they'll be able to do all of that while still honouring your free will. So they won't be browbeating you and trying to control you and manipulate you and push you around while they're doing that. They'll honour every choice and decision you make during the discussion. And on top of that they'll be able to do that and stay in a condition of love within themselves; that's a person who's present.

Interviewer:

So that person has to be very well developed on that particular point.

Jesus:

On that particular point, yes that's correct. And it might not mean they're very developed on another point but at least on that particular point they have to be very developed, yes. And remember everyone's development is different on particular points, so it is possible for that to occur. Although generally what happens is that people who are not present generally on one point are often not present on many points. Love isn't present within them on most points in fact. And the reason why is because they've got some very low development of their soul and they're using their intellect to discuss truth and they are very unaware of their soul's development. And when they're unaware of their soul's development, they're also unaware of their lack of love that their soul portrays in the discussion of truth. They don't even believe they're being unloving when they're being totally unloving.

I've had Christians and others yelling and screaming at me and I say, "You're being very unloving now," and they don't believe it (laughs) because their soul is not yet even sensitive to their own expression of violence.

8.3. Conditions under which truth is delivered unlovingly

Jesus:

So if we look at the flip side of that, the inverse of that, we can see that a person who does not have truth within themselves and who does not honour the loving principles of free will and so forth, will have a completely opposite effect in their discussion with you. For example, they will attempt to denigrate you with their truth. So instead of upholding you and trying to promote your development, they're trying to pull you down and tug you down and make you feel worse about yourself. And they're trying to overtly do that. It's not something that you just feel it's something they're obviously trying to do.

Remember that sometimes when the person tells the truth, we feel they're attacking us when they're not really. But there are times when it's pretty obvious that the person's just trying to pull you down now and most of the time they'll tell you that you're an idiot, you're a this and you're a that, they'll use all the words attempting to pull you down, which is a part of the fact that

they wish to just denigrate you and condescend to you and belittle you. And if they wish to denigrate, condescend and belittle you, they are not present with love. They are present with a lot of evil and dark emotions, which they would need to address if they really wanted to become present; they're not present in love. It's highly unwise for me, if I'm in the reception of that, to actually listen to what they've got to say, to actually value anything they've got to say.

8.3.1. An example of the interviewer's lack of self-love

Interviewer:

So an example of this is like last week I had spirits telling me I was completely useless all week and I was taking it on.

Jesus:

Yes. You see if you honoured presence you wouldn't have taken it on.

Interviewer:

Well I didn't even realise it wasn't me until half way through the week and then something changed and then I was like, "Oh it's not even coming from me."

Jesus:

Well even if it was you, you would still not do it...

Interviewer:

No I know.

Jesus:

Because you'd honour presence. Does that make sense?

Interviewer:

Yeah I wasn't loving myself.

Jesus:

Exactly so you see presence is immaterial of who is there. Even if you're alone presence is; I must love myself while I acknowledge my error. You see? And if I'm attacking myself while I'm acknowledging my error, I'm not present, I'm not present with love even it's just me myself, I'm not present with love and how can I grow in that state? I'm not, and of course that state's going to encourage a whole heap of dark spirits to come and dump on you as well and dump their emotional crap on you and cause less presence of love to be there while you're trying to accept a truth.

The reality is you weren't accepting a truth, you're not a bad person at all, you're the pinnacle of God's creation. And all you're doing is you're punishing yourself for something that you perceive is wrong about yourself and many times we create our own lack of presence, our own lack of presence of love.

Interviewer:

Through our own lack of self-love.

Jesus:

Through our own lack of self-love, yeah.

Interviewer:

And that's a point of resistance to work on.

Jesus:

That's a point of resistance to work on. Why am I resisting loving myself? That's a very important question to answer because if I resist loving myself, of course everyone around me is going to resist loving me. That's probably going to be what I attract. So it's very important for me to be present with love with myself even if no one else is there, I need to be present with love with myself. Whenever I'm not, I need to recognise that that behaviour is out of harmony with soul progression. It's out of harmony with the development of my soul and the growth of my soul. I need to see that. Every time I attack myself, I need to see what I'm doing to myself; I am not being present with love with myself.

So yeah often we revert to this behaviour even towards ourselves alone, (Laughter) which is a problem obviously.

Interviewer:

I know. It doesn't make you feel very good. (Laughs)

Jesus:

No we don't need anybody else to do it to us because we do it to ourselves enough. And that is an indication of a lack of personal presence where we're not personally present with love with us. And so what we need to do is to address the emotional reasons why that's the case. We need to become present with love even towards ourselves if we truly want to grow.

8.3.2. *Not being able to explain the truth logically or in detail*

Jesus:

So the person will also have no logical idea or concept as to why their truth is the truth. And so often you'll ask them, "Well why is that the truth?" And then they'll present and then I'll say, "Well I can't agree with that because of this and this and this," and then they start getting angry and they start belittling your character again. They revert to belittling your character or tearing down your character; these are the kinds of people who are not worth listening to. Now you might just sit there and put up with it maybe, given the circumstances, you might have to if you're in prison doing it, but you don't have to absorb it. It doesn't have to enter you. It doesn't have to go into your soul because the reality is love is not present when they're doing this.

They won't be able to tell you why the condition of error exists within you. They won't be able to tell you what childhood event or what thing has happened inside of you. They won't be able to tell you any of those things; they won't be able to tell you why. They won't be able to tell you how to remove the condition of error, they won't be able to tell you that either. They won't be able to tell you and they won't honour your free will while they're doing it, they'll try to browbeat you into submission. These are the kinds of principles of a person who is not present. And a person who is not present does not honour the fact that love needs to be present in a discussion of all truth. And love needs to be present if the soul is going to progress and the soul is going to heal.

So like I feel that they are the main points of presence about staying present with love.

8.4. Conveying truths that are partially understood

Interviewer:

Can I ask another question?

Jesus:

Sure, sure. Fire away.

Interviewer:

So these are two extremes. Are there any places in the middle as you're?

Jesus:

Of course.

Interviewer:

... progressing you might be able to have compassion for someone and explain what's gone wrong, but not be able to feel what happened in their childhood as to why it happened.

Jesus:

Exactly because that's going to depend very much on your development.

Interviewer:

Right so you've only shifted a little bit so you can see like...

Jesus:

You can see a little bit.

Interviewer:

You can see what's just changed in you but it hasn't changed in them yet...

Jesus:

That's correct.

Interviewer:

... but you haven't released all of it in you to be able to...

Jesus:

Tell what's in them.

Interviewer:

Exactly.

Jesus:

And to feel what's in them, what childhood event occurred in their past that would allow you to feel their childhood event. You see if you haven't released it yourself then you're not going to be able to feel their event and what occurred for them.

The reality is the soul is like an open book. In New Age circles there's this concept of the soul records, the Akashic Records they call it. Well that's just your soul, an open book, to anybody who has the development to feel it. And the reality is the more development we get in love, the more we can feel the soul of others, the more we can feel their true nature and condition, the more we can feel their errors, the more we have compassion for them, the more we understand where they're coming from, the more we see why they have that error based on what happened during their childhood. And we actually can recall to them their childhood event that they can't even recall themselves because that record is available to us. That's what happens once we have development in love.

Now obviously that's fully developed in love, let's call that, although there's no such thing because it's an infinite progression in love. But for most of us we're not fully developed enough, so there's some parts of that we can do but other parts we cannot.

So what we need to comes to terms with is the fact that while we're developing we're not going to be able to see everything in everyone else, we're not going to be able to see everything, we're not going to be able to be present all the time, none of these things that we've described we'll be able to do all the time. However, we'll be able to at least aim for them if we are focussed on the progression of our soul.

But you're right it is a gradual process of becoming present, but as we notice more and more we'll become more and more fixed on becoming present with love, being love when discussing truth. We won't avoid the discussion; we will confront the reasons for the unlovingness in the discussion before we answer any questions if we notice that love is not present.

So you can see myself doing that more and more in my discussions with people and also more and more in my presentations. Where more and more I am becoming more certain and more direct with people about the lack of love. You know after all, they're coming along to hear about love, to grow in love, and yet they're being unloving right in that moment. And so more and more we're trying to address those particular issues and therefore allow love

to be present in the room. If love's present in the room of two hundred people, the speaking of truth has a powerful affect on two hundred people. If love is not present in the room of two hundred people, speaking the truth has zero affect almost on the people generally in the room and that's something we need to understand about this issue of presence - the power of love to open the soul to experiencing itself and experiencing emotion and eventually absorbing truth.

9. Closing words

Jesus:

So that brings us to the conclusion of the six points that we wanted to discuss today. So I'd like to thank you for your time Luli in doing that.

Interviewer:

Thank you for asking me.

Jesus:

Yeah it was a pleasure.

My suggestion is if you're on the FAQ channel that for the future FAQ questions that are going to be asked about the soul, many of them will refer to these particular points in this discussion. And so it's great if you can go through these particular things Luli and I have discussed in understanding the particular aspects of how the soul operates because it will help greatly in understanding my answers to the different questions that people ask about how the soul operates on the FAQ channel.

We would like to thank you for our time today. Thanks guys.

How the Human Soul Functions:

Session 1 Part 3

10. Introduction

Interviewer:

Welcome everyone this afternoon. I, Mary Magdalene, am going to be interviewing Jesus. It's a continuation of an interview that he started with Luli Faber a couple of weeks ago about how the human soul operates. And today I'd just like to ask you about the seventh principle pertaining to how the human soul operates called suppression.

Jesus:

Yes.

11. What is suppression?

Interviewer:

So would you be able to explain to us the principle of suppression with regards to the soul?

Jesus:

So this is a very important principle when it comes to the soul. And it's a principle that I feel most people on the planet do not understand about their own soul and how their own emotions work, and that is that if you attempt to suppress one emotion inside of the soul then all emotions will be suppressed to a certain degree inside of the soul at the same time. In other words it's impossible to have a suppression of one emotion and not expect that the rest of the soul can operate with free expression.

And I think I'd just probably like to read my description of it and then we can discuss it in a bit more detail. I've said that suppression is the principle that; a person using their will to suppress any one emotion within the soul will also suppress the entire soul and be therefore unable to experience all emotions to the full extent, whether the emotion being suppressed is painful or pleasurable and whether the emotion desired is pleasurable.

So I've been quite specific there with that definition because it's very important for people to understand that they can even attempt to suppress pleasure and that will also have an effect of suppressing other parts of their soul as well. It's impossible to suppress one single emotion inside of the soul without it having an effect on the other parts of the soul and I constantly find people believing otherwise. The reality is that if you want to progress towards God, attempting suppression of any emotion inside of the soul is very counterproductive towards your progression in terms of any soul progression that you might make.

I feel a lot of people believe they can do it and also dearly desire to do it and as a result of that they often have a degree of success of suppressing an emotion without understanding the effects it's having on the rest of their soul.

Interviewer:

Yeah, so if we can maybe talk about that.

Jesus:

So talk about a few examples.

Interviewer:

Some examples and also what you mean by people believe that they can do it. Now they might not have a conscious belief that they can do it but their behaviour demonstrates...

Jesus:

Their behaviour is such that they believe that they can do it and it's a very common belief on the planet. You look at almost everybody's day-to-day life they are suppressing certain feelings. You can see it written all over their body, their face, everything, how much they are in suppression of certain emotions. And they believe they can still have other emotions that they feel are good to the full extent and they can't. The sad thing is that you can never experience any positive emotions to the full extent while you're suppressing negative emotions. It's just impossible.

11.1. An example of how suppressing fears affects the soul

Interviewer:

So let's talk about some examples. Do you have some examples that would demonstrate this principle?

Jesus:

None that come to mind really at the moment. (Laughs)

Interviewer:

Okay. What if I can think of a couple of things?

Jesus:

Sure, sure.

Interviewer:

And I have a few clarifying questions that I'd like to ask you as we go along. But say I'm really afraid of a lot of things in my life. So I'm afraid of being humiliated, I'm afraid of making mistakes, I'm afraid of disappointment, afraid of trying really hard for something and then...

Jesus:

Feeling disappointed that you never got there at the end.

Interviewer:

... then feeling I failed, yes. So let's say that's me and I've got all those emotions and as I'm going through my life, certain things happen in my work life say and these emotions begin to be triggered. From what you're saying if I then suppress those emotions, I'm basically...

Jesus:

Which you're already doing before they are triggered anyway because they would never be triggered. The Law of Attraction would never operate in such a way that emotions that you didn't have would be triggered. So the way the Law of Attraction works is that it's a perfect Law of God and it works in such a manner that the actual feelings that you have within your soul cause the attraction. So it's not the actual future things that happen as a result of the trigger, the trigger is the result of the soul already being in the state of suppression.

Interviewer:

Okay so given that, then we know that I'm already suppressing those fears in my day-to-day life.

Jesus:

Pushing them down in your day-to-day life, yeah.

Interviewer:

So what does that mean for the rest of my soul?

Jesus:

Well firstly every aspect of your life that is under the control of those particular areas that you're suppressing will also be affected by your suppression. So for example if you're afraid of humiliation, this will cause you to no longer act freely, particularly in public or in company, so this is a subsequent result of the suppression of that humiliation emotion. While you're suppressing the emotion of being humiliated you're also now taking and making decisions and choices that cause you to avoid areas where you might finish up being humiliated and so of course it's affecting a large area of your life already.

Interviewer:

And that's my actions, isn't it?

Jesus:

And that's your actions.

Interviewer:

So it's affecting my actions for sure.

Jesus:

So it's affecting your actions and your decisions and the choices you're making right at the moment, right at the time but larger than that it has an affect inside of the soul when it comes to desire. So while I'm suppressing fear in my soul I'm also suppressing every other thing inside of my soul and the extent to which I suppress the fear will be the extent that I will suppress other parts of my soul. So if I suppress a feeling that I will eventually be humiliated and I don't allow that feeling to be experienced, I am also suppressing all of my desires. So this includes all of my sexual desires, all of my desires for you know in terms of my day-to-day life, in terms of my love-based relationships, it includes all of my desires with my children, my desires for my future and all of these other areas.

Interviewer:

My creativity.

Jesus:

Your creativity in all these other areas all suppressed at the same time; you can't connect to them, you won't be able to connect to them. So we're having a much larger affect than it just effecting our actions about the particular thing that we think the fear is related to. The reality is that when we suppress it, we're suppressing whole areas of our soul now, areas that are completely unrelated even to the original point of suppression.

And this is where I feel most people don't have any understanding at all as to why they feel disconnected from their lives. They're disconnected from their lives because they are suppressing certain aspects of their life that cause the soul to suppress all parts of those things associated with those aspects as well as suppressing any other emotion that may be just as overwhelming even if it's in a positive or a negative direction.

So it has a powerful effect on the soul in lots of different ways and ways in which most people on the planet have no appreciation of in terms of their day-to-day life. Many people on the planet now are complaining that they don't feel connected with themselves, they don't feel connected with their life, they don't feel joy in their day-to-day life much at all. And this is because of the level of suppression they have of, what they view as the painful emotions, and this suppression of painful emotion causes a suppression of the experience of pleasurable emotions. And in the end you end up with a suppressed person unable to experience pain or pleasure and doing even extreme things in order to feel as a result.

Interviewer:

So from what you're saying, I have a picture of this kind of dampened down soul. Within our soul I feel that there are all these emotions and passions and desires and all these things. Some of them are happy, loving...

Jesus:

But for all of them to be experienced, they have to come out of the soul.

Interviewer:

Yes.

Jesus:

They can't remain within the soul. They have to be experienced by going through an experience of the release of these emotions. So these emotions will come out of the soul, that's our natural state. Our natural state is to have desires; but not only have them but also act upon them, that's our natural state. We act upon all of our desires.

Interviewer:

We have our desires, have our emotions and then...

Jesus:

Act upon them.

Interviewer:

And experience them...

Jesus:

Experience them and we see the experience of them. We feel the experience of them, that's how the energy of these emotions is released.

11.2. How having no suppression affects the soul

Interviewer:

So if we didn't have any suppression, our soul would be experiencing desire and emotion in a really expansive way, is that right?

Jesus:

In a constant state of experience; so there'd be emotions and desires and passions all being experienced, there'd be a lot of joy because we're not suppressing anything. Any times we're acting out of harmony with love by the experience of these desires, there'd also be a lot of pain. This is what the problem is.

11.3. Suppressing painful experiences also suppresses pleasurable experiences

Jesus:

What the problem is, is that we're in this state naturally where we will naturally experience desires, passions and longings and all these other things. It will all fly out of our soul as a never-ending stream of energy if you like. And what we do is, because we've acted out of harmony with God's Laws of Love, some of these things that come out of the soul are painful in their experience and so instead of correcting the action that's out of harmony with

the law, we decide to suppress the result by suppressing the painful experience.

Now the painful experience is the result of our action out of harmony with the law. It is not the cause of our pain; the pain is the result or the effect of my actions that are out of harmony with love. So when I choose to suppress the pain, I am not addressing the cause of the pain and also due to the way the soul has been made, I will suppress even the pleasure and the good things that my soul has also created.

Interviewer:

So yes...wow. (Laughs)

Jesus:

It's pretty big when you think about it that way.

Interviewer:

It's a pretty big statement, yes.

Jesus:

Because basically what we're saying is if we look at the truth about God's Laws, we know the truth about God's Laws are such that whenever I break them or whenever I act out of harmony with them, I will have pain and suffering as a result. So the real cause of any pain that's within my soul is the action taken out of harmony with love, that's the real cause.

Now most of the time we don't honour that as the real cause and the majority of people on the planet don't honour that as the real cause of their pain and suffering. So what they do is they feel the pain and suffering that is the result of acting out of harmony with the true cause but instead of attempting to correct the cause, they suppress the result. But what I'm saying with this principle of suppression is that if you choose to suppress the pain and suffering, which is the result of a cause of breaking the law, you suppress not only it, the very thing that is the pain and suffering, but you suppress also the experience of any pleasure.

And this is a compensatory effect that's placed upon the soul as a part of the nature of how God's created it to show you that something is wrong with choosing suppression. This is a law that governs the soul. What God's trying to do with this particular law that governs the soul, the principle that governs the soul, is He's trying to expose to us the results of our own suppression of pain.

So if we look at it more fully. The breaking of the law creates the pain; the suppression of the pain also causes the suppression of pleasure, which results in more pain. So what God's trying to attempt to show us is if you try to solve the effect rather than getting at the cause, you're going to create more pain and suffering for your soul. That's really what God's trying to do

through this principle of suppression; to show us that when we choose suppression we're actually causing a further degradation of our own experience and therefore we're going to cause more pain to our own experience.

Interviewer:

So understanding a little bit more about the dynamics of this law or this principle and how it works on the soul, as we said earlier the soul in its natural expansive state is feeling all kinds of things and as you mentioned when it acts out of harmony with the law, there's pain...

Jesus:

There's pain and that's an experience.

Interviewer:

Yes. And so if I imagine the soul as a really big soul now and so there's lots of passions and joy and all these things but I just acted out harmony with the law and there's pain, so now if I choose to then suppress that pain based...

Jesus:

Rather than experience it.

Interviewer:

Yes, rather than experiencing it.

Jesus:

And remember the pain is the consequence of breaking the law, so it's a part of the Law of Compensation; it needs to be experienced if we're going to ever grow.

Interviewer:

Yes. So as I suppress it, what I'm getting a vision of is that everything suppresses...

Jesus:

Contracts!

Interviewer:

... with it to the point of my suppression. Is this correct?

Jesus:

That's correct.

Interviewer:

So if I suppress it a whole heap everything is very small. If I allow a little bit of the pain and then I put a damper on it then I'm still allowing...

Jesus:

You'll have some pleasure.

Interviewer:

... joy, pleasure, desire, passion and other emotions and then if I feel a fear in there and I suppress that then everything has to constrict with it.

Jesus:

Contracts again.

Interviewer:

So it's really about, from what you're saying, the experience of any emotion is affected by the suppression of just one?

Jesus:

Correct. And its experience of every emotion is affected by the suppression of just one emotion.

Interviewer:

Yes.

Jesus:

Just one emotion.

Interviewer:

So the level I allow my painful emotions is the same amount I will allow my pleasure.

Jesus:

My pleasure, exactly! You can see how this is impacting upon many people's lives today really.

11.3.1. An example of women's sexual pleasure**Jesus:**

Like for example, many women complain of a lack of sexual pleasure in their day-to-day life physically when they have a relationship with a partner. So if we look at what they're looking for, they're looking to have sexual pleasure but their sexual pleasure is greatly suppressed. Many women complain that they don't orgasm easily; they don't enjoy sex as a result because it becomes a trauma and a chore. They don't connect with their body during sex as a result of all of these particular things. And the question that needs to be answered is what's really happening?

Interviewer:

So from what you're saying, what's really being suppressed?

Jesus:

Yeah, what's really being suppressed? There's obviously a heap of people in the spirit world who are not very happy with that particular point - I'm feeling a bit suppressed about talking about it even. It's an external contraction that I can feel.

Let's try to talk about this issue with women with their orgasm. Many women complain that they find it difficult to connect to their orgasm, to have an orgasm and so forth and particularly just having an orgasm through sexual intercourse. They may need stimulus of the clitoris along with other things perhaps, sometimes vibrators and other things in order to achieve an orgasm.

And the question becomes well why is their body so shut down to the effect of these stimuli when other women's bodies are very sensitive to these particular things? The answer is because they're suppressing certain emotions that control the responses of those particular organs. Now mostly the emotions that control the response of those particular organs are based around fear and rage, fear and anger. And if you look at the general feelings of women towards men you can see that there is generally a lot of anger towards men, some understandably so, and also some fear associated with men, particularly men from a sexual perspective. There's a lot of fear of the man's penis, there's a lot of fear of being penetrated, there's a lot of fear of having an allowance of the heart to be involved in the sex act for example.

And women generally try to suppress all of these particular fears. So in other words they try to keep these feelings at bay, they push them down. In the process of pushing them down they also desensitise their own body to the affect of stimuli that could bring them pleasure in the same area. And this is one of the subsequent effects of trying to shut down the soul. So you shut down the soul in one particular area you're going to find there's an effect in lots of different areas of your body and sensation-wise.

And remember every physical sensation that's in your body is a connection point to your soul. So the soul absorbs feelings and sensations and emotions. So while I'm shutting down certain feelings within my soul, I am also shutting down the soul's ability to experience the sensations that are coming from the bodies, from the spiritual and the material body. As a result of that I am shutting down the body's ability to have the full expression of the sensory expression given to the soul, which means the soul now is completely suppressed in those particular areas.

11.3.2. Suppressing the soul also suppresses bodily sensations

Jesus:

Now when it comes to issues of things like orgasm, this requires a large sensitivity to touch and feel and feelings and so forth, and if you're suppressing all the emotions you cause the suppression of those bodily areas. This is one thing most people don't understand either, when you suppress your emotion you also suppress the sensory apparatus of your bodies, your spiritual and material bodies. And your spiritual and material body become less sensitive to touch, less sensitive to stimulus, less sensitive

to pain, less sensitive to pleasure as a direct result of shutting down different emotions in the soul.

And so many people are complaining that their body doesn't seem to work very well but not understanding that this is under the direct control of the shutting down of the soul's emotions. And remember the soul is not just emotions, it's also sensory input. So all of these sensory inputs of all of these different experiences that come through the physical and the spiritual bodies enter the soul, and if we're shutting down the soul we're shutting down the emotional experience of the sensory inputs, which has the effect of dulling the sensory input.

In other words we can no longer feel certain parts of our body even and we can even get to the point where we no longer even feel it as a sensation if we shut down our emotions to a large degree. And people have experienced that where they've gotten to the point where they've shut down this, shut down that, shut down this that they can't even experience pain anymore and they can't experience pleasure anymore. They finish up even cutting themselves and doing all sorts of things to themselves just to feel, not understanding that the reason why they've gotten into this particular condition is because of their choice exercised to shut down one or two specific emotions, one or two specific feelings that they feel is painful.

11.4. An example of suppressing pleasurable emotions

Interviewer:

So you spoke about this idea that just shutting down one emotion, but with the level of overwhelm or the level of allowance of emotion affects globally the level of allowance of all emotions and sometimes we shut down pleasure don't we?

Jesus:

Of course, yeah, for all sorts of reasons.

Interviewer:

Sometimes there's a fear associated with pleasure that causes us to shut down.

Jesus:

Yes and a lot of people are afraid of being controlled by their pleasure. So in other words their fear of a lack of control causes them to shut down their pleasure. So they want control and in order to have control they shut down their pleasure so that they're no longer drawn into feeling controlled by their pleasure.

And as a result of that they're also shutting down other parts of their soul, they're shutting down all parts of their soul, not just the pleasure centre in that particular area where they're shutting down.

11.4.1. An example of suppressing love and sexual pleasure

Jesus:

So for example if we use another sexual example here because it's common in a sexual example and that is a person, let's say a person is afraid of love. They're afraid of ever entering a love-based relationship and they realise that their sexual pleasure may draw them into a love-based relationship at some point. So in other words they understand that if they enter a sexual interaction with somebody that they may become so overwhelmed by the joy of the sexual pleasure of the interaction, that they want the person so much that now they feel their life's out of control.

So what they do instead of allowing all of that to occur is they shut down their heart to love and shut down their heart to any sexual pleasure. Now of course that means that they'll shut down their own sexual pleasure even through masturbation or anything. They'll shut down all of that as well as a natural result. They'll also shut down a lot of other experiences of pleasure and pain that they may have throughout their life as a result of attempting to greatly suppress this particular aspect of their life.

So it can happen with regard to pleasure or pain, it might not be just pain that causes us to shut down all of our soul, but it can also be our pleasure, or our fear of pleasure and where pleasure may lead us that causes us to shut down our soul.

You see this happen with a lot of people who are religious. They have a deep fear of exercising pleasure in disharmony with what they believe to be God's Laws and so what they do is they shut down their sexual desires or they shut down their "pleasures" that they believe are out of harmony with God's Laws. But the problem is that as a result of that they start shutting down all pleasure and they start shutting down all pain. They become less and less sensitive to the things that they do until they have some kind of awakening to what's really going on.

11.5. Suppression of any emotion will affect the full experience of all other emotions

Interviewer:

Sure. But a lot of us frankly we just want to avoid discomfort, don't we...

Jesus:

Most of the time.

Interviewer:

... and still want to have pleasure. We still want to party but not have any hard times.

Jesus:

And this is where the partying has to become more and more intense in order to be felt. This is why people turn to drugs when they're partying, they're not happy with the dance anymore, they have to have a dance with drugs and alcohol and lots of sex and even then it didn't feel satisfying. And the reason why is because we desensitised to the actual pleasure that the original thing could have brought us because we've shut down our ability to experience the sensory pleasure that results from it.

Interviewer:

So then the first part of this is really the willingness I have to experience any emotion will affect my capacity to experience any other emotion.

Jesus:

Exactly!

Interviewer:

So the least amount that I'm open to an emotion is the maximum amount I'll be open to any other emotions, is that correct?

Jesus:

Well it's not strictly correct because we may allow certain other emotions to a greater degree but they will be suppressed in their experience is what I'm saying.

Interviewer:

Yes, they won't be their full experience.

Jesus:

They won't be their full experience; they can never be their full experience. You will never be satisfied by the experience of it because you're already suppressing in another area. Suppression in one area causes suppression of all areas, maybe to a lesser degree but it still causes the suppression.

11.5.1. An example of childhood sexual trauma**Interviewer:**

You used the instance of sexual pleasure or sexual terror let's say. Say someone's abused in their childhood and there's a lot of sexual trauma and terror that as they grow they suppress or at the time they're suppressing in order to survive and...

Jesus:

And usually their parents or surroundings or the abuser themselves suppresses it in the person.

Interviewer:

So they enter adulthood with a lot of suppression of these specific emotions. Now is it true that then especially the groups of emotions surrounding intimacy and sex will be the most suppressed in them and they might have more allowance of other emotions in other areas?

Jesus:

They may have more allowance of other emotions but the problem with all of the other emotions is they will also be suppressed. So in other words the joy that they'll experience in all aspects of their life will be suppressed, not just the area that revolves around sexual activity or love-based relationships. So this is a problem that if you choose to not heal and suppress certain emotions within you, you are really choosing the complete suppression of your soul in all of its aspects to varying degrees, depending on the relationship those degrees have with the original problem. But you are suppressing every aspect, every aspect. Even aspects that are completely unrelated you are suppressing.

Interviewer:

So in that example, as a woman who's been abused and she enters adulthood, now the area of sexuality in her life is damaged and suppressed, she's not dealing with it so sexual pleasure doesn't happen and there's all this sexual terror inside of her.

Jesus:

Or she only gets sexual pleasure when she's in a you know...

Interviewer:

An abusive situation.

Jesus:

... in a controlling situation or abusive situation.

Interviewer:

When she's in control or someone's controlling her.

Jesus:

Yeah one of the two probably usually happens.

Interviewer:

But that's still a suppression of...

Jesus:

Still a suppression of what could be the actual pleasure, which is a beautiful loving relationship where both people are open and experiencing the pleasure.

Interviewer:

Got you. And say in other areas of life she's an aunty and she's got a great career and all of these other things, from what you're saying in this principle though there will still be a suppression or an impedance on the level of emotion and joy she's going to be able to experience...

Jesus:

From anything.

Interviewer:

... in those other aspects of her life.

Jesus:

Everything! Every aspect of her life. This why you find people who've been abused often suppress the sexual part of their life or they act out their sexual part of their life. But also in doing this they actively engage a lot of other activities trying to distract themselves, but they never get full satisfaction from those particular activities either. They are good at them but they never feel personally satisfied and that's because their soul is suppressed to satisfaction and because of the suppression that's occurred based on the painful experience.

Interviewer:

It's quite a powerful principle.

11.6. Alleviating the suppression of, but not acting upon, unloving desires

Jesus:

Yeah if a person fully understands this principle they will start to understand the total necessity of remaining open to all emotion, and the total futility of trying to suppress one single emotion. If they could understand that it's a completely futile process suppressing emotion because all you're doing is you're suppressing the potential of your future joy, and this obviously is going to be very, very damaging to a soul that wishes to grow.

Now also bearing in mind that Divine Love is a joy to receive, if you're suppressing any one emotion you're suppressing the experience of any love that will have entered you as well and this obviously is going to have a big effect on your life. So even if we look at it from the perspective of receiving Divine Love, it's a very damaging thing to do, to suppress emotions inside your soul.

Now I'm not suggesting you have to act upon every emotion inside of your soul. So I'm not suggesting that you feel an emotion that is a feeling of maybe a feeling of doing something degrading and you choose to act upon it because to not do it would be a suppression, I'm not suggesting that. I'm suggesting that the degrading desire comes from a suppressed emotion

underneath that and what you need to do is discover what that emotion is, or with the help of God's Love remove it as a cause from within your soul, so that you no longer feel the degrading desire.

So rather than suppressing the degrading desire, you are better off feeling the degrading desire without acting upon it and allowing yourself to understand its cause or the reason for its existence. If you do that you will discover the reason, and with the help of Divine Love, you can even erase the reason for the degrading thought or the desire for the degrading action. And as a result of that you won't take the action in the future mistakenly or willingly through forgetting to control the degrading action. Once you remove the cause in the soul then there's no need to be afraid of taking any further actions along that path because the cause for taking those actions has disappeared.

What I'm suggesting is that if you shut down the emotional experience, in other words if you feel a degrading feeling within yourself, a feeling that you want to take an action that you know is out of harmony with love and you suppress it, you are now suppressing all aspects of your soul. So this is not going to be very helpful to you in your future in terms of experiencing joy. What you need to do is allow the expression of the feeling or the desire that would normally cause you to act in a degraded way and instead of acting on it, feel it instead and feel it enough so that you connect with the underlying cause. Now that is not suppressing your soul. It's the choice to not feel it and the choice to suppress the feeling of it that is going to suppress your soul and therefore suppress all other aspects of your soul.

Interviewer:

Because a lot of us feel that's how we be a good person is, to suppress those things.

Jesus:

Of course and that's why it never works. Sooner or later in our future, whether it's on Earth or in the spirit world, we usually finish up doing the things that we've tried to suppress in our past unless we have allowed ourselves to feel them and find the cause.

11.7. An example of suppressing emotions during the course of a working day

Interviewer:

So let's take an example again. I'm at work and it's a long day I've been really busy. Right before it's time to go home my boss calls me into their office and she says there's these problems with what you've been doing and unless you fix this we're in dire straights. And there's lots of feelings that come up in me of guilt, worry, feeling ashamed, being disapproved of. I walk out of the office I kick my toe, I feel terrible...

Jesus:

This is another indication that you're already suppressing the emotions you've just felt. (Laughs)

Interviewer:

I walk out the door and I go, "Thank God that day's over. I'm going to go home to have a big glass of wine." Now what is going on and how does this apply to the principle of suppression?

Jesus:

I'm going home to have a big glass of wine; the wine is a great way of suppressing or depressing the experience of these sad emotions that you're feeling. So it's a choice to suppress, if you choose to suppress you're going to find that different aspects of your life are going to be affected besides the one that just got affected by the exposure of these emotions.

So my suggestion is, instead of doing that, would be if we're in a perfect world, you'd sit in the office having a good cry while you're getting told these things and you'd feel tired and overwhelmed and exhausted in that moment. Now for most people they don't allow that to occur and ironically if you did allow that to occur, you'd probably receive less attack from your boss (laughter) than you finished up getting in the stoic defence.

But most people don't allow that so they get the continued attack from their boss until they leave but then if they walked out the door and felt the feelings of it all and allow themselves to truly feel the feelings that were triggered, they would probably sit in their car and have a good cry for twenty minutes about the different emotions that they felt as a result - unappreciated and a lot of other emotions that they would have felt. By the time they got home their soul would not be suppressed, they would not need a drink and they'd also probably enjoy whatever happened at home.

Interviewer:

And then their kids get home from school and they'd have much more energy, and pleasure at seeing them.

Jesus:

Energy, joy and pleasure. And in fact if they had released the emotion related to the work-based event, by the time they got home the work-based event wouldn't even be in their mind, they wouldn't even be thinking about it anymore. When it's fully released you don't even think about it anymore. So it wouldn't even bother them anymore. They'd wake up the next day completely like unaffected and happy and unaffected by the experience.

When we suppress though; so we suppressed it in the office, we didn't sit in the car and have a cry, we got home, we didn't have a cry when we got home, we suppressed that, we have our drink that helps suppress even further. Then we'll have a troubled night's sleep all sorts of things, all sorts of other

pain occurs as a result of this suppression with the addition, and anything that happens at home that we could have otherwise enjoyed we would not be able to enjoy.

So for example if our husband comes home all amorous and wants to make love we won't be able to do that either.

Interviewer:

Or if we do we won't really be having pleasure.

Jesus:

If we do we won't be really having pleasure, we won't be in it. If our children come home and we want to hear the joy of their day, we won't be actually able to connect with the joy of their day either because there are all these other aspects of our lives that are getting shut down because we've chosen to shut down this particular part of our soul.

11.8. Negative effects of suppressing emotion over a lifetime

Interviewer:

And that's like a microcosm of really what you're saying happens on a lifetime scale.

Jesus:

Yes.

Interviewer:

So that's one...

Jesus:

You think about every single day the Law of Attraction brings people events that cause them to feel and experience certain emotions that they don't want to feel. And instead of allowing themselves to feeling it, in other words instead of being humble, they won't allow themselves to feel it so they suppress, not understanding that suppression is going to cause further damage to their own soul and further damage in their ability to experience joy in the future.

Interviewer:

Because in that example we gave a lot of people would say, "Yeah well she had a stressful day at work of course things aren't going to go that great when she gets home."

Jesus:

I don't agree. If she had cried before she got home, she would find that things would be great when she gets home. If she released the emotion that the event triggers, the event that she has attracted because of her own emotions

actually and if she released the emotion the event triggered, by the time she got home she'd be back in a place of joy.

Interviewer:

And over many years because events are bringing us things to trigger past suppression and if we continue to suppress, it's like compacting the soul and forming barrier upon barrier over these emotions that we're afraid to feel.

Jesus:

And this is the reason why many people are so suppressed by the time get to eighty or ninety years of age, and you can feel how suppressed they are; most people can feel how suppressed they are. It's not like it requires any sensitivity to feel how suppressed they are. They are so suppressed because of a lifetime of suppression, not understanding that every suppression that they engage through their lifetime has caused their soul to shrink and caused the expression of other more positive emotions to also shrink. So they get to a point where you can't even feel any positive emotions in them anymore.

Interviewer:

Yeah, got you. So in the example of the woman who comes home from work, a lot of people might dismiss her bad night as stress but really we're saying that she's suppressing an aspect of herself. So next month when she goes on holiday she's not even going to experience as much joy as she could have because she's suppressed this thing. And in ten year's time at her daughter's wedding, she's still not going to feel as much joy as she could have because she's suppressing and by this time continually suppressing this...

Jesus:

And probably other emotions. You see she would be attracting events that trigger these emotions as well because God wants us to express them rather than suppress them. So because over this period of time now she will have attracted a long series of events to trigger these particular same emotions through her soul's condition, attracting these events through the Law of Attraction. She was suppressing every one of them, not realising that not only is she suppressing the experience of the particular event but now she's adding further damage to the soul in the sense that she's suppressing other aspects of joy, other aspects of pleasure inside of the soul, which now also will need to be exposed through negative attractions.

So you're creating a minefield for your own soul when you suppress one emotion. And I feel that if people fully understood what effects it had, they would look at this aspect of suppression and go, "Whoa I'm never going to do that again." (Laughs) It is such a powerfully negative thing to do to your own soul to suppress any emotion.

Interviewer:

Yes. And if we put that then from the opposite perspective; say five years ago when we met I feel like I'd been suppressing a lot of emotion for a long time and a lot of us are as adults, we're just seeking pleasure suppressing everything negative...

Jesus:

And using alcohol, drugs all sorts of external stimuli or depressants.

Interviewer:

Lots of external things and distractions.

Jesus:

And distractions; even using time. We keep ourselves busy so we don't have to feel that's another distraction and so by the end we hardly feel anything.

Interviewer:

And a lot of people reach middle age and go, "Hmm nothing feels very good anymore."

Jesus:

Exactly, this is why.

Interviewer:

Nothing.

11.9. Beneficial effects of ceasing suppression of an emotion

Interviewer:

So what's the possibility for us as adults if we have been suppressing a lot of things and suddenly we connect to just one thing? Does this mean that suddenly our potential for experiencing joy suddenly...?

Jesus:

Yes, the opposite is also the case. If I have an allowance of one emotion above all others, then obviously all other emotional experiences will also expand. So this is the positive aspect of this principle of the soul.

This is why you find people have sort of an amazing experience of some kind in their thirties, forties or fifties that all of a sudden softens them to a heap of other experiences. This is what happens, their soul is suppressed, one aspect of it sort of breaks out of the suppression through the Law of Attraction attracting an event that causes them to enable a desire within them, and all of a sudden they grab hold of that desire. Now because they've grabbed hold of that desire and also allowed this emotion above all others, all other emotional experiences also expand in their potential. This also means that all other painful emotional experiences that have been suppressed also expand, which also means that there is the potential that

they'll have a great experience and then bawl for a week (laughs) because they've allowed the greater expansion of their soul's experience of all emotion.

Interviewer:

Is this what happens sometimes when people, say, have their first child and suddenly there's this expansion of joy and it's so emotional and suddenly they feel all these other things.

Jesus:

And suddenly they start crying every day, sometimes in joy, sometimes in pain and half the time they don't even know why they're crying, and people call it depression. Depression can be the suppression of emotion but when a person's crying all the time and it's not as a result of suppression but rather as a result of allowance, then you'll actually feel like an expansion of the soul is occurring.

Interviewer:

Yes and they feel softer rather than someone who feels...

Jesus:

They feel softer rather than harder.

Interviewer:

... depressed, feels quite distant from themselves often.

11.10. Depression results from suppression

Jesus:

A person who's depressed is actually suppressing rage so the major emotion you feel from a person who's depressed generally is the rage that's underneath the suppression. The reality is that a person who's depressed or getting depressed a lot needs to allow the expression of their rage, not towards the people they are in a rage with, but by going outside and hitting a baseball bat against a bag or something and yelling and screaming and swearing until it's all out of them. Then they'll connect to some of their fear and sadness that's underneath that. But if they suppress the emotion of rage they go into depression.

It's clinically accepted that depression is a state where you can't even feel anything, you can't feel touch, your sensation, sexual pleasure, emotional pleasure, joy, and this is a case of full suppression. But oftentimes the depression is limited to just one or two emotions that have been attempted to suppress.

Interviewer:

And if people can access that then suddenly...

Jesus:

Then all the other aspects of their soul will grow and...

Interviewer:

... the depression is gone.

Jesus:

... and the depression will go and that's another thing they don't understand; that this principle of suppression is the major cause of depression on the planet. And you can see too that women are I think it's about three to five times more susceptible to depression than men.

Interviewer:

So why is that?

Jesus:

Because women are more accepting of suppressing rage than men. Men usually allow the experience of their rage oftentimes in ways that are not very nice but they do allow the experience. Whereas women generally won't allow the experience of their rage or anger and as a result they suppress their rage and anger and get into a state that's depressed.

This is a cultural thing. Culturally, it's more acceptable for men to express anger than it is culturally for women to express anger and this is one of the main reasons why women are more susceptible to depression than men; because they don't understand the principles of suppression. They suppress their anger, they're now going to get depression and be depressed because by the time you get to anger you're already suppressing quite a lot; you're suppressing grief and fear and all of your addictions not being met. So you're suppressing a whole line of things by the time you get to anger and then if you've suppressed anger, there's no more emotion to suppress. Now you go into depression, a state where you seemingly don't have any emotion or seemingly can't experience any emotion.

So I feel that if people understood suppression, a lot of so-called mental illnesses would also be alleviated.

11.10.1. Suppression encourages negative spirit influence

Jesus:

People also don't understand that suppression has a major affect on spirit activity in terms of over-cloaking of spirits on a person on Earth. When you suppress a particular emotion, spirits use that particular emotion that you're suppressing in order to control you. The emotion you're suppressing is usually an emotion you're afraid of and then spirits can use this fear against you, they get you to do things you wouldn't normally do by manipulating this emotion inside of you that you're unwilling to experience. Most people are not aware that it's the suppression of their soul that causes all spirit

attraction. So when I say all spirit attraction, all malevolent spirit attraction is caused by suppression of something inside of the soul.

So again if you suppress the soul, you're not only inviting your own depression or your own suppression of all of your emotion, but you're also inviting spirits, people who have lived on Earth who are now in the spirit world, coming along and influencing your life through the things you are suppressing. And that obviously has a huge effect on people's lives on the planet. In fact people have no idea how much spirit influence is affecting most people's lives because of their suppression.

12. Closing words

Jesus:

So this point of suppression is a very important aspect of the soul to understand and a very important thing to get emotionally inside of yourself. To understand that every time I suppress a particular thing inside of myself, and usually it's a painful experience that I'm trying to suppress, I am not only suppressing the rest of myself but I am also inviting control externally, whether its people on Earth or people in the spirit world, who will now control me through the thing that I'm trying to suppress. So you're inviting a lot of very, very difficult things when you choose to suppress your emotion.

Now I feel that's it's much more simple to just allow the expression of the emotion because when you allow the expression of emotion none of the subsequent results of suppression occur. You have the ability to experience joy as well as pain but in addition to that you are not controlled by people externally and in particular not controlled by spirits whom you can't see. So there are a lot of advantages to understanding the law of suppression on the soul and how suppression occurs.

Interviewer:

Thank you it's very valuable.

Jesus:

No worries, it's a pleasure. Thanks guys.

Interviewer:

Thank you.

Appendix: How The Human Soul Functions Interview Outline

Notes

Must firstly have a discussion about the differences between the mind and the soul, and how these differences relate to Truth. Please understand that these comments apply to a person in their first incarnation, which means that everyone currently on earth, and who has ever been on earth, with the exception of 14 people.

For the 14 who have reincarnated, these truths still apply, but there are additional factors that must be considered which we shall not discuss here. At some future time, we can discuss how these rules effect the development of a reincarnated person.

Introduction

God made a foolproof system with the soul. God did not design the same system for the mind. This is because the mind is a part of the physiological functions of the soul, rather than being the soul itself. The mind is an attribute of the soul. The soul has many other attributes and characteristics, some of which are far more important to develop than the mind, and some of which are far more powerful in determining the Divine Truth than the mind has the capacity to absorb. The soul eventually contains the mind, but has many more attributes than just the mind.

For example, humility is a far more important attribute to develop than developing the intellect. The reason for this is that if a person is not humble, on any single subject, then their mind is not capable of absorbing any new truth about the same subject. The mind that is not driven by humility that exists in the soul is always in opposition or disagreement with what is often logically obvious to a humble person. In addition, without humility in the soul, the mind will be driven to defend its own position, even when that position is obviously out of harmony with love, logic and truth.

Another example is Love. Love is a far more important attribute to develop than developing the intellect. The mind is also not capable of experiencing the feelings of love. The mind is totally incapable of understanding some of the workings of the universe without the soul understanding love, both Natural love (coming from within the human) and Divine Love (coming from God's Soul). It matters not how much is discussed with such a mind; the soul attached to the mind will not have the capacity to understand the truth about how the universe actually

works, without the soul receiving Divine Love from God. The mind will not have the capacity to understand Natural love without the soul having developed its own Natural love to some degree.

As such, the mind by itself is incapable of determining, absorbing, or understanding all the Divine Truths of the universe, without the other attributes or characteristics of the soul being engaged along with, and controlling, the mind's processes. If any person elects to just listen to the Truth with their mind, they will never become atone with God, nor will they ever actually understand or be able to automatically practice the Divine Truth in their daily life, nor can they ever be automatically loving in all circumstances and conditions.

The mind, by itself, or influenced by a soul in error with regard to Love, can be completely irrational and illogical, while, at the same time, believing itself to be completely sane, rational and logical.

The mind is controlled by the soul. The mind cannot ever fully control the soul, since the soul is not an attribute of the mind, nor is it subordinate to the mind, but rather, the mind is subordinate to the soul, because it is one of the many attributes of the soul. The soul will always eventually determine the beliefs, actions, thoughts, and words of the individual.

When it comes to the absorption of Truth by the soul, and the mind, there are a number of basic "understandings" regarding how the soul operates than one needs to understand before we can really discuss what it means to Live In Truth. My references to Truth in the discussion below, all refer to God's Truth, Divine Truth or as it can also be called, the Absolute Truth of the universe.

1. Understanding Preclusion

This understanding is based upon the basic Absolute Truth about how the soul operates. God created the soul so that Truth and error cannot exist within the same soul, at the same time, on the same subject.

Preclusion is the principle that; if a certain Truth on a given subject is within the soul, it precludes error on the same subject from existing in the soul at the same time, and if error exists within the soul, it precludes truth on the same subject from existing within the soul at the same time.

This understanding of preclusion helps the individual understand and accept the current **STATE** or **CONDITION** of their own soul development, in contrast to the current state of their mind. i.e. This can demonstrate to the individual that the true STATE of their soul is that the Truth on the subject has yet to enter, even when they believe it has

entered. This can also explain to the person why they are still finding it difficult to act in harmony with the Truth they have believed themselves to have already accepted (it is not yet in the soul).

The soul does not operate like the mind with regard to the existence of Truth. With the mind, truth and error are capable of existing in the same mind at the same time on the same subject. Thoughts can be experienced (either from the external environment or coming from the operations of the soul), that can be in complete disharmony with one another.

E.g.

Truth – My soul, the real me, is the pinnacle of the creation of God

Error – I want to have a drink of alcohol

Mind A person can believe with their mind they are the pinnacle of God's creation, while at the same time believe in their mind that having a drink of alcohol is in harmony with the first belief and will satisfy them, and can be justified.

Soul If the soul actually believes and feels the Truth that "I am the pinnacle of the creation of God", then the same soul could never generate the feeling "I feel like drinking alcohol". The reason for this is that if the first truth based feeling actually existed in the soul, then it precludes the second feeling (which would damage the brain of the physical body, and potentially attract negative spirit influence which the soul would wish to avoid) from existing in the soul at the same time.

E.g.

Truth – It is not loving to be violent

Error – I want to punch that guy in the face

Mind – The mind can in a logical discussion generally see that it would not be an act of love to become violent with someone else. However, at the same time, the same mind can feel anger and rage towards another, and even physically harm the other with violence.

Soul – If the soul actually believes and feels the Truth that "It is not loving to be violent", then the same soul could never generate the feeling "I feel like punching that guy in the face". The reason for this is that if the first truth based feeling actually existed in the soul, then it precludes the second feeling (which would damage the person who is the recipient of violence, potentially damage the giver of violence, and damage the soul feelings of both parties) from existing in the soul at the same time.

2. Understanding Absorption

This understanding is based upon the basic Absolute Truth about how the soul operates. God created the soul so that Truth and error cannot exist within the same soul, at the same time, on the same subject.

Absorption is the principle that; Truth cannot be absorbed by the soul (flow into the soul) on a given subject, while error existing with the soul precludes the absorption of the Truth, and, error cannot be absorbed by the soul (flow into the soul) on a given subject while Truth is present and precludes the absorption of the error.

This understanding of absorption helps the individual understand and reflect upon the process of **CHANGE** (change of state or condition) as it affects the soul. i.e. For Truth to enter into the soul, error must first be released from the soul or not already be present. For error to enter the soul, Truth must first either be relinquished, or not be already present within the soul.

If an individual has heard what they believe is the Truth, and believes they have accepted such Truth, but is also aware that the soul contains beliefs and emotions that are in disharmony with the Truth, and they often act upon those disharmonious emotions, then this is proof that the Truth heard has really yet to enter the soul and cause **CHANGE** to the soul, and therefore only exists as a belief in their mind.

The soul does not operate like the mind with regard to the absorption of new Truth or error. The mind is capable of absorbing new truth while at the same time retaining the old error, and while the soul itself retains error. The mind is also capable of absorbing new error while the mind itself (not the soul) retains Truth. However, the mind is incapable of absorbing new error while the soul retains Truth.

E.g.

Truth – Violence towards anyone is not loving

Error – That person has made me angry, so violence towards them is justified

Mind – The mind can in a logical discussion generally see that it would not be an act of love to become violent with someone else. However, at the same time, the soul of the individual in error may feel enraged with another person, and this will cause the same mind to allow anger and rage being expressed in violent action, and the mind will also justify its own action. The mind can believe itself to be free of the error, while at the same time justifying violence towards individuals or groups.

Soul – If the soul actually believes and feels the Truth that “Violence towards anyone is not loving”, then the same soul could never generate the feeling of justified violence. In addition, if the soul felt violence was

justified, then this error based position (which has been created sometime in the past by the soul absorbing the emotional error and therefore the justification) would first need to be released emotionally from the soul before the same soul could be free of the feelings of justified violence. This soul cannot live the truth without first releasing the error.

3. Understanding Dominance

This understanding is based upon the basic Absolute Truths that the soul contains the mind, or is able to contain the mind, and that the mind itself is one of many attributes of the soul, and not the soul itself. The mind is not independent of the soul in its functioning, since the mind is one of many organs that the soul uses to express itself.

Dominance is the principle that; the soul dominates the mind, and has full control over the mind, whether the mind believes itself to be in control or not. The mind is not capable of ever having full control of the soul, and the soul will always, at some point in our future, exercise its dominance since that is the purpose of its own creation.

Since the soul is emotion, sentiment, desire, passion, longing, aspiration, feeling, sensory, fervour, excitement, and with other similar attributes and characteristics, and not dominantly intellectual or mental, and the mind is just one single attribute or organ of the soul, it is impossible for a Truth to enter the soul without being accompanied with emotional feelings in addition to logical thought. In addition, it is also impossible for error to enter or leave the soul without emotional feelings.

E.g.

Truth – Violence towards anyone is not loving

Error – That person has made me angry, so violence towards them is justified

Mind – The mind can reason logically that violence is not loving. However, the same mind at the same time can state that under certain conditions violence may be loving. The lack of logic results from error in the soul that causes the justification of the illogical position.

Soul – The soul reasons with emotions, sentiments, feelings, desires, passions, and other similar attributes. For this reason, if the soul feels that violence under certain conditions is loving, no amount of intellectual reasoning with the mind will correct that position. In addition, the feeling of justified violence in the soul will only be able to be released through an emotional process. Once this process is complete, the truth (that no violence is justified) easily enters the soul.

Until this time, the soul repels the truth, because truth and error cannot exist within the same soul on the same subject at the same time.

4. Understanding Progression

This understanding is based upon the basic Absolute Truth that the soul is unable to progress by only experiencing change within the mind. The soul can only progress by change occurring with the soul, and this progress can only be obtained through the painful release of error, and the joyful acceptance of Truth.

Progression is the principle that; true progression within the soul can only be obtained through an emotional process that will involve both pain (associated with emotions related to error) and pleasure (associated with emotions related to Truth). If the soul denies either pain or pleasure, or uses its mind to deny pain or pleasure, progression cannot occur.

One immediate and permanent characteristic or indication that Truth has entered the soul is that it must have been an emotional process. It also fundamentally suggests that one characteristic of the release or acceptance of error in the soul is that it also must be an emotional process.

E.g.

Truth – Violence towards anyone is not loving

Error – That person has made me angry, so violence towards them is justified

Soul – If a child is taught, through the parents example of treatment of the child, that a person who loves them also can sometimes be violent with them, this teaching will have entered the child through painful emotional processes. For the truth to enter the soul, these painful emotional experiences that justify the error must be released from the soul. If this error is released from the soul, then there will be accompanying emotions relating to the Truth entering the soul. This process will often happen almost at the same time.

5. Understanding Resistance

This understanding is based upon the basic Absolute Truth about how the soul operates. God created the soul so that Truth and error cannot exist within the same soul, at the same time, on the same subject.

Resistance is the principle that; Truth enters the soul when there is no emotional impediment (as error) resisting the absorption of the truth. Error enters the soul when there is no emotional impediment (as Truth) resisting the absorption of the error. Emotional impediments are under the control of the Will of the individual in that the will can be

exercised to emotionally release the reason for resistance (this is a part of humility).

This principle defines the **REASONS** for the "inability to absorb" (which is resistance), in that all absorption (whether Truth or error) occur due to emotional openings within the soul; emotional openings that have been created by the Will of the individual to emotionally release the resistance.

Emotional impediments of error are created by the soul being unable to fully utilise its mind and other attributes (especially love and humility) to resist the absorption of the impediment. This especially occurs during childhood, while the emotional and intellectual development of the soul is yet to mature.

E.g.

Truth – Violence towards anyone is not loving

Error – That person has made me angry, so violence towards them is justified

Soul – In order for the truth that “violence is not loving” to enter the soul, the emotional impediment of a child’s parents having been violent in the past towards them and claiming that they still love them, must be released from the soul. While the soul retains the emotional feeling that a person can be violent and loving at the same time, this impediment will prevent the actual truth from entering their soul. All of their actions, and many of their thoughts, will indicate that they still feel in their soul that violence is sometimes justified when you love. (e.g. jealous rages, jealousy, anger, resentment of people they love).

When a person is a child, since both their emotional capacity and intellectual processes are still in development, it is difficult for them to prevent emotional errors from entering because they have not experienced consciously the emotional truths, and because they are under the direct control of their parents or caregivers will, which is often full of contradictions and errors. During their childhood, they absorb emotional impediments to Divine Truth (errors), and as a result, until these errors are released through experience, they will be unable to absorb Divine Truth.

6. Understanding Presence

This understanding is based upon the basic Absolute Truth that since God is Love, and God also created all Absolute Truth, any real Truth can only exist in the presence of Love.

Presence is the principle that; for Truth to be present and absorbed by the soul, Love must also be present.

A person who has Truth in themselves, who honours the loving principle of the soul's free will, and who wishes to share some "Truth", under all circumstances:

- a) will be able to tell you the Truth about yourself if they have learnt the same Truth themselves, and this Truth is present within their soul, and;
- b) will be able to logically describe the Truth, and define how it is the Truth, and;
- c) will be able to tell you why the condition of error exists within you, and;
- d) will be able to show you how to remove this condition of error, and;
- e) will want to do all of the above while honouring your free will, and;
- f) Love, compassion and understanding will be present and within their own soul while performing the above actions.

A person who does not have Truth in themselves, who does not honour the loving principle of the soul's free will, and who wishes to share some "Truth", under any circumstance:

- a) will attempt to attack or denigrate you with their "truth", or;
- b) will attempt to belittle or humiliate you with their "truth", or;
- c) will have no logical idea or concept as to why their "truth" is the Truth, or;
- d) will not be able to tell you why the condition of error exists within you, or;
- e) will not be able to show you how to remove this condition of error, and;
- f) will not honour your free will to accept or reject the "truth" given; and;
- g) will not be able to do any of the above with compassion, love and understanding because Love, compassion and understanding are not present within their own soul.

7. Understanding Suppression

This understanding is based upon the basic Absolute Truth about how the soul operates. God created the soul so that all emotions must be allowed to flow in the soul, in order for any particular emotion, desire, passion, aspiration or appetite to be fully experienced and satisfied.

Suppression is the principle that; a person using their will to suppress any one emotion within the soul, will also suppress the entire soul and be therefore unable to experience all emotions to the full extent, whether the emotion being suppressed is painful or pleasurable, and whether the emotion desired is pleasurable.

The soul is incapable of responding with sensitivity to all emotions when the will is used by the individual to suppress any one particular emotion. This will particularly apply to any emotions that have a similar flavour or quality to the emotion being suppressed.

E.g.

Truth – I want to follow my desires

Error – I wish to suppress my feelings of fear

While fear is being suppressed, it is highly unlikely that a person will follow their desires, unless their desires are in a completely opposite direction to their fears, due to suppression of the fear. When fear is suppressed, desire is also suppressed, because the soul is not able to selectively suppress emotions without affecting other parts of the soul

E.g.

Truth – Anger with the opposite sex needs to be felt in order to be released

Error – I wish to suppress my sexual anger and rage

In this example, since the anger is with the opposite sex, and assuming that the sexual attraction is with the opposite sex (i.e. the soul does not have a homosexual nature), then while the person suppresses their anger with the opposite sex, due to the principle of suppression, the same person also will not be able to fully experience sexual pleasure with the opposite sex. This is one of the primary reasons why many woman cannot experience easy orgasm with their male partners.

If sexual anger is allowed in one party (which is an unloving emotion), then the only time that sexual fulfilment will result for both parties is when sexual anger or fear is allowed as a feeling in the partner as well.

Session 2

1. Introductory Comments

Jesus:

Welcome to our second session on the discussion about the human soul and answering questions about the human soul. Before we answer any more questions about the human soul we really want to go over our first session, because we feel there is quite a lot of information that we need to add to the first session as a general discussion and general questions. After this session we might be able to get into answering some specific questions about the human soul and questions that people have sent in about the human soul. Hopefully this discussion is like a addendum to session one, so what we recommend that everybody does with this session is that they firstly watch session one, which I think is in seven or eight parts, and then come to this particular session which we will classify as "Discussion and questions about session one."

Mary:

The topic of session one was "How the Human Soul Functions," and we will be going through those principles again today, with perhaps some other details and some more questions.

Jesus:

That's our primary purpose today so hopefully you'll enjoy the conversation. Mary and I are going to have some interaction during this discussion about the human soul and how it functions and we hope that in the process of that discussion it becomes clearer about the points we raised in our first session.

2. Discussion of session one written introductory remarks

Mary:

To start off, you have actually prepared some notes about how the human soul functions. You had a discussion with Luli in the last session, which was great, and I had a look over that this morning. I thought some of the notes that you've written here are really informative. Perhaps if we could even just go through those notes paragraph by paragraph and discuss some of the points that perhaps weren't covered in that first session? I would love to do that with you.

Jesus:

Sounds good.

Mary:

Are you happy to start?

2.1. *You have said that “God made a foolproof system with the soul”. Can you tell us what you mean by foolproof?*

Jesus:

Sure, I'll read the first paragraph. "God made a fool proof system with the soul; God did not design the same system for the mind. This is because the mind is a part of the physiological functions of the soul rather than being the soul itself. The mind is an attribute of the soul. The soul has many other attributes and characteristics, some of which are far more important to develop than the mind and some of which are far more powerful in determining the Divine Truth than the mind has the capacity to absorb. The soul eventually contains the mind but has many more attributes than just the mind."

Mary:

To me there's a lot in that paragraph (Mary and AJ laugh) but perhaps we could start with the very first sentence. I wanted to ask you, you said that God made a fool proof system with the soul. What do you mean by that? Like, what's it fool proof against?

2.1.1. *God created the universal laws which control the Universe and the soul*

Jesus:

(Laughs) It's almost suggesting that anyone who has a soul is a bit of a fool, potentially a bit of a fool, but that's not the case. But yes, when I say that God made a fool proof system, it's really clever the way God designed the entire Universe. The way God designed the universe was that God first designed all of the laws that govern the Universe, so before the Universe actually came into existence the laws were already established. Now the majority of these laws and the most powerful of these laws are governing the human soul. That means that God, before God created the universe, knew that God was going to create the human soul. In fact, the Universe has been created for the human soul to exist. It's like the human's playground, so we first need to understand that God made this big set of laws that govern the potential existence of the human soul, then God created the human soul, and then God created the universe which the human soul could use as a playground.

Mary:

Right. So what you're saying is that God really did all of this for the human soul.

Jesus:

Correct.

Mary:

God created the framework or the laws that would govern the experience of the soul. Is that what you mean?

Jesus:

Not only the experience of the soul but govern the very operation of the universe in which the soul lived and the interaction between the Universe and itself. God created a whole series of very complex laws in order to do that. Now this means that God made the entire system fool proof; in other words, we can't make mistakes with the human soul that aren't able to be corrected. I mean we can make mistakes, certainly, that need correction but we can't actually make mistakes where the human soul somehow destroys the Universe and we can't make mistakes where the human soul is not governed by law still. In other words, the human soul is always governed by Law and we can't avoid that, we can't get away from that, and the laws were all previously established, before the Universe even came into existence. What that means then is that the soul itself is this integrated system that God created that interacts with the Universe and particularly interacts with the laws of the Universe because there are some parts of the Universe that only get created when the soul interacts within the law framework in a certain way. That means then that it's impossible to break the human soul; in other words, it's impossible to cause so much damage to the human soul that it's irreparable, and in that regard God made a fool proof system.

It doesn't matter how much we are fools, and how much we desire to break the laws, desire to get away from the framework. In the end the human soul is an unbreakable piece of machinery that God has made that nothing can destroy, as far as it's known, aside from God Himself. Also, while the human body can be destroyed and go into different elements and while the spirit body can theoretically do the same thing, it is highly unlikely that that can happen to the human soul, and when I say highly unlikely, we don't know because it's never happened, but at this stage there is no record of any single human soul ever being destroyed or being put back into its elemental parts. Because of that you could say that God created a fool proof human soul, a soul that is unable to be destroyed, a soul that no matter what mistakes we make we are unable to fully decompose the soul itself. In other words, the soul will always retain its existence after its creation.

2.1.2. *The soul cannot be destroyed as far as it is known***Mary:**

Okay, you said a few things there that I would like to ask more about. You said that basically the soul can't ever be destroyed; even if we wanted to destroy it, it can't happen. Then you described what sounded like ...

Jesus:

As far as we know.

Mary:

As far as we know, yes.

Jesus:

Who knows that at some point in the future God may have a process for human souls that haven't received Divine Love? I don't know. But at this point in time there has been no single human soul that's ever been destroyed into its elemental parts. In other words, the human soul, no matter how bad it gets, no matter how self-destructive it becomes and no matter how much intention it has to act out of harmony with love, still can't get destroyed. In that regard it's fool proof.

Mary:

In fact it almost seems to be the other way around doesn't it? No matter what we do, the universe and the laws that we interact with seem to push us towards growth don't they?

Jesus:

Well, they push us towards correction. The reality is that the way God has created this Universe is that every framework if you like, the universal framework which are laws, which we classify as laws, that govern the human soul and govern the Universe itself and the interaction between the soul and the Universe, which is a very important factor, these laws are unable to be broken and therefore they are always in operation. They impose themselves upon the human soul so no matter how far the human soul gets out of harmony with them, the laws are attempting to correct the human soul back into harmony. This is the beautiful system that God made; it's such a fool proof system. It doesn't matter how much we take the human soul out of harmony through the exercise of our will, the law framework of the Universe in which we live is pulling us, or attempting to pull us, back into harmony, and so it's a self-correcting system. Eventually, given enough time, every single individual in the universe will be pulled back into harmony with the Universal Laws.

2.1.3. *There are two systems within the Universe; the laws that govern the interaction between the soul and the Universe, and the Universe itself*

Mary:

Yes, so from what you said earlier and what you said now it sounds like the soul operates within a system which is the Universe and the Universal Laws that God has ...

Jesus:

Well the soul operates within the Universal Laws, and the Universe and the soul are basically the result of those universal laws. The soul is the most complicated of all of God's creations. The human soul is the most

complicated; it's far more complex than the human body, it's far more complex than the spirit body, it's far more complex than the Universe itself actually.

Mary:

Yes so this is where I want to ask you because in your introduction there you said, you basically described to me, it sounds like two systems.

Jesus:

One is the system of God's universe in operation of which the soul is a part of, and then you described the soul as a system itself.

Well it's even more than that because there are parts of the Universe that are yet to be created but the soul has the potential to create through the governing systems of the laws. So really the two systems are - (1) the laws that govern the interaction between the soul and the Universe, and then - (2) the Universe itself, of which the soul is a part.

The soul has the ability to create new universes as it proceeds, so if we classify not only all of the universes that have been created at this point, but all of the universes that are potentially able to be created, given the governing of the laws, then we are saying that the soul is more complicated and complex than all of those things, because it has the ability to actually seed or create those things. But there are those two factors: the factor of the soul itself and the Universe that has been created in which the soul plays are all governed by Universal Laws that God established prior to the creation of both the Universe and the Soul.

Mary:

Yes and so I suppose I was asking about ... in your statement you said that there is a fool proof system with the soul and from what you've just said, it sounds like there is a fool proof system that happens ...

Jesus:

Universally (Laughs)

Mary:

... universally ...

Jesus:

Correct.

Mary:

... that the soul operates in and impacts upon through the creation of new dimensions and things like that.

Jesus:

Yes

Mary:

And then today we were going to talk more about how the human soul functions and you could almost call that a system, or it's a way in which the human soul operates and is that this universal thing ...?

Jesus:

There are laws that determine its operation; these are all laws, the principles that determine the soul's operation. Everything that God has designed has laws that govern its operation, from the soul, the most complex creation of God, right the way through to the other lesser complex creations of God, right down to the individual elements. They are all, even right down to individual sub-atomic particles, created and governed by the laws that surround them; none of them can operate outside of the law. None of them operate outside of the laws that God's established.

Mary:

Cool.

Jesus:

Mankind has yet to discover most of those laws. We think we have discovered most of them but actually we've yet to discover a minute particle of those laws that fully govern the entire system of the soul and the universe in which it lives.

Mary:

So the fool proof system is what? The universe in which it lives or the soul itself?

Jesus:

Both; both are fool proof systems. Everything God creates is a fool proof system, and we are arrogant when we say that God made a mistake because God does not make mistakes when it comes to any system that God creates. God created the soul. God did not make a mistake with the soul and any appearance of mistake is actually the exercise of our will in a direction that's out of harmony with the law, and then these mistakes appear but they are of our own creation (laughs), not the creation of God.

2.1.4. It's impossible to operate outside of God's Laws

Mary:

But from your statement that it's fool proof, you were saying that it's fool proof in terms of destruction? You can't destroy the Universe; you can't destroy the soul.

Jesus:

It's even fool proof with regard to when we create, or attempt to create, outside of the law. The law is still imposed and as a result there is a correction; there is a painful experience that the soul experiences and all of

that happens as a result of us attempting to operate outside the law. It's impossible to operate outside of the law. We need to give that up as a concept, and any pain that the human soul individually or collectively experiences is the result of the individual or the collective taking actions that are out of harmony with the laws that are fixed and immovable and nothing can change those laws. Nothing can change those laws, aside from God.

Mary:

This is the other aspect of how it's fool proof. We can't wreck the laws, we can't break the laws, we can't break our soul, we can't ...

Jesus:

We can't manipulate the law, we can't manoeuvre around the laws just like you can here on Earth; you can manoeuvre around a bit, manoeuvre around the laws, you can't do that. You can't break the soul in any physical sense or emotional sense or spiritual sense actually, and any concept that you can is based on an imaginary concept that humans have created living out of harmony with the laws of themselves. It's just a remarkable system and the more time you spend investigating the human soul the more remarkable it appears.

Mary:

Because it sounds like you are saying not only is it a fool proof system, you can't buck the system, you can't override the system. Then presumably everything that you talk about today, which is really the system, or how the soul functions, the system of the soul if we can call it that, these things are immovable. Given what you just said about the laws, presumably they're all there because they're expedient and work well.

Jesus:

Well they are also there because they are loving. All of God's Laws are loving, so that means that every single law that God's ever created for the complete operation of the Universe and the operation of the human soul is always loving. All of these principles we are going to discuss are also loving. It doesn't mean that we're going to discuss exhaustive principles because obviously we, humanity is in a process of discovering the soul more and more and more and as we discover more things about the soul there's a likelihood that we will discover more laws that govern the operation of the soul. Therefore we can't just say that these are all the known laws that govern the operation of the soul but they are the laws that we are going to discuss more fully today. They are actually little known on the Earth; few, if any, actually really know these laws or understand the principle of the operation of these laws. It's only in the spirit world in the highest spheres and dimensions that most people have come to know the operation of the particular laws to a degree, and I am not saying it's to a complete degree.

2.2. Problems with the world view that the mind is our ultimate tool for experiencing and understanding the world

Mary:

Okay, so if we continue then, because we just discussed the first sentence - there's a lot. (Laughs) You sort of went on to say that the mind is quite separate from this system of the soul and perhaps if you ...

2.2.1. The mind is an attribute of the soul

Jesus:

Well yes, I wouldn't call it separate; I would call it an attribute of the soul. The soul is a very, very complex organism which has, as we've discussed, a multitude of laws which operate upon it and govern its operation, physically, emotionally and spiritually, and the mind is just an attribute or an 'organ' of the soul. It's a bit like in your body right now you could say you've got a liver, you've got kidneys, you've got a pancreas, you've got a gall bladder, you've got all these other organs, and one of these organs is your brain.

Well it's a very similar analogy with the soul. One of the organs of the soul is, you could think of it as, the brain of the soul. This is what we classify as the mind and this is not what most people think of as the mind. Most people are not aware of the soul at all and what they see as the mind, if they are even partially developed, they think the mind is the brain. If they're a bit more spiritually aware they think the mind is the mind of the spirit body, and neither of those things is the mind. (Laughs) The real mind of the soul is an organ of the soul and would exist without the spirit body or the physical body existing. That mind is a subset, if you like, of the soul itself. The soul has far more powerful organs than its own mind and is able to express itself far more powerfully through the expression of other attributes of the soul than its own mind.

Mary:

I know that's something you discussed at length with Luli so I don't want to rehash or go over that, but I suppose some of the questions I was thinking about are some of the implications of mind dominance on the planet and so on. Perhaps I should ask you to read the following paragraphs and we might get to that point.

2.2.2. Humility is a far more important attribute to develop than the intellect

Jesus:

Okay. "For example ..." and this is one example of the soul having many more attributes than just the mind, "... humility is a far more important attribute to develop than developing the intellect. The reason for this is if a

person is not humble on any single subject than their mind is not capable of absorbing any new truth about the same subject. The mind that is not driven by humility that exists in the soul is always in opposition or disagreement with what is often logically obvious to a humble person. In addition, without humility in the soul, the mind will be driven to defend its own position even when that position is obviously out of harmony with love, logic and truth."

What I am basically saying there is that the human soul's attribute of humility is far more important to develop than the attribute of the intellect, because without humility the intellect can't actually be developed at all. (Laughs) In other words, humility must come before developing the intellect, in a certain endeavour. For example, let's say you wanted to pick up a musical instrument. Unless you're humble to the fact that you don't know how to play it at the start and that you need to go to somebody who will teach you, or read a book to teach you, or at least learn using some method, usually it comes from some source other than yourself, and you are humble enough to actually go through that process, then it is highly unlikely that you'll be able to learn very much with regard to that musical instrument. Now of course many people who are prodigies are actually humble with spirit interaction and a spirit teaches them everything they need to know, but it's the same process, it's still the same process. Somebody had to be humble enough to absorb that information and therefore act upon it before they could actually learn the information itself. Take the actions needed to learn how to play a musical instrument; the same applies to every single form of endeavour that you could ever think of.

Mary:

What I find fascinating about that is the fact that we do live in a world today which lauds the mind and the development of the mind and those who are very intellectually clever and yet, when we neglect other really important attributes of our soul, we actually stunt the growth of our mind. We can also set ourselves up for a lot of disappointment by trying to use our mind and to grow and learn, when we haven't developed other qualities that would make that process a lot easier and actually ensure our success.

Jesus:

Correct. It's a very important factor about understanding that the soul has these other attributes, not just the intellect or the mind part of the soul. The soul has other attributes which are far more logical to develop first actually, than to develop the mind itself. What I feel is happening a lot on earth today is that most people focus on the development of their intellect and do not focus on the development of these far more important aspects of the soul, and as a result the intellect is severely disabled.

This is how we come up with disabled thinking like the whole thinking that, "If you attack me then that gives me the right to attack you." This is disabled thinking. If we were connected with our soul, and we connected with love

and humility, we would go, "Wow, that's a pretty illogical thing, because if I attack you, if I hit you in the face or something and you decide you're going to get out a knife and attack me, sooner or later one of us is going to escalate this attack right the way through to our death," and it is a pretty pointless process after that. This is obviously very illogical, obviously very illogical and yet there are many people on Earth today who would swear with all their might, including die, for their right to attack another person for what they've done to them. That is obviously out of harmony with true logic but many people think it's logical. That's because there are aspects of their soul other than their intellect that are severely lacking in development.

2.2.3. Love is a far more important attribute to develop than the intellect

Jesus:

Do you want me to read the next one?

Mary:

Yes, you can continue.

Jesus:

"Another example is love. Love is a far more important attribute to develop than developing the intellect. The mind is also not capable of experiencing the feelings of love. The mind is totally incapable of understanding some of the workings of the universe without the soul understanding love, both natural love coming from within the human and Divine Love coming from God's Soul. It matters not how much is discussed with such a mind. The soul attached to the mind will not have the capacity to understand the truth about how the universe actually works without the soul receiving Divine Love from God. The mind will not have the capacity to understand Natural Love without the soul having developed its own natural love to some degree."

This is another example of how there are attributes in the soul that are far more important to develop than the intellect itself. In fact what happens, and what we've found happens through our own experience, is that the more humble you are and the more loving you become, the more you understand. Interestingly, if you develop some aspects of the soul other than the intellect, the intellect is automatically developed as a by-product of the development in these other areas. This is because the soul itself is dominant over the intellect, over the mind.

Mary:

Yes, and some qualities of the soul, some aspects of the soul such as humility and love, when we develop those it actually improves the function of many of the other aspects of the soul.

Jesus:

Correct, including the mind.

Mary:

Including the mind, yes, whereas if we focus on the mind, we can focus, focus, focus and try but, as you've just said, unless we're working on these other things it's limited. Whereas if we focus on humility and love as we grow them, we're not limiting any other part, in fact we're enabling the other functions of the soul.

Jesus:

Correct, and not only are we enabling them, we are enabling them to grow more rapidly. In other words, we even have a stronger ability intellectually to absorb new information, once we develop other aspects of the soul. What I notice quite strongly in people in particular is that if the person is not humble or does not have love it is very, very difficult for them to intellectually understand some concepts and very, very difficult for them to display logic in most of their life. This is because of the effect of the soul's development in areas other than the intellect and how it has an impact upon the intellect. The intellect, if you like, is what you would classify as the effect of the causal change that occurs within the soul in other areas, so a person's intellect improves in its function once other areas of the soul improve in their function.

2.2.4. An example of people who have made major discoveries

Mary:

Yes, and it's fascinating to consider that people who've made great intellectual discoveries, well, all of them that I can think of at the moment, started out as very humble, and also developed themselves in other areas such as music; they weren't limited simply to ...

Jesus:

They were very focused on desire, which is an aspect of the soul.

Mary:

... and the fact that they didn't know and they needed to discover something, which is humble in itself.

Jesus:

They were always learning, so that was 'humble to learning'; they wanted to experiment a lot, which is an indication of a humble soul. A person who doesn't experiment is not genuinely a very humble person.

Mary:

Yes, and so many of them, the people who we know who have really made huge intellectual discoveries in our history, had those attributes. Sometimes we see though, that after making that discovery they lose some humility.

Jesus:

And therefore lose the attributes of further discovery, which is an interesting thing. There are other impediments to learning that start developing within the soul, and one of the major impediments is the lack of humility. As that develops there is an impediment to absorbing new information, an impediment to becoming more loving and as a result their understanding of other information that they had not yet discovered is limited.

Usually you find that people have discoveries and then they get to a point, usually it is in their older age, where they don't actually make many new discoveries. That's usually because of the growing lack of humility that occurs. Now there are some people historically who haven't been like that so much and who you know were humble through the entire process. As a result, they made discoveries most of their lives, and that is the result of the same law in operation.

2.2.5. *The mind by itself, or influenced by a soul in error in regard to love, can be completely irrational and illogical*

Mary:

Okay, you happy to continue?

Jesus:

Sure

Mary:

If you perhaps read the next two paragraphs.

Jesus:

Sure.

"As such the mind by itself is incapable of determining, absorbing, or understanding all of the Divine Truths of the Universe without the other attributes or characteristics of the soul being engaged along with and controlling the mind's processes. If any person elects to just listen to the truth with their mind, they will never become at-one with God nor will they ever understand or automatically be able to practice Divine Truth in their daily life, nor can they ever be automatically loving in all circumstances and conditions. The mind by itself, or influenced by a soul in error in regard to love, can be completely irrational and illogical while at the same time believing itself to be completely sane, rational and logical." (Laughs)

Mary:

Yes (Laughter)

Jesus:

Isn't that the truth.

2.2.6. *An example of a man who listens to Divine Truth being illogical about implementing the teachings*

Mary:

It is, it is and we kind of touched on that already. I brought an example with me and it comes from an email that I received recently. This is from someone that believes themselves to be very rational and logical and I just thought perhaps I would read a few of their statements and we can show how illogical someone who thinks they're quite logical can be. I would certainly put my ...

Jesus:

And this person has listened to Divine Truth for six years or so.

Mary:

Yes. This person's saying "I need to work through the feeling, that if ninety percent of a teacher's class ..." and this is with reference to yourself (points to AJ) "... isn't progressing after years of trying, then at least some of this must reflect on the quality of the teaching."

Jesus:

Already there is an illogical statement, because it is also possible from a logical perspective that they think they are trying when they are not actually trying. That's also possible. But that's not stated of course.

Mary:

Yes. "I intellectually understand that although we may have spent decades searching for spiritual truth and on dedicated spiritual paths, we may still not be prepared to do what needs to be done."

Jesus:

Well see, again I feel there is this focus on what needs to be done, rather than a focus on needing to become more loving, and this is a part of the problem. The mind says, "Give me the rules and I will go and do them." (Laughter) But the soul is often incapable of doing them unless you release certain emotions that prevent you from taking certain actions. This is an example of how the soul is governing the mind and yet the mind believes itself to be taking an action that the soul has not engaged.

Mary:

Yes, but even this idea that ninety percent of a teacher's class, if they're not progressing then that must reflect on the quality of the teaching, that to me seems to overlook a huge ingredient, and that is the will of those in the class. It's actually stating that the teacher is in charge of the will of the student.

Jesus:

Which is incorrect obviously.

Mary:

Yes. That's illogical to me.

Jesus:

Yes. If we took this logic, the logic that he is using here to its full conclusion, God is the worst teacher of the Universe, because hardly anybody in the whole Universe has actually absorbed most of the information that God is willing to provide. That means, using this analogy, we are basically saying that God is the worst teacher in the Universe because hardly anybody knows anything about what God knows.

Mary:

In spite of God creating an entire universe, which is designed to teach us about ourselves and about Him.

Jesus:

Correct, and it also minimises the use of our will, it also minimises this quality of humility. Obviously we're unable to learn, even if we think we are able to learn, we are unable to learn unless we have true humility. I feel that the majority of people who are associated with Divine Truth have yet to develop true humility; they think they know things they don't know yet. (Laughs) I feel this fellow is in the exactly same boat. He thinks he knows things that he doesn't know yet, and then he blames me for not understanding them correctly or not being able to feel the benefits of them. Of course you can't feel the benefits of something that the soul hasn't grown with. Sure, he says he understands intellectually, but I feel that those two words should never be placed together. (Laughter) The reason I feel that is that when we say to ourselves "I intellectually understand something but ..." really we don't understand it intellectually; because the intellectual understanding of something is only possible once the soul is free to actually understand it and therefore pass on its understanding to the intellect. This is part of the problem that people face. They keep telling themselves they understand something when they've only heard it. They don't understand it, they haven't applied it in their daily life; they've only heard it, and hearing something doesn't cause change. It's a part of something that can trigger change but it doesn't cause change. Change is caused, as we will discuss later, by the soul being engaged through a process.

Mary:

Yes, and I suppose what struck me between the eyes was a person was saying to me, and they say later in their message to me, that they are quite logical, or they refer to their logic and rationalising.

Jesus:

Yes, but every statement we've read so far is illogical (laughs) and that's the irony.

Mary:

Yes. And to me, I suppose it struck me that someone who has attended six years of lectures, which speak about the very things that you spoke of, about the necessity of the soul to be engaged and the necessity for the will to be

engaged and the fact that you will never attempt to coerce the will of a student ...

Jesus:

Correct, or force the will of a student, or coerce or manipulate (laughs) or anything.

Mary:

Or egg on, because the whole point is for each student to engage their will, with God, and not with you, so then I can't see how they can see that it's a logical statement to say that if ninety percent of them aren't doing that, that's your fault. (Points to AJ)

Jesus:

Correct. Because I'm doing it, (laughter) and if someone follows the teachings I've given them, they'd probably end up doing it if they really follow it in their soul. You see this is the trouble; most people think they are following it but they've only heard it. They haven't followed it yet. They only try to take actions without there being any soul-based change. What we're trying to do in this particular session is explain to people why they are stagnant. They're stagnant, and in fact this man is stagnant, for this exact reason; he does not understand how the soul works and how as a result he has yet to involve the soul's operation. As a result he can't practise Divine Truth even though he thinks he wants to.

Mary:

Yes, and I suppose also, obviously engaging that soul process is about developing humility and growing ourselves in love, and when that doesn't happen we can think we're being logical when in fact there is no logic. In our statements.

Jesus:

No, and the reality is that if we took this man's statements as logical, then it logically follows that God is the worst teacher of the Universe and I definitely cannot agree with that. God is the person that hardly anybody listens to, (laughter) and hardly anyone follows what God suggests (laughs) and I would certainly not then say that God is the worst teacher of the Universe as a result.

Mary:

Well, because we know God has even created not just a class or a classroom, or a lecture theatre, but an entire universe that is to teach?

Jesus:

Universes. (Laughs)

Mary:

Universes, and that people within it, regardless of their age, their race, their intellect, can begin to learn about God without anyone else being around them. Now to me that's a pretty awesome teacher, but if we begin to measure

the value of teachers based on the will of their students, to me that's not logical. I just can't understand how that's logical.

Jesus:

Yes, and look at the way that teaching occurs on the planet. Generally the way that teaching occurs on the planet is that it only occurs when there is a goal at the end. This is where I feel a lot of people struggle with Divine Truth too, because there is no real end goal. It's infinite progression that is the goal, so therefore you will always be changing, whereas most people are used to having a two or three year class and then they get a certificate and that's the whole reason they did it in the first place. In other words they did it for an addictive reason. They wanted a result at the end that they could conceive and they only did it for that purpose. The reality is that if we are taking that approach with Divine Truth we're never going to learn it, because it has to be driven by desire for the relationship with God rather than a desire for an end goal other than that, that we might achieve. As a result there are no addictions that are ever going to be fed through the process.

2.2.7. *True soul growth, and how the soul functions, is about love*

Mary:

Yes, and humility is the state of embracing constant learning, constant receipt of new truth, from God, from those around us, from everything around us. It's living in a state of humility, which is a significant part of The Way.

Jesus:

Most people have yet to understand what that means.

Mary:

Yes well, it does mean that we are perpetually saying, "I want more knowledge, I don't have it all," so as soon as we get into this ...

Jesus:

It's not just more knowledge; see this is where we've got to be careful, where people like this man, who have focused their life on the absorption of more intellectual knowledge, really struggle with Divine Truth. They believe that they have spiritual development because their mind tells them so, but the reality is that the true spiritual development is about love. How the soul functions is all about love. It's not about the intellect, and you can tell yourself things with the intellect that have no bearing whatsoever on the true condition of your soul. It's only its development in love that is going to cause any change and unless you're willing to develop your soul in love, either natural love or God's Love, your soul will not change. It doesn't matter how good the teacher is you will not do it, because of your own resistance and other issues that we need to discuss, about how the soul functions.

2.2.8. *Knowledge is not real unless it is in the soul*

Mary:

Yes, I suppose I feel now that any knowledge is not real unless it is in the soul.

Jesus:

Correct. It's just a thought, it's just something we've heard, it means nothing actually, and it generally has no impact or bearing on our lives either; we've just heard it.

Mary:

I have about six years of university education, and I often used to joke about "The things that I have learnt and forgotten are amazing." I've learnt and forgotten a lot of things, which shows that I didn't receive it in the soul. I was just memorising and regurgitating.

Jesus:

Correct, because once you really learn something it's in your soul permanently. You never lose it; it never goes away, if it's truth, Divine Truth it never goes away; if it's error mixed with truth, then obviously it's refined but yes, if you truly learn something in your soul it never goes away.

Mary:

Okay. Thank you for that.

Jesus:

You see, you can't lose your memory of it. (Laughter)

Mary:

Professionally you also know that the things that you have experience with - I think this is why a lot of people criticise university education, because you do a lot of theory before practice a lot of times - but you know that once you've had a practical application of some of the things you retain it.

Jesus:

It's much easier to remember things, correct, because it's now in your experience, it's in your soul's experience and this is why. I find it quite ironic really; a lot of the things that people know about learning and teaching are actually where they have engaged their soul in some direction without initially understanding how the soul works. If you really understood how the soul works, you could teach the soul faster and more effectively than what we are currently able to teach the souls of humans. It is very important for us to understand these principles because it is going to affect every area of our life. It's even going to affect how education is embraced, if people understood these principles.

Mary:

I think it's crazy when people criticise you as a teacher because I have watched you. You are humble, you embrace, you live the example of what you teach, but you also constantly attempt to find a point of engagement with people without altering their will, and many good teachers do that. God does that, constantly trying to find a point of engagement with a person.

Jesus:

That doesn't mean that the teacher made a mistake with the previous point of engagement. It means that the teacher loves you and cares about you and wants to try to work out a way he can get some information into your soul, to try to work around a lot of your resistance and denials. (Laughs)

Mary:

Yes. Anyway let's continue.

2.2.9. *The mind is controlled by the soul***Jesus:**

I'll keep reading the next two?

"The mind is controlled by the soul. The mind can never fully control the soul since the soul is not an attribute of the mind nor is it subordinate to the mind, but rather the mind is subordinate to the soul, because it is one of the many attributes of the soul. The soul will always eventually determine the beliefs, actions, thoughts and words of the individual." I think that's a pretty clear statement. "When it comes to the absorption of truth by the soul and the mind there are a number of basic understandings regarding how the soul operates that one needs to understand before we can really discuss what it means to live in truth. My reference to truth in the discussion below all refer to God's Truth, Divine Truth or as it also called: the Absolute Truth of the Universe."

Mary:

Right, so that's the preamble that you wrote. Before we go on to discuss the different ways that the human soul functions with different principles, I suppose some of the questions I had just rising from that, and you've covered a lot of what you were going to talk about ...

Jesus:

Well let's answer the rest of those questions. I think there are two more you had down there: The world's general idea that the mind is the ultimate tool.

Mary:

Yes, for experiencing the world, and this is a problem obviously, because it is not based in reality. We are a soul with a mind, not a mind with a soul.

Jesus:

Let's be even more specific, shall we? The human body, the physical body, has a brain; the brain controls the physiological processes within the body itself. The brain is not you and it is not your mind. Then the spirit body, which is another body that is a part that was created at the time of your conception, it also has a DNA structure. It also has organs and it also has a mind, a brain in fact but it is not the mind of the soul. It's a brain that controls the physiological functions of the spirit body; it controls how the spirit body works and operates. If a person in their physical body loses a part of their brain, other parts of the brain can learn those functions. That is a well known fact; this is proof that the memories contained within that experience can't be contained within the mind because otherwise they would have died completely when that part of the brain died, so this is an indication that the information is coming from somewhere other than the physical body's brain. A spirit also has the same experience. A spirit can lose a part of their brain through certain emotional conditions and therefore act as if they don't have a memory of something, but once they recover their operation through some emotions, once they deal with some emotions, that part of the brain fires up again and as a result the memories get passed from the soul to that part of the brain. It's the soul that contains the mind; we need to be very specific about this.

The physical body's brain is not the mind; the spirit body's brain is not the mind. The mind, the true mind, belongs to the soul. It's an organ of the soul, whether it is developed or not it's an organ of the soul. For most people it is a very poorly developed organ of the soul, but it's still an organ of the soul. As such it can potentially exist without the two bodies. It can definitely exist without the physical body because we have proof of that all the time in the spirit world. It can also potentially exist without the spirit body; the mind can still exist because it is an organ of the soul. Now that being the case, this means that every time we focus on our intellectual development rather than our soul development, we are attempting to focus on the development of an organ rather than the entire being. This is fraught with dangers and often these dangers are very palpable. We see them in society where people have been focused in their intellectual development; for example, a scientist focused in his intellectual development develops the atomic bomb. And then they drop it. That is not a very loving act; there are obviously aspects of the soul that have yet to be developed.

That would enable not only the discovery of the atomic bomb, but the use of it. The fact that we can discover certain things is fine. It's how we use them that are governed by other organs in the soul. Obviously a lot of people have used the knowledge they've found or discovered in a very poor way, completely out of harmony with love and completely out of harmony with

humility or a lot of other aspects of the soul, which are far more important to develop.

This is where we've got to be very careful and this is why the world has so many problems. Because we are so intellectually dominant, we have forgotten the development of other aspects of the soul, in particular two aspects, the development of love and the development of our will in harmony with love. We've forgotten these two forms of development. These two forms of development are far more important to us and our future and also the survival of humanity than the development of the intellect. The intellect of course will develop as a result of developing these other two things, so I'm not saying that the intellect won't be developed; I'm saying that we'll have a highly-developed society which is also developed in these other aspects of the soul.

2.2.10. The mind by itself, or influenced by a soul in error in regard to love, can be completely irrational and illogical (continued)

Jesus:

And then we had the third question, didn't we, about people believing they are logical and I think we sort of answered that, haven't we? I wanted to talk about the flow of information in that with regard to logic. You see, oftentimes we sort of think we're logical, but we don't know the emotions that are governing this kind of logic that we are exhibiting. For example, if you put a person in a war, they will eventually believe, given enough problems and trauma, that it's okay to kill other people under certain circumstances, whether it's okay to defend themselves by killing another person or it's okay to defend their wife or their children by killing another person. They'll eventually generally believe that, given today's society. Now they believe that because of a feeling in their soul that is not logical at all but the soul, because it's open to this feeling, allows that thought to pass through and therefore distort the logic of the individual. Because it makes no sense; if I kill you then sooner later someone around you with the same belief is going to want to kill me. If I kill more of your family then they'll probably want to kill more of my family and eventually this will escalate and escalate and turn into a national war and eventually become even worse.

This last century just passed, we had world wars governed by that particular concept. As Gandhi said, "An eye for an eye makes the whole world blind." There's the demonstration of true logic. What he said was a demonstration of true logic. Now why did he have that logic, when the average person on earth has a completely different logic? He had that logic because he had more love in his soul. This love in his soul governed ... he could see very clearly that the logic that other people were using wasn't logical at all. It was completely illogical. It made no sense whatsoever for the long term survival

of the human race and he could see that very clearly because he had more love in his soul.

This is an example of how when you've got more love in your soul or your soul is further developed; you get to see things logically completely differently to how other people see them. The reason for this is that when there is an emotion in the soul only certain types of information are allowed to pass in the mind of the individual connected to the soul of that individual. If I have a feeling in my soul that preservation of myself at all costs is justified, then my mind will logically assume, from that particular feeling, that I can defend myself to the point of killing somebody else.

Mary:

Yes, so basically you're saying that our logic is based upon what we believe is true, and when there are false beliefs or errors within what we believe to be truth and we base our reasoning upon those errors, our logic will actually become very illogical.

Jesus:

Very illogical, in fact even irrational, and sometimes even psychotic (laughs). That's how bad it can become, and yet we think that it's logical. This is a big problem people need to understand, I feel. The flow of information, inside from the soul to the mind, and inside the mind though the intellect into our expression, is completely governed by the feelings and belief systems that are inside the soul at any one point in time. It's not governed by logic, what I would classify as true logic, because true logic is always in harmony with love, always in harmony with truth, always in harmony with humility and always in harmony with many other qualities that are like that, in harmony with ethics and those kinds of qualities.

Most people don't have true logic. I have met very intellectually developed people I would consider to be almost totally illogical when it comes to certain reasoning's and arguments. You can reason with them, and once you reason with them on those particular subjects where they are illogical they get angry (laughs). They get angry, they get critical, not just critical, they become violently abusive with their rage and that's all because they know they are being illogical (laughs) and they know that the logic that's being presented to them is confronting certain emotions inside of them so they respond that way.

Mary:

Yes, isn't it because the error-based emotions are being challenged through the expressions of logic and because there is a fear of those things, then there is a resistance placed up to that?

Jesus:

Yes, that's right.

2.2.11. *An example of a man who listens to Divine Truth being illogical about implementing the teachings (continued)*

Jesus:

So I feel it is very important to say that with any soul-based emotions and beliefs that are out of harmony with the laws of love, there is going to be a resistance to the flow of true logical information coming into our mind. As a result of that we are going to think we're logical when we're totally illogical. We will make no sense at all and we believe we're making sense and that is the trouble. We believe we're making sense when we're making no logical sense at all if we analyse all of the factors. With the example you gave before of the man who made the statement about my teaching, he hadn't thought that if he took that logical argument to its full conclusion, he's really saying that God is the worst teacher in the universe.

He hasn't thought through this so-called logical argument that he has and therefore the argument is not logical; it is driven by his emotions. Let's talk about some of the emotions that are driving it. The emotions that are driving it are his own resistance to feelings, his own resistance to emotions, and his belief that other people have a problem before he does. In other words, his own arrogance and his lack of humility, these are all the emotions in his soul that are driving that thought, because if he thought in a far more humble and loving way he'd see that God is the best teacher in the universe, has hardly any connection to most of the people on this planet in comparison to what's possible, and that is because of the resistance of the individual and the use of their will, and why could that also not apply to my teaching others? He would automatically see that.

Mary:

It seems very clear that our understanding of what is logical is based on what we believe to be truth and if we are wrong in what we believe to be true then we cannot be logical, because our mind or our intellect is only functioning with what the soul is saying is truth.

Jesus:

Let's be more definite about it. If we are wrong from God's perspective, because that's really the perspective we are looking at here, if we're wrong from God's perspective even though we are right from our own, we will not be logical. In fact it is impossible for us to be so, and this is why many very intellectually developed people on this planet make very unwise choices and decisions. The main reason why is that they have not developed these other aspects of their soul that are more important to develop than their intellect.

Mary:

As that message that I received went on, that man began to make what he felt were more logical assumptions about your actions and behaviour, even predicting your future actions, based on things that were not true from God's

perspective and so were not even indicative of what you were doing, what you were thinking or what you were going to do.

Jesus:

... or what I will do. Yes, exactly. He is making a lot of presumptions and assumptions based upon his own illogical argument. That's not my logical argument; my logical argument is more encompassing love and truth and therefore I will not take the actions that he thinks I will in the future.

Mary:

Okay, well that's just a bit about our introduction.

Jesus:

Yes, that's probably the conclusion of our introduction. (Laughter) Thanks.

3. Discussion and questions about “Preclusion”

Mary:

Okay, now we are going to continue our discussion on how the human soul functions. This is a discussion and some questions about the principle of Preclusion. So Jesus, would you like to read your description of preclusion?

Jesus:

Yes, I think it's good to go over it again. I said that Preclusion is the principle that, if a certain truth on a given subject is within the soul, it precludes error on the same subject from existing in the soul at the same time, and if error exists within the soul, it precludes truth on the same subject from existing within the soul at the same time.

3.1. The principle of preclusion helps us understand our current soul condition in contrast to our current state of mind

Jesus:

Basically this understanding of preclusion helps the individual understand and accept the current state or condition of their own soul development in contrast to their current state of their mind. For example, this can demonstrate to the individual that the true state of their soul is that the truth on the subject has yet to enter, even when they believe it has entered. This can also explain to the person why they are still finding it difficult to act in harmony with the truth they have believed themselves to have already accepted, because it is not yet in the soul. The soul does not operate like the mind with regard to the existence of truth. With the mind, truth and error are capable of existing in the mind at the same time on the same subject. Thoughts can be experienced either from the external environment or coming from the operations of the soul that can be in complete disharmony

with one another in the mind. Basically what preclusion is saying is that it's helping us to describe the condition of our soul right at this snapshot in time.

Mary:

That's how I view it, like a snapshot, "This is how it is."

Jesus:

Yes, so it's basically saying that the reason why we aren't any further developed than what we currently are, is that the truth that we thought had entered us, never entered us. (Laughs) And the error that we thought had left us hasn't left us yet and that's why we're in the state that we are currently in. Preclusion says that while all the error remains the truth can't enter either and while, if any truth remains, then the error can never come back into it again, in the soul that is. The soul itself has this beautiful ability to not absorb error ... the mind can of course, but the soul can't, once truth is there.

Mary:

Yes, and what I like about, or how I kind of visualise that, is that you've got a container and if part of it is occupied by error then truth cannot occupy it ... nothing else can occupy that space until you make space for it, and same goes with the truth. If truth is occupying that space about that particular issue then error can't exist there at the same time either.

Jesus:

Not in the soul itself.

Mary:

Not in the soul itself and that is ...

Jesus:

It can exist in our intellect or our mind, because the mind just a part of the soul, it's not the soul itself; it's just an organ of the soul. It can exist in our brain, of our spirit or physical bodies.

Mary:

I find that a little sort of ...

Jesus:

For a reincarnated person, or let's not call it reincarnated, a person who has visited the earth for a second time, that is the difficult thing, because the soul contains all this truth that the mind is unwilling to express.

Mary:

Yes, I find it hard to relate to having a mind in my soul that can hold error and truth within it because to me the soul just has truth or error.

Jesus:

No, I am saying that the mind is in the spirit body. The mind in this case is the intellectual thoughts that are contained within the spirit form, which is completely independent to the soul's mind.

Mary:

Okay, so let's differentiate that, because at one point in this discussion you said that the mind is like an organ of the soul.

Jesus:

The mind is an organ of the soul.

Mary:

Yes, but for the purposes of clarity, because you just ...

Jesus:

Now I am talking about the truth about the mind, whereas sometimes we're talking about the error about the mind and what everybody normally believes. We've got to differentiate between these two things. The truth about the mind is that it is an organ of the soul and it is impossible for that mind to contain anything other than what the soul dictates. That's the truth about that mind. But the intellectual mind is capable of reasoning in the spirit body; that's a part of the function of the brain of the spirit body, and that particular brain is capable of having thoughts that are completely out of harmony with the mind of the soul. (Laughs)

Mary:

That is where I think I come a bit undone, because we've got two minds and to me there is no mind, there is a part of my soul that reasons but it's totally based on my emotions, my aspirations, my desires, those things.

Jesus:

Yes. For the sake of simplification we could say that the soul has a functioning that is completely independent of intellect, whereas the spirit body's mind does have its own intellect and is able to express and absorb information independent of the soul.

Mary:

And so for the purposes of defining Preclusion we are saying that anywhere within the soul ...

Jesus:

Anything within the soul.

Mary:

Or in any space within the soul, if there is error occupying that space, truth cannot be there. If there is truth, error cannot be there.

Jesus:

Correct.

3.1.1. *An example of having a feeling of low self worth in the soul*

Jesus:

Let's give an example perhaps. If right at this moment in time I have a poor sense of my own worth, if that is true, then I am not able to think my way into having worth. I must first release the reasons why I have poor sense of my own worth from my soul, and then that part of the soul is able to absorb a sense of worth. That's independent of whether I think I 'm worth something or not.

Mary:

Yes, and this is where I wanted to contrast. There is a reasoning part of our soul that is either in truth or error and it can't have conflicting things, and then we have our spirit body and our physical body's brain and mind and this is the part of us that might attempt to think our way ...

Jesus:

... through something ...

Mary:

... through into having more self-worth.

Jesus:

Correct, but it will be unsuccessful.

3.1.2. *An example of religious beliefs in the mind rather than the soul*

Jesus:

It will always be unsuccessful, and this is the reason why most religion forms on the earth are unsuccessful. They all promote love supposedly, and yet most of them have been the cause of most of the wars that we have ever experienced in the last two thousand years.

The reason is that love hasn't touched the soul yet; it's just an intellectual concept and many of them even say that. They even say that love is an intellectual concept, and while it remains an intellectual concept for them it is never going to touch their heart, as the saying goes, or their soul, and as a result they will never act lovingly given certain circumstances.

They will be willing to go to war under certain circumstances. If the circumstance is, "You killed my son, then I will go to war." If the circumstance is, "You believe something different to me," then I'll go to war." And they will go to war, without consideration of love because love has not yet touched their soul.

It's only an intellectual concept, and that's the problem. They have other feelings inside of their soul, which are true. They have feelings of rage and feelings about a person with a different religious faith, for example, or they

have feelings of rage about someone who has harmed their family. It is those feelings that are the truth, that govern their action, and if you look at what their action is, they'll go to war. They are governed by the rageful feelings within their soul, the justifications that are truly going on within their soul.

They might think that they are a nice person and think they love and think they are a nice kind individual that would never consider harming another and in their day-to-day normal life they might act that way, but when it comes to a pressure cooker situation where their family or somebody's religious faith is being attacked, now they revert back to the soul's true understanding, which is, "I'm enraged with the person having that idea, so I am going to kill them." And that's their understanding. There's an example of how the mind thinking that they're loving has no effect on them whatsoever, no effect.

3.2. The principle of preclusion helps us understand why we still think, act, and feel the way we do, even after we have heard something we believe is true in our intellect

Mary:

In your notes you've said this principle of Preclusion helps us to understand why we still think, act and feel the way we do even after we have received something different in our intellect.

Jesus:

Correct. All we've done is heard it and it's gone into our memory. That's all we've done, and while that is actually a memory of the event, it hasn't entered our soul and changed it; it's only a memory of what we've heard. So when somebody tells you "God is Love," for most people that is just a memory of what they have heard; the majority of people on this planet do not believe it. Their soul acts totally differently, (laughs) and the same goes with most of our other belief systems. We have only heard them; we are yet to actually have them as a true belief within our soul.

Mary:

And much work that many of us have done in natural love circles or even in psychological practice has been a lot about trying to think our way into a different state, and this principle says that that is impossible.

Jesus:

It is impossible, it is impossible. There are people who have thought themselves out of a state for two thousand years, but as soon as you have a chat to them they revert straight back to the same behaviours they would have, under the circumstances.

Mary:

And that is because that emotion still exists in their soul.

Jesus:

Correct. While the emotion governing the action still exists within the soul, or the emotion precluding the action still exists within the soul, you're going to revert to that behaviour. There is no other option in fact, and it's a great thing actually, because that's the way we learn what's really there. For example, if you're walking down the street or driving in a car and somebody cuts you off or pushes you, and you get angry and upset, there's an example that love hasn't touched your soul yet on that issue. It hasn't touched your soul yet because your reaction is telling you that it hasn't touched your soul. You can think yourself beyond that, but that initial reaction is the reaction that your soul has and that's the truth of what's really going on in your soul. Preclusion's telling you that it's impossible for you to actually put another truth in there, unless you release the error of that emotion. Unless you release that error no other truth can actually enter you. You can think your way, "I'm a loving person. I'm a loving person now, I'm going to do loving things now," and ten years later someone pushes you and you'll get angry again (laughs) because nothing has changed in your soul. For you not to be angry under that circumstance, something has to change in your soul first.

3.3. The principle of preclusion prevents another belief from entering the soul

Mary:

Yes, okay. Is that all you would like to say on Preclusion today?

Jesus:

Yes. I think we've discussed the issues of how when you believe something inside of yourself it prevents another belief from entering you, no matter how much you think your way through it. This is why there's a lot of confusion regarding religion on the planet, because there is a rule book in most religions. "You must this," or commandments you can call them. "You must do this, you must do that, you must do this, and you must do that." Most people practise those particular things but they don't feel them. As a result they still feel like not practising them and sooner or later they do that, they disobey and then they feel all guilty and then they have to feel sorry and they have to pray to God for repentance for feeling sorry that they didn't act in a certain way. And it's all happening because the thing that caused it is still in their soul, and until it comes out they are precluded from change. Their condition is going to continue to be exactly what it is right now, until something gets released from their soul so that something new can enter it.

3.4. The principle of preclusion helps us understand our current soul condition in contrast to our current state of mind (continued)

Mary:

Okay, well we're going to move on in a minute to talk about the next principle, but these two principles, Preclusion and our next one is Absorption, and perhaps after we have talked about Absorption we can delineate between the two because I feel that there is scope for a bit of ...

Jesus:

If at the moment in Preclusion we basically say that Preclusion is this aspect of, "What is my current condition, why is it my current condition? It's my current condition because there are things in my soul that preclude me from changing." In the case of other examples that we could give, any person who desires change and who is not changing has a reason for them not changing in their soul. What they need to do is find that reason. Once they find that reason then they will change, and Preclusion is telling you that this has to be the case because change is an automatic result of you are finding the reason and releasing it from your soul. This is why I find a lot of people who use their intellect to follow Divine Truth are not very successful and the reason is that they're trying by using their mind to act in certain way, a changed way, while at the same time their soul is saying, "Don't do that, don't do that, do something else." The soul is really saying, "Don't do that, that's wrong." Even though their mind is saying, "It's right," their soul is saying, "Don't do that. It's wrong."

Put a person in a situation where their child is harmed by another person. The average person will revert to rage; the average person will revert to trying to protect the child through violence. Why is that? Because that feeling is still in their soul. For change to happen, that feeling has to come out of their soul, and that's what Preclusion is. Preclusion is, while you have this feeling in your soul, nothing can change. That is your condition and it will be your condition for as long as you retain that condition in your soul. It's going to stay like that forever potentially. Of course that is probably not possible. Given an infinite amount of time, sooner or later somebody realises, "Maybe I need to change." (Laughs) But in practice you can take many thousands of years to change on a single issue if you don't understand that the reason why you are not changing is that you have a belief in your soul that you are unwilling to change.

That basically concludes our discussion about preclusion. (Laughter)

4. Discussion and questions about “Absorption”

Mary:

This is a continuation of our discussion on how the human soul functions and we're up to principle number two. This will be a discussion and questions about the principle of Absorption. So darling, (laughter) tell us about Absorption.

Jesus:

Well shall we read my comments first? Then we can have a discussion about some of the questions we might have. So, “Absorption is the principle that truth cannot be absorbed by the soul or flow into the soul on a given subject while error existing within the soul precludes the absorption of the truth. And error cannot be absorbed by the soul or flow into the soul on a given subject while truth is present and precludes the absorption of error,” so it applies for both error and truth. If I have truth in my soul and it is really in my soul and I have a developed intellect, this error cannot flow into my soul after that point. Of course it depends on my having a developed intellect and of course for most people who have developed truth in a certain area, that would be the case. There are certain circumstances where it is not, but it doesn't apply to most of humanity.

It says, “This understanding of absorption helps the individual understand and reflect upon the process of change, or the change of state or condition as it affects the soul. That is, for the truth to enter the soul, error must first be released from the soul or not already be present. For error to enter the soul, truth must first either be relinquished or not already be present within the soul.” What we are basically saying there is that the only way the soul can change is by understanding the principle of Absorption. That is, I can only absorb the new thing if the old thing's gone (laughs); that's the only way I can do it. Or it wasn't there in the first place, so in the case of a child or a little baby, because they are a new incarnation on the earth there are a lot of things that are not there already in terms of the understanding of truth. It's quite easy for that child to absorb the error, and this is why it's such an important role being a parent. We've got to be very careful with what we do as a parent because anything that we present to the child that is actually an error from God's perspective will be absorbed by that soul, automatically, because there is nothing to prevent that soul from absorbing it.

They're like an open book. I think there was a quote of a priest or someone who said once, “If you give me a child before the age of seven, I can make him into my ...” Christian faith I forget which faith it was, “... I can make him into that faith,” and the reason is that that child is going to absorb all of the error or truth that the person who is teaching them has, over a period of time. It is not an intellectual absorption; it is a soul-based emotional absorption of that information.

“If an individual has heard what they believe is the truth and believes they have accepted such truth but is also aware that the soul contains beliefs and emotions that are in disharmony with that truth and they often act upon those disharmonious emotions, then this is proof that the truth heard has really yet to enter the soul and cause change to the soul. It therefore only exists as a belief ...” and I wouldn't even say ‘a belief,’ “... it only exists as a thought or a memory in their own mind.” That's all it is.

4.1. The principle of absorption helps us understand that without the release of the soul's current condition, a new condition cannot be secured

Mary:

Yes. In the previous discussion we were talking about Preclusion and this is where these two marry so much isn't it, because when error has entered us, or truth has entered us, then it precludes anything else entering us on that same topic.

Jesus:

Correct.

Mary:

This principle of absorption is about how we go about change, how it happens. I like what you said there, that many people believe that they have accepted a new truth when the error is still dictating, or the previous emotional belief is still dictating, how they act and what happens in their life and how they feel and how they respond and all these things.

Jesus:

You see this, like, honestly when you look at the average person on earth in their day-to-day life, you see it in every moment of their day-to-day life pretty much. The average person who believes they're loving is often not very loving in almost a moment-by-moment time frame and that's quite sad. It's because they believe they're loving while at the same time acting upon all these unloving emotions that are within them that they're unwilling to release. In the end, God can't change what we're unwilling to release. God can only have an effect of change when we're willing to go through a process of release, and this is also part of what we need to learn. That is that many people believe that just because they have a new thought they've gone through the process, and they haven't. That's why they haven't changed. True change can only happen when you go through the change by releasing the emotional causal error that precludes the truth from entering. Once you do that you can absorb a new truth.

Mary:

This principle really strikes to the heart of what you are talking to people about in lectures all of the time. You are saying that there is a situation in your soul right now as it exists and the only way for it to change and for you to change permanently is for you to engage this principle called Absorption, which is to create a situation in your soul where absorption of truth is possible and that's only possible if other things get moving. (Laughs)

Jesus:

If you're willing to release the error, yes.

4.1.1. *Preclusion is about the state of the soul, while absorption is about allowing the soul to change*

Mary:

I think about Preclusion being the snapshot in time, the rock-hard cement that is there now, but Absorption is the principle where everything can get moving again. We can un-constipate our soul and let things out so that new things can come in.

Jesus:

Correct. Absorption is about allowing the change. How do I allow the change? How do I sincerely change? If you understand Absorption you understand that it's pointless trying to change with your intellect. You give that up in fact. You give up trying to change things externally and you focus all of your attention to changing your soul, changing how your soul loves, in particular. Remember that progression is all about love, so it's about changing how your soul loves, and that means getting rid of the unloving feelings inside of the soul and releasing them so that your soul is capable of becoming more loving. That's how change occurs.

Mary:

It's really sad isn't it, that just about all of us have been taught to honour the mind and to present a facade. In that way we just try to change the facade and change the thoughts without really focusing on, "What do I really feel about this topic?" Many of us are terrified to even discover what we feel on many topics, aren't we, and yet until we do we can't engage this principle of Absorption.

Jesus:

That's right. When we look at the other principles of Resistance, Suppression and so forth, we can see that a lot of time it's things like judgement in particular that causes us to engage our will to stop the release of certain emotions. There are certain feelings that we have inside of ourselves that we're not too happy that are even there. Even we're not happy they're there; we know they're there but we're not happy they're there, but we're very, very unwilling to face that they're there, feel them and release

them. As a result we don't change. All we try to do is we try to force our action to be a certain thing. Usually when we force our action to be a certain thing without naturally changing, we become very harsh on ourselves and hard. That's when people become very religiously hard and religiously harsh, and become what you'd classify as, what is it, a strong, staunch ...

Mary:

Orthodox or even evangelical or ...

Jesus:

Well I'd go even further ... become militant, in their actions; because they've had to become so hard on themselves, so hard on themselves trying to keep themselves in line that now they want to do the same to everybody else. That is a very dangerous condition because that justifies a lot of violence on the planet. A lot of violence on the planet is justified through that condition.

Mary:

Sad, isn't it.

Jesus:

Yes, it is sad.

The principle of Absorption is all about the release of the soul's current condition to a new condition. Basically that's what it is. We can't obtain the new condition until the current condition is changed in some way through an emotional process, through a soul-based process. It is going to be quite traumatic generally because the soul-based beliefs are firmly entrenched as feelings and belief systems within us and they are going to have to be worked through with a diligent effort on our part. This is where I find most people are unwilling to engage a diligent effort to discover and release the really true feelings that they have.

Mary:

Yes, and I understand why you presented these principles in the way that you have, in that first we must understand Preclusion. We must understand that if it's there within us, nothing else can enter us. We have to be brave enough, as you just said, to discover what is within us before we can engage with the second principle which is, to start relieving ourselves from what's in us so that new things can be absorbed.

Jesus:

So that our soul can change, so our soul can progress, because true progression is not capable without the soul releasing the things that prevent our progression. I find it quite sad that people don't get these basic principles because you can teach aspects of Divine Truth for years and years and years and if a person doesn't get these basic principles of how the soul operates then basically it's like talking to the air. The person has no positive response to the Divine Truth, and then they become downhearted and

disappointed and disillusioned and usually grumpy and angry with the person trying to teach them rather than being more honest about why they have such a strong desire to suppress the underlying emotions which are causing their stagnation. That's where most people run into a lot of difficulty with Divine Truth.

4.2. Examples of falsifying to ourselves that we are progressing

Mary:

Let's talk more about the difficulties that people face with Divine Truth.

Jesus:

Sure, with regard to this process with Absorption.

Mary:

With regard to this process, because what I observe, and I've even observed this in myself in the past, is a desire to falsify our progress even to ourselves.

Jesus:

Yes, like maintaining a position about us that far exceeds our true development. (Laughter)

Mary:

I seem to have both ends of the spectrum problems. In the past I had ...

Jesus:

It was also lower or higher.

Mary:

Yes I wanted to believe it was better. Now I have problems seeing with clarity about the progress I have made.

4.2.1. We cannot change until causal emotion flows about the beliefs needing to be changed

Mary:

This is the way that I see a lot of people avoiding the truth of where they're at and the truth of Absorption. They seem to avoid this knowledge, what you've been saying that change really isn't possible until causal emotion flows. What I see people do is attach a lot of importance to emotion, but not causal emotion, and so then I observe people trying to be emotional. (Laughter)

Jesus:

When they don't feel like being that.

Mary:

Yes, okay maybe I should say before then, I should say, I see people trying to say they have changed when they haven't been emotional.

Jesus:

Also they haven't changed, and it is quite obvious to the observer that they haven't changed.

Mary:

Their life hasn't changed; their outward demeanour hasn't changed their feelings of joy, peace, satisfaction, none of that has changed.

Jesus:

They might have changed location or they might have changed partner or they might have changed something physical in their life but their actual feelings haven't changed, on those issues.

Mary:

Yes, but a lot of us feel like, "But I know stuff here," (Mary touches her head, Jesus laughs), "and I think it might have even, when I heard it felt a little bit nice or a little bit excited or a little bit sad." But there hasn't been a huge outpouring ...

Jesus:

Transition.

Mary:

... of emotion from me, but I want to believe I've changed.

Jesus:

And you want to believe you know it as well, which is sad.

Mary:

It is sad isn't it and many of us can tell ourselves we know it because we can reel it off or speak it or ...

Jesus:

Yes, that's just the memory at work. It's just like, you give a child a whole series of exercises, you drum it into the child often enough, it'll remember it. It doesn't mean the child feels any different. (Laughs) It's like, if the child wants to steal out of your purse, he's going to steal out of your purse whether or not you tell him a hundred times he is going to be punished for it; if he wants to do it he'll do it. In the end it's only if something changes within his soul that he will actually stop stealing. We often think that we can browbeat ourselves and others into submission and while we may change their actions, the soul won't progress because the soul won't change, and they'll often feel even more resistive to what we're trying to share with them than less.

Mary:

Yes. And I can see that we do that because there are certain emotions within us already, which is the principle of Preclusion, about fear of failing, fear of being rejected, fear of making mistakes, judgement of emotions all of these

things that then drive us to feel like we want to believe we've changed when we haven't. We haven't engaged the principle of Absorption.

Jesus:

Correct. All of those emotions you listed preclude us from actually changing (laughter) and that's the sad thing. Because we're unwilling to feel them we're actually precluded from changing. We're absorbing more and more intellectual memories, words being spoken and remembered, but it has no effect on our entire life. We still get sick, we still grow old, we still die, we still act in unloving ways to our partner, our family, our children, our friends, we still treat the environment badly and all those other things, and we do it all because nothing's really changed in our soul.

Mary:

Yes, it's a big issue.

4.2.2. *The release of causal emotion creates change but often the emotion people feel is rebellion towards the truth or justification of the error-based belief, rather than the release of it*

Mary:

The other thing that I started to speak about earlier was where people attach importance to emotion, rather than understanding that they need to feel the emotion surrounding the error that exists within them.

Jesus:

Correct.

Mary:

I do see people go into emotion which is actually them justifying the error that is within them.

Jesus:

Or rebelling.

Mary:

Or rebelling against the emotion.

Jesus:

Against the truth.

Mary:

Yes, against the truth, or feeling like, "It's not fair. I am not getting what I want - it's not fair that this is happening, it's not fair I'm not being loved," and all of these things when actually they're avoiding the error-based belief that's within them.

Jesus:

Yes. They're not actually feeling the casual emotional error; what they are feeling is their rebellion, rebellion against the truth or their justification of the error. That's what they're really feeling, and of course no change can occur when you do that. (Laughs)

Mary:

That's the thing. We are not engaging this principle of absorption when we do that. It's not about tears; it's about whether we're willing to emotionally feel the errors that are within the soul, isn't it?

Jesus:

Yes. Some of those errors may be rage and some of them might be shame and some of them might be fear and like, there are all sorts of emotions that will be attached to belief systems. We might even be enraged about the concept of having to be loving, and that is an error that keeps our soul in a place where we're unwilling to be loving no matter how much love we receive. That is obviously going to prevent our soul from progression.

We've got all of these things going on for most of us and we're not honest about it. This is where truth is so important, with the human soul. Without truth, the human soul cannot progress. That's why it's the truth that sets you free because it's the truth that opens your soul to understanding what's in it, and it's only by understanding what's in it and releasing what's in it, that you can change.

4.2.3. *An example of being honest about feelings towards men*

Jesus:

This is where you have to be very honest and truthful about what's really there. If you're really angry with your Dad, you're really angry with your Dad and it doesn't matter how much you make out you're not angry with Dad, you are really angry with your Dad. While that anger exists there are certain things that it's going to preclude from the absorption of truth.

Mary:

Yes, and this is such a big area of self-reflection, self-honesty. I have, and I have observed other people, they try to engage with this process ... if we think about it, in terms of Preclusion and Absorption, when we live in facade in our mind we can think, "Oh I love men, I am so ready for my soulmate to come along."

Jesus:

Yes, and we've heard that many hundreds of times haven't we? (Laughter)

Mary:

Yes we have. When we are in this state we think to ourselves, “Okay, to engage with Preclusion, I then believe that what's inside of my soul is a lovely feeling towards men and I desire my soulmate” That's what really exists in my soul.” Then such a woman might have an interaction with a man and her real emotions towards men are not actually what she thinks but she's living in facade in her mind and she believes that.

Through the interaction with that man, he decides he doesn't want to have a relationship with her, and then she thinks, “Okay, Absorption. This is about my Daddy not loving me. I need to cry that I'm rejected,” and so they think they are engaging with these processes but in reality, if they were to be more honest with themselves, they might find that what is precluding the soulmate relationship if you like, or love with their soulmate, is actually a feeling of rage and desire for control and demand upon men. That's the real thing that they need to feel about. When they engage the process of Absorption they will begin to feel about those things, not tell themselves ...

Jesus:

Correct. And their life will change.

Mary:

Yes.

4.3. Automatic changes in life is proof of absorption

Jesus:

This is the thing I feel about Absorption: the proof of whether you've done it is if your life naturally changes without you trying. (Laughter) That's the proof of if you've done it. If your life doesn't naturally change without you trying, then it means you haven't done it, (laughs) and you need to go and find another thing because you're not working on the thing that's actually the problem.

Mary:

Yes, exactly, exactly. This is where I get very passionate about honesty, self-honesty, because I know what it's like to live in facade and to live in your mind, telling yourself and trying to process and engage this absorption principle. Nothing changes and you just feel demoralised.

Jesus:

Yes and that's good. (Laughter)

Mary:

I agree. Because it's telling you ...

Jesus:

... you should be demoralised; you're doing the wrong thing.

Mary:

You haven't even yet engaged Preclusion; you're not even looking at the snapshot that's there.

Jesus:

Exactly, so that way we get to say, "Ah well, the fact that it didn't work means that I did the wrong thing."

Mary:

Yes.

Jesus:

Remember, the soul's fool proof. If we did the right thing we would have changed. If we've done the wrong thing we've not changed. If there's no change, we've obviously done the wrong thing.

4.4. Emotional error is painful to release, while emotional truth is pleasurable to absorb

Mary:

And were going to feel awesome even just connecting to the truth of what's, maybe not awesome but there is a feeling that comes with the recognition of truth.

Jesus:

Well I suppose you can say, the reality is that we'll feel pain when emotional error releases, we'll feel pleasure when the emotional truth enters and this is the beautiful thing about the way God's designed the soul. When emotional truth enters the soul we feel the pleasure that comes from knowing this truth now, and when the emotional error releases from the soul we feel the terrible pain associated with the error. That's how it releases in fact. By feeling the pain associated with the error, it releases the error. We can't go through a process without feeling something and we've got to be aware of that.

Mary:

Yes. Okay, is there more that you'd like to say on the principle of Absorption?

Jesus:

No I think that the main thing is this principle that if there is no change, then it means I haven't found the truth yet, in my soul. I might have thought the truth but I haven't found the truth. I don't know it yet.

We've got to stop telling ourselves that we know things that we're yet to change on. We don't know them; we have only heard them, that's all. Our memory is recalling them, we've heard them. They've gone in our ear and into our memory but nothing else has happened yet, and until the soul actually engages this process of Absorption, nothing will happen. (Laughter)

Nothing will happen and then five years later we go, "Oh, isn't it terrible. I've been on the Divine Truth path for five years," or whatever, "I've done this and I've done that, and nothing's worked." Well nothing's worked because you haven't engaged the process from a soul-based perspective. You've only heard things; you've only remembered things, regurgitated things you remembered. No real change has occurred in your soul.

You're still stopping that from happening because if you are really engaging the change, your soul would have had to release a whole heap of error-based things, you'd be crying here and feeling ashamed about that there, and feeling angry about this here and feeling sad and fearful about that there. You'd be going through all this emotional stuff and it will all be related to causal emotion and not to your rebellion, not to your desire to justify your current position.

Once that happens, real change will occur naturally and you won't even have to try to change, it will just happen. It will just happen around you; it's magical. (Laughs) If we can remind people of that with this principle then at least people know that when things are not working, there must be something going wrong with their understanding of what is going on inside of themselves.

Mary:

Yes, and just encourage people towards this true deep honesty with self.

Jesus:

Self-reflection that's really based on God's Truth, not on your own opinion. To actually have self-reflection based on God's Truth is very, very different to having self-reflection based on your own opinion, because most people who self-reflect based on their own opinion, think that everything that they currently think is true. (Laughs) Whereas once we start having some self-reflection about God's position and opinion, now we start to see that many of the things we believe are false, actually, and that's when we have the opportunity to change.

Mary:

Fantastic, thank you.

5. The principle of "Dominance"

Mary:

Okay, well this is part four of our discussion about how the Human Soul functions, and in this part of the discussion we're going to talk about the principle of Dominance. So over to you my love.

Jesus:

No worries. Well, let's first read the basic principle. "Dominance is the principle that the soul dominates the mind and has full control over the mind, whether the mind believes itself to be in control or not." (Laughter)

"The mind is not capable of ever having full control of the soul and the soul will always at some point in our future exercise its dominance since that is the purpose of its own creation.

Since the soul is emotions, sentiment, desire, passion, longing, aspiration, feelings, sensory, fervour, excitement and other similar attributes and characteristics, and not dominantly intellectual or mental, and the mind is just one single attribute or organ of the soul, it is impossible for the truth to enter the soul without being accompanied by emotional feelings in addition to logical thought. In addition, it is also impossible for error to enter or leave the soul without emotional feelings."

Mary:

Yes, so again it feels like we're building on things we've talked about in previous parts. We talked about Absorption, how error must leave for truth to enter and vice versa, though it's unlikely that truth would leave.

Jesus:

Sometimes it happens where truth leaves and error ... like you see it happen when people go through traumatic events and they become very angry and upset, and sometimes as a result of that they let go of the truth they've always held onto all their life emotionally and through other emotions entering them they absorb an error. Unfortunately that does happen. It is quite an emotionally tumultuous process of course but it does happen and this is how many people in the human race became in the condition that they currently are, through that event happening in their life.

Mary:

Yes, it's sad isn't it?

Jesus:

Yes it is.

Mary:

So this dominance is saying to us then, from what you've said, that the soul is always in charge. It's always the thing that is dominating experience and thought and all things. Also in there you said that emotional feelings and logical thought always accompany truth.

Jesus:

Correct, yes. What I am basically saying in this principle, and remember it's a principle, is that if we understand that the soul dominates everything then we become more soul-centric rather than intellectual-centric. What I mean by that is that we focus more on what's within our soul than thinking things in our mind, so we're more concerned about what's really going on within our feelings and our emotions and our desires and our passions and our longings; that's what we're concerned with. You can understand that that's

the reason we should be concerned with those things because that's what is all about love.

What we love and what are our loves will determine our actions to a large extent. If we love doing things that are destructive and evil then of course our soul will degrade in its condition. If we love doing things that are good and upright then our soul will grow in its condition, but our soul is always going to control what we eventually do.

No matter how much intellectual control we attempt to exercise, our soul will always exercise or attempt to exercise its dominance. Even with people who are intellectually dominant, the soul is really far more dominant and far more controlling than they realise. They often do many things that they look back on and go, "Why did I do that? I don't believe that, I don't think that." But their soul is pushing them along in a certain direction and this is why sometimes people get confused. For example, they think they have grown up with a religious faith all of their life, they believe in love, they believe that love is the answer to all things and yet they are unloving. (Laughter)

The reason why is that there are emotions in their soul that are exercising dominance all the time, trying to show them that actually there's a problem in the soul, not in the mind. Forget about problem in the mind; the problem's not there. The problem is in the soul and the soul will do what the soul desires to do unless you work through why it has these desires. That's a fact.

5.1. The soul is the true self; effort is always required to suppress the soul

Jesus:

So you could say then, that the soul is the true self. The soul is the true self and whatever we think is our true self may or may not be our true self depending on how much we are connected to our soul, to our feelings and our emotions and our desires and our passions. That is going to be the real self.

Mary:

Yes. Something that struck me in feeling about this principle, which could be good news (laughter) depending on how you come at it, is that effort will always be required to suppress the soul. Some of us, who don't want to welcome our soul, feel that that is bad thing. "I am always going to have to try." But actually if we look at it from Gods perspective, that's a wonderful thing isn't it? Because the thing that is our true self and the thing that is dictating all of our experiences and creating our attractions, this thing is very hard to dominate. In fact it dominates.

Jesus:

Yes. God made it that way. Like, God made it fool proof and God made it that way so that eventually we'd realise, "Something else is going on here. No matter how much I use my intellect I still can't seem to change in my soul's progression with regard to love, what's going on? There must be something in my soul, something in some other location other than my mind that's causing me to want to take these actions and I need to find it. I need to discover it; I need to release it, if I am ever going to become more loving."

5.1.1. False beliefs surrounding people's inability to change

Mary:

This is a sad thing as well I feel, about the state of the world. It is that many people have given up on the idea that change is possible. Many people actually believe, "Well, the person is the person that they are from seven years on, that's it, it's done and dusted."

Jesus:

And for the majority of people that is true.

Mary:

That's right; many people believe that, because there's very little engagement with these principles in day-to-day life.

Jesus:

Yes. Most people have no awareness of how the soul can truly change and as such many people have a belief that you can't really change. "You can't really change," is what they really believe. They feel that any change would have to be forced upon the soul, and of course that's what they'd attempt to do through their intellect, rather than understanding that it's only because of the error in the soul that needs to be released that no change is happening. That is the true cause of no change.

5.2. The mind is often used as a tool of denial to suppress the true feelings of the soul rather than a processor and investigator that can help us to discover the soul

Mary:

Okay. So moving on to just some other points that I thought were relevant: We've talked a lot in our other discussions about how much we want to use this mind of our spirit body, to develop that rather than our soul but in this case the mind is often used as a tool of denial to suppress the true feelings of the soul, rather than as a processor and an investigator that can help us to discover the soul and what the soul's dominance is all about.

Jesus:

Yes, I think it would've been about eight or nine years ago now, I wrote a paper I suppose you would call it, a letter to some people about using the mind differently. Most people really struggle to use their mind differently to how they've been educated to do from their childhood onwards.

See, most people have been taught to use their mind as the controller of the soul. This is our main problem. We think that it can control the soul and then we're taught to use our mind to attempt to control the soul. Sometimes it's successful for periods of time but of course it's never going to be eternally successful because the soul is always going to exercise dominance.

What happens though, is that we start telling ourselves, "Well, the proper use of our mind is to control everything." But that's not the proper use of our mind. The proper use of our mind is to seek and discover all emotions inside of our soul and to release those emotions in a way that's loving. That's the proper use of our mind.

In other words, if our soul feels like going out and killing someone that's a problem. What we do is we allow ourselves to feel the emotion and feel the reason why it's present, but we use our mind to say, "Don't you go and do that unloving thing; feel this unloving emotion instead." Feel the feeling you feel, that you want to do it. If you truly get to the cause of this feeling you will release it and all of a sudden that feeling will dissipate from you and you will no longer feel that way towards that person. That's the proper way to use the mind.

5.2.1. *An example of religious beliefs about controlling sin*

Mary:

Yes, to engage the next principle that we'll talk about later, which is about Progression. But it's a very Christian viewpoint that you highlighted isn't it? That we must use the mind to control the animal instincts of the person or the Original Sin that exists within us.

Jesus:

I feel it's in most religions, not just in the Christian faith, yes.

Mary:

Yes, and yet there is this other great opportunity that we have, that you just pointed out, to actually engage our mind to discover and then to heal things. That's the only way things can change permanently.

Jesus:

Yes. I feel that the majority of people in religious faiths don't understand that basic principle, that permanent change is not possible unless you understand the soul is continuously going to try for dominance and the only

way to fix this is to actually release from the soul the error of what it wants to dominate, the error that it wants to take. Now unfortunately in Bible texts and other Holy Scripture texts there are thoughts such as, "The heart is treacherous and who can know it?" That's basically telling you not to trust your soul, and what I am suggesting is, "Trust your soul's feelings; you don't have to act upon them."

There's a difference between feeling the soul's feelings and taking an action upon them. If the feeling of the soul is to go and do something that from God's perspective is obviously unloving, then you would use your mind to help you not take that action, but you would also use your mind to find the reason why you feel that you want to take that action. That's where most religious faiths fall down. They don't use their mind to find the reason, they only use their mind to control or dominate, or attempt to dominate the soul. Of course it's never successful; they always finish up reverting back to that behaviour.

A lot of men, for example, with regard to their desires for looking at a naked woman's body, they revert to pornography. Then in the Christian faith they feel very guilty about the fact that they're looking at pornography or they feel very much like they are sinners and "isn't it terrible." They ask for forgiveness and then the very next week they want to look at pornography again.

Now why is that? It's because there's something in the soul that needs to change that causes them to desire to look at pornography all the time and not be focused sexually on their own partner if they have one. As a result of that they focus on feeling all bad and guilty and terrible but not finding the real reason why they feel drawn to pornography.

Once you find the real reason why you are drawn to pornography you won't be drawn to it anymore. Then you won't desire to do it, and so you won't have to try to not look. There'll be no desire in you to buy it or to look at it on the internet or any of those things, and then you don't have to feel guilty either (laughter), that you've done it, because you no longer do it.

5.2.2. Focusing on a problem with the mind creates a stronger attraction to the problem

Mary:

That's the thing isn't it? The error within the soul is going to try to dominate, well it's designed to dominate our experience, but the longer we live in denial or try to deny, and we use all this effort and we create fear about even feeling and discovering what's in our soul, the more it becomes a problem, doesn't it? It requires more effort, and we have more fear.

Jesus:

The interesting thing that happens ... it's a very interesting thing that goes on ... is that we have to use our mind to think about dominating more and as a result we finish up thinking more about the problem, (laughter) which actually causes a stronger attraction to the problem. So it's quite clever that God made this system that the more you try to dominate your soul with your mind by thinking about the problem and trying to focus on the problem, the more the problem becomes evident. (Laughter)

It's quite clever, and the interesting thing is that if you focus your attention instead on finding the reason why you feel that way in your soul and you release it, you don't have to think about it at all. As a result it is out of your mind and therefore you're not focused on it anymore and so it doesn't come up. (Laughter)

Mary:

I just had a memory of an episode of Fawlty Towers, and for anyone watching, it's an English comedy show with John Cleese. They have a German person come into the hotel to stay and he says to all the staff "Don't mention the war, don't mention the war", and so obviously he ...

Jesus:

... and all of them want to mention the war all the time. (Laughter)

Mary:

... and he ends up mentioning the war and references to the war all the time because he is trying so hard not to.

Jesus:

... not mention it, yes. And that's exactly how we are with the soul. The soul will do what it desires and unless we look at the reason why we're never going to get rid of the cause.

5.2.3. *Attempting to deal with effects rather than soul causes wastes huge amounts of energy*

Mary:

What struck me, I mentioned earlier this terrible effort that we have to put in, and if we think about that on a global scale just about everyone on the earth is trying to suppress and deny what's in their soul. It's like a global, huge waste of energy to me.

Jesus:

Yes. If we had to analyse how much energy the whole human race wastes on trying to change things that are never going to change unless we look at the real reasons why they're there, it's amazing.

In fact almost the entire medial profession is focused on changing the effects of things. Look at that entire profession. In any country that's billions and billions and billions of dollars of taxpayers' funds going towards the wrong

use of our energy. We're trying to fix the effect rather than fix the cause and that's because we don't understand dominance. We think that fixing the effect does something but it doesn't. It just keeps causing the same problem over and over again because we're not focused on the cause.

A person who speeds is going to speed until you fix the reason why he speeds. You can make as many laws as you want; you can fine him as much as you want; he'll still speed, he will. You can throw him in jail and the very next day after he gets out he'll probably speed. (Laughs)

Until you focus on the reason why he does it, you won't change anything and the same applies to people with relationships, cheating on each other, parents abusing children and all of these other aspects of life that cause so much trouble. Unless we focus on what is dominant in the soul and find the reason inside the soul why that happens, no change is ever really going to occur. We'll be like living the same day over and over and over again.

It's like that movie Groundhog Day with Bill Murray in it. He's living the same day over and over again trying a different action without finding a change in his soul and it's only when he changed in his soul that something in his day actually finished up really changing. And that's the same with us, like, we need to change our soul so that things can really change and until we do that nothing can change. Globally man has wasted so much money, time, effort, going towards trying to fix, providing solutions to fixing the effects rather than understanding why they occur.

Mary:

Which is all about the dominance of what's in the soul. I even thought about it just on a person-to-person scale, the emotional energy and the mind power that so many of us are using to suppress and deny the dominance of what's already inside of us. Imagine if we used that energy in different ways.

Jesus:

If we just gave up and surrendered and said, "Okay, I'm like that." (Laughter)

Mary:

"This is me."

Jesus:

"This is me, and I can see that there are a lot of bad things here now; let's try and find the reason why I feel this way." That would be a much better use of our effort than trying to go, "No I am not like that, no I am not like that. Don't tell me I'm like that," and fighting with everybody who tells you you're like that, trying to control the knowledge that we are like what we are. So it's a very important part, the principle of Dominance I feel. I feel too, that many of us are actually acting in denial of dominance because you look at how many people talk about diet all the time, taking this pill, that pill.

Mary:

Habits of highly successful people.

Jesus:

Habits of highly ... yes, changing our habits and all of these focuses on the physical body; they're all focused because we don't understand our soul. We don't understand that even how fat our body is, is totally determined by what's going on within our soul and that's driving what we eat. (Laughs) If we could change what's inside the soul we wouldn't need the same things and we wouldn't need to go on diets. We'd slim up straight away.

It's the same principle with every single walk of life. When we are focused on the physical all the time, it is proof that we don't understand dominance. It's proof that we don't understand our soul. If you focused on a physical cure or physical solution to your problems, it's proof that you're yet to understand this principle, you are yet to understand the principle of dominance.

5.2.4. *Becoming truthful about our real and injured selves*

Mary:

Also, I feel it's because we've been trained away from trusting our feeling state, and so we feel more comfortable with change, we trust things more, that physical things seem more tangible to us, even than to our own feelings because we've been so trained away from trusting our feelings as children, would you say?

Jesus:

I do also feel though, that a lot of our feelings are not trustworthy (laughter) in a sense that we are often in the superficial part of our feelings rather than in the causal part of our feelings. We talk to people about: there's their true nature and personality, and there's injured nature and personality, and then there's facade nature and personality. Most people live almost totally in their facade nature and personality. That's not their soul. That's the full functioning of their intellect and all of the soul-based damage that's occurred through the hurt part of the soul.

Unless we understand these principles and unless we get to the soul cause and somehow get that soul cause out of our soul, every action we take, every physical pill we pop, everything that we do is going to be based upon trying to address effects other than causes.

5.2.5. *Childhood reasons for denying the soul*

Mary:

Yes, perhaps if you will permit me to personalise this yet again.

Jesus:

Sure.

Mary:

I know for myself when encountering principles like dominance and progression as they truly exist, I have wanted to run from this experience of what is truly in my soul, because as a child that wasn't rewarded, so there's a feeling of wanting to be able ... feeling helpless to change things and then feeling that if I change this effect, if I work with this physical thing in my daily life, I even get to avoid feeling how helpless and hopeless I feel about change. That hopelessness is there because there is such a terror of diving into the emotional state because of some things that are precluding, some fears that make me believe that diving into that feeling state is going to create ...

Jesus:

Some kind of terrible thing.

Mary:

Punishment or withdrawal of love, something terrible, and so I see that I have fought the dominance of my soul, if you like, for that reason.

Jesus:

Yes. The majority of the people on the planet are in an active war with their own soul, because they're taught to be in this active war from the time of their childhood. Their parents are generally in a war with their children's soul so what happens initially when a child is born, the parent starts feeling a lot of the things it doesn't want the child to be.

As a result the parent starts forcing stuff into the child and of course this creates a feeling of acceptance of the parent's dominance and that of course makes the child very, very afraid of being able to feel itself and to feel its true nature and personality. As a result, most of us by the time we are in our teenage years, and even in our rebellious teenage years, we still only are willing to go a certain way with pushing the boundaries generally, the average person. Or when we push the boundaries, we're pushing them because we're already angry, which is not a loving emotion coming from our soul anyway, but by that time we've already got a lot of unloving emotions inside of our soul driving our actions to rebel.

As a result of that we become so afraid of being our true selves that even when we're alone, we're afraid of being our true selves. It's like the soul is so afraid of what the parents might have done that it now thinks it will happen to them, if they change now as an adult.

Mary:

Yes and they feel they will experience that, even with no-one else around, that it will be terrible and frightening or whatever.

Jesus:

Often as a result it is terrible and frightening, because that is the belief inside of the soul. That belief was created by the parents who created this particular belief that it's frightening to connect with your true self. "You need to dominate your true self, you need to push it away otherwise God or we will disapprove, we will disapprove of you." That's the implication of most of the parents' actions and if they are of a religious faith the parents probably inculcated that about God feeling this way towards the child. As a result there is a terrible amount of fear inside of the child towards being itself and that's all because we have tried to suppress the soul's dominance.

Mary:

Yes, and I can see that from both perspectives in terms of the error, a terrible fear of just experiencing the error that exists within, but also ...

Jesus:

So that the preclusion emotion is the fear. The fear is precluding us from working through all that, those feelings.

Mary:

Yes, I have also experienced that and I think a lot of people experience ... or maybe not, I don't know. I can only speak for myself but in terms of my true nature and personality, which is a part of my soul, which wants to dominate and will eventually dominate, it scares the crap out of me, just being myself and expressing my passions and desires and my love of God.

5.2.6. *Surrendering to the dominance of the soul***Jesus:**

And that's about the preclusion emotion of not being willing to surrender. (Laughter) So yes, the preclusion emotion of not being willing to surrender causes us to refuse to surrender to our soul's true nature.

Mary:

Yes, which is going to dominate eventually anyway.

Jesus:

Sooner or later, once we surrender. Sooner or later what happens is that we've expended so much energy not surrendering, fighting and fighting and fighting and fighting most of our life, that eventually we are so exhausted that we surrender. It is far better to surrender much younger if you can, rather than surrendering after just a long battle or war with your own soul.

Mary:

Yes, and do you feel, why do you feel we resist surrender towards the positive aspects of our nature?

Jesus:

Because we were taught by our parents and by our environment that those things weren't positive. It's quite plain that we've been taught those things. Again, what is God's Truth about the matter? Would God see these things as positive? If our parents believe they're so negative, what's the logical reason why they believe they're so negative; these are the kinds of things we are going to have to resolve in order to eventually allow the soul emotion, which is the preclusion emotion of fear to be released. Once these preclusion emotions of the fear are released then we are open to absorbing some new truths about ourselves and we're also open to acting in harmony with our soul's dominance.

5.2.7. *Suppressing dominance results in pain***Mary:**

Yes, and it only ends in more pain, trying to suppress the dominance doesn't it?

Jesus:

That's the sad thing. The majority of the pain on the planet is caused by the suppression of the soul's dominance. If the average person allows their soul to dominate they wouldn't be able to go to war, they wouldn't be able to take unloving actions towards their partners or their friends, they would feel terribly guilty if they did, but they wouldn't even take those actions because the soul would have released the emotions as to what causes them to take those actions.

5.3. *Courage is required to live in harmony with dominance***Jesus:**

Unless we understand dominance and actually live our life in harmony with it ... and this requires some courage because not only do we have the courage to release the reasons, the negative emotions, the fear-based emotions as to why we are not allowing our soul to dominate, we have to have the courage to allow our soul to dominate even if in the future other people may attack us for such allowance.

There are all sorts of people up there who want to suppress you. There are all sorts of people who want you to be a different person than you really are. God's not like that. God wants you to be who you truly are, not what your errors dictate you are, but rather who you truly are and that means you discovering your true nature and personality and having the courage to live it, and that's where I see a lot of people struggling. They discover some parts of their true nature but they don't let themselves have the courage to live it. They don't allow themselves to go through the fears that cause them to not

be able to live it, and so preclusion precludes them from being their true self. And that's pretty sad.

Mary:

It is, isn't it? Imagine a world where kids are taught from when they're born that the soul has dominance and that this can be very empowering and they can learn so much by allowing the soul to dominate.

Jesus:

Yes, and that their pure personality is something to be honoured ...

Mary:

And treasured.

Jesus:

... and treasured, not something to be broken and pushed into a mould.

Mary:

Made into, conformed to a certain set of standards.

Jesus:

A lot of people on this planet believe that conformity is the only way to engage Law, and that is so wrong. The Law of Love does not demand conformity, it demands love. Love is the way to have a peaceful environment, not conformity. This is something that we still need to learn on the planet, that it's only love that can actually develop true peace.

Conformity doesn't develop peace and we have a lot of evidence of that both in our personal societies, in each individual country, but also in the world as a whole. We can see that many times we conform, we compromise, but it doesn't create peace, it doesn't create peace at all. When we love it creates peace. That's the only thing that's going to create peace, and love comes from the soul, so the soul is going to have to change and be dominant in order to love.

Mary:

Perhaps we should wrap up our discussion of dominance there, because the next discussion is about progression, which is all about how we can do that.

Jesus:

And how we engage all of the principles we've learnt so far, yes, good.

6. Discussion and questions about "Progression"

Mary:

We're continuing our discussion of how the human soul functions and we are up to the principle of Progression. I am with Jesus and we're going to discuss and have some questions about the principle of Progression.

Jesus:

Good, again shall I read the general principle?

Mary:

Yes please.

Jesus:

“Progression is the principle that true progression within the soul can only be obtained through an emotional process that will involve both pain associated with emotions related to error and pleasure associated with emotions related to truth. If the soul denies either pain or pleasure or uses its mind to deny pain or pleasure, progression cannot occur.”

“One immediate and permanent characteristic or indication that truth has entered the soul is that it must have been an emotional process. (Laughter) It also fundamentally suggests that one characteristic of the release or acceptance of error in the soul is that it must also be an emotional process.” In other words, truth being accepted is an emotional process and error being released is an emotional process. You can't intellectualise yourself out of your belief, at all, ever, never, ever. (Laughter)

Mary:

And progress is always, always, always emotional and there is no other way to progress, otherwise we're still with the dominance of what's already existing within the soul, because the only way for things to leave the soul is through this emotional process.

6.1. Progression involves tolerance and acceptance of both pain and pleasure and is always emotional

Jesus:

Yes. It's such an important truth to understand I feel, that most of the people who have been listening for five to six years have still not got much understanding of, this process where we need to understand that we need to allow pain and pleasure.

On the planet today the majority of people are so addicted to pleasure that they cannot allow any pain, and the problem with that is that the soul is often full of pain from our childhoods, from our environment and we don't allow the expression of it, so what happens is that the pain levels inside of our soul build up, build up, build up, build up; they reach traumatic levels because we don't ever allow their release.

As a result, many times our whole life becomes quite traumatic. We're not allowing the release of these painful emotions because we're addicted to the concept that we shouldn't have to feel them, but they are inside of us and only we can feel them.

This is a problem that I see most people face. They don't understand that unless you allow these painful emotions to be experienced, which means going through some painful feelings, you are not going to progress. No real progress can occur.

There are even people now channelling differently, or telling ... Every time I teach this concept people are so challenged they want to run off to a spirit who tells them something different. They don't understand that this is the only way you can truly progress, by allowing yourself to feel both your painful and pleasurable emotions.

Mary:

I don't know Baby, how you can say it more clearly or more definitely. I do know that there comes a point in your progression, it's at the start of your progression really, where you realise emotionally the truth of what you've just stated, where you say ...

Jesus:

Where you give up trying for it to be something different. (Laughter)

Mary:

You give up just holding in the back of your mind, "Hopefully, maybe it could have been, it's still something isn't it that intellectual, that shift I made ..."

Jesus:

"Maybe there's a different way, there surely has to be a different way," this is what we are constantly focused on.

Mary:

Stop looking for proof of other. There comes a point where you emotionally realise - you're emotional when you do realise it - where you emotionally realise, "Unless I am emotional, unless emotion is flowing from me, nothing will change permanently in my life."

Jesus:

That's right. It's such a critical point in a person's progression for that realisation to actually occur, and so many people arrogantly assume that, that is not the case, and it doesn't matter how much you talk to them about it, in fact most of the people who are not progressing, doesn't matter how much I have said that to them, they still do not believe it. And this is why ... Since April 2014, for anybody listening to this at the moment, we've recently begun some discussion about emotions and the importance of emotions, the importance of feeling emotions, because without people truly getting that principle, no change is possible.

Love is an emotion, like, no matter what anybody tells you, it's an emotion. It's not a thought, it's an emotion; it's a feeling within you that drives your actions. When you love something - you aren't backward in coming forward when you love something; when you truly love it drives you into action.

See, love's this beautiful motivating emotion and any changes in our love state are going to have to be emotional. They're going to have to be because love itself is an emotion and we're not going to change if we try to convince ourselves differently. I've talked about that for years and years now and the average person coming to the seminars still does not believe that. They still believe they can intellectually adjust their life, intellectually adjust their health, intellectually adjust their relationships and so forth, without having to feel an emotion about it, in particular without having to feel a painful emotion.

6.1.1. Refusal to feel pain creates very unloving behaviour on Earth

Jesus:

We are so addicted to only having pleasurable emotions that we are scared, we're petrified of pain, and the problem with a person who is petrified of pain is that they'll do anything, including causing pain to others, to prevent their own pain.

And this is a very sad state of affairs. When we are willing to do anything to prevent our own pain, we are willing to go to war, we are willing to rape, murder, pillage, we are willing to lie, steal, cheat, we are willing to do anything in that state to prevent the experience of our own pain, that is a very dangerous state. Actually, it's the one of the main dangers on this planet. The level of violence that appears on this planet is almost all directly the result of a person's individual desire to avoid their own pain. It's just such a sad state of affairs. We need to learn how to cope with and feel pain without acting upon it, and this is very important.

Mary:

That's what happens often, isn't it, that pain is triggered, or even, sadly in the West, we are so accustomed now to meeting our addictions and getting what we want. We're even uncomfortable with a little bit of discomfort. Like if there's a tiny bit of break in routine, we don't get what we want, there's rage and rebellion even about just experiencing that. But really what you're saying is, in order for us to change and grow, for the world to change for the better, we must all learn to allow the overwhelm of our pain rather than have it triggered and try to prevent it.

Jesus:

The experience of our pain, the full experience of it. For most people that is going to feel very overwhelming because they have never done that in their entire life and so of course it's going to be overwhelming initially. But this is how the soul grows. It has to be overwhelmed in order to grow. You can't grow without being overwhelmed by your emotion of some kind, whether it's pleasure or pain.

Mary:

Let's face it; a lot of us are frightened of also being overwhelmed by pleasure. There are a lot of other fears that can be triggered in that process, and unless we're humble to them that doesn't happen then either.

Jesus:

Correct. We've got this double whammy, if you like, where we're constructing our life, we're so afraid of being overwhelmed by pain and at the same time we're seeking pleasure, but not too much, not too much. (Laughs) We're trying to control how much.

Mary:

It's like this: there's a zone of comfort and anything outside either end is challenging emotionally and so we avoid that and actually, as you said earlier, justify pretty harsh behaviour.

Jesus:

Yes, right down to killing people. How many mothers are willing to kill their own unborn child, just because they might experience a bit of pain by having childbirth and having to look after the child? You know that happens; we've documented having that happen 50 million times every year, where 50 million people feel like that every year. That's not including the fathers who encourage such things, so this is an indication that we are so focused on avoiding pain that we are willing to kill children in order to avoid pain. That's how bad this problem is on the planet and we need to change this. The way you can change this is teaching children how to feel their own pain without acting on it. If we had programs in schools that taught children how to feel their own pain without acting upon it, by the time they were five or six years of age they wouldn't have any pain.

Mary:

That would be so awesome.

Jesus:

They would be free of pain and they would only experience pleasure. Because we are so focused on suppressing pain, even in the child, by the time the children are in their teenage years they are now creating havoc and pain for other people generally. The number of things that we are prepared to do to avoid pain is very intense. It is a major cause of all violence on the planet, a major cause of all murders on the planet; all abortions on the planet and so forth are caused by this desire to avoid personal pain. It is such a terrible state of affairs and it will not change unless we start seeing that true progression can only occur by us allowing the feeling of pain.

Mary:

It's so simple; it's such an answer. If everyone on the planet just did that one thing the planet would change overnight.

Jesus:

Correct, there would be no war because there'd be no one who'd want to suppress their pain enough to go to war.

Mary:

Who wanted to avoid pain enough, yes.

Jesus:

There'd be no war, there would be no rapes. There would be no man who feels enough pain to actually contemplate sexually violating a woman, so there'd be no rapes because he is willing to go through his emotions about that, how he is feeling about that, how he was treated as a child from his own mother perhaps or whatever. He is allowing himself to go through those things rather than actually take that out on another woman. There'd be no violence. Somebody insults you, and you'd feel your pain about it instead of punching them back. Someone violently assaults you; you'd feel your own pain about it without wanting to kill them.

6.2. Progress is by the absorption of truth, which brings joy

Mary:

If everyone engaged that process with God, truth would begin entering people everywhere and so joy would be multiplied exponentially.

Jesus:

Everywhere.

Mary:

That always happens when truth is absorbed, there's joy. Also, things would be more in harmony with logic, as we've talked about earlier in this discussion.

6.3. The world would change as people progress

Jesus:

Yes. Laws would change overnight because everybody would now disagree that law applies anymore. (Laughter)

Mary:

You wouldn't even have to change the law in a court; there'd be a new law because everyone would be acting in that law and the other one would be redundant.

Jesus:

A lot of laws would become redundant as a result of everyone feeling their own pain rather than acting upon it, and it's such an important message of progression. The majority of people still have no real understanding of how much change will result once they actually embrace it inside of their soul, both to themselves personally, not only to themselves but also to their

families, their friends, the society in which they live, their work environment, everything around them. The environment itself will change as a result of them choosing differently.

6.4. Progression is a simple process once allowed

Mary:

Yes, and I often see people around us who are trying to analyse their progress, “Oh I cried about this, I think it was about that, I think that's going to change this. By doing this, I've got to figure out,” it's very analytical and intellectual. If we just trusted these principles, and just said, “Well, if I am willing to be honest and self-reflective and feel what's really there, and understand the principle that progression is going to happen if I simply allow the emotion that is there ...” then we wouldn't have to put any effort into analysing. We would just feel, and truth would enter us. It's only the belief in error that creates our pain anyway and so there couldn't be more pain.

Jesus:

It simplifies everything. You don't have to think so much; you just focus on finding the error and letting it go. Finding the error; you know there's pain there, let the pain go, feel it. The only way you're going to let it go is by feeling it. You're focused on using your mind to find the pain and feeling it, instead of using your mind to try to run away from it and doing all the other things we do trying to get away from that pain. If you really understood progression you would never avoid a single pain that you'd had again. You'd never avoid it.

6.5. Progression always results in more clarity and more joy, even if in the process more error fear is exposed or external circumstances seem more dangerous

Mary:

Sadly, a lot of us have a lot of false beliefs about what's going to happen to us when we feel our pain, but the truth is that when we progress, when we really progress using this principle, and feeling our emotions, we have more clarity and more joy in our life regardless even of what happens around us. Even if more fear gets exposed, even if more emotions get exposed, there is still more joy and quality of life within us, and within our relationship with God.

Jesus:

This is the unfortunate fact. The majority of people feel that it's dangerous to feel their own pain and the reality is, it's dangerous not to. It's dangerous not to feel your own pain. It's actually going to be better to feel your pain than not.

This is where I feel a lot of people's false beliefs get really tied up in the whole thing, don't they? Where they believe, "If I feel pain, my life's going to get worse." They often believe that of course, and that prevents them from feeling their pain, which means their life does get worse ironically.

I find that so unfortunate, watching people do all of this when it's quite simple. If you allow yourself to truly experience your own pain and release it, it will release by you feeling it. Once that happens, change is automatic after that; you don't have to try. On top of that you experience the joy of relief, of it all being released. In addition, that is the safest place you can be.

There's so much focus, I find, on how dangerous it is to feel your emotions – man, the number of times the media in Australia and overseas has criticised me for teaching this teaching, it's incredible how much investment there is in trying to have people not feel their pain.

Mary:

Isn't it crazy, you don't see them knocking on doors of funeral parlours and bursting in and saying to people ...

Jesus:

"Don't feel your pain."

Mary:

"... Stop crying, stop crying, that's dangerous," when in fact we're really just encouraging people to do the same thing. Every time you suppress the loss or a feeling of fear or a feeling of grief in your past, simply allow that process now.

Jesus:

Correct.

Mary:

It's only the false beliefs we have about that process that actually puts us in any danger.

Jesus:

Yes and there are an immense number of spirits around us who do not want us to feel our pain. That's because it's through our pain that they meet their own addictions.

Mary:

Or through our avoidance of pain.

Jesus:

Yes. Through our avoidance of, trying to get away from, our pain, they meet their addictions. They are heavily invested in telling us that we shouldn't have to feel our pain, and the world as well is heavily invested in telling us we shouldn't have to feel our pain and why is that? Because they want to sell

us something, they want to sell us some kind of product that helps us avoid our pain, that's why they are heavily invested in it. Until the world gets away from this investment in helping people avoid pain and instead makes products and services that helps you get into your pain in a loving way that is not harmful, then we're not going to have much change on the planet, to be honest.

Mary:

You can tell we're a bit passionate about this point. (Laughs)

6.6. Painful error must be experienced before pleasurable truth can be absorbed

Jesus:

Honestly, it's one of the biggest problems that we face in the teachings of Divine Truth, because people think they can absorb new truth without getting rid of the old painful error and they can't. I can speak truth all day, every day, and we can have a hundred hours of videos every week talking about new truth and the majority of people are not going to be able to have it absorbed into their soul because they are unwilling to feel the pain of their error. It's like knocking on a brick wall. Until there's an opening in the soul towards pain, which is like a door in the brick wall, nothing will change.

The world will not accept truth while it is so opposed to feeling pain, because the error that's within the soul is all painful. It's going to have to come out, and it's going to have to come out by experiencing it and there are no other options. There's no other option.

There is no other fancy way. There's no tapping, there's no this, there's no that, there's no Reiki; none of those things will cause you to actually get into all of your causal grief and pain. You have to go through it and when you allow yourself to go through it, God's Love can come and just wash it away so simply and easily. This is the sad thing: because we're so unwilling to feel the pain, it doesn't give us the opportunity to feel much of God's Love either. That's very sad.

Mary:

We know from the other principles like dominance, that all of our belief systems, all of our thoughts, all of our actions, everything is going to be based on what is already within our soul, so it doesn't matter if you try to find the casual belief and modify that and ask God to please take it away, unless we deal with the causal emotion that has driven that belief ...

Jesus:

... and unless we are willing to feel it and experience it ...

Mary:

Yes, unless it's gone from us in an emotional process, it's going to dominate our life.

Jesus:

Correct. I feel that this is one of the major things people need to understand about their progression. These are the principles of progression that are so, so important for a person to understand. If they understand this, they understand the soul, and this kind of understanding of the soul is everlasting.

This is how the soul progresses. Once you've released all your pain, the only emotion you experience after that is pleasure, so it's going to be very easy to learn once all the emotions about learning that are just pleasurable, isn't it? But if you're unwilling to feel the pain, none of that can actually ever happen, and that's the sad thing.

The world is in so much pain and the individuals in the world are in so much pain, and we never engage the process of the feeling of the pain and as a result the truth, the pleasure of receiving the truth cannot happen for us and that's also a sad thing. God's trying to share all this truth, all this wealth of emotional experience, and truth that God has for us to experience. We can't experience any of it when we're so resistive to our pain and so we're really using our will to lock up the progress of our soul.

The only way our soul is going to progress is by our being heavily engaged in a slow and very, very painful process of slowly changing each emotion that we're unwilling to feel completely because we are unwilling to cope with being overwhelmed with pain. As a result we feel a smidge of it, feel a smidge of it, feel a smidge of it, and make a little bit of progress because we feel a smidge of it each time, but it takes hundreds if not thousands of years for people to do that kind of progression, when your progression can be right down ten years or fifteen, twenty years. Even on Earth it can be fifteen, twenty years for progression and you're at-one with God and without pain, so why would you avoid that process when doing it the other way can take thousands of years?

It just makes no sense at all to me. This is something we observed a lot from the spirit world obviously, people making these choices to avoid pain, avoid pain, avoid pain. Hopefully one of the things we are trying to show people is, like, we've been through a lot of personal pain and we've still got more personal pain to go through, and each time we do we end up feeling happier. That is a demonstration of the truth of what we teach.

Mary:

Yes, thanks darling for discussing this with me.

Jesus:

No worries. I suppose that that is the finish of our session today with regard to feeling these points about the human soul. We've still got three more points to discuss about this. We'll do this in our next session on The Human Soul, which we hope will be next week, so thanks for your time.

Mary:

Yes. We hope you enjoyed it.

Jesus:

We hope you enjoyed it and thanks again for Igor behind our main camera there and Lena behind the other camera for recording our sessions today for us, thanks guys.

Session 3

1. Introductory Comments

Jesus:

Good day. Mary and I are today continuing our discussion about how the human soul functions, so hopefully you've been enjoying the discussion up until now. I know we've been quite windbags (laughter) in our previous discussions.

Mary:

We're fairly passionate about this topic.

Jesus:

It's a very important topic that we want to discuss with you, because we feel quite strongly that unless you know how the human soul functions, you don't know why things occur between your soul, your physical body and your spirit body, so it's very important to know how your human soul functions. Now, what we'd encourage you to do, before listening to this particular session, is to look at Session One which was done in April last year, April 2013, and then Session Two which we did last week, which is in April 2014, before you actually look at this session, which is Session Three, on the subject.

In the first session, we basically discussed the principles of all of the different parts of how the human soul functions, in terms of the ideas or concepts. In the second two sessions, last week and this week, what we're trying to do is to give you more information about those particular concepts and belief systems, in terms of how we can bring these concepts into reality in our day-to-day life.

Questions about how it works or how it looks like in our day-to-day life, that's our primary focus with this session, and it was also our primary focus with the last session that we did last week. Now what we're going to do is discuss the last three concepts. We discussed the first - I think it was four or five concepts last week, and now we're going to discuss the last three concepts, as a part of this introduction about how the human soul functions. Hopefully you'll enjoy our company while we do that.

2. The principle of "Resistance"

Mary:

Today I am here with Jesus, and we're continuing our discussion of how the human soul functions. The next section we will discuss will be on the principle of resistance.

Jesus:

Yes, interesting principle, resistance. Everyone needs to know about resistance. (Laughter)

Mary:

I feel like I already know a lot about resistance.

Jesus:

Most people know about resistance all of their life, but unfortunately most people don't know it from a soul-based perspective. They don't understand why they're resisting, and they don't understand what resistance does to their soul, how it affects their soul and what goes on inside of the soul, what physically goes on inside of the soul when you resist. It precludes truth from entering you. Of course you can also resist error, so it can also preclude error from entering you, so it's a very important thing to understand about how resistance works.

Mary:

Would you be happy to read us the principle as you've outlined it in the document, and then we can discuss it a little bit? Because it actually works almost in a positive and a negative direction as you've just alluded to, doesn't it?

Jesus:

Correct. Let's read the principles: "Resistance is the principle that truth enters the soul when there is no emotional impediment, as error, resisting the absorption of the truth. Error enters the soul when there is no emotional impediment, as truth, resisting the absorption of the error. Emotional impediments are under the control of the will of the individual, in that the will can be exercised to emotionally release the reason for resistance, and this is the part of humility," so we've got a fair bit to discuss about that.

Mary:

Yes we do.

Jesus:

I'll read the other two paragraphs first, and then we can do the discussion. "This principle defines the reasons for the inability to absorb, which is resistance, in that all absorption, whether truth or error, occur due to emotional openings within the soul, emotional openings that have been created by the will of the individual to emotionally release the resistance. Emotional impediments of error are created by the soul being unable to fully utilise its mind and other attributes, especially love and humility, to resist the absorption of the impediment. This especially occurs during childhood, while the emotional and intellectual development of the soul is yet to mature."

Let's look at the first paragraph and maybe discuss that a little. What we're basically saying is that for something to enter the soul, there has to be inside of the soul no emotional impediment for that to enter, and if there is an emotional impediment, that is resistance. All resistance is an emotion that exists within the soul already.

Now you can have resistance to truth. That's an emotion that exists in the soul that says, "I can't accept that truth," and then you can also have resistance to error. In other words, you can have an emotion in the soul that says, "I can't accept that error." We need to understand that. Resistance can be positive when we're resisting errors, or it can be very counter-positive, or negative, by the fact that we resist truth. But all resistance occurs because of the emotional impediment in the soul that causes the resistance, or you could say, the emotion in the soul that precludes the truth or the error from entering.

Mary:

As you go on to say, this is the reason ... preclusion means it exists there already, but the reason is resistance for new things entering.

Jesus:

Resistance to absorption (laughter), if we use the terminology we've been using.

Mary:

It is because there is an emotion that opposes it already within us ...

Jesus:

Correct.

Mary:

... and so truth creates resistance to error, and error creates resistance to truth.

Jesus:

... only if it exists as an emotion within us, not if it exists as an intellectual concept, and this is where most people become very confused, because what happens is: they often hear a concept that they agree with and then they go, "I believe that." No you don't, you don't believe it until all the emotional resistance inside of you about that concept is gone. Then you believe it, only then.

Mary:

Only then, when the truth enters you emotionally.

Jesus:

Correct. It's only when the truth enters you emotionally, that you can actually fully believe and accept that truth, and this is where I see most people making terrible errors when it comes to the path of Divine Truth.

They think that they've heard something so that means that they've changed. No, it means you've heard something and you remember it; that's all it means, nothing else. It doesn't mean you've changed.

Change can only occur when the emotional reasons inside of you that are not changing, are released, which is all about the process of feeling those emotions, and experiencing those emotions. We talked about that principle, didn't we, last week, the principle of progression, which is the principle of releasing the emotions that are preventing progression, basically, and allowing the emotions that will cause progression to enter you. You can't have the emotions that would cause your progression enter you, unless you release the emotions that prevent your progression on that subject.

Mary:

... which is the resistance, so while the emotion that is in opposition is within you, and you're trying to absorb ... Let's say there's error in you on a certain subject, and you're trying to absorb truth upon it, there will be resistance while that emotion ...

Jesus:

Correct, and you need to give up absorption, you need to just give it up, you need to say, "I can't absorb this until I release something," and if you focus your intention on releasing something, rather than focusing your intention on absorbing something when there's an impediment there, you will have far more success and progress on the Divine Truth Path.

We will also have far more success progressing towards God and receiving God's Love, because while we can think of the resistance process as blockage to the truth entering, while we can try to get this truth and we can try to absorb it somehow, there's this firm feeling inside of us preventing its absorption. What most of us do then is we say, "Oh, it's in my mind, I'm right." But there're these firm ideas and concepts and beliefs inside of our soul as emotions, that prevent this truth, that we now acknowledge in our mind, from ever being acknowledged in the soul. This is the problem; we need to give up trying to even acknowledge it in our mind and we need to connect with, "What does my soul really feel? What is the real feeling inside of me that prevents me from automatically absorbing this truth?"

For example, if I am afraid, what's the real feeling inside of me that causes my fear to remain? What belief systems, what ideas and concepts inside of me cause me to hold onto my fear, and cause it to remain inside of my soul? Obviously, I need to focus on feeling those because then I'll feel the fear, and when I feel the fear, the fear can release itself through an emotional process. I'll be crying probably, feeling, shaking, crying and doing all sorts of things during that process, which may last many hours or days, and then after that is gone, the truth on that particular issue can enter my soul, if I allow it, if I want it.

Sometimes we don't want it; sometimes we let go of errors but we don't want the truth (laughs), so we need to work through that as well, because if I don't want the truth that is another resistance; there's an emotion in me that causes me to not want that resistance. I need to find that emotion that causes me to be resistive to feeling that truth. That could be rebellion, you know, a feeling of rebellion, or other types of emotions, and we need to allow ourselves to experience these emotions, because they are impediments to our growth.

This is why we say the next thing, where we said, "Emotional impediments are under the control of the will of the individual, in that the will can be exercised to emotionally release the resistance, or the reason for resistance." This is where I see most people not understanding love or truth. They do not allow themselves to emotionally resist the reason why there is resistance. What they do is, they seek for it intellectually, rather than just trying to feel it emotionally. They go, "Ah, maybe it is this or maybe it's my Dad did that; when I was little my Mum did that." You can know a whole heap of things about your past in your head, but unless you're prepared to feel them, the emotional resistance will not release, and if the emotional resistance does not release, absorption is impossible. You won't be able to absorb a new truth, therefore you will not be able to progress. It's as simple as that.

Mary:

I have often tried to relate my experience with dealing with addiction to other people. I mean emotional addictions here, because a lot of people encounter, "Oh, I've got this addiction with men where I want their attention all the time," and all of these things. They encounter that knowledge intellectually and then often they judge it. They try to modify that behaviour because they can see it is not right. Or they search, as you said, for the cause with their Dad and try to feel that.

But really my experience with addiction is that when I have an addiction, I have an erroneous belief inside of me that I should be able to get this thing, and that is what I have to feel. That is what creates the resistance to my change, doesn't it? I have a belief or a feeling that I should be able to get this, and avoid the underlying emotion.

The only real progress I feel I've ever made in dealing with, is when I've let myself feel how much I want it, not act to fulfil it but feel how much I want it and feel the ...

Jesus:

... and feel it without judgement.

Mary:

Yes, without judgement, just recognise that it is an emotion that is within me that needs to be felt, and that releases some of the resistance I have to continuing the process.

Jesus:

Correct. As a result of the release of that resistance, there is a release of some of the fear that generates the addiction, and so the addiction lessens. This is what we need to understand. No change can take place unless an emotional process is engaged where something is released. I mean no change in either direction. You can't let go of error and absorb truth unless you release some of the emotion that contains the error, and you can't let go of truth and absorb an error without you releasing some of the emotion that contains the truth. You can progress or regress, depending on which direction you use your will.

Resistance is not all bad because there are things in your soul that eventually you will resist greatly. In other words, you will have such a strong concept of love and truth inside of your soul, that it will be impossible for a false belief to enter you on that subject, and that's great.

Mary:

This is the really cool bit about this principle, I reckon, the way it is actually a very positive thing. When truth comes to reside in our soul, it will resist the error, and that makes you rock-solid, and that's awesome, because who wants more error? (Laughs)

Jesus:

It wouldn't be very nice if we absorbed some truth, and then next week it's all gone again, because (laughter) you know what I mean, in our soul I mean. Obviously you can do that in your mind; you can absorb some truth and next week you're totally out of harmony with it. In fact, if you are acting totally out of harmony with what you believe you should be acting, it's because it hasn't entered your soul yet. If it enters your soul it's impossible to act out of harmony with what's in your soul. That applies to the error as well.

We need to understand that we're going to continue acting in harmony with the error, and it's going to be impossible to act out of harmony with the error, until we release why we have the error, so we need to give up on the concept that we can force ourselves intellectually into having a different concept, and we need to start focusing on, "Okay, the only real way for me to change is for me to let go emotionally of the error that I believe. That means going through the experience of that emotional error.

For example, if you have a lot of rage with men, you are going to have to go through that rage with men. You're not going to be able to intellectually skip over that rage and then progress, because you won't progress; your soul won't progress. There might be intellectual changes that occur inside you, but there will be no progress at your soul level. In terms of your condition, you will arrive in exactly the same condition that you would have arrived if you hadn't done the work intellectually, so it's pointless.

Mary:

In fact, often doing the work intellectually creates a sort of impediment, doesn't it?

Jesus:

Yes, a further impediment of resistance to what's going on in your soul. This is where it is critical people understand. If you want to be on the path to God, you must understand your soul, and to understand your soul, you must understand that unless something that's an error in you releases ... and there are a lot of ways to release it; there are some ways you can do it by yourself, and there are some ways you can do it with God's help, but unless you release it, you will not change. You will not absorb the new truth you think you have, and it won't be a part of your very life or your very being until you absorb it, and absorption is impossible while you've got something in you that causes you to resist the absorption.

Mary:

And that is really ... you're saying that your life won't be different. That is the principle of dominance that we discussed last week. Your soul will dominate, it doesn't matter what you think, if that exists within in you.

Jesus:

This is why you get people who have the highest intellectual ideals, put them in a situation that is emotionally distraught or traumatic, and they revert back to what their soul will do. If their soul will murder, they'll murder; if their soul will rape, they'll rape, if their soul will pillage, they'll pillage, as the saying goes. They will do any of those things, because the actual soul hasn't changed. Put a person in a situation where they are under trauma or under pressure, and they will generally always revert back to whatever the soul is, and that's the principle of dominance, and it will always be the case.

We need to understand that that will occur, so we need to give up this concept that we can intellectually change. We can use our intellect to help change; certainly we can do that, but we can't change using our intellect to change without any emotional work. We can't do that; it's impossible. We need to understand that it's impossible and give up trying. (Laughs) You know, I see a lot of people still trying to do that, and while you're trying to do that, stagnation is going to be the only result. No progression can occur unless there is a release of the resistance to absorption.

Mary:

This is where you were talking earlier about how it's possible to do the intellectual work. Some years ago now, I did a workshop with people called "Opening to God," and on the first morning it was all about getting real about God.

One of the first activities was connecting to our anger with God, and I actually met with quite a bit of resistance from people in the group saying, "I'm not angry with God. God is love. God is loving," and I would always meet that with saying, "Are you at-one with God?" "No." "So you have some issues with God, you have some baggage with God, otherwise you'd already be in this faithful, totally-in-the-throes of God's Love right now." This is where I can see where people do intellectual work trying to absorb, "God is Love," but they haven't released the error that resists that entering them in their soul, and so this ... and yet they have intellectual resistance to connecting to the emotional resistance.

Jesus:

Yes, but even that's driven by another emotion. (Laughs)

Mary:

Well, it's got to be driven by fear or other emotional errors, doesn't it?

Jesus:

Correct, because the way the soul works is that our mind is really just a tool the soul uses, and if we understand that better we can see that when the mind goes into, "I don't believe that," or, "I don't agree with that," it's just responding to the soul's desire to not believe, the soul's desire to not understand, and why doesn't the soul desire to understand something that's loving and truthful?

It's only because the soul has some fear about it that it is not willing to either connect to or feel, and this is where we need to understand that every time we get, "No, I understand that, I get that," when your life is demonstrating that you don't get it, you're really convincing yourself away from progression, because you are basically saying, "I'm already progressed," when you haven't. It is pointless doing that. That's like one step further back, to convince yourself you're progressing when you're not. It is a very self ... it's delusionment you know. It's self-deluding to consider that you're more progressed than you really are, and the main person that you are harming is yourself in that regard. You're far better off going, "Okay, if I look back over my life, I have not changed on this subject," whatever the subject may be.

If you're a man, it could be that every time your wife asks you to go and do something down the shop, you get angry, so you haven't changed on the subject. You can convince yourself you're more loving now or whatever, but the reality is that nothing's changed, so that tells you that you're resistive to this in your soul somehow. There's some kind of resistance that's out of harmony with love inside of your soul, that's causing you to hold on to some old belief system, that's causing you to be resistive to progressing to the point where you're not angry about it. (Laughs)

If you're a woman with regard to sex, and you feel like every time your husband gets a bit amorous, or your partner gets a bit amorous, you feel, "I feel a bit pushed now; I feel like he is being pushy now," well there's some resistance. If you haven't changed in that in the last five years, then I suggest to you that there's something in your soul that's causing that. You need to get to that thing in your soul that's causing that, rather than convincing yourself you're all over it now, and it's your husband's problem.

This is what we constantly do too. When we live with other people, we have a tendency, "Ah, it's his problem," or " ... her problems," or " ... their problem, they shouldn't have been living with me." Or, "They shouldn't have done that, and that's why I feel the way I feel."

No, it's not. You feel the way you feel because there is resistance in your soul that's preventing you to progress in love, and if you allow yourself to release that, you will progress, you will make actual progress. If you understand that, your focus wouldn't be on intellectually trying to grasp something, or trying to have a look at the long list of all the commandments you need to follow and do it every day, you wouldn't be focused on those things. You would be focused on finding out why you're resistive in your soul, and you'd want to feel that. You would want to feel that resistance.

Mary:

Yes, and you said something crucial there. You said about allowing yourself to connect to these feelings, and even more crucially, you said earlier that it's under the control of the will of the individual. It's not something where you just find it and then you just allow; you have to want to do this thing.

Jesus:

Yes. I see a lot of people going ... they have this viewpoint, "Yes, I have that but I don't know why," (laughs), the answer is, "It's in your soul, that's why and you're resistive to letting it out, and that's why it's happening," and then they go, "But I ..." There is this constant viewpoint we hear from many people, "Oh I don't know why that's happening to me. It must be something to do with my Mum or Dad, or the energy from the world or some kind of ..." No. It's because it's in your soul and that's why. It's quite simple. God made a very simple progressive soul, and God made it very simple to understand once you get the basics. I feel most people don't get the basics because they are resistive to even getting the basics, because they don't want to feel. That's the biggest problem. They don't want to feel. Opening your heart to feeling is going to be one of the biggest and most challenging bits of work you have to do to improve your soul.

Mary:

Tell me about it. It really is the key to everything, because until we start that deep feeling process, that desire, until we let go of the resistance that we have to being in a feeling state, the false beliefs and the errors that we hold

onto about that feeling state, until we do that, very little progression, if any, can actually happen.

Jesus:

No real soul progression.

Mary:

It can only happen to the extent that you allow some feeling, which is very different to allowing yourself to be in a feeling state all of the time, isn't it?

Jesus:

Correct. We need to allow ourselves to be overwhelmed with feeling. This is very, very difficult for most people, given that we've all been brought up on a diet of suppressing feelings. The world's diet is, "Suppress, suppress, suppress your feelings; keep yourself under control. You are not allowed to express anything that's out of line with whatever your parents think is out of line." As a result we grow up only expressing emotions that our parents think are okay to express, and for the majority of parents that's not many emotions.

We grow up very, very limited Our soul is very limited in its ability to express itself emotionally. We can express ourselves emotionally in a safe environment, but we use the excuse, "I'll go crazy if I express myself," or, "That emotion will be never-ending if I express it," or whatever it is. We have literally thousands of excuses, that have all been created by our environment generally, to cause us to not go through the emotional process of expressing our soul, and not confronting the reasons why we have little expression of our soul. It is all to do with our inability to allow ourselves to be emotionally overwhelmed with any emotion. We are totally shut down to that process, most of us, and we need to go through a process of opening that up.

See, Love is an emotion coming from God, and you can't experience it unless you start opening yourself up to emotion. You are going to be overwhelmed by God's Love if you allow the emotion, but if you can't allow yourself to be overwhelmed by anything emotionally, you are going to struggle with receiving any of God's emotion. If you struggle receiving God's emotion, then it is impossible for you to grow towards God. Maybe you can grow intellectually, and maybe physically, and maybe in other areas, but your soul is not going to grow.

Mary:

Really those other growths, by saying we can grow intellectually or physically or whatever, we can't even call that real growth can we, because the soul has dominance.

Jesus:

Correct.

Mary:

So it's temporary change at best.

Jesus:

Yes. This is why the majority of people that we've met, who have listened to the principles of Divine Truth for six or seven years, have had little growth, because they have been unable yet, through the exercise of their own will, they have been unable and unwilling to connect to the true emotions that are in their soul, and to get from a state to be willing requires, in itself, processing through some emotions of being unwilling.

Mary:

That's releasing the resistance to the truth, "This is under the control of my will; this will lead to growth, this is a good idea."

Jesus:

It's not some magical process that I can rely on at some point in my future that'll fix me. Those other false beliefs that we have all need to be gotten rid of, and the only way we can get rid of them is by feeling them. We've got to feel, "I want this to be easier!" That's one feeling, one rageful feeling, we're going to have to go through. It is actually quite easy once you get through that feeling. (Laughs) That's the irony.

This is the process with a lot of these feelings. Once you get through the feelings, you find the absorption process much, much easier and you do actually start progressing, but if you're not willing to be honest about the real feeling or feel the real feeling, no progression is ever going to occur, no matter how much intellectual knowledge you have. That's something we need to understand, and this principle of resistance is very important to understand, just like all the other principles, because they show you what's going on inside of your soul. For the average person, except for children, there is a large amount of resistance. In children there is no resistance to error or truth.

Mary:

Let's clarify that. You're saying that there is a large amount of resistance in every adult.

Jesus:

Yes.

Mary:

That doesn't necessarily mean resistance to truth or to error; it's just resistance.

Jesus:

It's just resistance, that is sometimes in operation with truth, and is sometimes in operation with error.

Mary:

So it's really emotions and belief systems.

Jesus:

... which are all emotional.

Mary:

Which are all emotional. All belief systems are emotional, within every adult.

Jesus:

Yes.

Mary:

... whether they think it's there or not, there are beliefs and feelings ...

Jesus:

There are thousands of them.

Mary:

... about just about every topic you could ever think of.

Jesus:

You could. Any topic you could imagine, most people have a belief about it already, firmly entrenched by the time they're seven years of age, by their environment and particularly by their parents, if not by their parents, by society they are living in, by the school that they grew up, went to, whatever. They have all of these belief systems, true or false, belief systems inside of them as emotions now, and while they're inside of them as emotions, now they have resistance. Some of it's resistance to truth, some of it's resistance to error.

Mary:

Yes, and this is why many people on Earth believe that change is not possible: because nobody ever confronts resistance, so they don't change.

Jesus:

... so they don't change. The majority of people on Earth don't change in their entire life, after the time they are seven or eight years of age. They might grow up a bit, they might intellectually dominate some of their emotional feelings, but from a soul perspective they don't change. It is very interesting - when you have a look at the iris of a person, you will see that the eye reflects the soul's condition, and usually by the time a person is seven years of age, after then the iris very rarely changes, negatively or positively, interestingly enough. That is because most of it is firmly fixed by that time, inside of the soul. They then just act out the rest of their life based on what is firmly fixed inside of the soul. Now that doesn't have to be the case, but it is the case for the majority, well pretty much for everyone on the planet, until they understand these principles at a soul level.

Mary:

Okay. Do you want to keep discussing the next paragraph or go into some questions?

Jesus:

I just want to make maybe one more statement about the will. We need to understand the power of the will. Most people don't even honour their own will. When I say, "... don't honour their own will," they don't go, "Okay, this is what I currently believe, but I can will a change, through the release of the emotional impediment as to why I believe this thing, and will that I accept the truth about this particular thing. I can go through this process."

It doesn't mean that you can sit there and go, "I'm going to release the error now ... that's all released, I'm going to accept the truth now, it's all gone," without any emotional process, because you have to have an emotional process in order to release the impediment, the resistance, to the absorption of a new truth, but you can use your will to do such a thing. Most people don't. They sort of go, "Okay, no worries, yes I could change but I'm not too ... you know, I am very laissez-faire ..." Usually they don't care too much about change; they don't really see it's a problem with what they believe, most people initially, so there is no exercise of the will there. Or they believe that releasing the error is going to be a major trauma to them, so they don't want to release the error, or whatever other ways they are exercising their will.

We are usually exercising our will very negatively, even to the point where we say we're not even responsible for what's in us. We go, "Okay, my parents or society caused this emotion that's in me. They should have to get rid of it." No, it's in you. Only you, through your will, can now get rid of it. That's the only person now, who is capable of going through the emotional release process that will release this particular problem, this resistance to the absorption of new truth. You're going to have to do it whether you like it or not, and it doesn't matter how many people created it, you now have to let it go, through a process that you must go through yourself without anybody helping you, without anybody assisting you.

Now when I say, "... without anybody helping or assisting," obviously there are people around who understand this process, here and in the spirit world, who can help you understand the process, but they can't make you feel it. Only you can choose to feel it and if you don't choose to feel it, no change is possible. No change, so you will be here in twenty years' time going, "Why haven't I progressed?" Well, because you have used your will to not progress, and this is the biggest problem with people's relationship with God. They have used their will to resist it without understanding how their will is exercised. I feel that is a big issue.

Mary:

Yes, I agree. So resistance is really under the control of our will, and you're talking about change only being possible through the release of resistance as adults. We can talk about kids, maybe, a bit later. What I find interesting is that I see many people engaged ... you talked about people who are very lackadaisical about change, or who don't really care about change. But then I see on the planet there are some people who are involved in a desire to change themselves or their environment, have a career, or these things, but we're not engaged. We're engaging our will while trying to deny the soul.

Jesus:

... which is like trying to change while your soul is not wanting to change. That's pretty hard; in fact it's impossible. You can't do it. That's why hardly anybody ever changes. Even when they think they are using their will, hardly anybody changes because they're not really using their will.

They're not feeling what's inside as resistance. They're not choosing to feel that resistance; they want to feel the good thing. Not much of the resistance when it comes to error feels good; it all feels hurtful, shameful, hard, angry, fearful, they are all yucky emotions. The average person on earth goes, "I don't want to feel any of those emotions, I only want to feel good, happy, joyful, whatever. I don't want to feel sad or afraid or angry," and see, resistance is very rarely sad. It is mostly angry, fearful, and shameful and those kinds of emotions, and they are the emotions that the majority of people on the planet want to avoid at all costs. People will murder to avoid those emotions generally, and as a result there is very little change, even though they might try to say to themselves, "I am going to be a force for good in the world." You can't be a force for good in the world until you are ready to change your own soul and you understand how it works.

Unless you're willing to let go of what's error inside of your own soul, how can you ever be a force for good in the world, because what is in your own soul as error will exercise its dominance. So give up the whole concept of trying to be a force for good in the world, and try to be a force that feels its own resistance, (laughter) and you will make some progress. I feel that's what the majority of us need to do. It's the expression ... if you can see resistance as the expression of the soul's will, that's really, really important.

Mary:

You're just saying so many things, I keep having to write down things that I want to go back to, that you said. (Laughter)

Jesus:

Well, maybe we better go back to some of the things first?

Mary:

No, go with what you were saying and I will just write a note.

Jesus:

If you think about it, using your soul to resist something is an expression of your will, just like using your soul to desire something is an expression of your will. If we can see using resistance as an expression of our will, then we know that if we're stagnant, we're using our will to be stagnant. Then we can ask ourselves the question, "Well, why am I using my will that way?" The only real logical answer can be, "Because I am afraid to actually progress," and then we can ask ourselves, "What are the feelings of the fear?"

Mary:

What are the false beliefs I have about that?

Jesus:

Yes, but also I need to do one even better thing. The fear is a feeling that causes us to express our will in resistance to truth, so the only way we are going to actually progress is to feel the fear and not talk about it anymore; we need to feel it. We can go through the intellectual exercise, "What is this fear about?" We might even know what it is about intellectually, but unless we feel it, no progression is going to happen.

I know at some point I am going to have to get from, "I see that I am afraid of that," into, "I am afraid of that and I feel that, and I am crying because I am so afraid of it." I am going to have to get to that point to release the resistance. I can intellectually do these gymnastics saying, "Yes I know that;" no, no, no you don't know anything yet until you've felt the resistance go. Until you feel it leave you, which is through an emotional experience that's going to be quite traumatic. Anything associated with shame, guilt, fear, anger is all going to be a traumatic emotional experience, painful to experience. This addiction to avoid pain is a major problem on the planet. We need to have an addiction to experiencing everything. That would be great, (laughter) including experiencing pain.

Mary:

Then it wouldn't be an addiction though, would it?

Jesus:

Of course it wouldn't be an addiction because we would be experiencing everything, but it would be wonderful if we all changed our viewpoint about pain. See, what we mostly do, most of the time we want to blame everything else for our pain. We don't want to feel it. We want other people to make it go away. That's bad. We want to feel our pain; that's going to be the thing that makes us progress.

Now you had a whole heap of questions for me. (Laughter) Have they all gone now?

Mary:

Well I think it all comes together. There are little things I'd like to clarify in some of the things you said, but I feel you've got the message across. There are other questions I am trying to formulate about ...

Jesus:

If that's the case, can I just say a bit more about the expression of will? (Laughter) Is that alright? (Laughter) Well, most people, I notice, who are in stagnation, which is actually demonstrating they are in resistance, most people I notice that are stagnant, they always come up and say, "I don't understand why I am in resistance. I don't understand why I am stagnant," and to me, this smacks of irresponsibility, because if you understand how the soul works, you would go instead, "I am stagnant because I am choosing to be."

Mary:

This is the understanding of our will, which is what God really wants us to understand in this Earth incarnation.

Jesus:

... or in our entire life in fact.

Mary:

Yes, but this Earth incarnation, I feel, is very purposeful to help us to really see the expression of our will in action, and to become sensitive to that. When we are saying, "I don't know why," we're really missing that first very crucial lesson, that we have a will, aren't we?

Jesus:

Not only that crucial lesson, we're missing this crucial lesson, that we are responsible for the exercise of our will.

Mary:

Sorry; that's what I meant.

Jesus:

Do you know what I mean? We have a will; we need to understand that. We also need to understand that I and only I am responsible for the exercise of my own will. No one else can do it for me, no one, not even God, will do it for me. If I am stagnant, the only reason why I am stagnant is that it's something I am choosing to do. Resistance is an expression of my will, so when I am in resistance, I have a responsibility to find out why I have chosen to be in resistance. And it is a choice. There is a soul-based emotional choice going on inside of me, that causes me to wish to remain resistant. I need to take responsibility and say that I have created it, and I need to release it if I want to change.

It doesn't matter how many teachers I have, and it doesn't matter how many people I have helping me, and it doesn't matter how many times I talk about it, and it doesn't matter how many times I hear something about it. Unless I am willing to work, get to the emotion inside of me that causes this resistance, and unless I am willing to take responsibility to feel that emotion, I will not change.

It doesn't matter how many people try to help me, it doesn't matter how long they try to help me, it doesn't matter what magical things they can do to help me, I will not change until I go through that emotional experience, and that is the pain and suffering that's mentioned in the Padgett Messages, that every spirit who has ever arrived in the spirit world has to go through, in order to start embracing the full use of their will. There is always pain and suffering associated with the unlawful exercise of our own will, and I say unlawful from the point of view of God's Laws.

Every time we exercise our will unlawfully, out of harmony with God's loving laws, we are going to have to go through a painful emotional experience, now or later. It doesn't matter when; it's going to have to happen, and we will not change on that issue until it happens, until we actually go through that painful emotional experience. This is where I feel people need to understand responsibility. They are responsible for where they are right now. They are responsible for their own resistance. No one else can help them through their own resistance if they are unwilling to do it. They need to exercise their will.

Mary:

I feel that it would be great to have a discussion about will with you at some time, because I know for myself, when we first moved in together ... and I see this around many, many people that I know and meet, which is why I bring it up, I didn't have an understanding of just how my will was being exercised, in every way. Like, in every emotion, action, projection. All these things are an expression of my will, and much of it I regarded as just normal.

Jesus:

And automatic.

Mary:

Automatic. I hadn't ever considered how my will was being exercised. It was just in 'automatic,' and I think perhaps that's why I feel so passionate about this lesson of the will, because I see that most people operate in 'automatic' surrounding their will, and that's why they get to places when they go, "I don't know why I am like this." Because it's not been inculcated into them, as you often say, that they have a will that they are responsible for.

I didn't want to be responsible, because I didn't like being faced with the truth about how I was using my will, and the effects of how I was using my will. I'd never had much feedback, because I'd always been in situations

where people shared, had agreement with me about how the will should be exercised around certain issues, areas, actions, situations. It had never been confronted.

Beginning to travel and things, that helped me, going to other countries, recognising more, but I just feel most people operate in a state of complete unawareness, not completely unaware that they have a will, but the majority, or the multitude, of ways in which a will is expressed in a day, and how that can be in harmony with love and truth or in harmony with error. I feel that most people, we are literally not raised to have that awareness, but we need it, if we're going to deal with these things.

Jesus:

Yes, but also, while most people will understand that they make decisions intellectually, very few people actually understand that most of their decisions are made before they make the intellectual decision. Most of their decisions are made emotionally; they are set inside of their emotional condition. Their will to either retain that emotional condition rather than examine it honestly is quite strong. You look at the majority of people who resist any discussion we have with them. The majority of times they are actively using their will to not examine themselves; they want to have no self-examination. All they want is for somebody to tell them, "You're right."

Now if we were all right, we would all be at-one with God. We're not all right and we need to understand that we're not, and the only way that we are going to become right is by releasing the error, the wrong, that's inside. That is an emotional process, and you can try that intellectually for the next fifty years, and there will be barely any change whatsoever. The only change you would have made in that fifty years is the time you felt an emotion.

Mary:

This is where there can be ... it almost feels like there are layers of resistance, because when you're speaking with someone who doesn't even want to see the emotional impediments, the errors within them that create their resistance, they don't even want to see them. They even have resistance to the awareness that there is error.

Jesus:

But even that is caused by an emotion.

Mary:

It is.

Jesus:

Yes, this is what I am saying. Every piece of resistance, even the intellectual denial that I have a problem, is caused by a feeling inside of me of why I want to deny. There's always something driven by the emotion. Even the thought, "I want to deny this," which comes instantly, usually before the person

formulates the thought from a logical process, they are already denying it, before they even think about what they are doing most of the time, that came from the emotional condition inside, "I want to deny this; I want to get away from this pain that I am going to have to feel if I go down that road. I want to deny that."

This is where we're using our will to deny our pain, and as soon as you do that you're going to create error, you're going to create resistance. You're going to create resistance to truth, but you're also going to create error through addictive processes. You're automatically going to have an addiction now where you're denying that pain. For every single pain you deny in yourself, an addiction will be created to correct it.

For the majority of people, they've got thousands of pieces of pain in them, that they're trying to deny themselves from their childhood experience. As a result they have thousands of addictions, most of them emotional, that they're trying to suppress this pain with. It's an automatic process driven by the soul's will, and we need to understand that it's the expression of the will.

You can't go, "I didn't know I was doing that." No, your soul is exercising your will and God's not going to let you off the hook for that. God is not going to say, "You say you didn't know you wanted to murder somebody? Or you say you didn't know you wanted to rape somebody, or you say you didn't know you wanted to yell at your children and bash them, you say you didn't know that you wanted to have men look after you? Are you saying you didn't know these things?"

The reality is that the majority of us know these things and deny them. That's the reality. We use our will to deny, we use our will to cover it all over, we use our will to create a facade, we use our will to not progress, so we can't then say, "Why am I not progressing? It must be somebody else's fault. Maybe the teacher's at fault, maybe he taught me the wrong thing," or whatever. No, God's a great teacher. God's trying to teach you every day, and if you're in resistance to God's teaching it's because you're using your will to be so. That's the only reason why it's happening. These are important things for people to understand, I feel.

Mary:

What I was wanting to ask you about before, about the layers of resistance, is simply about this thing that I find when I am talking to people sometimes, and I feel it inside of myself as well. You can have a huge emotional resistance even to seeing yourself.

Jesus:

That you're resisting. (Laughs)

Mary:

Yes, that you have resistance within you, and speaking to that person about issues of truth is very, very difficult because they don't want to see anything. Then you can talk to someone who has worked through that emotion enough, to allow the idea that they do have errors within them that are resisting truth, and that conversation is much easier, because we don't have this emotional error inside of us that is saying, "There's nothing to see, and I don't want to see."

Jesus:

Well yes. There are a lot of emotions that drive that, obviously. For example, there is the emotion of, "Don't tell me I've got something wrong with me, because it must mean that I am a terrible person." There are so many emotions that drive these thoughts of resistance, and these emotional resistances need to be felt in order to be released, so if you have something come up where you automatically think somebody thinks you're a terrible person, well it's probably that you have a feeling deep down that you're a terrible person that you need to feel, so feel it.

Once you feel it and release that, then every conversation won't be tainted with the thought that maybe you're a terrible person, and that'll be fantastic for you. You will be able think with more clarity; you will be able to act like you're not a terrible person all the time. You'll be able to be less suspicious about people's comments to you, instead of believing that they always think you're terrible. You'll think that there might be some other motive why they're saying what they're saying, and so forth. Unless you release that emotion, this emotion is going to taint every interaction, every part, every aspect of your life.

You see this happening every day with people. You go, "There's another emotion that's tainting every aspect, and there's another one that's tainting every aspect of your life." You're resistant to feeling that emotion and, as a result, you've got to look further. What's the emotion that's causing you to be resistive to feeling the emotion? There's usually another emotion there, and these are usually things like shame, feelings of fear that we don't want to feel, fear that we're a bad person, fear that there is something intrinsically wrong with us, and things like that.

These are all emotions that cause us to be very, very resistive to other emotions. It's sort of like, if you've got an emotion that causes you to be resistive to feeling other emotions, can you see if you always skip over that emotion to feel that emotion, this emotion is going to slow down your progression in major ways. You're better off feeling that emotion, that emotion that wants you to be resistive to hearing feedback, the emotion that wants you to be resistive to feeling other emotions of sadness, guilt, shame and other things. You are better off going through, "What's this feeling?" If

this feeling is rage then feel it. Don't take it out on other people, feel it. Go into your bedroom, go into a private place, feel it, express it, get it out of you, connect with it. Then it will drop away. When it drops away then it's free sailing into the next emotion.

Mary:

Exactly.

Jesus:

Okay, so we've got that they're under the control of our will.

Okay, I think I have made that plain (laughter) that we are responsible. (Laughter) God created us to be self-responsible beings and every time we go, "I don't know why this is happening," we're not being a self-responsible being. We're not exercising our will to find out. God wants us to exercise our will to find out everything, everything about the universe, everything about ourselves. We need to be self-responsible beings to do that, so one of the lessons we need to learn is, "I need to become a self-responsible being where I acknowledge that if I am not progressing, it's because I am not exercising my will to do so." Is that enough I's and my's for everybody? (Laughter)

Mary:

I don't know, but it probably needs saying. (Laughter) Okay.

Jesus:

How about we talk about the adult-child contrast.

Mary:

Yes, let's do that. As an adult, my resistance is under my control.

Jesus:

Definitely.

Mary:

It's my responsibility.

Jesus:

My responsibility. I am the only person that can change it.

Mary:

Whereas, as a child, a few different things happen, don't they? A child doesn't have a developed sense of itself or its will, and it's very much at the mercy of its environment, isn't it?

Jesus:

Correct. What we've just said applies primarily to adults. If you're talking to a child under the age of seven, particularly under the age of seven because that's ... by the time they get to seven years of age, they usually have a fully developed brain. They have the same kind of senses that we generally have as adults, and they usually have some connection to their emotional state

still, but they also now have some sense of logic, some sense of understanding of the world. By this stage they are starting to exercise their own will to small degrees, which increase through the teenage years until they are exercising their will completely.

Now when a child is a child, as you correctly point out, there is a large amount of external control on the child, and so the child having or doing something is largely the expression of its environment's will. If that child is screaming in the middle of the room, and yelling and screaming at us and the child is three, it's largely an expression of the person he is screaming at, their will. There's something inside of them that's causing resistance, that causes this child to act in this manner.

Now it might be an allowance of being controlled that causes the child to attempt to control, for example, and that is the thing we're resisting inside of ourselves as an adult. But we can't say that the child has fully developed its will and so therefore the child is fully self-responsible for that action.

Obviously, as the child's growing, it's becoming self-responsible and we want to teach it to be self-responsible, but we can't teach a child to be self-responsible if we as an adult are not responsible, if we disclaim all responsibility for our own life. How can we ask the child to be responsible for its own life?

Mary:

You're talking there about responsibility of the child and resistance within the adult. I'd like to ask you about how resistance is created within the child, because obviously as an adult, that resistance, the emotional beliefs and feelings, are within me. Well if they're truthful, they create resistance to error, if they're error-based they create resistance to truth, but as a child it's almost as if we arrive with no resistance.

Jesus:

Correct, we arrive with no resistance at the time of conception, not at the time of birth. By the time we reach the time of birth, we already have some of the resistances of our parents in our soul. If you say, "... at the time of conception, the child's soul has a complete openness to the environmental experience, and it has no developed intellect to prevent the environmental emotional experience. As a result, it starts absorbing the emotional experiences of its environment."

If the father, for example, when the child is conceived, projects at the child that he doesn't want it, in that moment the child feels the emotion without having any intellectual barrier against it. The child feels that emotion and he's got no emotional barrier against it. The emotion, of the father's desire to not have the child, enters the child, so the child will feel from that moment, "Daddy didn't want me." Unless Daddy changes his emotion ...

like, months later he might decide he really wants the child, the child will feel that too. The child will be open to the absorption, because there is no impediment or resistance affecting the stopping of the absorption, so the absorption will naturally occur. This is where it becomes critical what the parent's emotions are, towards the child in particular.

Mary:

Because they go on to create the resistances, either truthfully or error-based resistances that are in the child.

Jesus:

Correct.

Mary:

Just to clarify something that you said as you were talking: You were talking about the child not having an intellectual barrier to ...

Jesus:

... or an emotional barrier. There is no developed intellect, because the child doesn't have a developed brain at this point, and there's no emotional barrier because there's no truth-based emotion inside of the child's soul that would resist the feeling coming towards it.

Mary:

But it might be truth that's entering the child, if there is no error there to resist it.

Jesus:

It might be truth. This is the beautiful thing about the child. A child will experience every emotion of truth that's in the parent - it will enter the child - and the child will experience every emotion of error that's in the parent, and that will enter the child. Now you can think about the potential of that.

Mary:

I often think of that.

Jesus:

Yes, it's just amazing the potential of that. Imagine if every child only experienced emotions of truth and love that entered the child, and no emotions of error and hatred and fear ever enter the child. By the time the child is born it's completely open to the absorption of truth, and so it's going to pick up truth (Jesus clicks his fingers repeatedly) bang, bang, bang. It's going to be so rapid that by the time it is three, it's going to be speaking twenty-five hundred languages, it's going to be a mathematical genius, it's going to be playing musical instruments, doing whatever it desires, because there is no resistance that came from the parents.

Mary:

That is, there's resistance but it's to error, not to truth.

Jesus:

Correct, because if we do it right as parents there'd be resistance to error and no resistance to truth, and that is an amazing place potentially, for the child. Of course, there has never been a child on this Earth that's ever experienced that, but that is the potential of our experience. If you think about that potential, it's amazingly wonderful.

Mary:

Yes, it's pretty amazing, hey. Now going back to my question, (laughter) you said that there's no intellectual or emotional barrier with which the child can prevent the truth or the error entering them. To me that implies that as an adult with a developed intellect, we can present an intellectual barrier. Is that what you are meaning to convey?

Jesus:

Well, it can assist you with your emotional absorption, certainly, because you can use logic to help a person see that their emotional impediment must be an error. Do you understand what I mean by that? I can reason with you and say, "Okay, your concept of love is that you can defend your family to the death. Now if every family took that approach, then of course there'd probably be a lot of deaths. If I killed your child and you killed my child, I killed your brother, you killed my brother, I kill your wife, you kill my wife, and I kill your husband, by the end of it, there would be none of us left, not very logical."

So you can appeal to the logic of the individual, and show them, okay, there is a problem with one of the soul-based beliefs inside of their soul that causes them to accept this belief that they can defend themselves to the death, and prove to them through logic that's an error. Now of course they still don't know that it's an error, or know that it's the truth what you've just said, from a soul perspective, because they haven't released the error yet. They haven't released the emotional reason why they believe they should be able to defend themselves to the death.

They haven't done that, but you can help them, at least logically, see that such a belief must be an error. Now, with a child you can't do that very easily, particularly if it's in the womb, you can't do that at all. If a child's just a baby without any formed intellect or method of communication verbally, you can't do it then either. It's only after they get to talk, and start speaking and stuff like, that you can start to do those kinds of things with the child, but you can do it with the adult.

Mary:

So it's about employing logic, but also it sounds like it's about an issue of choice. An adult can use their intellect to choose: "I'm going to listen to this person and not listen to that person, I am going to walk away," or ...

Jesus:

Well the choice is in the soul still, but we can use our intellect to help us come to some kind of resolution in the soul where we now make a different choice. We can say, "Okay, my current choice is not logical; my current choice causes me to cause all this damage to other people. Do I want emotionally to keep doing that? Do I still want to hurt my children?" is a good question most parents need to ask themselves. Because if they are truthful about it, many parents would have to say, "Yes, I do want to keep hurting my children. I would rather hurt my children than feel my own pain."

Most parents actually, truthfully, are in that state. But if we get beyond that state, we start going intellectually, "Do I want this to stay the same?" I would then go to find the emotional reason, I would use my mind to find the emotional reason, and experience the emotional reason, as to why I feel like that. This is where you can use logic and reasoning to assist a person to grow, but you can't grow without doing the emotional change.

Mary:

Sometimes it almost feels to me, that we employ our mind as a last resort. We try to work our way back through the resistances that have been put up emotionally from a soul perspective, to try and even get in touch with them, and a lot of times kids are just more connected to their emotional selves.

Jesus:

Yes, it's a lot easier with a child. With a child, if I sit down with a child for a minute, usually I can get them into an emotional reason as to why they chose to take an action that was unloving, but as an adult you can spend months and months and months. I've spent five years with some people, talking with them every single day, every week for five years, and they still haven't seen that their action was unloving after all of that. It doesn't matter how much logic you use; because they are unwilling to address the emotional reason inside of them, they won't change.

And yet with a child you can do it in five minutes, ten minutes; usually it's all done. A lot of times with a child, particularly if it's a younger child, like three or four years of age, you can just hold them and feel with them, and they go through the emotional experience. Try doing that with an adult and come out unscathed! Most adults would potentially kill you before they allow that to occur. (Laughter)

Mary:

Yes. No, it's interesting about kids isn't it, and it is such a dream to have a child just absorb truth, and the resistance to error within that child, if that was absorbed by the time they're seven, it would change the world.

Jesus:

There'd be no resistance. There'd be resistance to error and no resistance to truth. How remarkable would that child be. That kind of child, by the time it is seven or eight years of age, would be standing in front of worldwide audiences showing them truth. The child is not going to be frightened, scared. He's not going to have any fear in him. He's going to be able to express himself very clearly, connected with his emotions at all times. Our potential as a human race is so great, even on Earth, if we understand how the soul works, but only if we understand how the soul works.

Mary:

... and if we live our lives in accordance with the principles of how the soul functions. Like, we wouldn't waste so much time trying to get solutions using other methods; we wouldn't parent in a way that ignores the soul.

Jesus:

And we wouldn't spend millions and billions and billions of dollars on remedy processes, on finding the next pill to cure a problem. Honestly, we have huge amounts of wasted time on this planet, because we are so focused on preventing pain. We have huge amounts of wasted time that goes into preventing the soul experience, which is the opposite direction we need to take.

Now if you could generate a pill that could help you feel some emotion, that would be a far better use of your time than generating a pill that suppresses it. All this anti-depression medication and everything that goes on, suppressing emotion, honestly you'd be far better off developing a pill that allows the experience of emotion in a safe manner, than you would developing a pill that suppresses emotion.

Mary:

That pill would never work though, because you can't overcome the dominance of the soul through something. Some people who take drugs, illegal, illicit drugs, say, "Oh, it helps me experience my emotions," but it doesn't.

Jesus:

It doesn't. No, it doesn't; you are experiencing it with someone else.

Mary:

It doesn't, with someone else, usually with some spirits involved, and the resistance towards certain emotional experiences is still in place. Is that all we've got on resistance?

Jesus:

No. I feel we need to go through each point that I wanted to raise because we haven't discussed all of them. I want to discuss next, the fact that we are allowed to resist. (Laughs)

I feel quite strongly that we need to see that we are allowed to resist anything we want. One part of the exercise of our will is that we are allowed to exercise our will to resist. It's very interesting what happens inside of us psychologically when we go through this process of acknowledging that we are allowed to resist, because what often happens is we don't resist anymore after that. It's very interesting from a psychological perspective about why that is.

A lot of our resistance is generated by a feeling of rebellion, and when we say to ourselves, and when we acknowledge inside of us emotionally, that we are allowed to rebel, we then start questioning why we'd want to. Once we start questioning that, usually we start going through the emotion. I find a lot of people, when we start saying to them, "You're resistive," they go, "Oh, am I?" and I say, "But you're allowed to resist." "Oh I don't feel like I am. I can't ..." If they, for a change, acknowledge that they are allowed to, that God's given them free will so that means they're allowed to use their will to resist, when they say, "I'm just resisting feeling fear," then a lot of times they start feeling fear. When they say, "Oh, I'm just resisting feeling sad," then they start going, "Oh, I'm resisting feeling sad. I'm allowed to resist." Then they start crying (laughter) a lot of the times.

That's because we need to acknowledge that it's our will that's involved with the resistance, as to why that process occurs. I feel that that's very, very, important for people to understand. You need to acknowledge that you are allowed to resist. You're allowed to be stagnant. Stop blaming other people for it. It's your choice but you're allowed to choose that, if that's your choice; you are allowed to choose it. It's interesting, psychologically. When you see that you're allowed to, you will often feel less rebellion towards the emotion that causes that resistance.

I feel that's a very important point most people need to understand.

Mary:

I'm just thinking about it in terms of truth, because we have resistance to error when we're in truth, and resistance to truth when we're in error. But you are stating that acknowledgement of the resistance allows us to simply feel the emotion which is in play, more freely.

Jesus:

It's not the acknowledgement of the resistance, because that's one part. What I am talking about here, is the acknowledgement that I am allowed to resist. That's a different thing to acknowledging the resistance itself. Can you see that it's two separate things? On one hand I am allowed to resist, and on the other I am seeing what I am resisting, which is two different processes. I am allowed to resist what I don't ... I am allowed to choose to not see.

If I can give a closer illustration of how that may work: Often I find with people, you start seeing the tears run down their face, but they don't want to cry, and you say to them, "Look, you're allowed to cry," and they go, "I know, I know. I just can't." And I go, "You're allowed to not cry. You're allowed to shut it down if you want," and often after I say that, they burst out crying.

Now why is that? Because they have now acknowledged that they are allowed to make a choice to resist, and then they automatically start questioning why they're making that choice, emotionally. They question that immediately.

This is something we need to understand. It's very different from the will part of it, this is. What we're saying is, "Resistance is all about the exercise of our free will." And what we are saying is, "When we are in denial, we're exercising our free will to deny." But we also need to acknowledge that we're allowed to deny. We're allowed to not cry, we're allowed to not feel our fear, we're allowed to not feel our shame. We're allowed to not feel anything if we want.

You'll probably get depressed like that, but you're allowed to do it if you want. You're allowed to create depression. You're allowed to create disease if that's what you want to do to avoid all of your emotions. You're allowed to do all of those things, and God will let you do it. God will let you do it because you are allowed to.

Once we acknowledge that we are allowed to, oftentimes we start getting into the actual emotion that causes us to want to. That is very different to saying, "We're allowed to feel or not feel our emotion," because what we're doing psychologically is, we're acknowledging the power of our will, and how it is being exercised. That's a very powerful thing to help you through resistance.

Mary:

That's a good point. Okay, so this one's a pearler for me. (Laughter) I wonder why I wanted to skip it.

Jesus:

Yes. I felt you were skipping quite a few things here, so we had to go back to them.

Mary:

We can't actually surrender fully and experience a causal emotion, so we can't actually release, which is what's required to release a causal emotion while there still exists within us any form of resistance to surrender.

Jesus:

... and to surrender as well.

Mary:

And to surrender.

Jesus:

If we have resistance to experiencing the emotion, and we have resistance to the process of surrender, which is, basically, resistance to the process of allowing ourselves to be overwhelmed by emotion, then we are going to find it very, very difficult to experience the emotional error, because all emotional error is painful to experience.

There is always pain associated with emotional error, and as a result of the emotional error being painful, we're going to want to avoid it. Unless we understand that, the desire to avoid the emotional error, and the desire to be overwhelmed - to not allow ourselves to be overwhelmed, I should say - will cause resistance to experiencing the emotion.

Sometimes I see people getting close to the emotion, and then this other secondary emotion, which is really a big emotion, kicks in, and that's the emotion of not wanting to be overwhelmed. They don't allow themselves to be overwhelmed, and so a few little trickles come down their face and they go, "It's wonderful to connect to that," and I say, "You haven't even started connecting to that yet. You're allowed to not cry (laughter), you're allowed to choose to suppress the big grief that's inside of you, that you need to experience."

Mary:

It's so funny talking about it, because you're so light-hearted and joyous and enthusiastic about it. To me it is still very much a serious business, so I can feel (laughter) so I am apologising for my seriousness about this, because ...

Jesus:

But you have experienced, haven't you personally, the experience of not wanting to surrender, even though you know the emotion is there to surrender to.

Mary:

Absolutely.

Jesus:

I feel that most people have had that experience, where they feel an emotion inside of them that wants to come out, and they keep it under control. That's a fear of surrender, or a fear of being overwhelmed by the emotion, which is caused by all other kinds of emotions like, "Worried about what other people think, worried about what it's going to look like, worried about how people are going to react." All those kinds of things cause those suppressions of that emotion.

Mary:

Yes, and false beliefs about survival of emotion, and all kinds of crazy things.

Jesus:

And that it's never going to be never-ending; a lot of people feel that. "If I start feeling that, I'll still be feeling that in ten years' time." That's a physical impossibility with the soul. It's physically impossible to feel an emotion in its pure state for ten years, five years, or three years or two years, or one year even. It's physically impossible. If you're feeling emotion for one year then you are not feeling it in its pure state. It's usually hours, sometimes days, and in very, very unusual circumstances and conditions, weeks.

Mary:

Isn't it just kind of crazy, to the point of almost farcical, that we spend so much energy avoiding something that could be over in two or three hours? This is the power of these error-based beliefs that create resistance. They are so powerful, aren't they.

Jesus:

Well they are powerful. They're not more powerful than God's Love or anything, but they are powerful.

Mary:

We give them power over our life.

Jesus:

We give them power. We honour them. Because we have such an honour of fear, we honour the emotion that keeps us locked up, and in a way it's sort of like we nurse it in our bosom. We hold it to ourselves, and want to keep it with us the rest of our life for some reason. We almost have this longing to do so. (Laughter)

Mary:

I don't feel like that. (Laughter)

Jesus:

Yes you do, because you are doing it. (Laughs)

Mary:

It's not an affectionate feeling though.

Jesus:

No, but for many it is an affectionate feeling. You can almost feel the nostalgia in them when they're talking about it. I've had many conversations with you, where there is this nostalgia about wanting to hold on to a specific emotion, and that's all about, "I want to nurse this thing. I want to feel this way for the rest of my life if I can," - type of thing.

Mary:

Yes, and a lot of people romanticise pain ...

Jesus:

Definitely.

Mary:

And if you're being embraced by someone who romanticises pain, you can get nostalgic about your sadness.

Jesus:

Well, because you have an emotional addiction to romanticising pain, because what happens is you get approval from that parent by romanticising pain yourself. It's very dangerous when you do that. It's very dangerous for your own progression. These are all blockages or errors that cause resistance in your soul, to the growth that needs to occur, and this is what I was saying. Most people are holding this stuff to themselves in almost a worshipful state about the emotion. When I say "worshipful," what I mean is they honour that fear above all else.

The fear of the emotion is greater than love, it's greater than truth, it's greater than anything; it's greater than their partner, it's greater than their own children. They will abuse, maybe even assault them physically, or even just yell and scream at them verbally, just to avoid this pain. This pain is telling you it's greater than your idea or concept of love. Fear inside of you causes this, and it's sad that it gets to this state, but we need to see that state, and we need to start feeling the emotion in that state, as to why that is.

Why are we so afraid to feel pain? There is a major problem in humanity. Why are we so afraid to feel it? Sure, we have beliefs, for example, beliefs that it will be never-ending. Well, that's just a false belief. God knows it's not never-ending; God knows that it will end. If you don't know it will end, then you are not connected to God in that state; it's just a false belief you have. God created your soul for all this pain to end. God created this fool-proof system, where all the pain eventually has to leave you. It will leave you one way or the other. You just have to embrace the process. If you understood the process better you might embrace it more. That's why we're going through this material of How the Soul Functions.

Mary:

On this point though, we're saying that while there is resistance within us to the state of surrender, we're not going to release, surrender towards a causal emotion, we're not going to be able to release that emotion. We must be willing to feel the error.

Jesus:

And feel the resistance. We've got to feel the reason why we don't want to be overwhelmed by that emotion. That's what we've got to feel. That's the error we've got to release. Feel why you don't want to be overwhelmed.

Now there's a lot of judgement on this planet about emotion. Man, the amount of criticism we get from people about emotion; it's intense. You get that criticism every single day in your life. You know it's society-based criticism about feeling emotion, and this is why most of us don't do it, because we are so afraid of society. We're so afraid of what everyone else thinks, that we don't go through the natural process that a child goes through, that God created us to go through to release error and embrace truth.

Mary:

I feel that what you're saying is so important, and I don't want to make it too jumbled for the listener, but you were talking about the need to surrender to causal emotion, and you were talking about removing the error that creates the resistance to that state.

Jesus:

The resistance to surrender.

Mary:

Yes, to the state of surrender. Earlier on, in your introduction to this principle, you said that there is not much resistance in grief.

Jesus:

True grief. See, grief is the causal emotion, and when a person is feeling true grief, usually in that state they're not resistive to their emotion. It's quite good; usually, by the time a person's got to that state, they've already gone through all the resistances needed to get to that state. Generally, most people, by the time they get to true grief, and I am not talking about manufactured grief, or rebellious grief, or angry grief, or any of those other types of things which are not grief at all but rather rebellion, I am talking about the true feeling of grief within the soul, then usually most of their emotional impediments about feeling that emotion have disappeared by that stage, about that particular subject.

It's the process of getting there which is littered with huge amounts of resistive emotions, huge amounts of error-based emotions and error-based beliefs which are all emotional, which cause us to not want to be overwhelmed by grief. That is usually the work we need to do. Finding them and releasing them. Feeling them is the only way to release them. You've got to feel every one of them, and that's the work. We need to allow ourselves to go through the process.

Now if you receive some of God's Love, it softens your soul to feeling. It's highly likely you will go through the process if you receive some of God's Love, but if you don't receive some of God's Love, you're still going to have to go through the process. It's just without God that you're going to have to go through the process, and that's going to be a long labour-intensive

process which, by the way, I don't necessarily recommend, but it's better than not doing it at all. (Laughter)

If you're going to choose to do it without God, then at least do it, don't put it off altogether, which is what most people do on Earth. They put it off altogether, but the reality is that we need to talk later, and in another session, about the relationship between God's Love and how it softens the soul, how it can help all of these aspects of the soul grow, and therefore soften the soul into the feeling state that it needs to have in order to progress. However, often people have a lot of resistance about feeling God's emotion too, so we've got to talk about these things before they'll even feel some of God's emotions.

Mary:

Yes, okay.

Jesus:

Does that answer the point that you were getting at though? Not really?

Mary:

No, not really but ...

Jesus:

What was the point you were getting at?

Mary:

It's obvious I am not able to articulate the point very well.

Jesus:

What is it you are trying to say?

Mary:

No, I don't know. (Laughter)

Jesus:

What's the problem basically?

Mary:

The question ...

Jesus:

Why do you feel it's unresolved? There's a reason inside of you why something feels unresolved to you.

Mary:

Umm, it just seems ...

Jesus:

There's a resistance in your soul. (Laughs)

Mary:

No. I just think it seems very beautiful and crucial to recognise, that by the time we get to feeling the causal emotion, there is very little resistance to truth within us in that place, from what you are saying.

Jesus:

No, only towards that emotion. This is what we must understand, that it's not towards every emotion, it's only towards that emotion that there's much less resistance to our feeling. That's only one emotion so ...

Mary:

... on a certain issue, when we get rid of a lot of the anger, fear, judgement, shame ...

Jesus:

... blockages, society beliefs, all these kinds of ...

Mary:

... false beliefs, all of those things create the resistance that we have to truth, around this one subject. We're just talking about one subject.

Jesus:

One subject. It may be, "Mummy treated me badly."

Mary:

Or "Women are never going to love me."

Jesus:

Yes, whatever that one subject is.

Mary:

Whatever that one subject is. I just thought it was very interesting that you said, "Once you deal with all of that and you actually get to some causal grief, this resistance that we talked about, that prevents the flow of truth into your soul, once you're actually feeling that you are through it."

Jesus:

Pretty much, yes. This is what allows God's Love to operate upon the soul as well, in that place. Now that you are open to feeling the actual causal feeling that causes you to retain this belief, you're feeling it and experiencing it. Since you are feeling and experiencing it, it's leaving you. At the time it's leaving you, truth can enter you at the same time now. It's like pouring water out of bowl. You can now fill it up again.

If you imagine a bowl turned upside down, like a bottle turned upside down with a lid on the end and open at the top, you try pouring water in the top and it's already filled, all the water goes everywhere and none goes in the bottle. Obviously, if you were talking about it scientifically, it's a bit different. I'm talking about it just as a general analogy. Open the bottle at the bottom

and all that other water goes out. Now when you pour water in the top, water can go in. The soul is very similar to that. The water can go in; truth can go in while you're letting error out.

Mary:

I suppose that's what I was trying to get to. In the preamble to this discussion, we talked about the emotional impediment as error, that prevents the absorption of truth. The magic of what you're saying is, when we are in a state of surrender to that causal emotion, that emotional impediment is ...

Jesus:

... is being released now. It's being released. It hasn't been completely released but it's being released. Through the process of being released, new truth can enter, gradually of course, as the emotion is released. If you choose to hold that process up because something challenges you, and you don't let yourself be overwhelmed anymore, then you only released a certain amount, and the truth will only enter that amount.

Now there is still some kind of resistance that caused you to stop that process, and you need to find it and let it flow again. Truth will enter to the extent that you let the error leave. It's just a simple equation; one is going to have to make way for the other. Quite simple, so if we let a little bit of it go, a little bit of it can enter.

This is how most for us process emotion. We let a little bit of error go, a little bit of truth enters, a little bit more error goes, a little bit of truth enters. The reality is, we could allow that process more but only if we allow surrender and being overwhelmed, and for most people they don't allow it. They allow a dribble here, a dribble there, and try emptying a bottle with a dribble; it's going to take days. (Laughter) If you empty a bottle with a whoosh it'll take hours or minutes, and this is how our soul works too. There are many emotions in us we could solve within hours. We don't allow that process to fully complete. We stop it because of some fear or some other false belief, and as a result it takes days, months or even years to make the transition.

Mary:

And while we're resisting, we're actually attempting to limit ... while we're resisting truth, while we're holding onto error, the error within us is resisting the truth, then we're just limiting our own growth, aren't we?

Jesus:

Well this is the sad thing isn't it. You're there holding onto resistance, saying, "I want to hold onto resistance, I need to rebel against the whole process, I don't want to change," and all you are really doing is limiting your own growth, which would result in your own happiness. You're limiting so many

things. Why would you logically take a step that causes you to limit your own happiness? It doesn't make much sense.

This is the sad thing about pain that we don't understand. While we retain the pain within, we are limiting the pleasure that we can experience. It doesn't make much sense to do that. See, this is where logic can be used to get into the reasons why we resist, rather than just allowing resistance to remain for the rest of our life. We need to challenge our stagnation, and one way of challenging our stagnation is to at least reason with ourselves logically about what stagnation is achieving. The reality for most of us is, stagnation achieves your not having to feel pain.

Mary:

Yes, but in the long term ...

Jesus:

In the long term it creates huge amounts of pain, so you could actually say, stagnation achieves a fixed amount of pain that gradually grows, and the majority of us prefer that to being overwhelmed by pain for a short period of time.

Mary:

... that then decreases.

Jesus:

And that's pretty sad ...

Mary:

It is, isn't it?

Jesus:

... that we actually prefer that, so there is a lot in resistance. Of course, we could talk for hours about what emotions cause resistance, what kinds of emotions of resistance there are. When we answer people's questions about emotional processing, emotional growth, we'll probably start addressing some of these issues in more clarity.

I think later on in the week we are doing a session on questions about emotions, and they'll all be referencing The Human Soul FAQ, because in the end they'll all revert back in some way to what's going on with one of these principles of How the Soul Functions.

Mary:

I am looking forward to that. Thanks for that discussion babe, and thanks for your passion and enthusiasm on the topic.

Jesus:

I love how the soul functions. To me, learning about how the soul functions has helped me immensely in my own life, and I feel that if everyone on Earth knew how the soul functions we would drop ... honestly, entire economies of

nations would change into focusing on growth rather than focusing on suppression, and dealing with the effects of resisting change in the soul. I feel that understanding this material has a powerful effect on the individual, but also potentially a powerful effect on humanity collectively.

Mary:

Thank you.

3. The principle of "Presence"

Mary:

We're continuing our discussion of "How the Human Soul Functions". I'm here with Jesus, and we're up to the principle of presence, so Jesus, can you tell us what the principle of presence is all about?

Jesus:

Well I thought I'd just read my notes first for everyone, then we'll go through the notes perhaps one by one again.

We're wearing different colours because it's actually a different day. (Laughter) We spoke too much yesterday, so obviously that's why we're wearing different colours today. It's not like we had a half-change through the day.

Presence is the principle that for truth to be present and absorbed by the soul, love must also be present. It's really talking about the presence of love, and a person who has truth in themselves, who honours the loving principle of the soul's free will, and who wishes to share some truth, under all circumstances this person:

A. Would be able to tell you the truth about yourself, if they have learnt the same truth about themselves, and this truth is present within their soul. In other words, quite often I see people trying to share a truth with somebody, but they haven't even learnt that truth themselves, which means they have no idea what they are talking about actually.

B. Will be able to logically describe the truth and define how it is the truth. In other words, they'll have a deep soul-based understanding, which will trigger their intellectual logic, and they'll be able to describe to you logically why the thing they are sharing with you is the truth.

C. They will be able to tell you why the condition of error exists within you. In other words, if they are really developed in love, they will be able to feel what's gone on in your life. They will be able to feel what the source of your issues or problems are, and what they'll be able to do then, is tell you what was the underlying cause. They'd want to do that, they'd want to share that with you because they love you. It wouldn't be an attack of you, it would be

a sharing of what they know about you, based on what they can feel from you, that you might not even be able to feel from yourself.

D. Will be able to show you how to remove this condition of error. In other words, they'll be able to say to you, "This is what you need to do if you're going to actually address this particular problem." In other words, they'll want to help you address the problem. They won't just attack you with the fact that you've got one, and then leave you high and dry and feeling terrible about yourself without showing you what the potential solution is, of this particular problem.

E. Will want to do all of the above while honouring your free will. In other words, if you said, "I don't want to hear anymore," then they would stop. They wouldn't keep going or keep attacking, or keep being bombastic or pushy with the information; they would honour your free will instantly.

Mary:

The other way I see that we can often tell that a person doesn't have the presence of love while they're speaking, and therefore doesn't have that truth within them, is that often they're trying to manipulate the person's will into stopping what they're doing. So they're ... "I'm telling you this so you stop that."

Jesus:

Correct, and that is out of harmony with love straight away. And then the last point is:

F: Love, compassion and understanding will be present and within their own soul while performing all of the above actions.

In other words, they'll have love for you, compassion for you and they'll understand most, if not all, of what's going on for you during this process of the sharing of the truth.

Now this is an indication that that person is, firstly, quite well developed in love, but secondly, also interested in loving you while they share the truth with you. The majority of people are not like this of course. For most people when they share "truth" with other people, it is very personally motivated. In other words, they're personally selfishly motivated; they're doing it for the reason of trying to stop something from happening in you that affects their life, rather than doing it to help you because you want help. Most people are not in the state of doing those things.

Mary:

Yes. It's also true that we might speak the truth just because we love the truth, and to honour the truth in that situation, isn't it? It may not be specifically, "I'm telling you this and now I'm going to help you through this whole big thing," but if the truth resides within me, I will be able to speak it

with love and be able to help that person, if they are sincere about wanting help.

Jesus:

There are times when the person is in a situation when no one in the room wants any truth, but in order to honour the truth themselves they must speak it, but they wouldn't be speaking it in terms of trying to change anybody, or trying to manipulate anybody, or trying to make anybody feel bad about themselves, or trying to judge anybody for any other purpose. They would be doing it only because they must stay in a condition of truth in that particular place.

Also, it's only when something becomes very, very unloving that you would consider doing that. In other words, if everybody in the location was quite unloving to each other, and there were a lot of other things going on but they all wanted those interactions, and you were in the situation but you were in a state of truth, there is a high likelihood that you would just sit in the situation and observe what's going on. You wouldn't say anything, because nobody there wants to know anything from you, and they all want to remain in the condition that they're currently in, and there is no effect on you unless they personally interact with you.

If they personally interact with you, now it may be a different type of interaction, where you say, "Well I can't agree with that. I'm happy to sit here and listen to everybody, but I can't agree with that because of these reasons ... " That might come out, but that would probably only be needed if you were asked.

If everyone started to attack you in that situation, then obviously the person who is in harmony with love and truth would say, "All of you guys are getting out of hand now. You're now attacking me for my situation. I haven't been attacking you even though I disagree with you. This indicates to me that you're not very loving. I don't really have any need to listen to you, and the reality is, I think it's time for me to leave rather than put up with this kind of stuff from you."

Again, you wouldn't be angry or demanding or expecting that they change, or any of these other things. You would have compassion for the fact that they wish to remain in that particular condition, and you wouldn't feel better than them or any of those things. You would just say, "No, I can't do this here in this situation, because while you're attacking me you're not being very nice to me, and that's something that I can't allow." You would then probably leave the situation.

A person in truth is often very, very connected with themselves. They are not angry with everybody all the time, and not bitter with everyone all the time. It's very rare for them ... once you're at-one with God you never get involved

in bitter conversations or accusations, because there is no need to. If a person's that resistive to truth, then obviously there's no need for you to be involved with it, and under those circumstances you would be completely quiet, which is like the kind of situations surrounding my death in the first century. That was the reason why I was completely quiet, because in that situation nobody wanted to hear the truth. Nobody wanted to listen to what I had to say, nobody cared that I was there by their force. There was nothing I could do about that unless I resorted to violence, and so the only option I had was to not speak, and so I didn't.

Sometimes a person who's living in harmony with truth won't speak, no matter what the provocation.

Mary:

To summarise what you've just spoken about there, you're really saying that when a truth has been absorbed into us ...

Jesus:

Yes, that's what we're talking about. If it's inside of our soul, yes.

Mary:

... then, whenever we are in any situation, love with regard to that truth will guide us. We'll have a loving attitude towards that truth, so we won't be forcing it and we won't be angry about it.

Jesus:

Won't be angry about the truth itself, or the fact that other people are in error about that truth.

Mary:

We won't try to force it upon others, but when we do present that truth there will always be love within us, and we will be clear and calm, and we'll be able to have a logical expression and discussion of it, should that be welcomed.

Jesus:

We would have compassion, on top of that, for the people who are listening, and their condition, and the fact that they might not understand what we're talking about. Sometimes we'd have quite long discussions with them trying to explain, and the only time we would leave those discussions probably, or ask them to leave if we had control of the room or the house or whatever it was, would be if they've become unloving in their actions towards us. Then of course we would go, "Now things are out of harmony with love so I can't be here." But even that wouldn't be an angry reaction. Once we are at-one with God it won't be.

Let's contrast that with a person who doesn't have presence, if you like, or doesn't understand presence. A person who does not have truth in themselves, who does not honour the loving principle of the soul's free will,

and who wishes to share some “truth” under any circumstance, will generally attempt to attack or denigrate you with their truth. That's very different; that's now an unloving act. They might know something about you, they might even know something that you're trying to keep secret or whatever, or that you feel ashamed of, and they purposefully raise that particular thing in order for you to feel worse. That's their purpose; that's their underlying goal. Their underlying goal is to make you feel worse about yourself.

That's an indication of a person who has no love in them at all, and who doesn't understand this principle of presence. They will attempt to belittle or humiliate you with their truth. They will have no logical idea or concept as to why their truth is what they believe is the truth. They will not be able to tell you why the condition of error exists within you because they have no idea, and most probably a worse condition exists in themselves. They will not be able, or want, to show you how to remove the condition of error, because basically they don't care about the fact that it exists. They just want to highlight it in order to attack you. They don't care that you have the condition, and they also don't care about helping you remove it. They have no intention, in fact, of helping you remove it. They'd like it to be worse, which is what they are trying to create or achieve. They're trying to make you feel worse, and therefore have the condition worsen.

You see this kind of attitude a lot with media interviews. They're constantly baiting people so that they get the reaction in the other person. That's an indication of a person who doesn't want the truth. A media person who wants the truth won't bait people. They will see the resistance and maybe point it out, but they won't bait them, and try to trigger them into rage or anger or some other emotion. They would allow the person to say, "Oh, I don't want to answer that." They'd say, "Okay," and go onto the next question, and just let that comment that the person doesn't want to engage speak for itself. The reality is that there are not many media people like that, who do that.

The person in error will not honour your free will to accept or reject the truth given. In other words, they won't honour your free will, oftentimes even to speak. If they do allow you to speak, they will not honour your free will to say, "No, I don't agree," or to be in disharmony with what they believe. That's part of the problem, and they will not be able to do any of the above with compassion, love and understanding because, love, compassion and understanding are not present within their soul.

When we examine this aspect of presence, it's really about the presence of love. A person cannot be the presence of love unless love exists within them to some degree, and this is why most people have trouble with this particular aspect of the soul. They often have no presence of love within them, even if

they're seeking for truth. Many times there is not much of a presence of love inside of them, and so they become very angry, demanding, have hard expectations, and as a result no truth can really enter them. Nor can any truth be discussed without there being some discussion about the emotional condition that prevents the truth from entering them.

Mary:

Let's talk about this then, because now we're starting to talk about something else. Really, you're saying that if a truth exists within our soul, love will be present with that truth, in relation to that truth.

Jesus:

If it's truly in our soul, if it's not just an intellectual idea. This is what the problem is for many. It's just an intellectual idea, and it's not entered their soul yet, so it's not something their soul really feels. It's something that they think is a good concept, that they have honoured, through their intellect. Because it's not in their soul, because it's not something that's inside of them, what they do is, they have a tendency to relate a whole heap of information, a whole heap of what they believe is true, but there is no love in them at all, to allow for that truth to be discussed with them themselves.

They themselves are not going to be able to receive what is being said.

We've had many examples of this. If people look at some of the media interviews we've had, you will see many examples of this. There was one young man who came to interview us at our home. and he eventually walked off the interview. The main reason why he did was that there was no presence in him, no presence of love in him. He had no desire to find out the truth at all. It was all about other addictive emotions that he was trying to satisfy, and as a result it was impossible to share any truth with him, whether it was personal or ... you could see, even if it was not personal, he was there thinking about other things. He wasn't even listening to the conversation; there was nothing going into him. A conversation like that is pointless. Then of course, when it became personal, now he became defensive, angry and resistive and all those kinds of things, and started a personal attack of myself, and so forth. That's another indication there is no desire in the man for any presence; there is no desire to love in the process.

Mary:

This is where you've been talking a lot about relating the truth, and how when we relate to truth, love is present if it's within our soul. Now you're beginning to speak about how receiving the truth, and how the presence or the lack of presence of love affects our receipt of truth. You're saying, unless there is a presence of love within us ...

Jesus:

... or at least a desire to love within us.

Mary:

Yes, so let's talk about what needs to be present in order for us to receive truth.

Jesus:

Well, it's love that needs to be present in order for us to receive truth. I think we've made that clear, but I feel there are aspects of love, and that's what you're really asking.

Some of the aspects of love are being open to a new concept; that's an aspect of love. Being open to the fact that there might be an emotional issue is an aspect of love. Being open to the fact that you may have resistance to the discussion of certain information is an aspect of love.

If you're not open to such things, then there is no aspect of love in you, or desire to love. As a result, it is impossible to really share truth with a person who's like that. The only circumstance where you would is if they were in your company. Then you would, or if they were at your home, which in the case of this man he was. He was at my home. If it was at his home, I would have done something completely different.

They are probably the only times that you would engage it, if you had control of the situation from an environmental perspective. The other times you'd probably just be quiet, because you know that anything you say is not wanted anyway, and so you probably wouldn't engage. The only thing they'd probably question after you left would be, "Well, that man was a pretty quiet man; didn't get to know him very well (Laughter)

Mary:

I've been with you in social situations, where people have said that to me afterwards. "Gee whiz, he doesn't talk much," and of course I know that you are very sensitive to the will of everyone around you. If they don't want to hear from you, you don't talk to them. I often think it's funny that people have a perception that you're going to be a certain way in a social situation.

Jesus:

When we share publicly we're making the presumption, and it's a valid presumption, that people who come to listen to us speak want to learn about love. When we go to a social situation I never make that presumption. I'm always going, "Well, what's happening here? What are the feelings coming from them?" If the feelings coming from them are that they don't want to hear from me at all, then I don't say anything. Sometimes we have whole evenings where I say nothing. They ask you whole heaps of questions because they're interested in you, but they are not interested in me, so I don't say anything. Then they go away saying, "He was pretty quiet. I wonder what was going on with him," and I say, "Well, they could have asked me that, and I could have told them, but they didn't even want to know that." (Laughter)

A person who is present with love would automatically be sensitive to those things.

Mary:

This aspect of presence and truth, and the relationship between the presence of love and the presence of truth, that if love is not present, it's impossible to reflect truth really, if you're going to honour ...

Jesus:

Yes. Really, all you're doing there, is reflecting an intellectual concept from a memory-based idea that you've heard from somebody that you liked. You're not actually reflecting it from what your true condition is. It's not something that you actually know. It's not something that you actually practise, and it's almost hypocritical, because really it's just an intellectual concept you're sharing from yourself to another person, that you yourself don't yet have a soul perspective of; you haven't yet absorbed it into your soul.

You're sort of sharing something that you just think is a great idea, and then getting upset about it when somebody doesn't accept it, which is actually the true condition of your soul, because when you get upset about it when someone doesn't accept it, you're proving that the true condition of your soul is much darker than what you even thought it was before you started sharing it.

I feel a lot of people don't understand this principle of love-based interactions. When you're present in love, and this is the aspect of the soul, the love has to be in your soul to be present in love, it can't be just an intellectual concept, it has to be something that is actually driven by a real feeling inside of your soul, because if not you're going to slip up. Sooner or later they are going to say something that gets you hot under the collar, and you'll say something back and "Bang," you're out of the intellectual facade, and you're into the real condition of your soul. When you are actually feeling true presence, and you're feeling the feeling of love inside of you, you don't do that.

Mary:

I just want to talk to you about your saying, "When we are present in love; when we have true presence." I get a bit thingy about that, because there's a lot of what I would call New Age philosophies, that talk about presence and being a presence of love.

Jesus:

Yes, and I am not talking about any of those airy-fairy concepts or ideas here. (Laughter)

Mary:

You're really just talking about when love is present within us. Is that what you are saying?

Jesus:

Correct. Love has to exist within your soul. It has to be inside of you. When love is inside of you, now you can be loving with other people. You can't manufacture an idea or concept of love and be loving to someone if love doesn't exist inside of you.

Now, usually everybody has a degree of love inside of them to some extent. When I say, "a degree of love," there are certain circumstances and situations where there is no resistance to love, and there has been some absorption of truth, where they are quite relaxed and able to show or demonstrate some kind of love to another.

For example, the average guy in Australia who drinks a bit, when he gets together with his mates, they all get together and have a bit of a drink, generally many of them are quite loving to each other at that point, sometimes even more loving than they would have been before they had the drink, because the drink has sort of loosened up their emotions a little. Now they start to display some of their true feelings for each other, which is sometimes quite loving and matey, and that's why a lot of them love to get together and have a drink, because that's when they feel some flow of love between each other.

Of course it requires an addiction before it happens, but as soon as one of them starts saying something the other one doesn't agree with, because they're lubricated, if you like, by the alcohol, now they quickly go from a bit of presence of love to no presence of love at all. Now they're angry with each other, and almost fight and sometimes they hurt each other. That's why it switches so rapidly - because on one subject you can be present in love or have some love present, but on another subject you can have none whatsoever. As soon as that particular subject is triggered, you're not loving at all.

A person who has grown in love, is present with love on more and more subjects, until eventually, when you become at-one with God you are present with love on all subjects. There is not a single subject that a person can raise with you that upsets you, that makes you feel stressed out, that makes you get angry, that makes you feel afraid, any of those things. That's what happens when you become at-one with God. Up until that time you are a person in progression. You are progressing with your soul; you're learning how to become like that, but it's only when love is inside of you that you're actually like that on any given subject.

Mary:

A lot of the other principles we've been discussing in this series, have been all about how to get love into your soul on certain issues, hasn't it? These issues of absorption and resistance, all of those principles affect how we can actually become more present in love.

Jesus:

Yes. In the example that I gave - maybe if we can give an example - if the two guys getting together to have a drink, feel real matey with each other, feel a fair bit of love flowing between them, they really like each other's company, and then all of a sudden some subject is brought up that one of them doesn't like, he gets all upset and angry and starts taking his anger and rage out on the other, well that's an indication that that particular subject for that man, he has a lot of resistance on. There is no soul absorption at all that has occurred on that subject with truth, and obviously he has a lot of preclusive emotion that precludes any soul absorption of truth on that subject. His true state on that subject will dominate him, and because of his alcohol base there's less facade. Now the true subject dominates him without facade, and so he is now engaged in an angry exchange. That is an indication that the truth does not exist in his soul on that subject. Even if he had had a drink, if the truth existed in his soul on the subject he wouldn't have got angry on that subject, no matter how challenging the subject is.

Mary:

So basically my understanding is that, when the truth is received into the soul, not just the intellect, then love is also present or will come from us when we present this truth. That's the first thing we've established.

Jesus:

Well, can I also discuss another relationship there perhaps? - because it's very important for people to understand some relationship between truth and love.

Remember that truth opens your heart to love. Remember, humility opens your heart to truth, and truth opens your heart to love, so if you have absorbed a truth inside of your soul, it's highly likely, if it's really there, that you've also allowed some love to flow into you about that subject, because of the way truth is the doorway to love.

It means, if you've allowed some truth on a given subject to flow into your soul, then it's highly likely you'll feel some love on that particular subject inside of your soul as well. This is why the two often go hand-in-hand if they are in your soul. If there is a separation of love and truth in you, and you're just reaming off intellectual ideas, and it's obvious there's no love in your soul about that subject, then it means that you probably haven't absorbed the truth in your soul about that subject. Also, no love has been able to flow into your soul about that subject, and then the best course of action to take

would be to find the emotional resistance that exists within your soul about that subject, and work through the emotional reasons, or the emotional feelings, that caused you to preclude these emotions in your day-to-day life.

Mary:

You're also saying there though, even when a certain truth may not be within our soul on a certain subject, if love is present in other ways, through our desire to grow, or through our desire to even receive truth that we haven't previously got, that almost creates a loving condition for the truth then to enter us, and without that the truth is just going to be an intellectual discussion.

Jesus:

Really, all we're doing, without the love being present in the soul, and without truth being present in the soul, all we're really doing is just reaming off memory-based intellectual thoughts. In other words, there are things that have entered our mind, that we remember, and that maybe even from our mind's perspective we like the concept of, but as yet we don't personally practise them in our heart, in our soul. We are totally de-tuned from them in fact, and in fact sometimes, because we love facades on earth, there is a tendency to actually like that condition, where the soul is in a completely different state than the intellect would tend to indicate, even to ourselves.

We need to understand the difference between those two states before we make any progress. While the soul is in a state of the resistance to the truth, and while it's in a state where it precludes the absorption of new truths and love, then it doesn't matter how much we talk about love, and it doesn't matter how much we think about love, and it doesn't matter how much we read about it, it doesn't matter how much we so-called share our life with others, there's not going to be any love coming from our soul, and until we remove the resistance that will be the case. If we don't remove it for a hundred years, that will be the case for a hundred years.

Mary:

Sometimes I have this little joke with you, about people viewing you as a google machine, because sometimes we get into situations where people are continually asking you questions.

Jesus:

Question after question after question.

Mary:

About the universe, about God, about the spirit world, about even personal progression, but there isn't the presence of a desire to really receive the answers in an emotional way.

Jesus:

Yes. It's quite funny sometimes, because you know the feeling is quite strong; you can feel it quite strongly after a while. You can feel that that person has no desire to hear the answer. There is no love in them asking the question, and there's no desire for them to have a personal change from getting the response to the question. They're just asking the question, and the only reason why I generally answer those questions in a group environment, is that I can feel other people in the audience do have a feeling that they would want to know the answer to the question, and they want to address the issue somehow emotionally, and then I'll share.

If I feel that no one in the group, or very few people in the group, are wanting to hear the answer to that question, then I will focus the person who has asked the question, on their emotional condition, what's going on for them, as to why they keep barraging me with questions, treating me like I am a machine, while at the same time not wanting to know, or feel, about any of the answers I give them.

Mary:

Yes, it can almost be a sort of addiction, can't it? - to just engage the intellect around our progress, to help avoid where we are really at. I know that one.

Jesus:

Yes. I find a lot of people who ask questions are asking questions in their addiction, whether it be in their fear, in their shame. Now in some cases I will answer those questions, because I feel like there is an issue here for them that they need to address. If they can raise it and I can address it, that's being kind to them. It's also sometimes driven by some spirits that want to know the answer to such questions, so I feel now I've got a valid reason for answering this question, but when I feel that it's just a barrage of questions, for the sake of getting information to allay certain addictions that they have, or to meet certain addictions that they have, then I feel like, "No, now we've got to focus on the addiction," because unless I focus on the addiction, the aspect of preclusion means that they will not absorb anything I am saying to them. It's like talking to a brick wall. From my perspective that's what it actually feels like; it actually feels like you're beating your head against a brick wall (laughter), with no result. That's what it's like, talking to some people, when it comes to giving them an answer to the questions they ask.

Mary:

Alright, so if we discuss this principle from another angle now, in the way that we might begin to analyse what's being presented to us? Given what you've said, if we are hearing something from someone and love is not present, then how do we deal with that situation?

Jesus:

Well, if we're hearing information from people where love is not present, they obviously have a motivation inside of them to bring up this information in order to attack us in some way, or to humiliate us in some way, or to denigrate us in some way, or some other reason, or they could be bringing up the information to meet one of their own addictions, which is actually a selfish act.

Firstly, we would need to look at two things. One thing is: we need to look at why we receive such comments and criticisms. You see, there is obviously an aspect of love of ourselves, that allows us to absorb error-based emotions from other people, and remember, if there is an error inside of us that precludes the truth from entering, or there's no truth inside of us that exists to preclude an error from entering, then these errors, where other people treat us badly and we accept them treating us badly, will enter us.

It's very important for us in those interactions to understand, that obviously if I am accepting something that's not given to me in love, and it's not given to me with a desire to improve, and it's not explanatory, and it's not all of those things we listed in the first section about presence, then we can say to ourselves, "Well, obviously there's something else going on here, and I am just allowing some abuse now."

And it doesn't matter what the person is saying, or what they think they are saying; it doesn't matter what they are saying. If I am allowing abuse, then obviously there is a point of learning here for me, about why I allow an error-based unloving feeling to enter me all the time, and why I allow myself to be in a situation all the time where I am getting attacked.

Now there are some times, when you think about those issues, where there might be a reason, and that is to demonstrate love to other people who are there, or other people who are watching, but they are about the only reasons why you would stay, and even then you've got to be careful that you're not sacrificing yourself just for the sake of other people learning something.

We'd have to analyse why we're sitting there allowing this barrage, and what's actually going on, because most of the time when we're in a situation where love is not present, and we're allowing a barrage of information to come to us, it's usually because the person who is doing the barraging, is emotionally manipulating us in some way, or attempting to. They are trying to elicit a response in us that they feel they wish to elicit; in other words, they are trying to drive us to a certain point, whether that be to a point of agreement or whether it be to a point of anger, or rage, or some other emotion that's unloving.

Even agreeing with them under those circumstances would be unloving. This is where we have to be very careful that we are not being emotionally manipulated by a person who's unloving, who quotes some intellectual idea

or concept that is truthful to us, and uses that as an excuse to be unloving towards us.

If I can give an example: I had one media representative say to me that he could abuse me as much as he liked, because if I was Jesus I would forgive him. Now that's an example of a person who is emotionally manipulative, who does not understand the principle of forgiveness in their own soul, and who has no desire to love at all. He is willing to attack another person, and then use a "truth" that he has heard intellectually against that person, to cause them to accept some attack.

Now that's highly manipulative, and it's totally out of line with any truth. Any question that the person asks, under those circumstances, he is never going to hear the answer to, so it is pointless having a discussion with such a person.

Mary:

Yes, and I suppose there are a lot of examples I could bring up in this area, where I see people excusing abuse really, using Divine Truth terminology, if I can call it that. I know neither of us like to have a lot of terminology but it does happen. For example, I have heard people excuse their treatment of other people, saying, "Well you attracted it; it's your Law of Attraction."

Jesus:

There is an example of a person with no presence, no love; no love is present there. They are basically blaming the other person for their abuse of the other person. That's a very unloving thing to do. You know, basically a paedophile does that; they blame the child for the sexual abuse of the child, so you're not far removed from a paedophile when you start doing things like that, to be honest, in your soul condition. It's a very damaging thing to your soul, to start using the excuse that because the other person attracted it, you can go ahead and do it.

Mary:

Or that you don't need to look at what you did. And it indicates that there is no love present, around even the understanding of the Law of Attraction.

Jesus:

Correct. Yes, there is no understanding at all of the Law in their soul. They might have heard a few concepts, and now they are distorting the truth of those concepts in order to manipulate another person to absorb their abuse, and that's a highly unloving act. In fact, anybody who engages in those acts has no understanding of Divine Truth within their soul at all, because if they did, if they had received some of God's Love, they would never be able to do it. They'd never be able to do such a thing.

Mary:

There are other areas where I see people ... I suppose when we have a lot of error inside of us and addictions, it's easy to allow ourselves to get away with manipulating the things that you say. I was thinking as you were speaking, about an example of someone that I heard from, who'd been in a workshop in their workplace where some principles about, we might call them Natural Love teachings - I don't like using that terminology either - were being presented in a workshop format. That person was obligated to be there for their work. They felt that there was no love present, so they were obligated to speak the truth, and they felt this person who was presenting it was being quite unloving.

Jesus:

Obviously I took issue with that, because that person was not in control of that environment. The person was doing their job and not forcing this material on the people. They were presenting what they were being asked to present, and the person in the audience was actually using the excuse of needing to stand up for truth, when they in fact were being quite attacking and belligerent, and taking away from the flow of this person, who was simply just trying to do their job.

In other words, the person claiming to be the person who had love, was actually one of the most unloving people in the room, by standing up and interrupting the flow of the entire discussion, and then getting angry with that fact, and then potentially, I don't know whether he walked out or not, but I suspect that he may have.

Mary:

No I don't think he did; he stayed along until the end.

Jesus:

Stayed and annoyed them until the end, which is one of the worst things you could ever do. If you felt that annoyed you should leave, and so then everyone could be relieved of your presence. That indicates how strongly there is no love inside of that person, even though they think there is.

Mary:

I suppose that's the thing, that basically, from what you're saying, I feel that you're saying that, if love is present when someone is presenting a truth, then we can trust that a lot, but it depends a lot upon our understanding, or our understanding of what love is, because a lot of people will ...

Jesus:

And this is what the problem is, because if love is not present in your soul, you don't understand what love is, even if you think you do. This is the state that most people are in on the planet. They think they know what love is, when it's just full of addictive co-dependence, and they have no

understanding of what love is. Under the circumstances where we're sitting in an environment where we don't have to participate if we don't want to, where we don't even have to be there if we don't want to, we're not forced to be there, someone isn't jailing us to be there, and are just speaking about things we just disagree with, then why would you choose to?

Mary:

Why would you feel that truth compels you to interrupt?

Jesus:

Yes. Truth only compels you if you are in a situation where you had to speak up as a result of someone attacking you personally. Under those circumstances you're not getting attacked personally, you're just sitting there in an audience; you don't have to participate very much.

If someone asks you to participate, you say, "Well I don't know if I can, because I don't know if I agree with everything that's being said." Then if they say, "What don't you agree with?" you have an opening and an opportunity to share what you don't agree with, what you disagree with, but you don't have to then get all upset about it, or abusive about it, and attack the person, and constantly berate them and pull them down for the entire period, which is what I understand is what this person had a tendency to do.

When you do things like that, you are demonstrating that even though you have heard the principles of Divine Truth, you know nothing about them. You just think you know, and you're just parroting off memories that you've had of hearing it. No love has entered your soul, and no truth has entered your soul actually, and if a person's in that condition I would advise them to take a much stronger look, an honest look at the true condition of their soul, and a much stronger look at all of the resistances they have towards love.

Mary:

Hmmm, and I suppose I find it really sad to talk about all these negative things, because it's such a beautiful principle ...

Jesus:

It's a wonderful principle.

Mary:

And yet it seems like there's an abuse of the ideas of love and truth a lot.

Jesus:

I feel that maybe most people on earth don't have a feeling they ... I suppose you could say there are three classes of people generally. There's the class of people who desire to love; they want to learn and they are quite open and humble. Then there is the class of people who think they want to love but they're not humble, and they have no desire to learn but they think they do. These are people who are often in a lot of facade, and we meet a lot of those

kinds of people in our seminars. And then there's the kind of people who know they don't want to love. They just want to be angry and attacking. They want to abuse other people and they want to attack other people; they want to make fun of other people, and they know they do.

In some ways I find them more honest than the middle group, because at least with those people you know where you stand when you're having a conversation. Of course, a person who's in harmony with love, who has presence in their soul with truth, they can tell the different types of people quite readily or easily. The problem is talking to those kinds of people under those circumstances. The person who knows they want to attack you, it's pretty obvious they want to attack you. A person who wants to have the facade of being nice while they're attacking you, that kind of person is self-delusional and often very, very difficult to talk with, having no presence of love or truth in their soul yet, but they think they do, and this is a very dangerous state. There are many people who have stayed in this state for many hundreds of years, because they think they are wise and loving and truthful and loving, when the reality is that it's all just a facade, and their true condition is very, very different.

Mary:

Yes, I believe that they're in the worst situation when it comes to growth. When we're addicted to facade ...

Jesus:

They are the most prone to stagnation.

Mary:

Yes, when we are addicted to facade, then we're further away from progress than the person who just says, "No, I am angry and I'm not hiding it."

Jesus:

And also, "I want to attack you and I want to abuse you." Oftentimes the person who says, "I am angry, I want to attack you, I want to abuse you," they have, in history ... and we've met many of them in the spirit world, where they've gone through some kind of change for some reason. They wanted to love for one reason, and all of a sudden they realise their condition, and they're just as passionate desiring love as they were desiring to hate you. (Laughter) They say they switch from hating your guts to wanting to love you, without going through the middle road of being in a facade, and making out they love you when they don't.

Oftentimes it is the people who make out things, who are facade and who are trying to maintain and perpetrate their facade, they are the people who have the most stagnation issues, because they are often in a state where they have even fooled themselves about what their true condition is. They are the people that are the most difficult to deal with actually, because you can't

convince them that they are in the condition that they are actually in, and you've got to wait until they go through some kind of self-analysis and self-assessment, which they are not prone to do, because they already believe they are in the right condition. Therefore they feel they don't need to do it.

Probably a fair majority of the people listening to Divine Truth at the moment are in that class, where they're not honest about their true state or condition. They are in this state where they believe they would know everything, they believe they get it and they believe they're being loving. They believe all these things about themselves, completely unwilling to look at their facade, and yet they are some of the most difficult people that there are to handle, and difficult people to interact with.

The people we really love interacting with, of course, are the people who are open, honest, truthful about all of their condition, while at the same time they have some presence of love and some desire to love at least, because you can have a desire to love without having yet a presence of love, and even that is a better condition than a person who believes themselves to already be loving.

It's interesting and, historically if you look at the spirit world, sometimes it's been those ones who are hateful and attacking, some who even caused my death who were hateful and attacking, became just as passionate supporters later as they were passionate defenders of their own falsehoods before that time. They were so passionately defending their own falsehood before that time, they were willing to kill me. Then, after they realised their error and went through a state of repentance, they became passionate supporters. (Laughter) They didn't go through this middle road of ... they acknowledged their error, they acknowledged what they did, they acknowledged their true condition and then made changes. Even Cornelius was one of those persons who made those kinds of switches and changes. He wasn't a facade person at all (laughter); he was a good example of a person like that.

Mary:

It seems to be that the injuries that create us having an investment in our facade, either towards ourselves or towards others or both, are some of the most damaging to us really engaging with how the human soul functions, because we do require that honesty, don't we, with ourselves and with others, in order to get the process going.

Jesus:

Always, and of course what we're trying to achieve here in this discussion about how the human soul functions, is we're trying to help you, the listener, to actually see how your own soul has been created and functions, and also help you have a bit better self-assessment of your own soul, what is stopping it from growth, and what is stopping it from progression. That's our goal in all these conversations.

Mary:

Okay, so if you're happy I will just run through some of the notes we have made prior, just to make sure we have covered everything, because as I said, sometimes I feel like we get negative in talking about this stuff, when actually, when you're with someone who has the presence of love when they deliver truth, that's pretty awesome.

Jesus:

Yes, and it's very rare. A person who has the presence of love and is delivering a truth, it's a beautiful gift to be there. Honestly, it's a beautiful gift, because it is a rare thing. Also, they have a pure desire without any facade to assist you, to help you grow, to help you change, to help you to get rid of what your resistance is emotionally. Why wouldn't you honour what they're saying under those circumstances?

Mary:

Yes. I suppose I'm one of the very, very fortunate people on the planet at the moment, to receive a lot of truth in the presence of love. I do feel that and I feel the power of that. I feel how much easier it is actually to receive truth when love is coming with it. It inspires me a lot to be able to offer that gift to other people, because it really is life-changing. Yes, I feel very passionately about that.

When I receive a truth and love is not present, then I need to analyse it on its merits of course, because I wouldn't be humble if I didn't. If someone gives me feedback or presents something to me, and I can feel there's not love there, I don't dismiss it out of hand, but when love is present that is ... it's just very beautiful.

Jesus:

Obviously for myself, it's rare for me, for others to present to me any truth without there being a large degree of unloving behaviour associated with it, unfortunately. Obviously I allow myself to feel about those kinds of feelings rather than attacking the person in return. I need to work through issues of self-love that I obviously have yet to work through, with those particular things.

We have to be careful here with one particular aspect of this though. We find a lot of people believe they are speaking with celestial spirits, because they are so "loving," when the reality is, they are speaking with spirits from the first sphere who are manipulating them through their addictions.

And quite often, people on Earth do believe that when another person meets their addictions, it means that person is being loving to them, and that is not true. If a person is meeting your addictions they are not being loving to you. They are assisting you to remain separate from love and separate from truth. This is something where I find a lot of people really struggle with me,

because I will generally not be in a situation where I wish to meet a person's addictions. Now under those circumstances, because most people believe that the meeting of addictions is the act of love, they then feel that I'm not very loving, and I feel that's something that they need to have look at.

The reality is, a person who doesn't meet your addictions is the most loving person in the room, to you. Unfortunately, on earth there are so many people who are engaged in constant addictive relationships, they've become so used to having their addictions met that they believe the only way they get love is by having their addictions met. In fact, that's not love. That is a co-dependent bartering system. It's not the gift of love being offered to them, even though they may feel it is. I think we need to make that sort of caveat on this discussion.

Mary:

Definitely. That's why I sort of said earlier about ... it depends very much on how much we really understand love, doesn't it?

Jesus:

Yes, and the average person obviously doesn't understand love very much, so we need to honour the fact that we don't. We've grown up in an environment that hasn't taught us anything about love really. It's taught us a lot about co-dependent addictions, but it has taught us hardly anything about the gift of true love, the gift of a love that doesn't require self-sacrifice but it doesn't require the sacrifice of others.

Mary:

I know also, because of my many addictions and fears that I've lived in resistance to for a long time, when I would be telling truth to people in the past, I was often in a lot of addiction myself. What I know from that ... and so my truth-giving might go something like, "I know what this is like for you, because I've got all these issues as well."

Jesus:

And bang, there's the addiction.

Mary:

(Laughter) Yes, so that's me trying to say, "It's okay, I'm with you, don't be confronted because I am like you."

Jesus:

Yes. You're already trying to pacify the potential response of the individual. This is an attempt to manipulate their response emotionally, which is actually an attempt to manipulate their will, which is not loving.

Mary:

I would go on like this, and say, "But you know you have this issue, and it comes from your childhood, so you know you can work through it," and all of this kind of crap.

Jesus:

The pacifist. It's pacifying: it's like giving a person a dummy. (Laughs) In Australia a dummy is something you put in a baby's mouth so they can suck on it and feel pacified. I think in the States they call it a pacifier, and it's like giving a person a pacifier or a dummy, so they can feel nice and secure and safe while they are hearing a whole heap of truth. A person who loves you doesn't do that.

Mary:

No because actually, in that addiction I am fostering the lack of growth in both of us. I'm saying, "I'm afraid of what's happening and I don't want to feel that, I'm afraid of ... it might not even be a real thing that might happen in you. But because I'm living in fear, I'm avoiding that, so I'm avoiding growth, and I am also wanting to limit the amount you're going to grow through what I say, because there's not a full confrontation of the truth."

Jesus:

Well what it is, the true thing it is, is the expression of fear. The person who does that is not acknowledging their own fear, and their own fear is, that if they share the truth, even if it is in a loving and gentle way, they feel the other person will have an overreaction to it, and get angry and resentful. Then there will be some kind of breakdown of their relationship in some way, or some kind of feedback system where they no longer get their own addictions met.

Now all that is, is an avoidance of your own feelings, which is actually not truth and not the absorption of truth, and it is not loving. If every time you try to avoid your own feelings, even the feelings of being potentially attacked, if you try to avoid them then you're not in a loving state, so it's very counterproductive to attempt to share truth with a person in that manner, then at the same time trying to pacify their response. The fact is, a lot of people need to have an angry response to feel their own resistance.

Mary:

Absolutely, and that's what I was going to go on to say. What I notice in those interactions that I have had in the past, a lot of people thought I was a very nice lady, and that was my aim. They thought I was quite loving and kind, which was also my aim, but it wasn't the truth, because I was, as you just pointed out, living in my fear ...

Jesus:

And it's not loving to feed their addictions or your own, so you weren't being loving.

Mary:

Exactly. I wasn't being loving in any way. Now I have grown a bit from that point, and I feel much clearer now about when I am going to speak to someone. I do that in the context of situations where we already have an

understanding that they want to receive truth from me. I don't do it with the supermarket checkout girl, but if I am in an interaction with a person who has already said to me, "Look, I want to grow in love," then I'll be clear and direct with them about what I see is going on. That means that I just say, well I said to someone yesterday, "You are just incredibly angry with men. It comes out of you like a huge barrage," and in this case I said, "I don't actually know the exact causes, but I can tell you that that's what comes out of you, and I do know the process you're going to have to go through in order to find the cause."

Jesus:

And didn't you also say that you could feel in her a feeling that if a person has a penis, then it means they should be attacked. (Laughter)

Mary:

Yes. I was very clear and direct with this person, because I know the power of receiving that truth from someone who's not judging you. I didn't feel any sense of judgement towards her, but I felt that it was actually an act of love to give her this awareness. Five years ago I would have frozen in terror at even being able to speak that, so directly.

Jesus:

And remember your emails five years ago? You'd do two or three pages of email that didn't really say anything at all (laughter), and wasn't direct at all ...

Mary:

... and hope they'd get it.

Jesus:

And hope they'd get it, whereas now it's like two or three paragraphs of email with each point very clear, and being afraid when you click the 'send' button.

Mary:

Yes. (Laughter) Absolutely, but also recognising exactly what you said, that I personally have had a lot of resistance to a lot of things. I've had to get angry and I know now, that my brothers and sisters out there, sometimes they're going to need to go through anger. My anger was like a big indication to me. When I realised, "I am angry," I couldn't deny I had a problem anymore. I wanted to deny it.

Jesus:

Exactly. Shall we say, a self-reflective person who gets angry can't deny that they have a problem anymore? But a non-self-reflective person who gets angry usually does deny that they have a problem, and usually thinks that everyone else is the problem. Obviously, if you are attempting to grow in love and you are self-reflective, one of the key indicators that you're very resistive is your anger.

Mary:

Yes. I suppose in those interactions I don't get as many people believing that I am a loving, nice, kind girl, but actually I am more confident, because I feel the love inside of me when I am able to communicate in that way. I know I am not judging. I actually do have compassion, because I've been the person in resistance, and I also have been the person who has received the truth with the presence of love, and it's changed me, and so I feel much more confident. Not in every situation; I am not without addiction.

Jesus:

It's a growing thing.

Mary:

Yes, but very many more people feel very much that I'm not loving in that state, and they believe their celestial guides are more loving than that, because it's all very gentle and kind. And I feel there's no lack of gentleness here.

Jesus:

The reality is, true celestial spirit communication involves a lot of very, very frank conversation. If that is not occurring, then it's totally because the person has an addiction with a first sphere spirit who they probably believe is a celestial spirit; they are receiving information from a first sphere spirit feeding their addictions. And they go, "Isn't it wonderful? I get all my addictions met by these spirits, I think I will call them my guides, and I think I will call them celestial spirits so that I can feel good about it."

Honestly, we're just being in self-delusion in that state. It's a pointless state, actually, for your own progression. It is far better to acknowledge that, yes, there are a lot of hard things you're going to have to acknowledge about yourself and your own condition, and the sooner you do it the better. The sooner you allow yourself to see that your concept of love is completely different than God's, the faster you're going to progress.

Mary:

It's certainly an issue that's affected the clarity of my mediumship, as a medium, while I still have addictions and fears of people's responses. I know, my guides tell me, and the celestial spirits that come to speak though me tell me, "We're not able to say everything we want." They want to be direct and clear and straight to the point, because they know that's the only way that maximises the potential for growth for a person, but my fear of public opinion often limits their ability to do that, and it's something that I feel is quite ... it's an ethical issue for myself.

Jesus:

Yes. If a person reflects upon the fact: all celestial spirits want to help you get beyond your resistance. They want to help you see that what is dominating your soul at the moment mostly, is your unhealed emotional state. They want to help you get past the preclusive concepts that you have inside of yourself, that stop you from progression, and they want to help you start absorbing some more truth.

Now to do that, they have to confront within you all of the error, and to do that they are going to have to be quite strong about it, because you don't want to confront all of the truth within you. Most of us have no desire to confront it. At the beginning of our endeavour to grow we have no desire to confront it. They have to help us through this process, and so their attempts are always trying to help us get to the state where they can be frank with us.

The fact that most people who think they are communicating with celestial spirits feel they are nice and gentle, the reality is that the majority of celestial spirits, if they did come to speak with people on earth, the people on Earth would believe them to not be gentle. In fact, the people who they believe are gentle are actually in addiction with them, and are actually first sphere spirits who are wanting to get some of their own addictions met through the co-dependent relationship. I find that is very common, happening even now, and it will continue to do so, while the person remains completely in the state where they wish to avoid any confrontation of their own condition.

Mary:

Yes, because it's also true, isn't it, that if we're sensitive to the presence of love, then that confusion doesn't happen at all, because the bigger presence of a celestial spirit is ... the biggest presence is love, and if we are open to that and sensitive to that we can discern so easily.

Jesus:

Yes. They will say very truthful things to you, and they won't skirt around any issues; they're very direct. In fact, they will give you one-liners, and if you don't take them they will go, "Okay, that's all I'm going to say about the subject," and off they go.

They're not the kind of people who will hang around sometimes, like I do, and talk to you for an hour, trying to help you see the issue. Generally they'll just say, "No, well you don't want to see the issue, that's fine, that's your call. I'll go and help someone who does want to see the issue."

This is something we need to learn on Earth too. We need to stop spending as much time with people who have no desire to grow, no desire for progression, and we need to spend more time with the people who have a true desire to grow and to progress.

This is one reason why we've started to have fewer seminars lately - because we can feel that people have reached a point of intellectual saturation of material, without there being any true motive to grow. That's an issue. We want to go and spend time with the people who have a true motive to grow, and that means doing things like this. Things like this are great, because it's only the people who have a true motive to grow that might listen to it. The other people will look at it and go, "I don't want to know about that; that all sounds pretty theoretical to me," and then they will go onto something else.

Mary:

I suppose it's something that we're trying to focus on a lot - the content, so that it's a resource in time to come, and for whoever might want to pick it up at a certain time and have a look.

Jesus:

We feel strongly that there are quite a lot of people on this planet who do have a true desire to grow, but at the moment are quite disillusioned about growth, and feel that maybe growth isn't possible. The more we can share, sooner or later the information will get out there, through all sorts of communication mechanisms, and eventually all of the people who are on Facebook, and who are unloving to each other, even though they call it a divine truth forum or whatever, all of those kinds of people will realise, "Well I am being unloving to my brother or sister; it feels like I'm being unloving, and they feel like I'm being unloving, and we're here trying to attack each other and denigrate each other, which is actually not the presence of love." Then perhaps they'll start questioning their own ... they'll have some kind of more rapid and more honest self-assessment, and that will be fantastic.

But the presence of love should be the way that any person who is sincere about growing, measures somebody's true intention for them. If I can feel in another person that they are loving when they try to talk to me about a subject, I will listen to them for hours. Even if I disagree with everything they say, I'll communicate with them for hours. If a person comes to me thinking they want some kind of truth, but at the same time they are very unloving to me, we'll be lucky to have a five minute interaction, to be frank, because there is no desire for love, there's no desire for growth, there's no real desire for truth, and their soul precludes the absorption of any new information that could help them out of that state, so what's the point of spending any time? There's not much point.

Mary:

Yes, and perhaps an important thing that you just touched on there: you were saying that it is important that when someone has the presence of love then, "Great. Let's spend time with them," but you also mentioned about the ability for us to self-reflect when we are interacting with others. "Do I feel

present with love right now? And if I don't, then should I really be speaking?"
(Laughter)

Jesus:

Yes. "Should I really open my mouth? It's like yes, I feel quite strongly that we have a mind, and obviously we've talked about the mind a bit, and we can utilise this mind to shut up when we need to shut up. When we need to shut up is when we don't feel loving. That's when we need to shut up, because we need to go away and go through the emotional reasons why we feel so unloving, and why we feel like we want to speak up in an unloving way. That's the best time to shut up in fact.

Even if we believe we are being loving and the people around us feel we are not loving, just analyse two things: Are we meeting their addictions or not? If we're meeting their addictions, and they feel that we are being unloving, then that's true. If we're meeting their addictions and they feel we are being loving, then that's false. If we are not meeting their addictions and they think we're being loving, that's true.

These things we need to consider: What are the interactions with the individuals? What's going on with the personal interactions? But we're best keeping our mouths shut when we can feel within us an unloving emotion, because it is not going to end very well generally.

Mary:

No it's not, and we can end up doing more damage to ourselves, and to the people around us, because we're just lacking the sincerity to just say, "Look, I am far too ..."

Jesus:

And we're not in a state where we're going to learn anything.

Mary:

Yes, " ... and I am far too invested in speaking right now."

Jesus:

You can just say, "Look, I can feel I am just getting angry about this subject now, and I've just got to go away and have a good feel about why I am so angry about it, what's causing me to feel so angry."

Mary:

Alright, well that's a great discussion I think, about presence.

Jesus:

Have we discussed most of the points that were raised?

Mary:

Yes, that we had made a note of, just that we'd mention that without love we can analyse the message on its merits. I think we covered that.

Jesus:

Yes. I feel we still have the capacity intellectually to analyse a message, and to determine whether it has a degree of truth or not, that we need to perhaps feel about. It's not always the case that we can do so, of course. For example, if a person is purposefully raising an issue of truth with you, to point out one of your errors that you don't want to know about, then they are obviously being unloving, but let's say you do want to know about it; they're pointing it out to you and you do want to know about it, but they are being unloving. You've got to be very careful about absorbing the emotion that comes with that so-called truth.

Now the fact that you're sitting there already absorbing it, is an indication that the real error is not the one that they are discussing with you. Actually, the real error is that you're sitting there absorbing a heap of very damaging and abusive emotions while they are discussing it with you; that would be the truth you would be focused on.

Sometimes I am in situations where a person is telling me a whole heap of things about myself that I know are completely untrue, but I am wondering why I am sitting there and absorbing it, because that's the truth I need to look at. Why am I still sitting here absorbing it? Why am I still attracting this kind of a person, and why do they think they can get away with this kind of a discussion inside of their soul? There's got to be something in my soul that's allowing this to flow, and allowing them to attack me in some way, without there being some ... there must be a hole there, some kind of error inside of my soul that allows this process to occur, and that's the truth I need to focus on. They might be speaking, and I am thinking about something completely different, and I can see I've got a problem with that thing, not the thing they're speaking about, but the thing that is demonstrable through the emotional condition.

Mary:

I must say it is very humbling for me at times, to experience the difference between what is attracted when I am with you, and when I am not with you, because there is such a strong presence of love and truth within you, that very often, people just don't feel okay to behave in ways that they still feel okay to behave around me, in terms of a lack of love, or a lack of truth, that's to do with my fears and my unhealed emotions and my addictions and things.

Jesus:

Yes. That's why sometimes people don't speak up very much at a group. They normally speak behind our back, but when it comes to a group, they might attend a group but they won't say the things they said to us behind our back, because they can automatically feel the presence of love there, and the presence of truth there, and they automatically feel that they are out of

harmony with love if they say something, and so they don't say anything. But then, because the dominance of their soul is that they still want to be out of harmony with love, when they go away from that situation, their soul dominates. They speak up the unloving thing that they have always felt, but they never felt that they could say in my presence.

Mary:

Okay, I think that's all that we wanted to speak about presence. To summarise, basically explained, when someone has the truth within their soul, they will be able to express that truth with love. They will be able to explain it clearly, the causes for it, and how to remove it. They will honour the free will of the individual that they're communicating with.

Jesus:

And they will have understanding and compassion while they're doing it.

Mary:

And something I think you spoke about with Luli, and you've mentioned again today, was just that you can be in a progression, in terms of the presence of love.

Jesus:

If we're a progressive soul, which is one of the principal of the soul's functions, obviously we're in a state of progression. That means that we're not going to be perfect on any of these points until we are at-one with God. What we've got to come to see, is that at any one point in time, we are in different states with regard to these particular functions of the soul, and until we become at-one with God, that will remain the case. We're not going to be able to be perfected in love until the time we're at-one with God.

But if we allow ourselves to understand these particular principles of how the soul functions, we have a way to become at-one with God, and we start to more accurately examine the underlying things that are going on within our soul, that cause us to not be at-one with God. This allows us to have a true self-assessment of our own condition. I feel that's what's essential here: to be able to see yourself as you truly are, and to understand how to get from where you truly are to becoming at-one with God, where you are 100% of the time present in love, and 100% of the time understanding how the soul functions, all the time.

After that point, it's no longer theory, it's fact. You don't need the theory any more obviously. Every celestial spirit knows all of these principles we're discussing about How the Human Soul Functions and feels, "Yes, why do we need to discuss them? - because we all know how it works. (Laughter) We don't need to discuss them anymore," because it's now in your soul. Even the knowledge of how your own soul functions is in your soul now. That's a beautiful place to be obviously. It enables you, after that point, to grow even

more rapidly, because there's obviously still growth after you become at-one with God, in terms of the condition. This enables you to make this progress, because you now fully understand in your soul as emotions how the soul itself functions, so therefore you know fully in your soul how to grow after that point. You don't need the assistance of another to help you grow, although that assistance is still kindly offered, obviously.

Mary:

Yes, and the other thing I suppose you said, conversely, was that you talked about ways we can analyse whether there is a presence of love with the truth being delivered, and so when there are things like attack, belittling, humiliation ...

Jesus:

... character assassination ...

Mary:

... yes, no logical flow, like ideas able to be presented or being presented or demonstrated even, attempts to manipulate your free will, with all of those things being done or said in the context of sharing it, the supposed truth, then it's safe for us to analyse it. Whatever's being presented we need to consider...

Jesus:

Potentially consider.

Mary:

Yes, but we need to consider in light of the fact that we know that love is not present with what is being presented.

Jesus:

Correct. So we have something to work on about, "Why isn't love present?" Because obviously, if love is not being reflected towards us there is usually a reason within us, not always, but usually a reason within us, that allows that to occur, and if it's happening all the time then we need to examine that. I need to state though, in that second part, as a caveat if you like as well, that many people believe their character is being assassinated when it is not, when it's just a statement of truth. For example, a celestial spirit will go to a person in the Hells and say, "You are a liar, a scoundrel and a cheat," and they have been all of those things. That is a statement of truth. The celestial spirit's not trying to character-assassinate the individual, he's just trying to help the person to come to a condition where they see their true state.

Mary:

Similar to the discussion I was having with the lady I had yesterday, where I said, "Look, I feel like if someone has a penis, they're in trouble when it comes to you." That was not an attempt to assassinate her character. I wasn't

trying to say, " ... and that makes you a bad person." I was just saying, "This is the truth ... "

Jesus:

" ... and this is the state that you are currently in." So we've got to be very, very careful. See, most people don't have the ability to correctly assess when a person is making a statement that they don't like to hear. They often want to believe the motive is bad when it may not be. This is a problem that many people on earth face. We often want the motive of the person who is telling us the truth to be bad, so that we can ignore the truth they're telling us. We've got to be very careful about such motivations, because they are all errors. Therefore, they all preclude the absorption of more truth.

Mary:

Beautiful. Okay, well thank you for that discussion.

Jesus:

It was a good discussion about that aspect of presence, wasn't it?

Mary:

Yes, and the necessity for love to be present for truth to really exist.

Jesus:

And for both love and truth ... if both love and truth are present, you have a great ability to grow, a much greater ability than if just truth is present without love.

4. Discussion and questions about "Suppression"

Mary:

This is the final session in our discussion of "How The Human Soul Functions". We're up to our final principle which is called "suppression." It's not, by any means, a comprehensive discussion of all you need to know about the human soul, but it's just the end of this series of talks we're doing between Jesus and me, in April of 2014. There's more to come but this is the last part of this series. So we're going to discuss the principle of suppression.

Jesus:

Let's firstly read my definition of suppression. "Suppression is the principle that: a person using their will to suppress any one emotion within the soul, will also suppress the entire soul, and therefore be unable to experience all emotions to the full extent, whether the emotion being suppressed is painful or pleasurable, and whether the emotion desired is pleasurable. The soul is incapable of responding with sensitivity to all emotions, when the will is used by the individual to suppress any one particular emotion. This will apply particularly to any emotions that have a similar flavour or quality to the emotion being suppressed."

We can discuss that a little bit firstly, can't we?

Mary:

Yes. Basically you're saying that if we suppress one emotion, we pretty much dampen down all of the emotional experience of our soul.

Jesus:

Yes.

Mary:

So heavy resistance to one particular thing, my capacity to experience any other feelings is dampened down by that process?

Jesus:

Correct, even if the emotion itself is not related to the other emotions that you would like to experience. That's the important thing.

Mary:

My suppression of fear, very strongly, actually limits my capacity to feel any other pleasurable emotion, like joy or excitement, or any of those things.

Jesus:

Correct. In fact there is often this duality with some emotions. For example with fear, now that you've raised the issue of fear - the suppression of fear automatically causes the suppression of desire. This is an interesting aspect about desire and fear, and how they are related to each other. Because these two emotions are like opposite ends of the pendulum, if you suppress one of them, it's highly unlikely you will be able to fully engage the other.

In fact, all desires become suppressed by the fear itself that is being suppressed, so the more you suppress fear within yourself, the more you will find, in fact, that you have most of your desires also suppressed, and you have this sort of thing where even seemingly unrelated emotions are unable to be experienced, because of your desire, or using your will, to suppress. It's a very powerful thing to understand about the soul. What God's trying to teach us with this particular aspect of the soul, is that God's trying to say to us, "Don't suppress anything. As soon as you suppress something it's stored within you, and it then has its effect upon the rest of your existence. You need to learn to not suppress anything."

Now obviously there are loving and unloving ways to deal with emotion. If a person who has a lot of anger in their soul decides to not suppress their anger, and instead goes out on a murdering spree, then obviously they are completely out of harmony with love, and out of harmony with all of God's Laws on that subject. We're not suggesting that. What we're suggesting is they need to feel their anger without taking any action, which is the denial of their anger in fact.

Mary:

Yes, that's what I was going to say. A person who goes on a killing spree, can we really say they've stopped suppressing? They're acting out in another way to avoid it, aren't they?

Jesus:

Correct. They are using other addictive things that they wish to engage, in order to continue to not face up to the fact that they have a lot of fear they're not allowing themselves to feel, which means they have a lot of fear they are suppressing. This is the sad thing about many people who suppress emotion too. It is that when you suppress an emotion, you will automatically create an addiction to allow for the suppression of the emotion to occur.

This is another aspect of suppression that we need to understand, that addictions are directly related to our desire to suppress fears. Our addictions are not caused by having fear. They are caused by our desire to suppress the feeling of fear that we have. We need to understand that relationship.

Suppression is a very important aspect of how our soul functions that we need to understand, if we're ever going to progress from an emotional perspective.

Mary:

Yes, because it sort of feels to me that emotion is created to flow. That's it in its most harmonious state. We allow it to flow through us. We don't act upon it, we don't suppress it. Sometimes, as it's flowing and we realise it's in harmony with love, we might choose to act upon it, but not before we've allowed the flow of the emotion in the soul, and allowed the experience of that emotion.

It seems to me that even all of the other principles that we've discussed, happen naturally. You were speaking in our last discussion about Celestial spirits not needing to have the theory written down, because it's all a matter of course for them. If we could understand this one principle of suppression, and get out of suppression, it seems like all of these other principles would naturally be known, and we would also deal with a lot. We would progress. The things that preclude other things would begin to move.

Jesus:

Yes. I don't feel that's completely the case.

Mary:

Great.

Jesus:

Because there are issues such as, for example, issues of resistance that can exist even if we're not suppressing. We need to understand that these areas of the soul, or how the soul functions, you can't really engage one aspect of

them and hope that all of them will be cured. They need to be understood and engaged collectively. They're not individually able to be engaged and practised in terms of a soul-based way, without there being some kind of resistance in other directions. While it's important to acknowledge that suppression has a large effect on people, in fact a huge effect on people here on Earth, just because we get out of suppression, it doesn't mean we're going to get out of resistance.

Mary:

No. You're right. I kind of have this strange thing with this whole discussion where, when we first sat down to do it, I found it hard to differentiate the different principles, because they all seemed like the same thing to me. So yes, I shouldn't idealise the suppression aspect, I agree.

Jesus:

You have found from your own experience that suppression has the effect of suppressing other feelings, not just the feeling you're attempting to suppress. I notice this happening a lot in people, particularly in people who've had abusive or difficult childhoods. Whether the abuse has been verbal, emotional, physical or sexual in nature, generally there is a large degree of suppression of certain memories, thoughts and feelings. As soon as they do that, they also find themselves quite numb to most of their life, and most of their existence. This is a natural consequence of the attempt to suppress one area of their life. The key is to learn to not suppress it. I know with some people that is quite difficult given the fact that they've had a lot of very traumatic events occur in their life.

You and I have both been tortured to death, for example, so going through the memories of those is quite difficult, and there's a tendency to attempt to suppress the memories. Of course there is the knowledge that if we attempt to suppress that memory, then there are all sorts of aspects of our life that start to get suppressed as a result. This is where it's quite difficult if you have gone through very traumatic events. When you suppress those traumatic events, you have to use a lot of energy, and a lot of force of will.

Mary:

I was going to say - bring up next - that it's actually exhausting to live in suppression ...

Jesus:

Very exhausting.

Mary:

... because we are acting to suppress how emotion naturally exists in the soul, and the dominance of our soul almost, where we are acting to try to suppress it, it just gets so tiring.

Jesus:

It's a major cause, in fact, of death on this planet, given that almost every person who dies of old age, dies from suppression, which is an interesting statement if you think about it. Basically, what I'm saying is that because of the aspect of suppression, the attempt to suppress certain emotions within us, we finish up dying. Shutting down all of our emotional flow that occurs in our spirit body, that would keep our physical body alive, would cause our death. This is the main reason why people die from old age.

Pretty much all death on this planet is caused by suppression. It's such a big issue, and we're taught suppression from a very, very young age. Oftentimes we're violently taught suppression. In other words when a child starts to express its emotion, without suppression, the adult generally tries to force the child. Some, many times through violent force, will smack the child, or, if it's not verbal abuse it will be physical abuse, where they try to control the child back into suppression.

This is why most of the human race has huge trouble with suppression, why it's such a difficult thing to grasp, for most people, when they first start feeling their emotion. They feel they can select their emotions, and you can't. This whole concept that you can select your emotion, and survive and actually grow, is flawed completely from the beginning. But you can see why the majority of us are so focused on doing it, because it is something that we are taught from such a young age.

We're taught to do it from the moment we're born, and usually before then. Our parents are already, through their example, suppressing their emotions, so in the womb we are being taught already to suppress our emotions. Any time we gave mother a kick she might have suppressed that feeling rather than going, "Oh, there's my baby," and just acknowledge it. She might go, "Urrhh!", and feel a bit of anger about being kicked in the bladder, and there's a bit of suppression feeling already on that child. Then when we're born, after that it becomes quite intense, the amount of pressure that the average person on the planet receives to suppress, so it's no wonder that we have such trouble with it here on the planet.

Mary:

Well we get rewarded as children, don't we, to suppress?

Jesus:

Totally.

Mary:

"Here, have a lolly. Oh, look out the window, look at the birdie." And, "Wow, I get sweets and I get attention if I shut up and stop crying."

Jesus:

Correct.

Mary:

We're almost taught the opposite of what is truthful from our parental relationship with God. If we allow our emotions we have more connection with our true Parent, but in our childhood it was often the reverse, wasn't it?

Jesus:

Yes, and we use, as adults, as parents, the candy and the stick, "The carrot and the stick," as the saying goes. We use both forms of ways to suppress our children, and so our children, by the time they become adults, use those same methods on themselves.

This is why we have so many problems with drugs, alcohol, food-based addictions, and all those kinds of things, which are all tools that were used in our childhood generally to suppress emotion. Going to drugs and alcohol obviously might not have been, but it's the definite result of the underlying desire of a parent to suppress a child's emotion. The child obviously then feels totally controlled, and totally manipulated. Then when they become an adult, they seek some kind of outlet for this feeling of being controlled and manipulated, through some substance abuse.

Almost every form of self-abuse, and I would classify smoking, alcohol, drugs, obesity, and lots of other forms of self-abuse that we have on the planet, have generally been caused by our parents wanting us to suppress our emotions. It's such a large problem, and it's causing huge medical problems on the planet. Lots of problems with what we classify as curable diseases are caused by this problem with suppression, so it's a huge problem that we need to address. It's going to be, if we want to become at-one with God, a huge problem inside of us that we need to address.

I remember at the beginning of my progression in this life again, I didn't even know what I felt. If somebody had asked me, "Do you feel happy? Sad?" whatever, there were times when I knew I felt sad, but it was rare. Most of the time I had no idea what I felt. I didn't know when I was happy. I didn't know when I was sad. I didn't know when I was angry. I didn't know when I was afraid. I didn't know anything. I had no self-awareness of any emotion.

Mary:

Personally, I didn't even question. I didn't even think, "What do I feel right now?"

Jesus:

I was adept at suppressing, using all forms of techniques. My favourite one was working too hard. A lot of people have that problem, don't they? where they just work, work, work, work, die working almost, without the ability to enjoy anything. I think there was one period of my life where I didn't have a holiday for seven years. I was working a hundred and twenty hours a week on the average, which meant I wasn't getting much sleep, and I didn't have

a holiday for seven years. That's because I wanted to use that as a tool for suppression. Once I broke through those barriers I started to feel things.

This is what is going to be required of a person who is in heavy suppression. They're going to need to have time. They're going to need to slow down their life, and have time to analyse their life. The only way you do that is through your will. You have to actually exercise your will to make that decision to do that.

Mary:

Because before that point we're using our will to suppress, aren't we?

Jesus:

Yes.

Mary:

It becomes a question of will again, doesn't it? That we have to shift the use of our will from suppression, to even desire to know what we're suppressing, or how we're suppressing, or why we're suppressing.

Jesus:

Yes. You could say, with this aspect of suppression, there are sort of layers of it. Remember, the whole reason why we're suppressing is driven by some emotional resistance. The whole reason for suppression is not some intellectual thought, or some kind of idea or concept. It's a deeply-ingrained, emotional condition that causes us to suppress, but in order to become open to the reasons why we suppress, we need to go through this process where we firstly become aware that we are suppressing. Then, what is it that we're suppressing? What situations that we're in do we suppress? This is where we can use our mind very logically to examine things more clearly.

Now of course if there's an emotion in you that you don't want to do that, then you won't do that. But my recommendation to people is ... look, all of human society has a huge problem with suppression, so you need to become aware. From total denial of this suppression, you need to become aware. Then you need to start to feel the reasons why you suppress. Now that is going to be an ever-changing proposition.

You can't expect to go from full suppression to no suppression in one week. It's not going to happen that way. Also, you can't expect to go from full suppression on one type of emotion, and openness on that same type of emotion, to then expecting that you're going to be open on every emotion, because it doesn't work that way either. We often have some emotions that we are far more invested in suppressing than other emotions, so we need to recognise, and the only way we can recognise, is through some very clear, logical, analysis of our own behaviour, activities, and life.

That's the only way we're going to go through this phase. Now that is the use of our will, again. This is where it comes down to, "How are we using our will in our day-to-day life?" What I find a lot of people doing is, they say, "I do want to learn about what I'm suppressing." Then I ask them, "Well, what do you do each day to learn that?" "Oh, nothing." They go out to work for eight hours a day. They come home, they have dinner, they watch a bit of telly, they go to bed, get up the next day, have a shower and go to work. There's no time for self-reflection about their own suppression. Now I would suggest to such a person, "Well suppression, and dealing with suppression, is not a high priority in your life. If it's not a high priority in your life, then the fact is, you won't deal with it. You need to change your life somehow to make it a higher priority in your life. You need to give yourself more time for self-reflection, if you're ever going to get out of this condition that was created in your childhood."

This is where I feel we need to emphasise to people: use your will, your will. We've said this so much in this Human Soul discussion. This is why, as you said, we will later have a discussion about the use of will. We need to learn how to use our will better. We need to learn to honour our will. We need to learn to take action about our will, rather than just going ...

What I feel a lot of people want is some kind of miracle cure. It's not like that with the soul. There is no miracle cure for the soul. You need to take full self-responsibility. You need to have a pure, heart-felt motivation in your soul to change. Nothing else is going to change you. It doesn't matter how much truth you receive, if you don't have that pure heart-felt desire and motivation, if you don't have those things, you are going to struggle. You are going to struggle so much.

Mary:

Yes. I see that in myself sometimes, and I see it in others where we sort of have this idea like, "Oh, my soul." (Mary makes a gesture indicating the soul as something separate to herself.) For me, I have a lot of fear about the truth about my soul, and who I am, that I'm working through. Taking my time on that.

But we sort of have this idea that somehow, magically, our emotions are going to appear from this soul that we've lived in such suppression and disconnection from, and then we will know what it's all about. "Oh yes, that emotion will come up, and then I'll know," without really engaging our will to go, "This soul is not something separate from me. It's me, and I'm in charge here."

Jesus:

And, "Do I want to know?"

Mary:

Do I want to know? It's not going to magically drop in my lap. I'm going to have to go there, find what is inside of me through an effort of my will, and acknowledge that that process is under the control, as you just said, of my will. I've got to want it, and then I've got to do it. They're both things that are my responsibility, each of our responsibility.

Jesus:

Exactly. Nobody else can take those actions for us. There's no single person who can help us feel our own self. When I say that, that's excluding ourselves. We are the only person who is able to feel our self. We need to, at some point, put some priority on that. If we're ever going to grow towards God, we're going to need to put some priority on that. That means we're going to need to give ourselves some time. That means we're going to have to restructure our life so that we can make progression. This is why ... I think, many years ago I had a talk with a group of people, about a hundred people, five or six years ago, about creating a space for soul progression. You need to design your life so that you can get out of suppression and into feeling the resistances you have to progression. Then you will make progression.

What I find is a lot of people almost expect there to be some magical solution, so when you say to them, "Well you need to take some effort on this," you can feel from them that they don't want to take the effort. They just want some magical pill to pop. They want somebody in the medical profession to make them a pill that they can pop.

Mary:

Or a process.

Jesus:

Or a process. They want to go along to a psychologist and sit with them, and he does all the work for them, or they want someone else to do it for them, their partner, their friends, their workmates, their colleagues, their doctor, their psychologist, their whatever it is that they're looking for. They want that because they don't want to have to do it themselves. That is one of our resistances. That's one of the areas. If you have that resistance, I'd say to you, "Try to deal with that first, because if you don't deal with that you're going to cause so many problems with your progression."

Mary:

That's really awesome I think, what you just said, that if you are willing to find your resistances, and you make time for that, and you sit with it and engage your will, progress will happen.

Jesus:

Correct.

Mary:

I know I still hate sitting with my resistance, a lot of times, because it feels like in that place, "Well no, this is the reason why nothing is moving. I don't want to be with this. I want to get moving."

And I don't know how many times I have to go through working through resistance to really remember next time that if I just sit with the resistance, it will begin to change. The reasons why I don't want to grow, if I let myself experience them emotionally, I will begin to grow.

Jesus:

And we've had discussions, haven't we, where I've said, "Sometimes I would like to tie you down and say, don't do anything, just feel. Don't do anything." Because I feel there are so many distractions in the life that we have here on Earth. The average person on Earth has created a life of distraction, where every single moment is taken up with time of something. We have all these gadgets now. If you're not watching telly at the same time as you're texting, at the same time as you're listening to some music, and doing your homework as a child, then you're not really switched on. There's no time to do any one thing, and this is a problem because there are so many tools that we can now use in an addictive manner in order to maintain suppression of our soul. It's only when you give your soul space, when you give yourself space and time, that you will start to notice what's really going on in your soul.

Some of the times you wish you could take everything away from a person, put them in a padded room and say, "Now just feel and don't do anything, and I'll feed you three times a day." And then take only two times a day, just to help that one as well.

Mary:

I was going to say, "Could all the meals be chocolate?" (Laughter)

Jesus:

Yes, just help the person get out of this state of desiring to constantly suppress their emotional life. Obviously you couldn't do that and be in harmony with love, because there's the issue of a person's free will.

Mary:

Exactly. Also their will, and the dominance of their soul could mean that they sit in the padded cell and create a way to play noughts and crosses for the next six months. You've got to want to emotionally go to your emotional padded cell and just create the space for emotions to arise, don't you?

Jesus:

While there are tools and techniques that we can use to help us out of resistance, and out of suppression, unless the soul's will is actively engaged in wanting that, it's very, very hard for a person to maintain any momentum

in doing so. True progression can really only continuously occur when we maintain the momentum of confronting all of our resistance, and all of our suppression. Then the natural process of the soul, that you observe in a child, becomes a part of you as an adult. Once that happens, then you naturally go through processes emotionally that before you were heavily suppressing or resisting.

I feel the average person doesn't honour the fact that they are actively using their will to suppress, and the average person doesn't honour the fact that they are not taking any responsibility for their own soul to stop suppression. I feel that they are two areas that people need to look at if they're ever going to get out of that condition of suppression.

Mary:

Yes, and again this is where you spoke a lot yesterday, when we talked about resistance, about the person's responsibility to see these things, and to act, to take responsibility for what we're choosing and how we're using our will.

Jesus:

Yes. While we may not have created the problem of suppression within us, and for most of us that is definitely the case - the creation of suppression was caused by our environment and our parental upbringing - while we may not have created it, we are certainly responsible for its maintenance. This is what we need to come to terms with. We are often maintaining what other people created, and we often now have the belief systems that such suppression is still worth doing.

This is contrary, completely contrary to the way God designed your soul, so you are naturally going to experience quite a lot of pain while you are in suppression. Often we try to suppress that. We try to become numb to that, and we get to the point where we're numb to almost everything, even, in our desire to suppress. That is under the control of our own will. While other persons may have damaged us with this aspect of suppression, we can't then blame them for maintaining the state. We need to see that only we can get out of this state of suppression, and we're going to have to take some pretty strong-willed steps in order to do so. We're going to have to exercise our will in a very firm manner sometimes, with ourselves.

I had a discussion with Tristan, my son, the other day. He said he's been in suppression a lot and he's been using video games to suppress. So what he decided to do - and he spent lots and lots of money on these videos (I wouldn't be surprised if he spent thousands of dollars or even more than that on these videos) and machines to play them of course -and what he said was that he gave them all away to places that look after children and all these other things. He gave all of his games away and everything, just so that he could confront the fact that he was using these tools to suppress. It does

sometimes take that kind of an action before you will actually come face-to-face with some of the resistive emotions that you are facing.

So there's that aspect, which is the aspect of using our will to suppress, and then changing our will, and then using our will to no longer suppress, and using our will to create a life so that suppression is more difficult. This is an active way that we can use our will.

Mary:

Yes. What about when we just simply don't understand this principle of suppression?

Jesus:

Yes. I suppose you could say now, this is the situation of ignorance that many people are in, isn't it? To me there are these two issues. There's: "How am I using my will positively, or negatively?" Then there's: "I didn't know that I could use my will," - type of discussion.

Mary:

Yes, and also: "I didn't know that if I suppress one emotion, all the others ..."

Jesus:

... I suppress everything. I didn't know all of these things about the soul. This is where I feel that education is a very important aspect, when it comes to learning about how the soul functions. One of the reasons why we have spent so much time on this particular group of discussions is that we feel that the majority of people are not very well educated about how their soul works. They want to believe it works differently. They want to believe that you can change something intellectually, and all of a sudden something will change. They want to believe that it's easier than it actually is. They want to believe that they don't have to feel their pain. They want to believe these things. They want to believe they can suppress, without feeling that there's going to be any other penalty for such an action. They want to believe that they can resist, and they will still be able to grow. None of those things are true. Yet they want to believe them.

So this is about educating ourselves. We need to go over and over this material, I feel. If we really want to get out of suppression, and we really want to get into progression, particularly towards God, we need to allow ourselves now, to be educated about all of these aspects about what happens to the soul if we don't do them.

My suggestion to people is, "Look, many of you probably hear this material, and many of you will possibly disagree with a lot of it. Well what I suggest to you is that while you disagree with it, you're going to find progression very, very difficult towards God. If you could at least have a little smidge of faith, and a little bit of trust in what we're saying to you about progression, and

about how progression actually can occur, and how the actual human soul functions, and if you could allow yourself to have an open enough mind to actually look at all this material and examine it, then you have a chance of using this faith as a method of actually being able to now, potentially, progress.”

My suggestion is, “Educate yourself. If nothing else, educate yourself about your own soul. It's yours. It's going to be with you for the rest of your existence. You need to know about it and educate yourself about how it functions. Even if you don't believe anything else about Divine Truth, at least understand how your soul functions. At least test it out. Go through some experiments to see whether what we're saying to you about these particular aspects of the soul, actually work.”

I feel that this is how we get out of this state of ignorance with suppression as well. How we get out of the state of ignorance with suppression, is by actually educating ourselves and coming to have some faith, that when we suppress one emotion, we are going to be suppressing lots of other things. When we suppress one emotion, even if it's fear, we are going to be suppressing good emotions such as desire, and love, and expression, and things like that. They are all going to be suppressed too.

We need to understand that our soul wasn't built to suppress emotions. It was built, by God, to express emotions, so if we are suppressing emotions, we are actively working against the operation of how the soul was built to function. This is something we need to get, and understand. I feel hardly anybody on the planet understands it at this point in time. Many people we talk to still believe, and sometimes you still believe, don't you, that you can suppress one thing, and everything will be alright in other aspects of your life. That does not work.

Mary:

It does not work.

Jesus:

We need, at some point, to come to understand those particular truths. The only way we can do that is by educating ourselves, and then taking this second action, which is experimenting with the concepts that have been presented about how the soul functions, to see whether they are true or not.

Mary:

Because the feedback does come. We quickly learn. Even through creating a bit of space for ourselves, and to feel and experiment with these principles that we've outlined, we quickly come to realise that they're not so foreign, and actually these things have been operating all this time. It's just that we haven't always wanted the awareness of it.

Jesus:

Yes. One other thing I feel we need to mention is that God created all human souls with these functions.

Mary:

No exceptions.

Jesus:

No exceptions. We quite often get emails from people, "My situation is unique." I'm sorry, I cannot agree that your situation is unique. I believe that your personality is unique, certainly, but your situation, no. There have been many people in human history who have had similar situations to yourself, and every single one of us has been created with this ability to feel. In fact, the human soul is designed to express feelings. It was designed to express emotions. That is, every human soul, not only your soul, or my soul. There's not a whole group of souls that don't have that ability. Every human soul has been devised with these functions. It would be very cruel of God to not give this capacity to every human soul, in fact, if you think about it logically.

God has given this ability to express and feel emotions as a way to enjoy life, to every single human who has ever lived, and who will ever live, on this planet. We need to stop thinking about ourselves as, "My case is unique, and I find it difficult to feel emotions, and that's because of my personality." No, it's not because of your personality. It's because of your injuries of suppression that cause you to find the emotions difficult to feel and release. You need to use your will, particularly if you are an adult. You need to use your will now to stop maintaining this state. Get into the child-like state that you can be in as an adult, and be a very intelligent and straight-forward adult in that state.

What we probably need to do is suggest to people, "Stop thinking about yourself as a special case and start seeing yourself as, 'Yes, I'm one of God's creations, who created me with all of these functions of my soul, and all I need to do is learn how to use them. All I need to do is learn how I am suppressing them, and how I'm resisting them, and how I'm precluding them, how I'm resisting the dominance of love in my soul, and how I'm trying to prevent myself from absorbing new truth. I need to take full responsibility for that, because it is a capacity of everyone's soul.' "

The only time that that doesn't apply, is if there's a person with intellectual disabilities, or some other disability that does not allow the understanding. Sometimes they understand more about the soul than the average person, ironically, but even those people, when they arrive in the spirit world, are taught about how the soul functions. Every person, eventually, is taught about how the soul functions. Sooner or later, you're going to need to understand how the soul functions, whether you decide to progress towards God, or not.

You will need to know how your soul functions, because if you do not, you will even struggle on the progression on the other path, which doesn't involve God. You will still struggle, but you will definitely struggle when it comes to progressing with God, because God has lots and lots of emotions that God feels for you. God wants you to feel them, and if you're resistive to that process, you will never feel them, never ever. We need to understand that if we want to progress on this path to God, it is an essential part of our progression to come to understand, and to understand how our soul functions when it comes to emotion. I think that's probably a good place to stop our discussion.

Mary:

It's a great place.

Jesus:

We hope that you have enjoyed our discussion about the human soul, and how it functions. We hope that it's helped you understand far better what's happening inside of yourself, that causes you to go into a state where you are resistive, or go into a state where you are suppressing, or go into a state that causes you to not be able to progress towards God. That's what we hope we've achieved through this discussion.

I'd like to thank Mary in this second half of the discussion, and Luli in the first half of the discussion, for going through these principles with me. We'd also like to thank Igor who has been behind the camera that's facing me, and Lena who is behind the camera facing Mary, for the recording of the information. We now have a third camera in that direction there, which no one is behind, because we have a funny video switching unit which allows us to have a more live sort of a conversation. Hopefully you're enjoying the fact that we've got slightly better technology in these discussions.

I think the next port of call with this discussion, is going to be for us to discuss aspects about emotion, and then how these points of the human soul functions fit into the discussion about emotions, and how to work through emotions. Hopefully you can join us with our discussion about emotions as well at some point in the future, and what we will do there is we will discuss emotion. We will also discuss how emotion is affected by how the human soul actually functions. We hope you will enjoy that discussion as well. We would like to close now, and thanks for your time Babe.

Mary:

Thank you.

Jesus:

We look forward to seeing you again in another discussion.

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