

DIVINE TRUTH

The Power of Your Soul & Denial of The Soul

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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24 February 2026

All compilations can be found at The Written Word (thewrittenword.ca)

Front Cover Photo: [wal_172619](https://www.pixabay.com/photo/172619/) ([pixabay.com](https://www.pixabay.com))

Printed in Europe by 24bookprint (24bookprint.com)

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Preface

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

This compilation is from *The Power of Your Soul* seminar delivered by Jesus on 30th August 2008 in Brisbane, Queensland, Australia and from the *Denial of Your Soul* seminar delivered on 12th October 2008 in Brisbane, Australia by Jesus, both seminars are from The Human Soul series of talks.

In *The Power of Your Soul*, Jesus gives an introduction to the human soul and soul incarnation. He describes how God's Laws act upon the soul, the attributes of the human soul, how to progress in soul development, and the power of setting one's attention for soul development.

In *Denial of The Soul*, Jesus describes how to identify when we are in denial, the internal and external tools that we use to deny our soul, and how to get out of denial.

The seminars used for this compilation are:

- The Power of Your Soul P1 – August 30, 2008
- The Power of Your Soul P2 – August 30, 2008
- Denial of The Soul – October 12, 2008

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

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

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

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The Power of Your Soul: Part 1

1. Audience questions

Jesus:

Now most of you have been to the first session or watched the DVDs, yes? Have all of you had the opportunity to ask the questions you wanted to ask? No? Okay. So we could just start with a few minutes of answering some questions, and then we can get onto the topic for today. How does that sound? Those of you who wanted to ask a question, go ahead.

1.1. Connecting to God emotionally and in truth

Participant:

You talked about how connecting with God emotionally is the only way that you can connect with God, and I just want you to talk more about the emotions. You also said that it's truth, because of your emotions? I just wanted you to talk a bit more about that.

Jesus:

Okay, the connection with God is a soul-to-soul connection. We'll be answering that question today a lot, because today our discussions about the human soul; what your soul is. It's important to understand that every connection that you have with God, and also the connection you have with all the people here, is not an intellectual connection. It's all actually a feeling-based or emotionally-based connection. It's a soul-to-soul connection.

When you start understanding that everything that's happening in your life is actually based around what's going on inside of your soul, then you start seeing the importance of understanding the soul itself and what the soul is all about. A lot of your questions will be answered today by going through this subject about the human soul and what it is.

1.2. Discerning personal truth from Divine Truth

Participant:

And the truth? What I notice, what I would say is Divine Truth; it comes from within and there's knowing, there's trust. Is that what you're talking about?

Jesus:

Not completely, because the problem with our emotional state is that we begin with all of these emotional injuries that have been impressed upon us through our parent's injuries and our environmental injuries and so forth. As that gets impressed upon us, many of the things that we feel are truthful, and therefore feel emotionally connected with, are actually errors from God's perspective, so we can't always trust what's going on inside of us emotionally if we're looking at God's Truth. But there is a connection we can trust and

that's the connection, that's the resonance, between our soul and God's Soul. When we're receiving Divine Love, then we can trust what's coming to us with regard to truth.

Participant:

How do we know that?

Jesus:

Because Divine Love is an actual emotion that you're receiving from God and when you receive it, you know you're receiving it in that particular moment. You know that it's from outside of yourself, not inside of yourself. Remember in the beginning I said that there were two loves - there's natural love and then there's Divine Love. Remember I said that the natural love is the love that you have inbuilt inside of you, that you can expand and grow. That's the love that you express for everyone else. Then there's the Divine Love, and that love is God's Love. God's Love can also enter you and expand your soul as well, and you can then reflect that love through your own love to others as well. But you must first receive Divine Love, and you can't receive Divine Love from anyone other than God. That's an important thing to bear in mind.

The love that you feel and express from within yourself is the natural love growing within you, and that's a part of your growth. Every one of us needs to grow in the way we reflect natural love. You know when you feel compassion for somebody because of their circumstance or situation, and you want to help them? Well that's your natural love being expressed to that person.

Now that natural love that you're expressing to the other person can grow and change in its qualities and attributes to a new type of love when God's Love enters you. When God's Love enters you it changes your soul so much that the type of love you reflect to other people also changes. It's important to understand though, that it's the connection with the Holy Spirit, which is the Spirit of Truth, it's the connection between you and God at a soul level that actually lets the emotion flow through you where you are actually connected with God. Under those circumstances you know what truth is. Anything that creates your pain, and anything that you feel is actually pleasurable is often based on needy emotions being projected to others and you want a response from them.

1.2.1. *Painful emotions indicate error within us*

Jesus:

For example, a lot of people today believe that it's loving to be very influential in their own children's lives. How many of you are always concerned about what's happening with your children? How many mothers are always concerned about what's happening with your children? Quite a few. Now that is actually an error-based emotion, believe it or not. Usually every mother who hears those words reacts, "No, it's not. This is what I'm meant to have

within me." But every emotion inside of you that creates worry is not love. Love never worries.

Do you think God worries? Does God worry? Obviously not, and He's always reflecting love. When you get into a state of at-onement with God, do you think you're going to worry? Even about your children? Even if your children died, do you think you're going to worry? You're not. Because you'll know the full truth and there won't be any emotional signature with any of those events.

Oftentimes we're holding onto negative emotions and we base our actions upon the emotions that we think are truthful, and this is the problem with all natural love progression. All of us here at the moment believe things that are not true, but we, with our whole heart, believe them to be true. So when you say "trusting yourself," the problem with trusting yourself is that there are actually going to be some emotions within you that you can't really trust if you want to be at-one with God. You will need to experience them, but if you trust them in the sense of believing them to be true, then that will stop your progression towards God.

At the start it's very difficult to determine what is God's Truth, what is my truth, what do I hold onto, what do I reject? The key thing is that if you go into it emotionally every time you won't need to worry about that because when you go into it emotionally, if there are any emotions bubbling up inside of you that are painful, then they are emotions that just need to come out. All of them are not based upon love.

How many of you feel you've been hurt by loving somebody? Now that feeling is actually an error feeling. When I say it's an error feeling, what it is, is that if you feel love hurts then it wasn't love that you had. It was something else because God never hurts. Even if you decide you never even want to connect with God in your entire life, you never want to experience God, you're even going to deny God's existence, God does not feel hurt with you doing that. The reason is that God gave you the gift of free will, and you can do whatever you like. Why would He be hurt about a gift that he's given you?

If I'm feeling hurt about my expression of love to someone else, then there is something inside of that hurt that wasn't love in the first place, and I need to allow myself to experience that. Can you see how a lot of times we hold onto things inside of ourselves that we believe to be true, but in reality most of the time in many cases they are actually in disharmony with God's Love? And it's a matter of releasing them.

I never believed that I'd get into a state myself where I could, say, watch my soulmate do something, like even have a relationship with someone else, and still love her without feeling hurt. If she left me to have a relationship with somebody else, I never felt that I could actually be comfortable with that. But now I feel that I'm totally comfortable with that. There'd be no hurt

associated. It took nine weeks of crying for five hours a day to get into that state, to release all of the emotional pain that was connecting me to those old emotions. But once you release all of those emotions, then you get into a state where you don't feel a connection with that anymore, and that will happen all the way through your progression.

All of those ladies who put up their hands about worrying about their children, you'll get to a state in your own progression where you no longer worry about your children; all you do is love them. You won't feel like you have to interfere with their life, and you won't feel like you have to guide them and you won't talk about them when they're doing something you think is wrong or you think is hurting them. You won't feel all of those emotions anymore. You will just want to give them love when they want to receive that love.

1.2.2. Releasing error and accepting truth

Jesus:

Do you follow how we believe things to be true, but in reality a lot of times from God's perspective they're actually error? And it's only when you release the emotional error that you can recognise more truth. A lot of people then ask, "Well how do I know that I'm releasing emotional error?" If it's painful, you're releasing emotional error. If it's joyous, you're accepting an emotional truth.

How many of you have had moments of epiphany when it's all just joyous? Sometimes I've felt it in the groups, hey? Quite a lot of you. Those moments are when your soul just expanded because you received a truth, and you might even be crying at the time, but you'll be crying tears of joy. Now that's a totally different experience to releasing the emotional error. The emotional error is often a very painful experience. It's like you've had these barbs sticking in you emotionally and you just yanked one out, and all of a sudden there's huge pain associated with that. Well it's okay, you can go through all of that pain; eventually you will need to go through and pull out all of those barbs that have been stuck in you from the moment you incarnated onwards, and eventually you'll be free of them.

That's the only time, once you're completely free of them, that you'll always be in the state where you're receiving truth, if you decide to connect to God. There are people here on Earth and in the spirit world who believe themselves to be connecting to God but it's only an intellectual exercise. They are not connecting with God but they believe themselves to be connecting with God and they're in a very good condition of happiness - they've released lots of their emotions.

I received an email... is Tim here today? How are you, Tim? Nice to meet you. Tim mentioned in an email to me recently about how you were going through this experience of doing emotional clearing work, and you found it very, very effective.

Participant:

Yes.

Jesus:

And then you realised that the ingredient missing was God. Yeah. All of you will need to do emotional clearing work, whether you decide to go on a natural love path and develop yourself in natural love, or go on the Divine Path and develop yourself in Divine Love. You'll all have to do emotional clearing work, but the difference is this connection with God that matters. We'll talk more about that today because of the soul, and how that connection actually occurs.

1.3. Sexual characteristics of the human soul

Jesus:

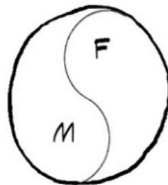
Now there's another question?

Participant:

Yeah. This is about those beautiful little circles that you draw, with the male and the female; you do that a lot.

Jesus:

This one here like this? (AJ draws a soul on the whiteboard)



Our soul is made up of masculine and feminine parts

Participant:

Yes. (Laughter) So then we all have our male and our female side.

Jesus:

Oh careful, careful. When I'm drawing that, it's a yin and yang symbol, right? Remember that the whole soul splits in half, and we'll talk more about this today. Remember that the masculine and the feminine halves split off at incarnation, but each person does have masculine and feminine qualities of course. That's why there's a little dot in each half, to indicate that there's a part of the other in each as well. There's a part of the feminine in the masculine, and there's a part of the masculine in the feminine.



The soul splits at incarnation, most frequently into predominantly masculine and feminine halves

Participant:

Okay.

Jesus:

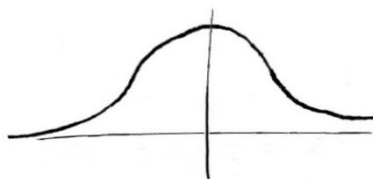
But go on with your question.

Participant:

Then you put up the distribution curve and you were saying that we're sort of randomly dispersed around that curve.

Jesus:

Yeah.



There is a normal distribution of sexual characteristics in the complete souls that God creates

Participant:

The male side and then the female side, right?

Jesus:

In terms of the creation of the complete soul, not the soul halves.

Participant:

Oh, right.

Jesus:

The complete soul also has dominant characteristics in sexuality, what we would call sexuality. It can be dominantly masculine or dominantly feminine or more evenly distributed. Those that are dominantly masculine will split into two masculine entities in their connection.

Participant:

But they still have a female side in them?

Jesus:

Exactly. There are still female qualities in them. The Apostle John is an example of a gay male soulmate; he and his soulmate are a gay couple from our perspective here on Earth. When they separated and incarnated, they each incarnated into a male form. John's side of the male form was heavily masculine and his opposite half, if you like, his soulmate, was a little more feminine than he.

Participant:

Okay. Alright. And that balances? Is that supposed to balance it out?

Jesus:

Yeah, the way I see it is that each soul is an individual within itself. Each soul has individual characteristics and specific attributes that no other person, no other complete soul in the universe has. When you talk about balance, what do we define as balance in the end? Really what we're talking about is that each soul has its unique individualisation, and within itself the split of that soul is just totally determined by how God created that. To me this talk about being balanced here and balanced there is more of an intellectual discussion rather than an emotional discussion.

When you fully connect with yourself emotionally, you're not worried about balance; in fact you worry about hardly anything at all. (Laughter) And of course once you're at-one with God you don't worry about anything at all, so you're not even concerned about, "Am I being balanced right now? Or am I not being balanced right now?" That never even enters your mind.

Participant:

Okay. So when you come in as the female body or a male body; that really is irrelevant?

Jesus:

The full soul will always split in the same manner. My half of the soul in the first century was masculine, my soulmate's half is feminine. When we split this time, my half of the soul is masculine, and each time you go into a similar gendered body. You don't swap genders. Many of you have been taught through New Age stuff that you were a female or a male in the past; many of you have heard that? You actually have heavy spirit influence by spirits who are with you, giving you their life experience. They're trying to work through their emotional issues with you. They feel attracted to you; they try to work through their emotional issues with you by doing that, and it triggers emotions inside of you.

Many of you have guides with you right now who are the opposite gender to yours. The reason is that there's a certain aspect within yourself they feel you need to develop that you're not developing and so they stay with you until you work through those particular issues. Do you mind if I mention you, Grant?

Participant:

No.

Jesus:

Ten years ago, Grant's perspective was dominantly masculine, not understanding the feminine so well. That would be a fairly accurate statement, would it?

Participant:

Yes.

Jesus:

Yep. And then over the last ten years you have been having more and more relationships with women that are friendship-based relationships. You're learning a lot about women in that way, learning a lot about coming to love women, not from a sexual perspective but rather from a more complete friendship perspective. In the process of doing that, what you've been doing is just like growing in the way that you understand femininity. That's what happens a lot; we often have spirits around us who are also trying to assist us to do that same thing. Some of those spirits will still be in a sad place and they will need your assistance to help them to do those things; others will be in quite a good place and they're just giving you pictures about their life to trigger your emotion, to actually help you experience some of your emotion.

1.4. The development of Jesus' relationship with God in the first century

Participant:

In the first century, you were pretty much by yourself, so how did you actually get yourself to a level where you're able to understand that you were communicating with God?

Jesus:

It began when I was very, very little. You know how nowadays in your own life a lot of you have probably had spirit friends that you've talked to from a young age and your parents finished up calling them your imaginary friends or whatever? And maybe made a lot of jokes about that? For myself, that began at a very young age, where I just felt the connection with God. I didn't understand it at the beginning but then I started realising that I was connecting to the person who had created everything around me. Everything that I saw and everything that I felt, there was a confirming emotion that I felt coming from God.

As I grew up in the first century, I became more and more aware, through my study of what you would nowadays call "the prophets" in the Bible, of what they were talking about in terms of having at-onement with God, in terms of having a new heart, a heart of flesh rather than a heart of stone, and what they

called the transformation that many of the prophets experienced from spirits. I started incorporating all of those things in my life, connecting with the source of all things rather than to the spirits, as prophets would do, or as mediums would do.

As that grew, my desire for God's Love grew to such an extent that when I was in my teens I started realising that I had this unique connection with God that people around me didn't seem to have. Then through my study of the prophets again, I wanted to find the Messiah because it was foretold that in my generation the Messiah would appear; it was a well-known thing back in Israel at that time. I was really, really interested in this idea of the Messiah appearing. I wanted to find him and learn things from him and all those kinds of things, so I went through these emotions in my late teens of looking what qualities and attributes the Messiah would have and so forth. It was only in my early twenties that I started realising that those qualities and attributes were qualities and attributes within me and so then I had to go through this process of recognising this unique place that I seemed to be in that initially I thought everyone else must be in as well.

You know how it's like when you're a child, you think that everyone else feels exactly the same as you do? Then as you grow up into an adult, as you grow further and further you start realising, "Hang on a sec, no, they don't feel the way I do." It was only then that I started seeing how what was going on inside of me was different to the people around me.

It was sort of like a gradual progression of this Divine Love flowing into my soul, which I could feel, and my longing for it then grew and grew and grew to such a point that when I was in my late twenties I felt that the connection complete. I became at-one with God, and that's when I began telling others about it in a public way.

Participant:

When you were talking to them back then, was it similar to the sorts of things that you're telling us?

Jesus:

In terms of emotions, yeah. It was a little different for me back then in that I didn't have too many errors to actually work my way through because this connection began at such a young age. A lot of the things that would happen around me in my family didn't enter me emotionally. My father treated me a certain way under certain conditions; he felt he was cursed to have me as his child but that feeling didn't enter me because by that stage I already knew that I wasn't cursed and he wasn't either. There was just that feeling within me that that wasn't the truth.

You know how most of us have taken on truth from our parents, what we call truth, which is really error? We're taking on these concepts from our parents and they've been absorbed into us. Well that didn't happen to me very much in the first century at all, and that meant that I could clearly see what was going on; I wasn't personally hurt or offended by what was going on around me because of that.

1.5. *Performing healings*

Participant:

When you were Jesus... or still are or whatever... (Laughter) You used to do a lot of healings in those days.

Jesus:

Yep.

Participant:

By the way I have chronic fatigue syndrome. That's not part of the question.

Jesus:

There was a projection there though; we'll have to deal with that! (Laughter)

Participant:

You did your healings in those days. If someone gets sick, then it's basically healing the cause of the problem and then the physical which hangs on to that, the biological problem, goes away because there's a reconciliation in that person spiritually?

Jesus:

Yeah. It's important to understand what's happening with healing. In the first century once I became at-one with God, and the same will happen to all of you once you get into that state of at-onement with God, you'll feel it very, very easy to heal other people, but you'll also have some very strong Divine Love constraints upon that. When I say Divine Love constraints, there are certain laws involved with Divine Love. We'll talk about some of them today that actually limit what you may do because of free will. If a person is holding on to an emotion within them and then they come and they say, "I want to be healed," but they're not willing to actually address the emotional cause within them, healing them is actually a totally pointless exercise because if you healed them they would just re-create the illness through their emotional condition.

It's very important, and this also applies to spirit possession and other issues too; it's very important that people understand the causes of what's actually going on in each interaction, and that's very much the case with healing. If people don't understand the emotional causes and are unwilling to address the emotional causes, then what's the point of addressing the effect?

1.6. God's Laws address causes rather than effects

Jesus:

There's a whole discussion I have for half a day on Cause and Effect, which is one of the laws of God, and one very basic thing to understand about God is that God never fixes something at its effect level. He only addresses things at the causal level.

Look at all of man's laws. We have hundreds of thousands of laws; most of you have got no idea what laws you are now living under. You have to go to a lawyer to find out what laws you're living under, and even he doesn't know. He has to get out the whole taxation volume thing, and slap that on the table, and he has to get out all these other laws and that's why they study for so many years to get to that condition where they even know how to find the law, and yet we're automatically living under this law.

Now the majority of these laws deal with effects. The law where you have to drive on one side of the road deals with an effect of people not being considerate normally, so you make a law so that everyone knows to do the same thing, and it just makes everything more orderly and harmonious. You can look at a lot of laws, such as the law about speeding, which is another one of those laws.

You're driving along, there's no one on the road and there's an 80km sign. How do you feel? You're driving along at three in the morning, and there's just no one there, just you. There's an 80km sign come up after a 110km sign, and you're looking around going, "Why am I doing this?" If the whole place is packed with traffic, an 80km sign might be far too fast, you might need to slow right down to 60km or even less, but all of these signs and all of these laws are not actually addressing the cause of the problem.

God only addresses causes. It's very important to understand that that is also a principle with healing. God will only address the cause. God's Divine Love will not enter a person to address an effect of a thing that's inside of them if they are unwilling to deal with the emotion.

1.7. Performing healings (continued)

Participant:

Just to continue with that. If people practice healing you're probably better off just working with the emotions primarily and then secondary would be the physical response to that?

Jesus:

Exactly. You know all the spirit body work that you can do, where you can do a lot of spiritual healing work with chakras and so forth and get all of the energy points in a person's spirit body working properly? All of that work is pointless if you can't understand that it's the soul, which is what we're going

to talk about today, that's driving all of those injuries. This is why you can go to a spiritual healing session, feel good for a day, and then of course the emotion's just going to re-impose the same errors upon the being.

What's the point of solving the physical problem when the emotion that created the physical problem still exists within the person? All you're going to be doing is making them reliant on you. God doesn't do that but there are lots and lots of sixth sphere spirits and spirits on the Natural Love Path who will do that constantly. There are a lot of healers nowadays who are healing people fairly well but they get the injuries back again later, and the reason is that there are a lot of natural love spirits who are healing the person, for whatever reason the natural love spirits have to do it, but not respecting this Law of Cause and Effect that's happening upon the soul.

1.8. Forming a personal relationship with God

Participant:

I was wondering how you could be separate from something that's all-pervasive? I thought maybe that was just a mental construct, and next is how to increase the desire?

Jesus:

When you say all-pervasive, you're talking about God? How can you be separate from God?

Participant:

And then I wanted to know how to have a personal or an intimate...

Jesus:

Relationship with God? Yep.

Participant:

That I thought was impersonal.

Jesus:

The gift of free will is what enables you to decide whatever you want. That gift that God gave you can be exercised in such a way that you then believe you are not connected with God, so you create separate-ness. It's very important to understand that in the beginning God created us to be at-one with God eventually, but God didn't automatically give that gift to you because then She would have been overcoming your free will. She wants you to make a free will choice to connect with Her. She doesn't want to force Herself or force Her Love on you. Is it love then?

Participant:

No.

Jesus:

No. God does not force Her Love on you so there is no Divine Love in you at the time you incarnate. Please understand that. It's a common fallacy today that people believe they all have the Divine spark within them. It's one of the things I address today. You have a natural love spark within you, and if you want to receive Divine Love in you, you need to ask for it. It's quite simple. The reason is that God's Love belongs to God, something outside of you, and it can enter you only if your free will is exercised. God always respects your free will. That's the first thing to understand.

Separate-ness is created by our desire to disconnect - firstly from ourselves, but also in the end from things around us. As soon as you desire to disconnect from your emotion, you're at that moment desiring to disconnect from yourself, because your true self is your emotion. You're also desiring to disconnect from everyone around you, and you're desiring to disconnect from God. As soon as you re-connect with your emotion, whatever that emotion is, and it could be that you're fuming angry, as soon as you start connecting to that emotion, you're now at least connecting with yourself. You might not be connecting with too many other people in that state, but at least with yourself. You're at least making the first step into this process of connecting with yourself, everyone else and God as well.

1.9. *Emotions are dominant over thoughts***Participant:**

AJ, I've just got a two-part question. I've just been wondering lately which one came first, the thought or the emotion?

Jesus:

The emotion, always.

Participant:

The first people to incarnate, they would have received an emotion first? And then their mind would have categorised it?

Jesus:

If you think about a child, it very rarely has thoughts associated with emotions. It's generally only as we grow that we start associating thoughts with emotions. The very first thing that kicks you off with everything is your emotion, or your passion or your desire. When I talk about emotion, I'm using that term very generally, because I might also mean passion, desire, longing, and all those other things.

For example, if I have a longing for your love but you don't give it to me, then I will feel a feeling within me that I'm not receiving it and that will create a thought within me, that may be through a filter of "Why?" I may blame myself

and say I'm not up to your standard, and that's why I'm not getting your love. Or there might be other feelings in me that create these thoughts.

The trouble with most of us is that these emotions create the thought so rapidly that we think that it's the thoughts that are controlling us, and we think that if we think new things it's going to help. Now every spirit on the Natural Love Path thinks that; they think that if you create new thoughts in your mind, it will change your emotions, but you're actually creating a fictitious state; you're not being real. It's only the release of the emotion that creates bliss in the end, and the release of the emotion is about experience.

Participant:

I actually get them mixed up, I think.

Jesus:

Well you're very thought-orientated and have been from childhood. It's been browbeaten into you to think rather than feel. Because of that, there's this constant desire to get back into the intellect all the time. Many of you have the same thing going on, this constant trigger to get back into the intellect; it's very much more dominant in a male than a female generally as well. All the time we're trying to explain the universe around us through our thoughts, but the only time we're going to understand the universe is through our feelings.

Participant:

You feel the emotion, then the mind just pops up straight away?

Jesus:

A lot of times the mind even pops up with a different thought compared to the emotions doesn't it? Have you noticed that?

Participant:

Does your mind have to be still to release an emotion?

Jesus:

Your mind has to be the passive observer of your emotion or you can even make it into the active observer by helping you access the soul's emotion. When your mind is the dominant part of your being, that's the thing that you need to undo, because if your mind's dominant it is constantly trying to suppress what the emotional expression is. All of you have been taught at some point in your childhood to dominate your emotion with your mind. How many times have you heard that emotion is weak? It's a common belief, isn't it? Even in New Age belief, it's a common belief, isn't it? "Your emotion is weak, your mind is strong. Use your mind to dominate your emotion." It's a common teaching all the way through life. How many times do you see parents shutting down their emotions? When you were little and you noticed a parent shutting down your emotion, what are you going to do?

Participant:

The same.

Jesus:

Of course, because you think that's the only way. If I'm feeling angry, how do mum and dad treat me? Usually they want to punish me, so am I allowed to feel angry anymore?

Participant:

No.

Jesus:

No. I have to shut that down. I learn very quickly that there's certain behaviour that I've now got to start shutting down with my mind. Yet the opposite thing needs to actually occur; we need to be able to express those emotions so that we can get to the causal emotion and experience that, and then release it.

1.10. Man created pain through the unloving use of his free will

Participant:

AJ, I just wanted to have that understanding that we do not choose our parents, our parents choose us.

Jesus:

Yep.

Participant:

If we have parents who are abusive and some other parents are lovely and loving, how do we get a chance? The inequality of it.

Jesus:

Well, firstly understand that God created equality. God wanted each of us to incarnate into a pristine preparation of a body with no emotional damage. That's what God wanted. It was man's choice to become self-reliant that created all of these emotions of inequality. Every inequality and injustice you have ever experienced is totally the creation of someone before you; some person who walked away from God. It might be your parents or it might be grandparents and if we trace it right, right back, it's also the first human couple who decided to walk away from God.

Understand firstly that God wanted this pristine environment for you to incarnate into, and every feeling of injustice that you now have within your soul is due to people deciding they didn't want God involved in that process anymore. That's why God has a lot of, I suppose you could say, love and mercy for each of us, no matter what we've chosen to do. God even has love and mercy for a murderer. The reason is that God knows that the creation of that

person to become a murderer was caused by all of these different emotional conditions that God didn't want man to create in the sense of... when I say didn't want, He gave us free will, the choice to do that if we wanted, but from God's perspective He would prefer to see us make some choices in harmony with love.

Every time we make choices out of harmony with love we are going to experience the pain of those choices. I believe that it's a beautiful system to bring us into correction, because the more of us that feel the pain of what we've chosen as a human race, the more of us will feel like we want to change. How many of you are here because at some time in the past you experienced so much emotional pain that you want answers? Wouldn't pretty much the majority of us feel that way?

If we hadn't experienced that emotional pain and then had this desire for truth in our heart, we wouldn't come to a point of correction. God's created this automatic correcting system in all the universe, the physical universe has it, the spirit universe has it, and our soul has it - this automatic correcting system, if we listen to it. That's where all of our pain comes from.

Understand that where all of our pain comes from was not the creation of God. It was the creation of man who wants to be in disharmony with God and exercise his free will down the road of self-reliance. That's why in the first century I called it "the wide path," and the other scholars added the words, "that leads to destruction." But it's actually a wide path that most people follow because most people just go along with the norm and don't have these epiphanies that we need to have to realise, "Hang on a sec, where we're going here is just creating more pain."

1.11. The creative power of the soul

Jesus:

We are all creators, all of us. For example, you all want to create this government you are now living under. You have all conformed to its laws and rules. Many of us feel powerless to change it, don't we? We feel powerless to actually change it.

The truth is actually very, very different. The truth that we need to understand, and this is another thing that will come out today, is that the soul, the real you, has the power to change everything around you. One person in a state of at-onement with God has the power to change the world. Completely. One person. That means you. You actually have this ability in you, once you're at-one with God, if that's what you desire, you have this ability to change the world. Just you. And I'm not just talking about changing the world in some kind of namby pamby, gentle sense. I'm talking about confronting every single thing around you so much that the whole world

begins to change because of you. You have far more power, but only when you recognise where it comes from. It comes from your soul, not from your mind.

We often see all these injustices in the world and we see these governments doing these things in the world and we see the separation between the first tier of government, if you like, and the people and so forth. We see all of these things going on, and we then go down the track of trying to change with a force of will. We get into this state of getting angry about it. Anger is a great thing because it has the tendency to motivate you out of powerlessness. In reality what we need to do is just feel our powerlessness, but we get into that state and off we go and we actually want to force change in the world and in the end we can't. So then we get into this terrible, hopeless state because we're driving it from this top level that's not connecting with our soul.

1.11.1. An example of the Law of Attraction creating events smoothly

Jesus:

When you change your soul to the point where you're at-one with God, every single thing around you will automatically change. The Law of Attraction will happen that way. I've just had it happen on the trip down here yesterday. I was travelling along with Tristan, my son, and I said to Tris, "I think we should wash the car," because the car was a bit dirty, it had been out in the bush. "But I've got to pick up these CDs from somebody and I've also got to go and drop these plans off to somebody else; I've got to get all these things done in Gympie," and so I just let myself feel about that for a moment. Then we rang up the man who I had to do the plans with and he said, "Oh, can I meet you at the car wash?"

(Laughter) "And by the way, the CDs that you need, I've got them with me."

He arrived at the car wash and he said, "I've got no idea why I wanted to meet you here." (Laughter) He did! That's what he said! He said, "I don't know why I didn't get to meet you out where you went past," because we went past him to meet at that place. And I realised at that point that the Law of Attraction was happening, just automatically happening based on the desire from the soul. That's the beauty of a lot of these things. Once you change the soul, your soul has a desire and everything just happens around you.

Last night I said to Mary that I wanted to have some tomatoes and mushrooms for breakfast. We went down to West End and we didn't get my tomatoes and mushrooms but we popped down here and walked across the road to have some lunch, and lo and behold there were my tomatoes and mushrooms, exactly as I wanted last night actually. That happens all the time now; all of the time now I get exactly what I want, and it just comes from the desire. I don't have to think about it, it just pops into my life. Now that will

happen to you when you work on the soul. It's to do with the soul. It's not to do with the mind.

1.11.2. The futility of affirmations

Participant:

You were saying that affirmations don't help your soul.

Jesus:

Let me look at one affirmation. You're jogging along, "I am worthy! I am worthy! I am worthy to receive all of this abundance." We often say to ourselves, "I am wealthy! I am wealthy!" You're not wealthy! (Laughter) The truth is that you feel broke. That's the truth, so what do we need to go into emotionally? We need to emotionally go into, "I am broke." Now go deeper into that emotionally. How does it feel being broke? "I feel like nobody cares for me. Nobody looks after me. I've always got to drive it myself. I've always got to work hard." When you start connecting with some of those emotions where do you go then? You generally want to cry about them. So cry about them and release them, because they are childhood emotions. When you do that, the emotion of "I am broke" has left you. When that leaves you, automatically the Law of Attraction will bring you everything you need, and you won't have to say any affirmations at all.

There was a time in my life when I was saying affirmations and nothing changed. Things changed as soon I allowed myself to connect with the causal emotion, the underlying emotion, which is usually the opposite of the affirmation; have you noticed that? The underlying emotion is always the opposite of the affirmation. (Laughter) So I'm saying, "I am wealthy! I am wealthy." I'm really broke, and I'm just not being honest about it. I'm not connecting with the underlying emotion of why, of what's the emotion inside of me that causes me to be broke. You'll find that there's some very core childlike feelings in there, and one of the biggest core ones is, "God does not care for me." That's a huge core emotion that all of us usually have to get to the point of releasing.

1.12. Parenting and free will

Participant:

You were talking about free will before but I think to myself, "I didn't choose to have all of this pain." So where is the free will there?

Jesus:

Let me clarify the issue of free will. It starts at the time you incarnate; you're not even really conscious of your own free will. Unfortunately the people who are conscious of your free will abuse it. From that moment on, the majority of us are facing problems because our parents chose to abuse our free will from

the moment we were conceived. And at some point some generation's got to change the cycle.

Participant:

It's not really a choice is it? Because they're sort of reacting.

Jesus:

No, what I'm saying is that it was the choice of the parent to do that, not the choice of the child. When you're a child, you're right, because you're just a baby, even in the use of your free will, other people's free will gets imposed upon you, and that's the damage that's done to you.

Participant:

It's not really their free will if they're unconscious of what they're doing?

Jesus:

I've been a parent myself and I know that a lot of times I was conscious of the denial of my own emotion. Certainly most parents are conscious that they are running away from their own emotion. It's just that they don't think it has an effect on their children. They don't see the linkages. This is a problem with untruth; we often don't see the complete linkages of what's actually going on.

1.13. Love is not just

Jesus:

Now getting back to the first part of your question, which was one of injustice, "Isn't that unjust?" is the question. And the answer is that love isn't just.

Participant:

Are you saying that God's Love isn't just?

Jesus:

I'm saying all love isn't just.

Participant:

Well you'd better explain that. (Laughter)

Jesus:

That was confronting, hey? How many of you feel like love needs to be just?

I'll just give you an example. I was married at one stage. Because of my religious beliefs, I felt like God wanted me to stay in this relationship, and I couldn't understand why there was so much pain because I felt I loved the woman, and I didn't feel like she loved me. I went along to a psychiatrist, and he said, "You know what your problem is?" He said, "Your relationship's not just." He said, "If your relationship's just, then you'd be right. It's only relationships that are just that stay together."

Now in your life, you've probably noticed that. If you've got two people who are willing to cheat on each other, they'll probably stay together. (Laughter) If you've got two people who aren't willing to cheat on each other then they'll probably stay together. But if you've got one person who's willing to cheat on his partner, and the partner doesn't like it, are they going to stay together very much? Probably not. If they're both willing to lie to each other, they often stay together. But when you've got one who's doing the opposite to the other then obviously there's this thing that automatically happens, and what I'm saying to you is that that is not love. In fact in the future you will get to a stage in your life where you can love another person and they can totally abuse you; you can still love them and you won't have any emotions attached to that.

Now remember that's what I said in the first century - when somebody slaps you on the cheek, turn the other cheek. That's what I was talking about - this aspect where you become a person who's able to forgive anything that occurs. That's what love does. And that's actually what God does, too. A lot of times people here on Earth and in the spirit world expect justice and don't understand that the reason they're expecting justice is that they've been hurt and they want the other person to hurt as much as they hurt. Isn't that what justice is to us a lot of times? And is that love? That I want somebody else to hurt as much as I hurt? It isn't love, is it?

Understand that there's no "justice" as we see it in love. The truth is that if we look at justice from God's perspective, well that's a different matter. Justice is always surrounding the laws of love, and you'll understand what justice really is when you start connecting to those laws of love that God has but at the moment our earthly concepts of justice are actually in most cases only a desire to punish.

Participant:

I probably wouldn't want to have a relationship with somebody who treated me really badly.

Jesus:

Yeah, I didn't say you would want one.

Participant:

Okay. When you said that love wasn't just and I think you were originally talking about relationships, like your marriage...

Jesus:

Yeah, I'm saying that if I expect the other person to do anything that mirrors my own treatment of them I am not loving them. Now that's a concept of justice - you treat me how I treat you, isn't it? But if I'm expecting anything from the other person, I am now out of harmony with Divine Love. I'm in harmony with natural love, because that's what natural love would do, but I'm out of harmony with Divine Love. It's not what God does.

Participant:

In terms of loving yourself though, you wouldn't really want that for yourself?

Jesus:

Well this is something I had to work through myself. I was always thinking, "Yeah, you know, justice, justice, justice, justice," and having lots of emotions about that of course because every time someone treated me unjustly, I'd go through some emotion. In the end that's what I realised I needed to do; if I'm feeling feelings of injustice, it's because I'm expecting something from them in my relationship with them. As soon as I'm expecting something from someone outside of myself, I'm now in a state where I'm not loving them. But I'm not saying you'd have to be with them. Of course the Law of Attraction would probably mean that you couldn't even be with them, and that's okay. But you wouldn't make that choice to avoid them.

How many of you have had something happen in the past, you've got upset about it, and the way you've calmed down your emotion is to avoid it? How many of you have done that? Yeah? Lots of us. And then we tell ourselves, "Oh, I've dealt with that." (Laughter) The truth is that we haven't dealt with anything. We've suppressed the core emotional thing that we needed to release and when we do that we're just way out of harmony with love.

The key for us is to understand with all of our interactions with others: if I need something from you and I don't get it and I feel something, like anger or something like that within me, or annoyance or frustration, any of those emotions, I am out of harmony with God's Love.

1.14. An example of a child reflecting a parent's emotion

Participant:

My son doesn't like the people having to kiss him, he just doesn't like it. You'd go and visit the rellies and the old man who's 93 would say, "Just give us a kiss, love."

Jesus:

How old is your son?

Participant:

He's five.

Jesus:

Okay.

Participant:

He stands his ground and says, "Nah."

Jesus:

You know whose emotion he's reflecting?

Participant:

Whose?

Jesus:

Yours.

Participant:

But I don't want to kiss him.

Jesus:

Yeah. That's an emotion inside of yourself about how it impacts upon your feelings of controlling relationships. And if you look at...

Participant:

I actually think it's fine that he doesn't kiss him.

Jesus:

I know you think it's fine he doesn't kiss him. (Laughter) I have a whole discussion about children. One thing you need to understand about children is that your children are a complete reflection of your own soul injury. They are actually reflecting something back at you. How do you feel when he doesn't kiss them?

Participant:

I feel uncomfortable because I know they wanted a kiss.

Jesus:

So he's doing that to trigger your discomfort. Go deeper into your discomfort - feel what it's about. Once you feel that discomfort completely and go into and release that emotion, he will no longer do that.

Participant:

It won't worry him to kiss anyone?

Jesus:

It won't worry him at all. Yeah. He's expressing boundaries that you don't feel you're allowed to express.

Participant:

I know as a child I was...

Jesus:

I'm not saying as a child. I'm saying right now. Right now he is expressing boundaries you, right now, are not honest about expressing.

Participant:

It challenges all my memories.

Jesus:

Of course, because he is a perfect reflection of your true emotion. Your children are going to be your best triggers. They will reflect the emotion you're unwilling to deal with. They will act out every emotion you're unwilling to deal

with. Your children will act out every emotion you don't let yourself feel at the causal level; they will act it out. If they're acting out something, like they're acting out a fight, there's a causal emotion in you that created that. This is why punishing children for their behaviour is very damaging because you're actually not taking responsibility for your own emotion.

1.15. Current reincarnated people on Earth

Participant:

I'm very lost, AJ, about reincarnation. When I was watching your video you said that you and people with you, the other souls, were the first souls to reincarnate. I went, "Oh no!"

Jesus:

So what was the first emotion that rose up? Isn't it a feeling like, "Oh, I'm not special. He's saying he's special"?

Participant:

Yeah.

Jesus:

And to be honest, it's not that special. (Laughter)

Participant:

My first reaction was, "Well hang on, you're older than me. That means I could have come after you and be still reincarnated." It was going into that whole "I want to be special too."

Jesus:

Exactly. Please understand that when I'm saying that, I'm not saying that you're all not special.

Participant:

No.

Jesus:

That's very important to understand. But go on.

Participant:

Have other souls come back since you and...?

Jesus:

And the fourteen?

Participant:

Yeah.

Jesus:

Yeah, there have been others that have reincarnated over the last five or six years.

Participant:

So that's the time frame?

Jesus:

Yeah.

Participant:

Okay.

Jesus:

About six or seven years ago there were only four or five other souls left in the soul union state who could have reincarnated. One of them was my mother and father. Since then there have been thousands and thousands of souls that have entered that state. Every soul that enters that soul union state, which is at the top of the 22nd sphere, can choose to reincarnate whenever they want. They have free will. Some of them are choosing not to reincarnate because they feel they had a complete life on Earth. Others who feel like they haven't had a complete life on Earth are choosing to reincarnate.

A lot of the memory-based stuff that occurs where we think we've had a past life is spirit connection-related. Honestly, right now, none of you... none of you have any idea how much you are influenced by spirits. There will time in your future, once you grow more and more, that you'll start realising how much influence there is. When I say influence, I mean there's spirits around you just as much as there's people around you, and just like a person around you influences you in some way, so does every spirit around you influence you in some way.

1.16. The sleep state**Participant:**

I've got two questions. What is it when you meet people and you know them, or you recognise them, or you hear people saying stuff, like when I watched your DVD I thought, "Hey, man, I've heard all this before"?

Jesus:

Yeah!

Participant:

What is that?

Jesus:

How many of you felt you've heard it all before? Including the soul union stuff and everything?

Participant:

Even when I meet people, is it because you're looking at yourself and recognising a part of yourself?

Jesus:

No. Every night you're asleep, for about eight hours? You don't stop doing anything. You keep doing things. And you have usually met me in the sleep state as well, in groups like this where you've learned things. For a lot of you this material resonates with you so strongly for two reasons. One is that you've already heard it before, and you heard it in your sleep state. The second one is that you have spirits with you who are influencing you to take notice of it, and they're resonating with you. Sometimes some of you feel that resonance, where you feel emotionally overwhelmed by something coming from outside of you, where you feel that it's a confirmation of what you're hearing.

Now God created all of that to help you learn things. This spirit interaction happens throughout your existence and in fact you are a spirit when you're asleep. I don't know if you've ever tried this, but if you have a medium friend on the opposite side of the world, ask them to channel you while you're asleep because you can do that. Did you know that? Every one of you could channel via a medium if you're asleep. A medium can speak with you in your sleep state if you're asleep, and you will tell yourself things that you don't know while you're awake.

Participant:

So you could film it and then watch it the next day?

Jesus:

You could do anything you want. (Laughter) There's so many experiments that you can try. There's so many really, really practical experiments to prove the existence of the sleep state that you could try, and that's one of them. There are so many experiments that none of us try because we don't think of it, and we're not aware that this is what's going on. But every single night you are asleep, you are in a state where you're still learning and still experiencing things, and you can still talk to people on Earth.

This is an interesting question I ask some audiences. How many of you have been married, and woken up one morning knowing that your partner had cheated on you? Have any of you experienced that? A few of you? Now how did you know? The answer is, you saw him do it. (Laughter) You saw him or her do it.

Participant:

Wow.

Jesus:

See, we think we're covering over things all the time but in reality we're not covering over anything. Every experience that we have, we and others are able to see. I'm not saying to change what you're doing because of that, because in the end it has to be coming from you. But understand that this is why

sometimes you wake up with a knowing. It is because when you were asleep you were observing something and you wake with a knowing because of that observation. Don't think that when you're asleep everything's turned off. The only thing that's turned off is your physical form; it's having a rest. Your soul, which is the real you, is still with this spirit form and you are assimilating things from the spirit world in that state. Every single time.

Participant:

Is that why you sometimes feel exhausted with that cast of thousands?

Jesus:

Yes. Sometimes you'll wake up with a terrible feeling of exhaustion; often that kind of feeling is where you might have been helping people in a lower state and they were in a bad state projecting emotion at you that was triggering you. A lot of times you might have been crying in your sleep state. How many of you have woken up crying?

Participant:

Yeah.

Jesus:

The majority of us have at some point. Why is that? Because there was something being triggered in our sleep state, which we found to be a very grief-filled experience, and we're just waking up in that state, in that connection. Understand that eventually you will remember all this.

There's a lovely book, it's on CDs that I've just passed out, by Robert James Lees called "Through the Mists." It's really worth reading if you haven't read it. I've said it before but read it because he actually passed and when he met his mother which was right at the end of the book and into the second book, called "The Life Elysian", he realised that he'd never left her. She died at his birth and yet he knew his name and every sleep experience he had had with her. He remembered them.

Once we start understanding that this is a seamless existence then we can start having a lot more confidence in what's going on, and in God loving us as well.

1.17. Accessing causal emotions

Participant:

Second part of the question.

Jesus:

Second part of the question. (Laughter) I'm going to have to stop the questions. Last one.

Participant:

This is about cause and effect.

Jesus:

Yeah.

Participant:

I've had many emotions, well two main emotions during the week. I tried to push some in a way that would have allowed me to deal with it, and it came in my face. I spoke my truth and then that emotion went. But then it was a very similar emotion that came back and so here I am thinking, "Oh I've dealt with the cause," but how do I know if I've dealt with an effect or a cause?

Jesus:

Well the Law of Attraction's telling you, you haven't.

Participant:

Because it comes back.

Jesus:

Yeah. As soon the Law of Attraction brings an event back that triggers a similar emotion in your life you know that you haven't dealt with the emotion.

Participant:

How do you actually bypass all the effects and go straight into the cause and deal with it and just get rid of it?

Jesus:

Well...

Participant:

It doesn't work that way?

Jesus:

That is because you're worried about what the Law of Attraction's going to bring you next. You're worried about getting slapped around a bit in this Law of Attraction process, but the truth is that every time you deal with a cause right to the end then no longer will you attract the same thing. That's the first thing to remember. Secondly, how then do you go in and deal with causes rather than having to get triggered all the time? Well you're going to have to be very honest with yourself, and to be frank with you, not many people are that honest with themselves. That's why we need the Law of Attraction to pull these things into line for us. That's why God created that law in fact.

Participant:

So the more I can be in my truth about...

Jesus:

If you stay in truth emotionally, and this is one of the things we'll talk about too....

Participant:

Regardless of hurting other people's feelings and whatever else?

Jesus:

Regardless of that.

Participant:

I'll get to the causal quicker.

Jesus:

You'll get to the causal much quicker. Yeah, very much so. Truth is your pathway into your emotion. Truth is your pathway into your emotion. I mean you're being in total complete truth. It's very challenging at times because no one around you wants it, and half the time you don't either. (Laughs) How many of us sit down in a day and say, "Actually I feel very dissatisfied with the relationship I'm in"? How many of us do that in a day? We'll go weeks and sometimes months and sometimes I've gone years in a very dissatisfying relationship, not looking at the causal emotion.

1.18. Setting our intention for truth

Jesus:

Truth is your pathway home, always. The more willing, prepared and desirous you are of being in truth, the faster your emotions will appear. You try setting your intention one day, and we'll talk about intention a bit today, you try setting your intention: "I'm going to just face all truth." I guarantee that if you set that intention from your soul, the next day you'll start getting truths and you are just going to go, "Whoa!" It'll be about your life, it'll be very confronting things in your life.

One lady who was travelling with me, she wanted to know the truth about everything that was going on in her relationship, and bang! She just got hammered with all of these times that her partner had cheated on her and all these things; they all just came to her over the next few days because she set that intention. Up until then, for eleven years, she hadn't wanted to know. Why didn't she want to know? Because she didn't want to deal with the emotion that it would trigger in her. That's why we don't want to know. How many of you want to remain in ignorance? Not many of you - that's really good. Because if you try to remain in ignorance there are laws you're breaking that are harming your soul.

Participant:

Was that intuitively or was she actually sat down by her partner who told her?

Jesus:

Her partner told her things and other people in her life told her things that her partner wasn't telling her. There were things like emails that came to her by mistake. All sorts of things happened.

Participant:

Not by mistake.

Jesus:

Not by mistake; she had set her intention fully at the soul level, and all of a sudden she was in this place now where she was willing to face all the truth.

Participant:

That must have been freeing.

Jesus:

Totally freeing but scary at the same time because what is she going to have to do with all of this? Process it emotionally.

2. Introduction to the human soul

Jesus:

Now I've got to stop the questions because I need to get started on our discussion today. Many of the things in our discussion will answer your questions because a lot of the questions that you're asking are related to the human soul. What is my soul? How can I access the power of my own soul? That's the stuff that a lot of this is about. What is my soul capable of doing? Well these are all kinds of questions that if we can understand the soul, then we understand what's really going on.

2.1. We are one half of a soul

Jesus:

Now from a perspective of what the soul is, remember I've said that God created our soul, of which you are one half. Right now in this form you are not a complete soul, you are one half of a soul. God created the complete soul. The complete soul is different to the discussion of the two halves. At the moment, many of you believe yourself to be an individual, yes? But you're not. You are one half of an individual. Sometime down the track you will come to feel that emotionally. At some point down the track you'll feel that so strongly emotionally that the two of you, whoever the other half is, will combine and you'll become that one soul again.

Participant:

Can we do that in this lifetime?

Jesus:

Yes! Totally. God created all of these things I'm talking about to be done now. Not later.

Participant:

And we will and people are?

Jesus:

No one is right now, no. But there are people...

Participant:

How do you morph into one person? Is that what you're talking about?

Jesus:

No, no, no. See, this gets to what is the soul. The soul is not a person. What we see as a person is a half of one soul. There's a lot of confusion about this.

Participant:

Are you saying that we can come together in this lifetime with the other half of our soul?

Jesus:

Yep.

Participant:

You're not talking soulmate, twin flame; we're talking the essence of ourself. Is that what you're saying?

Jesus:

Now the word "soulmate" and the word "twin flame" are just talking about exactly the same thing. Eventually you'll get to the stage in your own life where you'll no longer see yourself as a body, rather you'll see yourself as a complete soul, as half of that soul combined with the other half. You'll actually, in your own life sometime in the future, be able to manifest an expression of yourself through lots of different entities, through lots of what appear to be different entities. You'll be able to do that in the future. This is your soul's capacity to grow. Now at the moment you can't do that, but you will be able to do that if you grow in Divine Love, you will be able to do those things.

Participant:

You're saying that the complete soul can then manifest in that way?

Jesus:

Yep. The complete soul, not the two halves, the complete soul can manifest in such a way that you can have multiple bodies. You can have hundreds of thousands of emotional conversations at the same time, and feel every one of them.

Participant:

And you have to have met your soulmate firstly do you?

Jesus:

You have to have gone through this process of growth, yeah, which is growth in Divine Love, and we'll talk about what the soul's process is as a part of this discussion. You have to go through that process to get to that capacity. But you can get to that - every single one of you has been created with that potential. It's just a matter of your coming to understand Divine Truth in the end. Not your truth, but God's Truth. Understanding that.

This soul, of which you are one half, is an entity in its own right. When I say you, I'm not talking about your body, and I'm not talking about your spirit body. The physical body and the spirit body that you have are appendages, or attributes, of your soul, of your half of the soul.



The spirit body (SB) and physical body (PB) are just appendages of half of the soul, which is the real us

The two bodies are connected to the two halves of the soul, and there's a connection point between them. The soul is the real you, and we want to know what that soul is. We don't want to worry about the bodies anymore. How many of you worry about what you're going to eat today because it's got to be healthy and you've got to take the right vitamins and all that? You don't want to have to worry about all that, surely? You want it to just happen all nice and seamlessly in the end, don't you?

Audience:

Yeah.

Jesus:

Well, when you connect with your soul everything will happen all nice and seamlessly. It will just run perfectly. It's because we're not connecting to the soul that we're thinking we're the bodies. There are many spirits who are here today in this room who are thinking that they are their spirit body. They call that the soul. They actually think that the spirit body is their soul; they don't understand that that's not their soul either. They can't actually see their soul.

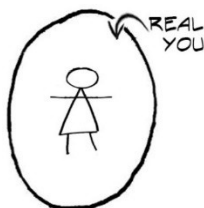
All these truths that God gives you, you will come to see your soul, not with these eyes, because these eyes are just a physical body's eyes, but you will see your soul through the expression of your soul, which is through your emotions and your passions and your desires and your longings and your intentions. That's how you'll see your soul.

Participant:

So it is within us. It's not something outside of us?

Jesus:

It actually it encompasses you. The truth is that here is your physical body, your spirit body on top of it, and your soul is actually surrounding those things.



The soul, the real us, envelops the physical and spirit body, which are on top of each other

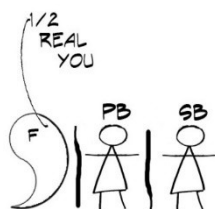
That's how it is conceptually, if you can think of it conceptually. The soul is the real you and these bodies are just appendages. Just as your arm is an appendage of your body, this body is an appendage of your soul.

Participant:

It's like an etheric body?

Jesus:

Yeah, well the etheric body is the spirit body, and the physical body is just of different energy form, denser energy, but they are all just a part of the emanation or the creation of your soul. When I say the creation of your soul, obviously two souls that get together, the two halves get together, through the sex act create the two bodies, but the soul itself is God's creation. The half soul is the real you. That's the real you. As an extension of that you need to understand that really the complete soul is you, of which you are a half.



Our soul is half of the real us

Participant:

We've been taught we're all one whole person.

Jesus:

I know! (Laughter)

Participant:

For me to say "my other half" and there's no room to...

Jesus:

How many of you don't want there to be another half? Be honest? A lot of people don't want there to be another half.

Participant:

There's also a hope that there is another half.

Jesus:

Well why on the Earth do you enter a relationship? Because there's a soul longing inside of you to connect with another...

Participant:

Sex.

Jesus:

Sex! (Laughter) There's a soul longing inside of you to connect with another half. There is. It's inbuilt inside of you.

Participant:

Do you have to feel that incompleteness and that longing fully...

Jesus:

The truth is that if you feel incomplete then there's an emotion in you that you've yet to release. You can actually be complete as a half of a soul, in terms of feeling complete, and usually that is when you have the best relationship with your soulmate, if they also are wanting to feel complete as well. It's not about completing the other person; this is just how God designed you. The real you is the complete soul and what you are right now is half a soul, which is the half of the real you, that's the truth. How you deal with that truth is up to you. You could say, "I don't want to know the other half of the real me. I want to stay away from him or her. I don't want some mongrel man being involved in my life." (Laughter) And what does that tell you? That you've got an emotion inside of yourself that you need to release.

Do you think you're going to be at-one with God having a thought like that? Obviously not, because it comes from a feeling of hurt inside. Many of us feel resistive to the idea of there being one half, and only one half, of us out there somewhere because we then feel like, "Where's my choice then? It's all gone." It's the complete soul that's been given the choice. Remember, I said that the soul has free will. It's the complete soul, not the half soul. It's the two of you together that creates the full one that has the free will.

Participant:

So it's another physical being?

Jesus:

Well at the moment for yourself, yeah. But it doesn't have to be a physical being. For all the spirits in the room, many of them having passed hundreds of years ago, they would have another spirit who's actually their soulmate half. Yep.

Participant:

They do?

Jesus:

Yeah.

2.2. Sex in the spirit world and with spirits

Jesus:

And yes, there is sex in the spirit world too.

Participant:

There is?

Jesus:

Yep. (Laughter)

Participant:

Well I have sex in the spirit world in my dreams but is that fair dinkum? That spirits can...?

Jesus:

Yes. That's why I answered your question before you asked it. (Laughter)

Participant:

Don't be a smart arse! (Laughter)

Jesus:

I like being a smart arse sometimes. (Laughs)

Participant:

They are? They do?

Jesus:

The truth is that sex, sexual expression is an expression of the soul. It's not an expression of the bodies. It is an expression of the soul. The soul has been created to have sexual relations. That's what this whole soulmate thing's all about; it's really about sex in the end. (Laughter)

Participant:

So for spirits to have sex... this is getting a bit involved, is it through an energy more than what you would call a physical experience?

Jesus:

Yes, but to them energy and the physical are the same thing.

Participant:

So energetically, I mean if you want to create an orgasm or whatever, you could do that with spirits... is that how they work?

Jesus:

Yeah.

2.2.1. *An example of a participant who had sex with a spirit*

Participant:

I've had sex with a ghost, and physically felt it. It was just like it was a real experience.

Jesus:

Yeah.

Participant:

It was really quite a bizarre experience to go through, and it actually bought a bit of guilt because I was thinking, "Oh my God, what kind of person am I?" Attracting what I thought was a bad spirit in order to have sex with me.

Jesus:

Well, it may have been too, by the way. There are many spirits in the spirit world who would like to have sex with people on Earth still.

Participant:

So when you know you're working with the spirits... I mean I'm a medium. I've let that go because I just wasn't quite sure what I was attracting to myself. In that case where I was attracting a sexual spirit partner, and maybe it was not of the purest of kind, does that then reflect on me and say that that was a state I was in at that time?

Jesus:

Remember, everything happens through the Law of Attraction. What was the emotion that you felt after the experience? Wasn't it one of guilt? There was an emotion you felt.

Participant:

AJ, actually it was really pretty good. (Laughter) But the emotion I did feel was starting off in a so-called spiritual journey where I was just starting to learn about things like this in this lifetime. I suppose the guilt I was feeling was coming from other people saying, "Well you must be in a dark place to be bringing in a spirit." Basically then I went into the poor me, what am I doing, I must be a dark person attracting, and because I was very raw and very new and very gullible, and very trusting of what people were telling me, I think probably I felt... well you'll probably say, "No, it's something that's been brought up in me that's a memory", but for me at the time I thought, "Oh, I'm dealing with the dark spirits because I didn't know any different," and that's what I felt was...

Jesus:

Well do you mind if I tell you the truth?

Participant:

You can tell me the whole truth and nothing but the truth. I'm sure you're going to. (Laughter)

Jesus:

So help me God! (Laughter)

Participant:

I'm a Divine spark of God. Give it to me! (Laughter)

Jesus:

The truth is that a spirit who would want to have sex with a person on Earth without them knowing what's going on is not going to be in very good shape emotionally. The emotional condition of the spirit in that state is not going to be that good. There are many spirits who desire to have sex with people on Earth; they are not having sexual experiences in the spirit world because they don't think they're able to, or they're in a state where the majority of the same sex are with them due to injuries, and so they can't inter-relate with anyone of the opposite sex, so many spirits look for people on Earth to have sexual relationships with as a result of that. If a person is open to that emotionally, then of course you can encourage that sexual relationship.

What it triggered inside of you were not emotions relating to sex actually, they were relating to guilt and shame and other issues that were being triggered inside of you that you didn't allow yourself to experience. At the time you were feeling great about the sexual activity, but there were also some other feelings associated with it that you buried. If you allow yourself to go back to that experience, you'll remember those other feelings, and they're the feelings that the Law of Attraction was triggering you to release.

The key is to understand that no spirit who is in a good condition will want to do something to you that you're not conscious of, just as you wouldn't want to do something with someone else if they weren't conscious of what you were doing. That's what love would do.

Participant:

First sphere?

Jesus:

It'll be a first sphere spirit who's probably missed out on some sexual experiences and so they're wanting to act out some of those sexual experiences on Earth. Now, I'm not judging them or yourself, because the Law of Attraction brought you the experience to trigger the emotion that at the time you actually shut down, and the key is to go back to that event now and let yourself open up that emotion because that's what the Law of Attraction was bringing. Now in the end this spirit might even be a soulmate who's passed, and they feel really attracted to you. It could be that but in the end they are still in a bad condition if they've done it without you knowing what's

going on, or without you being aware of what's going on. It doesn't really matter who they are, what matters is that you deal with the emotion that you need to work through about that. You'll find that in your case it will be related to some childhood experiences, things that you don't want to face yet.

2.3. *The soul union state and sexuality*

Jesus:

But I answered your question about sex to say that there is sex in the spirit world because in the end this union of the complete soul is a sexual union. And, be honest, isn't sex one of the best things that you enjoy?

Audience:

Yeah.

Jesus:

Yeah. Okay. So do you think that somehow that's all just going to disappear as soon as you pass? Honestly? Why would you think that? It's because everyone's told you that sex isn't holy, sex isn't spiritual, and sex isn't this and sex isn't that. Sex is all lustful and dirty and all those kinds of things. Because you believe that you believe that all these spiritual things don't work that way. Sex is inbuilt inside of your soul. This whole union is a sexual union.

Participant:

Where do the androgynous ones come from?

Jesus:

The androgynous ones? There are no androgynous ones.

Participant:

Well that's interesting.

Jesus:

They actually feel they're androgynous because they do not want to cope with the emotions that cause them to want to feel that way. Some of you here at the moment don't want to have sex in the sense that you feel that the sexual expression is not something that you're attracted to, and I need to say to you that if that's the case there are some very fundamental injuries, emotional injuries, inside of you.

Now if you passed into the spirit world you would not want to have sexual experiences there either, and you may eventually call yourself an androgynous person. But just because I call myself something it doesn't mean from God's perspective that that's what I am. God created all human souls in the form of a combined soul, and the split happens for all. All people who are incarnated go through that split. Every single one of you has a soulmate and you've got no choice about it. (Laughter)

Participant:

Can you make babies in the spirit world?

Jesus:

No.

2.4. *Attracting soulmates*

Participant:

If I'm longing to find my soulmate and have developed characteristics about myself, does that then mean that my soulmate half will be longing to find their soulmate and have developed particular characteristics that will match? Or is it about the soul, the journey?

Jesus:

Well there's no "or"; it's probably an "and" for a start. Yes it is about the journey and it is about the fact that the soulmate halves finish up attracting themselves to each other. There's a lot I want to say about soulmates but I want to do a whole discussion because many people have lots of questions about soulmates. There are so many things about soulmates that are misconceptions, one of them being that you meet each other and all of a sudden everything's fine. That's often a misconception. There are other ones as well, like misconceptions about what a soulmate really is, that you can have many soulmates, and all these kinds of things. I would like to answer all of them specifically as a separate discussion if I can.

Participant:

Today? (Laughter)

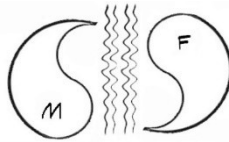
Jesus:

(Shakes his head) How much do I have to give before...? (Laughs) No, not today. It will be another time. I know a lot of you are interested in the subject but to be honest with you, until you're completely connecting emotionally, it is really pointless your being interested in that subject. Your soulmate is going to trigger you emotionally so much that if you meet them and you're not willing to deal with your emotions, you're going to want to run away from them, and what's the point of your being introduced and then running away from each other? You may as well firstly get yourself into a state of humility where you can actually feel all of your own emotions. Once you're in that state then you're ready to meet this other person who's going to trigger you full-on, no matter what state they're in. So let yourself go through that process. Let yourself understand that.

I really want talk about the soulmate issue because it's a very fascinating subject for me as well; there are lots and lots and lots of things I'd like to say about soulmates and ways to work through these emotions with your soulmate and so forth. But it's important firstly that you understand your half, understand yourself, what you actually are, what part of you is your soul. Get that moving along, progressing, growing spiritually. Once all that happens, you will automatically attract your soulmate into your life, and when you do you're probably going to wish that you hadn't. (Laughter) Well, because for

many of you it's going to open up some huge injuries inside about masculinity or femininity and you'll need to work through some very big emotions when you meet your soulmate.

At the moment half of the soul is connected to the physical body and the spirit body, but it doesn't feel a strong connection to the other half of itself.



The two halves of the soul are always connected

There is a connection between the two halves all the time, by the way, but it doesn't feel that connection very strongly. Firstly because of a lack of awareness but also because of emotional injuries that exist in the two halves that make them oppose each other. It's like having two norths of a magnet being shoved together; they just get pushed apart. When we have incompatible emotional injuries, that's what happens. We push apart relationships doing that. Compatible emotional injuries cause us to draw together like a north and a south of a magnet, and incompatible emotional injuries cause us to separate.

Now, why not firstly focus on getting yourself to the point where you no longer have any incompatible injuries with your soulmate? See, once you do that, no matter what your soulmate chooses to do; no matter how they choose to experience whatever's going on within you, you will be able to work through your own emotions. You've got the truth in you. You'll be able to work through your own emotion, and they will be drawn to you and they won't even be able to help themselves.

Participant:

Yeah but would you want to be with them?

Jesus:

Of course. But would it be a need? Would it be a desire or would it be a need? It would be a desire but not a need. How many of you feel you need your soulmate? Hardly any of you are being honest with that question. (Laughter) Where's the honesty gone? How many of you feel like you need a soulmate? That you need to know who your soulmate is?

Participant:

Or just someone?

Jesus:

You need just someone? How many of you need that? (Laughter) Still not being honest!

Participant:

I have a desire to know but I don't need.

Jesus:

Actually the truth at the moment is that you don't want to know who your soulmate is. For yourself the reason is that there are some emotional injuries about men that are unhealed.

Participant:

But you think you'll work through that and still need?

Jesus:

Yeah. All of you ladies for a moment, and I'm picking on ladies here because probably two thirds here are ladies, but also because one injury that's a multi-generational injury for women is the issue of vulnerability. Most of you will recognise that in yourself. Vulnerability towards the male, the male dominating you. How many of you ladies feel like you're sick and tired of men dominating you? There are quite a lot. Now that emotion is an injury towards the masculine. It is actually also an injury towards God because God's also got masculine qualities.

How many of you men feel that women dominate you? Some. How many of you men feel like you can dominate a woman? No one's being honest there either! (Laughter) They are injuries that we have towards the masculine and feminine. Every injury that we have towards the masculine and feminine causes a repulsion of our soulmate. It pushes our soulmate away, and the only way that we're going to attract our soulmate is by working through those injuries. When we work through our injuries our soulmate will be attracted to us.

If we're in a relationship right now, we're in a relationship to work through those injuries. The Law of Attraction's working perfectly if you're in a relationship right now so that you can work through these injuries. You might find out the relationship you have right now is with your soulmate but you won't know until that part of your soul opens up.

If I'm a woman and I have a deep anger towards men about men controlling and my being vulnerable to men, do you think the soulmate part of my soul is going to open up while that emotion's within me? It's not, is it? If I'm a man and I feel like I can dominate a woman, do you think the soulmate part of my soul is going to open up? No. If I'm a man and I think that a woman can dominate me, or I feel like I'm to blame for all the things that men that are the bastards in the world have done, and I feel that in my soul, do you think that injury is going to allow me to open up towards my soulmate? No.

Can you see how many of our injuries are related to these masculine and feminine things? That causes a repulsion of the two halves.

The Power of Your Soul: Part 2

3. Soul incarnation

Jesus:

We are this complete soul, and I'm half of that, and the soul splits at incarnation. Now in the introductory material I've been through about what happens at incarnation, what the condition of the complete soul is before incarnation, in that it doesn't have any idea who it is. It doesn't have free will because how can it have free will when it doesn't even know who it is? It doesn't know how it can exercise free will. All it knows is to incarnate. It has these instinctual attributes, just like a bird in a nest that at some point in the future is going to fly. And when it incarnates, from that moment it's now got individualisation. It's now conscious of itself.

You became conscious of yourself the instant you were conceived and from that moment on you began absorbing emotion; you began absorbing experience from the world around you. Many of those experiences in this world, this dream-like world that we have around us, are very, very emotionally damaging, and you absorbed them, and I absorbed them. Exactly the same. We're all under the same laws.

4. Audience Questions

4.1. Multi-generational injuries

Participant:

When a baby is born with defects, are they related to the parent's emotional state?

Jesus:

And its grandparents and its great-grandparents; all of the emotional states historically get passed down to generation, to generation, to generation. The key is to not blame yourself as a parent; the key is to go into the emotion every single time. "There's something going on inside of me emotionally, what has this triggered inside of me?" Access that emotion, and actually when you access that emotion to the point of at-onement with God you'll be able to heal your child anyway. In the end, deal with emotion that's coming up. It always gets back to that.

Participant:

Does that then affect the generations? If you have an understanding of the generational issue that's passed down, which we do in our family, and I'm having this intention to set myself free, does that then go backwards too?

Jesus:

Certainly.

Participant:

As well as forwards?

Jesus:

Let's say my dad abused me violently as a child. Let's say my dad's passed now. Maybe I'm now in my sixties myself and my dad abused me violently as a child; obviously I'm going to have lots of emotions to work through about my dad. Most of the time I haven't because a lot of the times I don't work on these things all through my life. But let's say I decided to get on the Divine path, and I really want to work through these emotions, so I decide to work through them. As I work through them and I'm feeling about my dad, I will actually attract my dad in the spirit world to me, and he will have emotional responses to everything that I work through, and it will be triggering him as I'm working through those emotions.

This can also occur in our physical world. Right now you can choose to deal with these emotions without your parents, if you want. But that only does half of the equation really. My suggestion is that if you're going to write a letter and not send it, that might sound well and good in terms of a healing point of view of trying to keep you safe, but in the end it's probably not going to heal the underlying emotion. Send it. See what it does then. Speak the truth.

4.2. Sexual attraction**Participant:**

If you're attracted to someone sexually who you're emotionally incompatible with, would that largely relate to your emotional condition at that time?

Jesus:

Totally. Remember, I think I mentioned in a previous group, the second chakra has a lot to do with all of your sexual attraction. Sexual attraction also has a lot to do with self-identity and unworthiness feelings. If you look at books you can read all of these things quite easily.

Now imagine that you have this injury inside of yourself; let's say I'm a male and, in my case, I have this injury with women that I'm unworthy of their attention. Let's say I've got that injury. And there's a woman who comes along who feels dominant over men, she's got that injury about herself in her second chakra, what's going to happen is our two second chakra points, if you like, in our spirit forms, are going to be very compatible, right? There'll be a huge flow of energy and a huge flow of energy will activate our sexual desire. We'll feel very, very sexually attracted to each other, but we're both actually in a state of emotional injury.

Now when we release that emotional injury we may find that we're not actually sexually attracted to that kind of person anymore. The soulmate relationship's not like that. When we talk about the soulmate relationship

we'll talk about something different. But the sexual attractions that go on between two parties are usually to do with different emotional injuries affecting different parts of us, and they all come from our soul; all of these emotional injuries come from the half soul affecting these bodies.

A man only gets an erection when he's either got some kind of sexual flow of energy going on and usually that is because of some kind of either compatible emotional injury or there's a pure condition going on. I've found that after dealing with a lot of those injuries I didn't have any sexual attraction to anyone until I met my soulmate. I just could not even contemplate a sexual relationship with anyone until I met my soulmate. I didn't even feel like one.

Participant:

Know the feeling!

Jesus:

(Laughter) It had nothing to do with my libido! (Laughter) It's got everything to do with what's going on inside of you emotionally and what kind of compatible injuries you have. This is all part of this connection between the two soul halves. Remember that the soul is all feeling-based; passion, desire, emotion, feelings, intentions, aspirations, longings, memories, free will, all of those things are in your soul. That is the real you. Your personality is the real you. Not your body, not your spirit body.

Participant:

So if there's a sexual attraction, rather than hopping into bed should we go and meditate? (Laughter)

Jesus:

Or you can hop into bed and see what comes up! (Laughter) No, my suggestion is that if there is a sexual attraction, you obviously have two options. You have an option to enter into a relationship with the person, or you have an option to not. Most of the time we have the habit of entering into the sexual relationship because of the strong draw that a sexual relationship brings, and then we regret our decision afterwards because we realise that a lot of other things were at play that we weren't that happy with. If that's been the pattern in our life, then we need to seriously look at how our sexual attractions are created, and every sexual attraction you feel is an opportunity for you to heal emotions within you.

You can enter the relationship if you wish, and then go through the pain of the withdrawal of the relationship if you wish, that is your call. God's not going to stop you from doing that. You have free will. There are results from every choice you make; some of that result will be pain because you've entered a relationship not based on pure love but because of other desires or injuries. When you do that, of course there's going to be pain associated with that down

the track at some point. My suggestion is that if you feel a sexual attraction for somebody, allow yourself to look deeper at what's in it.

There are some very good books that can help you do that, but in the end you're going to need to feel the underlying emotion that creates the attraction, and often we're not willing to do that because we're so drawn by this sexual attraction that we're not actually willing to go into it emotionally and experience what emotion is driving us in this sexual attraction.

A lot of times, as I said, there will be a compatible injury with that person. It's to do with our sense of self or our sense of masculinity or femininity that usually drives those kind of injuries, and they are all related to the interactions we had with our parents. How many of you have felt you've just attracted your father? Just in a different body? I know that sounds really bad, but a lot of times you will notice that. Or you have attracted the opposite of your father? How many of you have done that? Well it's the same emotional injury, you see? Or what about your mother, if you're a male? It's the same kind of thing. The reason we do that is that we're unwilling to look at healing what's going on. My recommendation would be look sincerely at the emotions that are going on inside of you before you jump into bed with a person. If you jump into bed with a person there's a high likelihood that at a later time in the relationship you're going to go through emotional pain once you realise the truth. You can avoid all that pain if you deal with the emotions now. Look at everything as an opportunity to help you deal with the emotion that has driven the attraction.

4.2.1. An example of a man claiming that sexual urges overwhelm his ability to think

Participant:

But if you're a male and you jump into bed with a female, this is true - we can't think. (Laughter) I mean if I'm attracted to a woman and she is attracted to me, I just can't think. (Laughter) I go on all the stuff I've decided in the past, this wish list, and can't even remember it. (Laughter)

Jesus:

And that's just a lovely excuse. (Laughter)

Participant:

That's what women say. (Laughter)

Jesus:

And I say it too. Honestly that is just an excuse though, it is. Because there is an emotion driving everything that's going on inside of you, and so we can justify our own behaviour if we want.

I don't know if any of you have actually received it, because it's something I did a couple of years ago, but I've sent out a channelling I did that was tape recorded and then transcribed, where I talked to a man who called himself a manly man; he's in the spirit world. He was in the first sphere of the spirit world with exactly those feelings; "But I'm a man! I've just got to have what I've got to have!" And he was having relationships with woman after woman but not looking at the deep emotional injuries he had within himself.

Participant:

Actually it's not a decision thing, you just can't think.

Jesus:

No but...

Participant:

When that happens to me I can't think.

Jesus:

See, now you're not taking responsibility for your emotion. You can. And it's not about thinking, it's about feeling. You follow me? There is something you're avoiding in your feelings. The truth is that in the end you will find that once you get into a pure state emotionally you will have an attraction for only one other person, and that will be your soulmate. That's what will happen in the end. You won't be able to feel any other attraction. The reason we feel all the other attractions is that there are certain emotions that we need to work through. Always look at that.

4.3. The three tools of longing for truth, longing for love and humility

Participant:

AJ, if you're aware of an emotional injury and you haven't come through it, am I right in saying that the only way you're really going to fully come through it is with God?

Jesus:

Yes, but also realise that God has given you three tools. The first tool is your desire for truth. That's why I said the truth will set you free. It's the truth that actually creates freedom in the end, so seek the truth, seek to understand the truth. Set your intention for truth. The second thing that God gave you is prayer, prayer for love, for Divine Love. Prayer is not like these things where you sit down, prayer is a passionate longing inside of your soul for God's Love to enter you. That's prayer. The third thing that God gave you is the gift of humility, and you can choose to use it if you want. What I mean by humility is the desire to experience every single emotion within you whether it's painful or pleasurable.

Now if you have just those three things, and it's that simple, every single thing in your life will be exposed. Every single thing, and you'll be able to heal it. Now a child can understand those three things, and that's why I said you need to become as a little child to enter the Kingdom of Heaven.

4.4. *How to pray*

Participant:

So, AJ, this might sound a bit clichéd but I don't really understand how you actually pray.

Jesus:

If you understand the soul, then you understand that the soul is the emotional part of you. You pray with your emotions. You direct your emotions towards God, that's how you pray. You can talk if you want to as well, but it's to do with the emotions that are inside of you. That is what you need to direct to God.

How are you feeling right now? What's the emotion you're feeling right now? Do you know?

Participant:

Confronted.

Jesus:

Okay, so I'm being confronted. If I were talking to God about that emotion, what would I say that would connect me with this feeling of confrontation?

Participant:

My unworthiness feeling, like where I don't feel like you want to talk to me.

Jesus:

Okay, talk to God about that, and let yourself feel the unworthiness while you're talking with God about that, and you'll find that some emotions will come up as a result. That is your prayer. Your prayer is your desire. If my desire at the moment is this feeling of unworthiness within me, if I project that towards God, just allow myself to feel that and be honest about that with God, then that's a prayer, and God responds to those prayers every single time.

Participant:

By loving you?

Jesus:

Not just by loving you, no. Obviously everything is an expression of love, but God also responds by trying to help you, through the Law of Attraction and through all of these other attractions and different things around you and spirits and everything, to try to help you come to understand that you need to firstly draw that emotion out of you and secondly this truth needs to pour into

you. God constructs everything in such a way that you learn that lesson in the end, as long as you're open and willing to experience all of your pain.

The key with all prayer is just to focus on the emotion; it's the emotion that is the connection with God. Remember that the soul is the emotional, passionate, desirous part of you. It's not the intellect. You can utilise your intellect just like you can utilise your arm. It's a tool that your soul has been given to help it along its way. But when your intellect becomes dominant, that's when everything shuts down.

It's no good sitting down with rosary beads, and I'm not criticising a Catholic, I'm just saying it's no good sitting down with rosary beads and counting out, "Hail Mary, mother of God" when there's no emotion. Sit down and do that if you want to, but put some emotion in it. Why are you saying these things to God? What's the feeling that's inside of you? That's what you need to connect to. When I have the feeling it doesn't matter what tool I use; I can have a rosary bead or I can sit down in front and bow towards the sun or towards Mecca, I can do anything I want, as long as I connect with the emotion. If I'm not connected with the emotion, I'm not connected with my own soul and I'm not connecting with God, and it's not a prayer anymore. It is just some outward demonstration of my so-called faith, which I obviously don't have because I'm yet to have an emotional experience with God.

Let yourself connect emotionally with God, that's what it's all about. That's prayer. Let yourself do that. The feeling you're feeling right now, the unworthiness, connect with God about that feeling. Be honest to God about how that feels. Feel it.

4.4.1. Needing versus longing during prayer

Participant:

AJ, how can you tell the difference between a needy prayer and a longing prayer?

Jesus:

A needy prayer is usually about an avoidance of an emotion. A longing prayer will never avoid an emotion. Let me give you some examples of that. Let's say I have a feeling of unworthiness in front of me right now. I have the feeling of unworthiness but what's actually happening in my life is that I've got no money and I'm sick and tired of having no money, no matter how much I work. I'm working my guts out all the time, maybe got two jobs and I've still got no money. My real feelings inside of my soul are that I want to have some money. I might project that to God, and I might even blame God for that. I might say, "Why is it that I try my hardest? Other people don't, they steal, they lie, they cheat, and they've got money and I haven't got any money and I'm trying to do everything right," and we might go down that track of feeling all of those emotions. What we're really wanting is for God to do things our

way. If you're projecting something at God where you want God to do things your way, then that's a needy projection.

How many of you have prayed for a partner? A good partner? Most of us probably have. Most of that's a needy projection you see, because God's already showing you that there's an emotion you need to experience that is causing you to not attract a good partner, and you're unwilling to experience that emotion and so you're having this prayer to God for something that you're unwilling to deal with inside of yourself emotionally.

Whenever I project something at God that's needy, God can't listen to that because it's all just about effects. I'm just trying to solve my effects and I'm not willing to look at the causal emotion. For God to listen to a prayer, I need to be addressing a causal emotion inside of myself, or wanting to.

Participant:

What's a causal emotion with that?

Jesus:

With wanting a partner?

Participant:

Yeah.

Jesus:

It could be this simple thing that I'm unwilling to feel loneliness. The truth is that I might be by myself, being alone; I've now created this experience of being alone because I need to feel lonely, but I never let myself feel it. I busy my life and go to this friend's and that party and this thing and that thing, and I'm constantly looking for a partner in my life to fulfil me because I don't want to feel lonely. All I really need to do is cry for a couple of weeks about how alone I am. When I do that and release it, ironically after that all the things that I think I wanted before then will automatically come to me because now I really do want them.

4.5. God's Laws and the power of the soul

Jesus:

See, if I've got a lonely feeling inside of myself I'm automatically going to create a lonely life. Until this lonely feeling goes in me, that's my creation. This is something I want to talk about even more a bit later in our discussion. The problem that all of us don't understand too well, and this applies to the world at large, is that it's the emotion, the soul that creates everything. It's not physically or intellectually trying to do something that creates anything, it's your soul's emotion that generates all your Laws of Attraction, so it's the soul's emotions that you need to feel and experience and release. When you do, your Law of Attraction will instantly change. Instantly, from that moment, it will be different.

Participant:

What forces carry out those laws?

Jesus:

It's really God's intention, and we'll talk about intention a little later. Really, all laws are God's intentions imposed upon His universe to control and make it orderly. God has created all of the laws and these laws operate on three different levels. I'll talk about those levels in a minute, but the laws operating on those levels cause different effects based on our actions.

So I take a certain action, and by action I mean action at the soul level. Think of everything I'm saying to you as not about physical action, it's not about spirit body action, it's about your soul's action. Every action at the soul level causes a response. If the action is in harmony with the laws of God, then our soul will be drawn along this path of God's intention, which is the power of intention. If the action is in disharmony with God's Laws, then we're working opposite to God's intention, which means that every single law will be correcting us, and we'll be feeling pain. All pain is actually a result of us walking away from some of God's intentions, God's Laws.

Participant:

I've got this feeling sometimes...are there any rogue forces that operate outside of the laws? They exist between physical, spirit world and the soul?

Jesus:

There are many forces; there are many people, both on Earth and in the spirit world, who believe themselves to be outside of the Laws of God, yes. But none of them are actually outside of the Laws of God. None. They just believe themselves to be. The problem is that every time you believe yourself to be outside of one of the laws you're actually breaking the law. When you break the law there's a penalty on your soul. When there's a penalty on your soul you'll eventually feel some pain from that. So these people who are "rogue" if you like, "outside of the Laws of God", what they're actually doing is creating a greater and greater intensity of pain until such a point that the pain is so great that they stop doing what they're doing. That's how it works.

4.6. *Feeling other's emotions***Participant:**

Can you also feel collective pain? I mean, can you kind of tune into something that has nothing to do with you and then try to feel that?

Jesus:

You can always feel other people's emotions. In fact all of you right now are feeling each other's emotions. You sometimes notice in the discussion that the emotion goes higher and higher and everyone feels more excited, and then I bring up a subject and everybody goes, "Whoa!" (Laughter) You see the

whole thing go depressed. That's because all of you are feeling each other's emotion, and interacting with each other automatically, being unaware of it.

You often see this in a room. You walk into a room, and the person right over the other side of the room just catches your attention. Why is that? There's something going on at the soul level. Or you walk into a room, there are no people there but there's a dog and he starts barking at you. What's going on? He's feeling something in you that he's reflecting back at you.

These things are always happening automatically. If you have an emotional feeling about it, then there is something inside of you that is resonating with that. Notice that when some of the other people here express a little bit of doubt towards me, some of you feel some doubt because of that doubt that's just been expressed? And others of you don't feel that. So what's going on there? Well obviously there's a resonance if somebody expresses something; if you're feeling a similar thing then they're just triggering that emotion in you.

In the end every emotion that you're experiencing does come from within you. You'll get to a point where you notice everyone's emotion but because it doesn't resonate inside of you anymore, you won't feel it. One of the things that I used to do a lot is respond to any woman that had any dissatisfied emotion inside of herself, aside from sexual dissatisfaction. In other words, if they were unhappy with something, I'd try to fix it for them because I'm sensitive to that emotionally. Once I've dealt with that emotion inside of myself, I can observe them having that emotion but not feel like I want to respond to it anymore. Ironically, in some cases I've done that and they've become so angry with me they can't speak to me again. (Laughter) So what's that about? They don't want to deal with that emotion. They didn't want to deal with the fact that they wanted a man to look after them, and when the man wouldn't, what would they do? Just leave that relationship, whatever that relationship is.

So, yes, you can feel everybody's emotion. Yes, if you experience it inside of yourself, if you cry along with it or whatever, then you're actually feeling your own emotional resonance with it. Now how many of you are therapists? How many of you have started crying when you're working on somebody? Yeah? Quite a few. That is not their emotion. You are resonating with their emotion. There's an emotion inside of them that's similar to your emotion and you're feeling your emotion. Understand that. Their emotion might be a grieving emotion of a certain type, they're feeling that and then you're resonating with that and that causes the emotion to bubble up inside of you as well. Many times I've heard a therapist say, "Oh, I'm crying because of you," but you're not crying because of them, you're crying because the emotion inside of you is resonant with them.

Participant:

So it's always mutual.

Jesus:

It's always mutual, yeah. In fact, to be honest, many of us who are therapists are in that mode to actually heal ourselves. For most people that's the case because there are mutual attractions going on.

Participant:

When I see someone fall over, I actually feel that pain. Or they hurt themselves in some way, I feel that. What is that?

Jesus:

There's a feeling that we are all capable of having, and that is one of empathy with what's going on with another person. You could sit next to each other and you can feel they've got this pain here or that pain there, you can feel a bit of a twinge there or whatever. You're feeling it with them because of an emotion. There's an emotion inside of you that causes you to be open to feeling it along with knowing it and the way you're knowing it is by feeling it. You'll get to a point where you heal that emotion and you will know they have that pain but you yourself won't feel it in your body.

Participant:

I thought it was the power of healing, in that if you can heal them you've sort of taken that pain off them?

Jesus:

No. No. No. Why would you want to? Many of us do, do this by the way, we do take the pain off another person, but why would you do that?

Participant:

Love, or you feel as though it's a part of love.

Jesus:

(AJ shakes his head) Love would not create pain for yourself and relieve it in another. Love doesn't do that. Does God feel all your pain?

Participant:

No.

Jesus:

God doesn't take your pain and feel it all Himself, does She? Why doesn't She do that? Because it's not loving. We need to get that, at least into our minds and then eventually into our hearts. A lot of times what we believe is loving is not loving, right?

4.7. Working through emotional blockages

Participant:

I was just wondering if you feel like you have blockages towards certain emotions? Like, I'm feeling nothing but I know that it's not complete, that it's just a blockage. How do we go about helping that?

Jesus:

Last week I did two discussions in Eudlo called "The Human Soul - Fear is your Friend," and "Relationship with God -Qualities of Divine Truth." It would pay to have a look at those. The first one was a discussion about fear being your friend; all blockages are generally created by fear. There's something that's a deep fear within you that you're not allowing yourself to actually recognise and experience. The second part of the equation is understanding truth, and that was the second part of the discussion last weekend. My suggestion is to get those two recordings and you'll then probably be able to identify within yourself what might be the blockages to experiencing the emotion.

The true state of your soul is like a child. The child does not delay its experience of emotion. You follow that, don't you? If the child doesn't do that, then eventually that's going to be where we are; where we are going to be eventually is not stopping our emotional experience in any situation. If it's not flowing right now, it's because there's a blockage, and it's usually a fear-related blockage. Have a look at those two things and then if you've still got some questions bring those up.

4.8. Developing a desire for God and for truth

Participant:

AJ, with that prayer, it's like the longing for God becomes so intense, that instead of keeping on longing I just feel the pain of what appears as separation. I mean, I tried that.

Jesus:

Yeah, but see longing or desire does not create pain.

Participant:

It is not a pain but it just feels so intense. It's like life's not complete without it.

Jesus:

Yeah and the truth is life isn't. If I can deal with your issues specifically, there are some emotions of unworthiness that cause you to believe that no matter how much you long for God, God is not going to answer you. There are some emotions that you'll need to let yourself experience about that. Let yourself feel those emotions. I know those emotions come up for you when you're

praying, and that's often the way it happens, because you feel those underlying emotions and allow them to come up.

Participant:

I don't really have a reference to what God is or a desire to long for it. I feel like I have to get desperate for it.

Jesus:

You do have to get desperate for it in a way. God created this quality called passion. It's not the olden day version of passion, which was usually pain; I'm talking about this really strong passionate desire within us. Passion activates everything; just as desire activates everything in God's universe, including God's responding to you. At some point each of us need in our soul to actually come to start having a desire or a passionate longing for God. We can do that without really knowing who God is at this point. One of the passionate desires we can have is actually coming to understand who God is. That can be a passionate desire in itself.

If you had a passionate desire to understand God, what would you do? You would probably start reading lots of material about God, letting yourself feel as you're reading the material what resonates, what doesn't. You'll probably read through the Padgett messages; you'll read through channelled material that's about Divine Love and start connecting with God.

Now I know this is a pointed question, but I've talked about the Padgett messages and I've talked about the Robert James Lees books in almost every talk, and how many of you have ever read a word of them? About half. So the other half of you, you need to ask yourself, are you really passionate? Are you really passionate about coming to know the truth?

Participant:

How do you become passionate and how do you create a longing if it's just not there?

Jesus:

It's a very good question. You've sort of got an interest, but when you go home tomorrow, you get involved in your life and it might come up again next week or you might get an email from Grant and it'll come up then. How many of you feel like your spiritual development is your life? Quite a few. Okay. That's really good. How did you get from this one place to this other place?

Participant:

Pain.

Jesus:

Pain? For many of you it was pain. Do I need to experience pain to be passionate?

Participant:

No.

Jesus:

No. But often many people, as you can see in the audience, go through lots of pain first and then they realise they need to become passionate. My suggestion is: don't do that, if you can help it. If you're not in a state of pain now, don't try and create one just to become passionate. The key is to start opening yourself up at the soul level, and you open up yourself at the soul level through desire. It's only generating a longing in the soul that actually creates this opening up of the soul, and that's a longing for truth in the end.

I know you're here because you have a longing for truth, you want to know what the truth is; there's already a passion inside of you to know truth. Find out all the things that you are passionate about and then sit down with all of that and let yourself feel about how you generated those passions. In almost every case it was by your coming to know about it and then wanting to know more about it, and eventually that wanting to know more became a desire and eventually it became a passionate desire. That's how you generate passion in the end. It doesn't come from apathy. We can't just sit down and wait for passion to enter us.

Participant:

Do you need to focus on that feeling of wanting, reaching out to God or whatever?

Jesus:

And even reaching out for truth, if you don't really believe God exists at this point. Even the longing for, reaching out for truth. Just say to God, "Look I don't believe you exist really." Be honest. "I don't really believe you exist but if you exist bring me some truth because that's the thing I'm really interested in," and see what happens. Start having a longing for that and see what happens and in the end you'll find God responding. Let yourself feel those responses that are going on.

How many of you are not firmly convinced God really exists? There'd be quite a few. How do you ever know whether God exists? Well firstly, this is where the truth sets you free. It's not God setting you free, it's the truth that sets you free because when you start having a longing for truth, then all these other things come to you. Just try setting your intention: "I want more truth in my life. I want truth in my personal life; I want truth in my emotions. I want truth about the universe. I want all of this to come to me and I really want it, and I really want to start getting some passion about that," and then see what attraction happens after that. Just notice what happens to you in the next week. What emotions are coming up? You'll see that there is a response; but if it's not pure from your heart, then there will be no response. The key then is to build on that response that occurs. That's one of the Laws of God in fact.

4.9. *Divine Truth is not a religion*

Participant:

Can I ask you a question, AJ? It ties into what you say and it's a part of the to-ing and fro-ing I do in my own mind. Part of the psychology of rulers is that if you can get the peasants to worship a god which emulates their ruling patterns, they will subconsciously accept you. In other words if you get the peasants to have a god, if you can control the god, you can control the peasants. That's how it's happened forever.

Jesus:

Yeah. Which is a basis of most religion.

Participant:

Yes. How do you not become a religion? How do you not become part of that? How do you not become political? This is what I'm saying. The most puristic of movements have become draconic, if you like, just turned into attract your control. With what you're doing, how do you prevent that happening on a physical level?

Jesus:

You mean how do I personally prevent that from occurring?

Participant:

Yeah.

Jesus:

Firstly I don't want control. Whenever anybody tries to get me to control something, I just reject it. It's not in harmony with love to control you. It's in harmony with love to give you the gift of truth and for you to decide what you're going to do with that. What I'm encouraging with each person... and this is the same thing for yourselves eventually as you're growing, if you're encouraging people to be dependent upon you, what are you encouraging?

Participant:

It's like the Catholic Church with your previous life. I mean that emanated and attached itself and attached itself and became a form of rule and everything that the original doctrine was opposed to. And that's one of the saddest things; if you attach faith or passion to something, you can very often forget where you originally started.

Jesus:

Yeah, let me address two things firstly. Firstly your emotion. There is a deep fear inside of you regarding religious control and that's an emotion that you will need to let yourself work through and release. The second thing is that what I'm promoting is your relationship with God, not mine. I want my relationship with God, and what I'm trying to do is encourage each of you to have a personal relationship with God. You do not need a mediator. You do

not even need somebody else to show you in the end, except for maybe some principles about emotions and the soul and all those kind of things. You don't have to listen to a word I say in the end either because you have free will too.

All you need to do is connect with God and have a desire for God's Truth to enter you. God answers you. If there is a God, don't you think She is going to answer you? If there's no God, She's not going to answer you. Isn't that quite simple? If there is a God, She'll answer you if you're sincere. If there's no God and you're sincere and you don't get any answers then obviously there's no God. Try it out and see.

With regard to your relationship with God though, I don't want to accept any form of power or control or anything like that so how could anybody form anything around me with my approval?

Participant:

Well they did after you died last time.

Jesus:

Was it with my approval? And why did they do it last time?

Participant:

Those who rule, to have the control of belief systems.

Jesus:

Exactly, and what am I asking you to do? I'm asking you to buck every system and connect with God directly. That's what I'm asking you to do. That's what my life was like in the first century and what it's like now, and that's what I'm asking you to do. You don't have to, but that's how you connect with God, by actually connecting directly with God. When I say "buck every system" I don't mean that every system will need to be destroyed, but every system will be incorporated in it. There'll be lots of different religions in the end that will incorporate the principles of Divine Love, and they will all be on the path. At the moment many of them are not because they're not incorporating the principles.

My intention is not to create another religion; my intention is to actually form this same principle in all religions. That is, "This is how you connect with God, connect with God this way and you will feel God. When you feel God you'll know what I'm saying to you is the truth." That's the only way.

Participant:

I have to say I feel it every single time, AJ, I feel deepest gratitude. I searched all my life since I was three, when you came and saved my life. And I feel gratitude because what you say is so loving and so empowering for all of us and for me personally. And every single time I've seen you from the first time on the DVD, that enormous gratitude, so thank you.

Jesus:

Thanks, Jenn. Yeah, if you think of it, in the end all I'm trying to do is encourage your personal power. I'm showing you where your power exists, that's all. Now you don't have to believe a single word I'm saying and in fact I have no emotional attachment to your believing me. To be honest, if none of you rocked up today I would just have gone and had some fun with Mary. I don't need you to respond but I'm here because I love you and I want to tell you the truth that has been a part of my life, that's all. You don't even need to respond to any of it. You don't even need to agree with any of it. But I can guarantee you, if you follow it your life will completely change. How many of you, already, notice that your life has completely changed? That's a lot, isn't it? How often does that happen just through learning some truths?

Participant:

If something has brought us here then there is desire for truth, isn't there?

Jesus:

Exactly, yeah. So trust your Law of Attraction. You've got this guy in front of you saying he's Jesus, just trust your Law of Attraction. He's obviously bonkers and you need to have someone bonkers in your life to trigger you, (laughter) or he might be Jesus. Yeah.

4.10. Jesus' reincarnation and emotional injuries**Participant:**

Okay. I suppose a doubting Thomas is coming here but I'm not doubting. I'd like to know this. We hear and read and understand karma and the karmic force. This is a bit personal for you as Jesus, and I've not met you before and so I'll just believe that is who you were. Being brought up a strict Catholic but understanding the Bible, whether the Bible's right or not, I'm not sure, the life or death of Jesus as we know it, believing that maybe Jesus was the perfect being and that we should try and aspire to be like Jesus. This is my question to you. You as that person, why do you have to be incarnated, reincarnated, still with shit? Karma?

Jesus:

Well if you understand the soul, you'd understand all those questions. On the DVDs, on the CDs that I just gave you, there's a hundred page document explaining the answer to your question. My suggestion is to have a read of that, and then if you've got more questions, ask me about it then. Is that alright?

Participant:

That's cool.

Jesus:

The document will explain a lot of those things. The truth is that I'm subject to exactly the same laws as you are. When I reincarnated I was subject to exactly the same laws of emotional assimilation that you were. What happened to you? You were a pristine, unblemished soul when you incarnated. From the moment of conception, you started absorbing emotional injuries from your environment and that's what has created what you have now, this combination of pure desire and emotional injuries mixed up all together inside of you right now. That's what's there. It's exactly the same for me. I've just reincarnated and at the moment of conception my new bodies, my new physical and material bodies, started absorbing these emotional injuries. In my case, because there are a lot of memory-based experiences, all two thousand years of my memories are getting filtered through those injuries.

It is no different except that you don't have the two thousand years of memory, that's all. That's the only difference between me and you. Obviously I'm in a different state from a love perspective because once you receive Divine Love you can't lose it. Although you can forget it you can't ever lose it. You'll find that you'll never, ever lose any bit of Divine Love you receive, not for the rest of your life, never. Once you receive some you can never lose it.

Again my suggestion is to just to have a read through those explanations; if they resonate with you then let them. If they don't then we can answer more questions. There is a whole discussion by the way, another discussion like this, that I have on reincarnation, but we're getting away from our soul discussion.

5. The soul is governed by God's Laws

Jesus:

I really want to get back to our soul discussion. Of the material that I've given you, we've basically covered pretty much the first page in the seminar outline, although not in the same order and sequence. At this stage I don't want to spend too much time on some of the other things because they're just facts really in the end, and rather than giving you facts, I would like to help you connect emotionally to a lot of this material. I just want to talk a little, firstly about the laws for a moment, which is at the start of the second page, but then I want to talk a lot about setting your intentions to progress, what soul progression really is about. We'll speak a lot about that, and really I'd like that to be the next part of our session.

It's so important for you to understand that your whole life is governed by your soul. It's not governed by what you think you're deciding to do. It's actually governed by your soul and the choices you have made at the soul level, the emotional choices that you are making.

At the moment many of you have a feeling in you, for example, that you're unworthy; that you're unworthy to connect with God. That unworthy emotion is actually creating things. It's creating things around you constantly to trigger itself. And that is your true soul. You can tell yourself, and many of you I've noticed are telling yourself things like, "I am worthy. I am worthy," and isn't that just the same as the affirmation thing? Like just going for a jog and saying you're worthy? In the end you want to get away from that; you want to go into the truth. It's the truth that connects you to God and to yourself so go into the truth. What is the truth? The truth is "I don't really feel worthy to connect to God." The truth is that I need to experience some emotions about that, I need to cry about that or feel about that. That's what I need to do.

5.1. Releasing emotions

Participant:

Do you always have to cry?

Jesus:

Well it depends what the emotion is. But if it's grief, yes.

Participant:

But there's other ways to release an emotion apart from crying?

Jesus:

I love this question. (Laughter)

Participant:

Is there?

Jesus:

How many of you want there to be another way? There ain't no other way! (Laughter)

Participant:

What about anger?

Jesus:

Well anger is not a real emotion. Anger is a suppressive emotion that's covering over things. Remember that your true soul emotions, all of the things that heal your soul are about grieving. Grieving is the healing emotion. It's about letting go of all of the things that have happened to you over your life and actually letting yourself experience the things that you've tried to not experience.

Participant:

Say one of the causals is unworthiness, if you do things that you have fears or phobias against, if you actually do that and throw yourself in there, is that a release of the...?

Jesus:

It can trigger the release but it's not the release. For the release of emotion there will always be a shift inside of yourself that you will feel and you will get to the point where you don't have to try to do it anymore, it just happens automatically and you don't feel any negative or resistive emotions towards it. Understand that if you release a causal emotion the Law of Attraction changes instantly, just like that, it's instant.

5.2. Examples of changes in the Law of Attraction when clearing emotions

Jesus:

For instance, I dealt with an emotion about money and the instant I dealt with that emotion I started receiving funds. I have been travelling all around the world talking to groups like yourselves for nearly the last six years. Up to one year ago I hadn't had a single person come up and thank me. I'd been doing it for free, and I hadn't had a single person come up and really give me a heartfelt feeling of thanks.

Participant:

Thank you, AJ. (Laughter)

Jesus:

I'm not saying this to get one from you now! (Laughter) Why didn't I have that? Because I had an emotion inside of me that I needed to release where I felt that people were thankless. And it took nearly five years of living with thanklessness before I allowed myself to experience that emotion. The instant I allowed myself to experience that emotion... many of you have already expressed your thanks to me, some in a financial way, some in a giving way, some in providing accommodation; all sorts of different ways. Now that's happening all the time but only after I dealt with it emotionally. My soul was attracting thanklessness.

5.2.1. AJ's previous inter-relationships with women

Jesus:

A similar thing happened with regard to my inter-relationships with women of all types. I was finding that I was just attracting these needy women that wanted me to keep giving and giving and giving and giving and expressing myself and helping them feel like they were loved and all those kinds of things, but in the end they also wanted to try to control me. In the end I'd stop them controlling me and they would then get angry with me and run away and say, "Look, AJ's a bastard and he's not very nice at all." In the end it was all being triggered, an emotion inside me of my willingness to allow a woman to control me. I had to deal with some deeper emotions within myself. The instant I did that, all of the women around me who were doing that left within one week.

Participant:

What excuses were they giving?

Jesus:

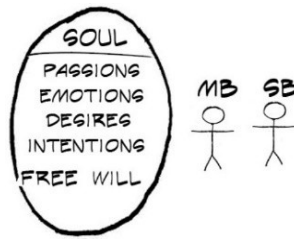
Oh, all sorts. Most were angry with me because I had changed. They'd said I'd changed, and my answer was, "I sure have!" (Laughter) "I sure have changed. I'm no longer going to accept that behaviour." Many of them thought I would. Previously we would have time together and they would then get angry at me and swear at me, and instead of just getting up and walking out, I would sit there, take all their anger and swearing, give them a hug, and say, "Oh I'm sorry," and eventually they'd connect with the underlying emotion. Then I'd talk to them about their anger, nice and patient and all these other things, and then lo and behold a week later what would happen? Another issue would come up that triggered them emotionally and what would they do again? Same anger, same response, same thing, not learning a thing. The instant that I dealt with the emotion that caused me to keep doing that, they all left.

I'm saying to you that if you deal with the emotion everything will instantly change around you. Your soul is the true thing that is guiding your life. Your soul is the real you, not the fictitious you, the bit you want to hold onto in your mind. Not your definition of you. It's what you really are. If you're angry with men inside of your soul, that is what you're putting out to the universe, and your young son who comes and screams at you occasionally is telling you that. It's the soul attractions that keep on hammering you and they're saying to you, "You have these emotions within you, right now, this is what's guiding your life. It's not what you think is guiding your life. You can make as many intellectual decisions as you want, nothing is going to change until you feel the causal emotion inside of you."

6. Attributes of the soul

Jesus:

To get back to the soul. What is the soul? What part of it is me? It's the passionate part of me. It's the emotional part of me. It's the desiring part of me. It's the intentional part of me, the part that intends things. It's got free will. And this other little thing that everybody wants to work on in the spiritual movement called their spirit body, and the physical body, which you could call the material body, they're just appendages of you. Why work on them? Why go along to constant forms of therapy and all these kinds of things if they're not helping you emotionally? Because the soul is the real you. This is the bit that you need to focus on if you want to have a relationship with God. It's what's in here that matters; some of what's in there is truthful, loving, honest, open, and some of what's in there is fearful, judgemental, angry, and you need to release that bit. Choose to release the bit that is causing the resistance within your soul, and stop focusing on this metaphysical stuff.



Some of the primary attributes of the soul

6.1. The soul is the cause of physical ailments

Participant:

When you have a physical ailment, is that an emotion you chose not to deal with?

Jesus:

Yes.

Participant:

Does it just pop up in your body randomly or is it specific to where it pops up?

Jesus:

Every physical ailment you have is a total reflection of soul condition, things that you're holding onto, and each soul condition emotion affects a certain part of your body.

Participant:

Have you written stuff on what the organs represent and...

Jesus:

I don't need to because there's so much material already written about all of that.

Participant:

Which ones are accurate because there's...?

Jesus:

Well, those that concentrate on the emotion are generally more accurate than the ones that concentrate on the mind or the intellect. A lot of these things will be updated and sorted out over the coming years, but at the moment go back to the soul every single time. You've got a pain in your body. Who's got a lower back pain, right at the moment? Unworthiness issue, to do with self-love. Who's got a pain across their chest at the moment, feeling a bit of asthma maybe, tight chest? Grief, you need to cry. You need to do a lot more crying.

Participant:

Stomach, spleen and liver?

Jesus:

Stomach, spleen, liver? All to do with fear. A lot through the stomach regions are all to do with fear. Eyes? Not willing to see. My problem? Not willing to see the big picture.

Participant:

What about kidneys?

Jesus:

Kidneys? I can't tell you off the top of my head. A lot of anger-based emotions come out in your skin. You'll find itchy skin, like hives, you know, eczema, those kind of issues are often related to suppression of anger, which is a suppression of grief really.

Participant:

You should write a book on it, AJ.

Jesus:

There is a book written on it. It's called "The Body is the Barometer of the Soul." I've told you about it already I think.

Participant:

Is that accurate?

Jesus:

A lot of it is very accurate, yes. But remember with all this, if I read the book and it says I've got a problem there with the feeling across my chest and it's to do with sadness, does it help you?

Audience:

No.

Jesus:

Because what do you need to do?

Participant:

You've got to work on the soul.

Jesus:

You've got to feel the sadness. In the end knowing where it is, is slightly helpful but is it actually going to help you connect with it all underneath? Not unless you're totally willing to experience the emotion, so you need to get back into the soul; this is the real you. Every time you deny the real you, you are not loving the real you.

You can nurture this body all you like, you can pop a few pills in it, make it feel better today, and you can go and get a massage here and whatever there, but if you're not dealing with these emotions you are not really loving yourself. You're just creating a false sense of security inside of yourself. To really love yourself, love your emotions. Love the feelings that are in you. All

of them - painful, pleasurable, don't select them. Feel them, express them. It's only the unreleased emotions inside of you that will come up. Every emotion inside of you is either an emotion that you're feeling right now or it's an emotion that's been frozen in time, in the past, that you've not allowed yourself to feel. Set your intention to feel those emotions. Let's talk about that in a minute.

7. The soul is governed by God's Laws (continued)

7.1. Examples of changes in the Law of Attraction when clearing emotions (continued)

Participant:

What if you continually cry? Like where something has happened and every time you think about it you just...

Jesus:

There's either one of two things going on. Either it caused a lot more pain and you just need to cry more, or you're not realising a truth yet, you're not accepting a truth.

7.1.1. An example of AJ's previous beliefs about money

Jesus:

For example, this issue with regard to money that I had. I had an inherent belief about money because when you're in the spirit world you can see everything that's going on in the background regarding money. You can see these evil groups of spirits influencing the monetary systems of the world, controlling all the people in power. Actually the people in power are not the voted people; that's all a façade. What you see behind the scenes is this huge group of spirits and people on Earth that are the core drivers of all of your financial systems. Basically, all of the financial systems that are wrecking your life are created by these people to create fear and control.

Now as a spirit you see all of this in operation. So after seeing all of these things in operation, I incarnate. What's one of my highest emotions? It is that money and all the systems behind it are just evil. That's a big emotion inside of me. What is that going to generate in my life?

Participant:

Money issues. Anger.

Jesus:

Of course. Money issues, because what am I feeling? Money is evil. Any time I get a piece of paper in my hands that looks like some money, there's this emotion that it's evil that I'm not experiencing. A few weeks ago I was talking to one lady, with my Law of Attraction, and I could feel she had the same

emotion in her. This is the thing: many times you can feel someone else's emotion better than your own. You'll find this to be the case all the way through your own progression, so nowadays I reflect on my own life all the time. All the time.

So I'm asking myself, "Why did this lady call me?" She had some childhood issues and child fragmentation and all those other things and none of that resonated with me. Then I got it, that she's got some very large issues with money. She's going totally broke, and I could feel that her father was a part of this UN monetary system, and he would actually speak to spirits in front of her. He would speak to the evil spirits in front of her who were controlling these monetary systems and they would actually strategise what they're going to do next to take money from people. I'm not talking about little measures here; I'm talking worldwide, governmental systems. Because of that, from a very, very young age, she has this huge emotional injury regarding her father, the evil part of the father and what he was doing, and money and all of those kinds of things. So whenever she feels about money she just feels this terrible dread and anger and so forth, and she rejects it.

Once I realised that it was my Law of Attraction going on there because I had the same feeling in me, I released it. I cried about it, I released that. When I cried about it, there were feelings of grief because I know all of these systems in themselves are not the problem, the problem is the intention that all the people behind them have that creates all of this evil. But inside of me I had had this automatic association - evil, money, evil, money, evil, money. Release that, and all of a sudden I start receiving money, and that happens automatically.

Participant:

Those who create the money only do it to get power. Money's illusionary - it's just a means for control.

Jesus:

It's a total illusion. In fact the world we'll have in the future won't have money but at the moment we're going through this transition phase where people like yourselves are becoming to see the truth about all these systems.

Participant:

Well the same people who are inventing money are inventing a future where we'll go without money, and possessions will be held in the banking corporate sector and be administered...

Jesus:

I'm not talking about any of that. All of that is just going to die. The whole of that's going to die. There'll be world events that will occur that will make that die. You'll see this happen in the next five years or so, where it all just parts.

Participant:

Can you talk about the steps that you took to go through releasing that stuff?

Jesus:

I do that in my emotional clearing discussions. We're getting off the topic of the soul again. We'll have to talk about that in another discussion.

8. The power of the soul versus the intellect

Participant:

Just still focused on the soul but with respect to the New Age adage of higher self, or crystal self, or different things like that, the perception and feeling is that there is some part of us which is extremely intelligent and extremely wise with quite a huge vast intelligence. The impression I get from viewing the soul as all of these, I don't really feel that there's a huge vast intelligence or anything like that in the soul. Is that right or not?

Jesus:

The soul is where the only intelligence is.

Participant:

But how vast is it?

Jesus:

See, as soon as I start talking about intelligence and wisdom, knowledge...

{ INTELLIGENCE
WISDOM
KNOWLEDGE

Participant:

Virtue?

Jesus:

Oh, virtue is more of a soul quality. But these things are still coming more from this intellectual desire to understand. When we get passion, desire, emotion, intention, free will and so forth in harmony with God, all that's automatic. That's what I meant by, "Seek first the Kingdom and all these other things will be added to you." At the moment many of you are still wanting to understand intellectually, wanting to get things, wanting to be knowledgeable and wise and all those kind of things. Give that up! What we want is to be like a child, isn't it? Don't you just want to have fun?

Audience:

Yeah!

Jesus:

Isn't that what it's all about in the end? After a while all of these things will come to you. You'll work out how everything works really easily and you won't even have to study it. You'll just feel it. "Oh yeah, I feel that, that's a new truth.

Wow!" You didn't have to learn it from any other source because you got taught it from God through your emotion.

The desire to get into intelligence, wisdom and knowledge is all about the desire to understand. That comes from an emotion: "I don't understand." Feel it. Feel how useless it is to intellectually try to understand things. That's an emotion the majority of us have. We want to understand because we actually feel in the end we're quite dumb. So feel that. Feel that emotion. When you feel it and you no longer have the emotion that you're a dumb idiot anymore, what will happen is that you will automatically have all these truths come to you and you will realise the power of yourself, realise the power of your own soul.

Every time you focus on intelligence, wisdom and knowledge, you are getting off focus. You're getting off focus from the soul, which is the real you. Every time you want to understand everything, do things intellectually, you're getting away from the soul. It's about fully experiencing the soul, that's the real you. That's the part we always need to focus on. Every single thing in your life, every accident you have, every illness you have, every emotion you have, every Law of Attraction you have, everything that's going on in your life is created by the soul. Your mind had nothing to do with it. You might think you want to have something to do with it, but it's too bad, you only have something to do with it at the soul level.

Participant:

Does that mean that our life is pre-destined?

Jesus:

No, this is your soul, nobody else's. It's your soul where you either retain emotion inside of you that you don't want to release, that's your free will, or you release it. It's just the releasing or the retaining of it that creates your reality. You have total control over that reality, nobody else does. God is saying to you, "I want you to live your life, that's why I gave you the gift of free will. I want you to do exactly what you want. But whenever you want to do something that breaks some of My other laws for the harmony of My universe, there's going to be some kind of pain in your soul." If I'm feeling pain, I've just broken some laws or I've broken some laws in the past that I'm not willing to deal with, that's all. I just don't want to become aware of them.

How many times do we get some pain and then what do we do? Go and get an aspirin. What's that doing? It's just saying, "I've got some pain. It's not emotional. It's got to be to do with the body that I've got that God gave me. He gave me a crappy body come to think of it." (Laughter) "Because all of this stuff is happening to it." But in reality we just created all that, and we're not accepting that truth. If we're not accepting the soul, we're not accepting all of these truths. And if we focus on this truth, everything in our life will change. Everything.

8.1. An example of "The Secret"

Jesus:

You know all "The Secret" stuff, where how they tell you to set your intention, write down a picture, have a mental image, all those kinds of things, it's only going to work as far as it affects the soul. If it affects the soul it will work, if it doesn't affect it, it won't. How many of you have tried "The Secret" stuff in the last five years and it hasn't worked for you in some major areas? Lots of areas? The reason is that it's not focused on the soul. It's focused on your intelligence, wisdom and knowledge, trying to create something with the intellect.

The soul is the real you. It creates everything, and you are your soul. A lot of people say to me, "Are you the reincarnation of Jesus?" I'm sorry, no, I'm not. I am Jesus. I just happen to be reincarnated. My soul is the same soul that it was all the time. Exactly the same soul. Your soul will never change, aside from growing I mean. It will never change, you won't become another person just by reincarnating at some point in the future, you won't become another person, you will still be your soul - this is the real you. The soul is the real you, not your intelligence, wisdom and knowledge.

8.2. An example of a participant wanting to understand things intellectually

Participant:

In the introduction you've got God's children as a cluster of souls all together. Are they sitting in a specific spot in accordance to planets or is that a general spot they all sit in and they just go to different planets round the universe?

Jesus:

Again you're thinking very physically. We're talking about the soul and now we've gone on to a question that's about your intellect again. Can you see that you're trying to understand some physical things with the intellect about the soul but in reality when you let yourself feel your soul a lot of these answers will come to you automatically and you will not need to ask me? It'll just come to you - bang, bang, bang. How many have found that that has happened to you already? Where you've had a question one day with me, you didn't get the chance to ask it, you allowed yourself to sit on it emotionally, you let yourself feel, you connected with God about the question, and bang! You realised, "I know what the answer is now."

Participant:

Or somebody else asks the question.

Jesus:

Or somebody else asks or something else happens. Why does all that happen? Because it's all happening at the soul level. Although it's a valid question, how does it help our discussion at the moment? I can give you the answer; it's in the seminar outline actually but...

Participant:

Part of my nature is to really...

Jesus:

So let's go into that. Your nature is to understand things intellectually before you allow yourself to feel them in the soul. That's the nature. If you can do the most work on that area, that's what's going to help you understand all things.

Participant:

What do you suggest if you're very mind-orientated or you're seeking wisdom and knowledge all the time?

Jesus:

Yeah, there's no harm in seeking wisdom and knowledge. Firstly let me say that. There's no harm in that but if it's taking you away from the soul, now there's harm.

Participant:

Why is it taking me away?

Jesus:

Well, firstly the question is, "Why do I want wisdom about it rather than just feeling it? Why do I want to know about it rather than experiencing it?" See, the soul is the experiential part of us, whereas intelligence, wisdom and knowledge are the part of us that observes the experience.

Participant:

Yeah, because I feel like I learn best once I have all the facts and I'm observing something.

Jesus:

No, you don't. You actually learn best when you allow all your emotions. That's the only time we learn stuff actually.

Participant:

You're really talking about pecking order, aren't you? Because one's a product of the other and the other is a product of the other. It's just a means of obtaining information. I believe in logical intuition, in other words I'll get intuitive about something and then I'll intellectually fill in the space.

Jesus:

Exactly.

Participant:

People try to intellectually create something and then identify it backwards.

Jesus:

Exactly.

Participant:

But all knowledge comes through the soul and the intellect only pieces it together in word format so that other people can understand it.

Jesus:

Exactly. All true knowledge comes through the soul, not through intelligence, wisdom and knowledge. When we're focused on the intellect we're trying to get away from the soul because there are emotions inside of us that say, "I can't feel until I know what I'm going to feel." (Laughter) How many of you are afraid of what you're going to feel, so you choose to not feel? How many of you are afraid of what you're going to feel so you need to know first what it's going to be? How many of you have actually come up and asked me, "What emotion do I have inside of me?" My question often comes back, "Why do you want to know?" (Laughter) "Why can't you just feel it?" I can feel your emotions so why can't you? The reason you can't is that the intellect's going on all the time. You need to get away from intelligence, wisdom, knowledge and back into the soul.

Participant:

Do I need to have a really massive emotional breakdown to bring me down to the....?

Participant:

You know he's going to say no. (Laughter)

Jesus:

I'm going to ask you why you asked that question. (Laughter) But can you see the motive behind the question? What's the intention behind the question?

Participant:

Knowing something...

Jesus:

You want to know what it's going to be like before you do it. That's the only motive behind your question. Many of you want to know what all this Divine Love stuff's going to feel like before you do it. And you know what? I can't tell you any of that because it's only going to be what it is for you when you begin experiencing it and feeling it.

8.3. An example of an unworthiness emotion**Participant:**

With our soul, because that's God-given, isn't everybody's soul beautiful, wise and radiant and then, depending on what we've gone through in life, it's been buried by all of our negative emotions?

Jesus:

Totally! But why is it buried by negative emotions? Because the emotion is frozen in your soul. Remember emotion is energy in motion, not frozen. When we freeze the energy, when we freeze the feelings, all of our experiences are created around that frozen emotion.

Let's say I'm unworthy with women; what am I putting out there? I'm this great big antenna saying to the world, "I'm unworthy with women. Treat me as unworthy, all women! Calling all women (laughter) who are willing to treat me unworthy!" And so what happens next? Of course this emotion's going out.

Now intellectually I'm not saying to myself, "I want to be treated unworthily by a woman." What am I saying in my mind? "I don't want to be treated badly. I'm worthy! I'm worth something!" These are the things I'm telling myself, but the emotion is there saying something totally different to the universe, not just to the next door neighbour, to the universe. While that emotion is within me I am going to attract the long line up of women who want to hurt me. They want to do that because it triggers my unworthiness even more, because that's the thing I need to experience. When I choose to go into the experience of fully feeling the unworthy emotion, I will no longer be going, "Treat me as unworthy, treat me as unworthy," I'll actually be saying to the world, "I'm a worthy man and to be with me you're going to need to treat me pretty well." But it's not going to be an intellectual thing that I say.

8.4. *An example of the feminist movement***Jesus:**

This is a problem with all movements on the Earth. They say all these intellectual things but they try to skip over all the emotions and say, "This is what it's going to be in the end." The feminist movement is a movement like that really, in the end. It's a backlash movement based on the bad treatment of women. They're now saying, "All women should bind together; we're going to have affirmative action and affirmative rights for us being treated right," but the only way you're going to be treated right is to release the emotion that you have about being treated badly. When that happens the people around you will automatically change, just as I described earlier, where the people who were around me were changing. Automatically the people around you will change, and the people who are going to reflect your true emotional condition at you will be attracted into your life. This is the power of the soul.

Participant:

So if they heal emotionally they don't have to use all this political correctness.

Jesus:

Why would you bother? What is political correctness in the end? It's just words in the end. All just words.

9. Soul progression with God's assistance

Participant:

Speaking for myself, it seems like the soul is just full of all these distortions that seem so overwhelming that you could spend the rest of your lifetime just being with each one.

Jesus:

But this is why you need to involve God in the process because the truth is that if you do it without God, yes, you will be spending a long time of your life. There have been spirits in the spirit world that have taken two thousand years of your time here on Earth to get from a place in the first sphere in terrible emotional condition, to the sixth sphere, which is the perfected emotional condition of the natural man. They've taken two thousand years. With God there have been spirits that have taken nine months to get from one location to the Celestial spheres, which are two spheres above the sixth sphere, just by focusing on the real self, getting real about themselves.

The thing is to involve God in the process. Many of you, by involving God in the process, will have a huge overwhelming emotional feeling about that, you're unworthy for God, and all those types of emotions. Let those emotions come up, cry and grieve and experience them. Let yourself experience them. Everything you experience will just lead you closer to God.

Participant:

If you solve your problems with God will that solve your problems with others?

Jesus:

Oh totally! Totally. Think of it this way. When you interact with another person you have emotional injuries and they have emotional injuries. They will have emotional injuries in receiving love and they will have emotional injuries in giving love, and you will have emotional injuries in receiving love and you will have emotional injuries in giving love. Straight away that introduces four areas of error in your relationship. Straight away I think I'm trying to give love and it's not really love. I'm wondering why she can't receive it, but the thing is she doesn't want to receive that kind of love anyway. And then she's trying to give me love, but it's not really love, and I'm trying to receive this love but I'm not really feeling it's love. You've got all of that going on at the same time; that's very confusing, isn't it? (Laughter)

Now, let's look at it in a different way. Let's say you connect with our Father, with God. God doesn't have an injury with giving love, and God doesn't have an injury with receiving love. Any time you're not feeling God's Love enter you, it's because of your injury, not Hers. If you're not receiving Divine Love it's because of an injury inside of you. Don't condemn it, don't punish yourself for it, but go down the track of just feeling it. Feel about what the injury must

be, find it, set your intention to find out what this injury is and experience it and release it. Once you experience and release the injury, it will no longer define your relationship with God and because you've now healed that permanently in your soul, it's no longer going to define any of your other relationships either.

The beauty of working through everything with God is that God doesn't have these emotional injuries that you or your partner have. If you choose to work through all of these emotional injuries with another person, you've got four sets of emotional injuries to deal with. If you choose to work through your emotional injuries with God, you've only got two sets. They're all belonging to you; how you give and how you receive. Just two sets of emotional injuries. And the beauty of that is that you know exactly where you're at, at any one time.

If I've recognised within myself that I'm not receiving the flow of Divine Love, feeling it as an emotional experience, then I know I've got an injury. There's a reason why I can't receive that. There's a blockage I'm putting up. I'm basically saying to God, "No, no, no, no. You want to give me Your Love Your Way, but I don't like Your Way." That's what I'm really saying to God. "I want it to be my way, thanks." This emotion is going to be exposed at some point if I choose to set my intention to find out what it is. If I notice that God's Love is not flowing through me and every time I'm not reflecting that Love that's not flowing through me either, and I notice those occasions, that's all I need to do.

But it gets a lot more complicated if we try to sort it out with a person. Let's say you're alone right now and you're hanging out for a partner. When that partner comes into your life; you're going to find that it's going to trigger you on a lot of emotional levels. Some of those levels are going to be their problem and some of them are going to be yours, and how are you going to work out which one's which? Now the way to work it out is firstly to work through your own issues with God, work through those issues so that you can receive and give love, and you can feel it flowing out of you, feel it entering you; you can feel God's Divine Love entering you. As you do that, you'll automatically heal all these areas in your soul. The Law of Attraction will bring you the people to trigger those emotions.

10. The soul is governed by God's Laws (continued)

10.1. An example of AJ's previous inter-relationships with women (continued)

Jesus:

I never had a relationship for five years, and no, I didn't get horny the whole five years. (Laughter) The reason I didn't feel sexual attraction was that those emotional injuries, why I was looking for a relationship that wasn't my soulmate relationship, had been healed. That doesn't mean I didn't have a lot of injuries about the soulmate relationship yet to deal with, but for that five year period I attracted woman after woman after woman after woman into my life on a friendship basis who, as I explained before, continued to try to boss me around and dominate me and all of those kinds of things. I didn't enter sexual relationships with them. All I did was allow them to trigger the emotion.

With one lady who travelled with me for a few months, every time she was angry with me I'd go into my room and cry. Then I'd come out, give her a hug and say everything's alright. Then she'd be angry with me again, and I'd go in my room and cry; I'd come out again and everything's alright. What am I not learning here? I'm a very slow learner, as somebody pointed out last time. What I'm not learning is that I obviously have this deep emotional fear of acting upon this unloving treatment. I wasn't learning to actually do something about it. I was having my cry about the effect; she was treating me badly and I would cry. I was crying and releasing the effect but the cause wasn't being connected with. The cause was that I was allowing this continual treatment of anger, anger, anger, anger because I felt unworthy of having any other treatment. Once I felt that emotion, which took about three days, and I experienced it in Greece, automatically I could not deal with one more moment of this lady doing the same thing.

Participant:

How did you behave then?

Jesus:

I sat her down and I won't say her name, but I said to her, "If you keep treating me in the manner in which you're treating me, I am going to have to withdraw from you because how you're treating me is actually very unloving." I actually told her the reasons why she was treating me like that as well; I listed for her, in a discussion, a group of five emotions that she had, core emotions. She found that discussion quite easy at the time but within a few days was really in a state of rage with me, and she will not speak to me now at all. She hasn't faced the opposite injuries yet, but I'm pretty certain she will at some point. But I'm getting back to my own situation. This was that I was willing to keep

on going in this situation forever until I had the realisations and the emotional experience of why was I letting myself continue to be treated in the manner I was. Not intellectually, it was an emotion. And I need to connect with that emotion.

10.2. Emotionally processing the soul's attractions

Participant:

At what point in time do we just accept it? You know how you said this to her face. Where is that? That's after you've gone through all the soul...?

Jesus:

After you've... yeah. Don't try to jump to the end without experiencing the emotion in between. All of us attempt that at some point.

Participant:

People say that we should accept whatever's coming to us and...

Jesus:

But accept it emotionally. Accept that it's come to me, what's it triggering inside of me, and go into that experience. Go into that experience, because I can accept it intellectually and say, "Oh, yeah, Jesus said slap me in the other cheek," and that's fine, but how many of you really feel that? How many of you, after the first slap, just want to punch the person back? The eye for an eye, tooth for a tooth thing.

Participant:

You said it!

Jesus:

No, I didn't say, "An eye for an eye, a tooth for a tooth," ever. The truth is at the end you'll get into a condition where you will be able to cope with anything from anybody and it will not resonate with you. But let's get truthful at this soul level first. At the moment, you get hit, how do you feel? How do you want to respond really? No, don't do all this spiritual mumbo jumbo and all of those things that are trying to cheer yourself up and all that kind of stuff, and then go down the road of telling yourself that it's really alright and you understand they're in a bad place and all that. Go into your emotion. How do you really, really feel? Isn't it that most of the time you feel, "That was unjust! No, I didn't deserve that!" You feel really hurt in your heart. Feel that hurt. Feel it. Feel what's going on. Experience that hurt, release it, connect to the childlike feelings that are going to be underneath it, connect to those and release those, and you know what? There won't be another person who wants to come up and hit you at all.

10.2.1. An example of AJ's previous audiences

Jesus:

I went through this really long phase of almost every single person getting angry with me. I'd have groups like this and I'd start talking and because I'm truthful at the start about who I am, half the group would just project anger at me, get up and leave. It was quite good after that because everyone that stayed was a bit more open emotionally. But I would feel this huge wall of anger and hatred being whacked on me. It just triggered all of these emotions that I'd usually go home and have a big cry about for the next week. Then I'd go through the emotion of, "Oh, why bother doing this? This is just a thankless task," which was another causal emotion I had to work my way through. What's the point of helping people who don't want to be helped? All those kinds of emotions. But now I feel totally different about all that because a lot of those emotions have been released.

Participant:

Does that mean you're attracting different people now in the audiences?

Jesus:

Totally, yeah. All of you can feel each other's spirit a fair bit here. You don't feel too much resistance here, do you? Now the first meeting we had in Brisbane a couple of weeks ago, there was a lot more resistance, wasn't there? You could feel that. Can you feel that obviously something's changed, that something in the Law of Attraction has changed? What's that? It's my Law of Attraction! (Laughter)

Participant:

We did send an email! (Laughter)

Jesus:

The same people got the same message that the group was here, but this time different people came along. The reason is that as you change at the soul level things automatically change around you. That's an automatic thing.

10.3. Processing causal emotions versus effect emotions

Participant:

AJ, I'm worried that I cry about the effects, and I don't get to the cause.

Jesus:

It's a common problem and we have a whole discussion about cause and effect, and how to identify cause versus effect. But just briefly, when you have a feeling of peace afterwards and can feel Divine Love flow into you when you ask for it that usually means you've dealt with a cause. If you go into this state of still feeling bad and still feeling bad and crying the next day, crying the next day, crying the next day and the Law of Attraction keeps bringing you the

same events, you are not dealing with the cause. You're just dealing with effect.

In the case of the interaction between the lady and me, over a period of about six months or so there must have been ten or twelve times where she was screaming, swearing at me, and I would sit there and take it. What's my Law of Attraction? It's telling me I haven't dealt with the cause. I'm crying about the effect. Every time she does it I'm crying about the effect, I'm not trying to project anger back on her, which is better than projecting anger, but I still wasn't connecting with the cause. But we'll talk more about that in the other discussions.

Participant:

You say you cried for five weeks and the question is, "Am I dealing with cause or effects?" Like, on one day have I been crying about the cause or the effect? Or do you have to wait for five weeks of crying to know?

Jesus:

I don't even bother asking myself that question.

Participant:

Right.

Jesus:

The whole reason why you're asking these...

Participant:

Is there peace at the end of each day that you...?

Jesus:

Sometimes. But then it came up the next day so I know I haven't finished it. So I'd know I've let go of a little bit, let go of a little bit, let go of a little bit, and eventually it got to the finish where I let go of the cause. And you'll find the same. You're not going to be able to have one release and everything's fine. Anybody who tells you that, they just don't really know about their emotional work. You're going to have to do many releases and eventually you'll be fine. The Law of Attraction will tell you when it's fine. Your Law of Attraction will change.

11. Setting intention for soul progression

Jesus:

I don't want to have any more questions about this now because I want to talk about this intention thing. It's really important.

11.1. Setting intentions in harmony with God's intentions

Jesus:

Here's God.



God has created this universal structure of law. You could call it God's intention. In other words, everything that's happening around you is a result of your emotional condition mixed with God's intention. If your emotional condition is against God's intention, in the end you could say it's in disharmony with love. If your emotional intention is in disharmony with love, it will create negative or painful effects in your soul. If your emotional intention is in harmony with God's intention, in harmony with God's Laws, what happens then? Everything just goes really smoothly.

Has anybody read the book by Dr Wayne Dyer, "The Power of Intention"? Quite a few of you? Okay. There's a few things he says in there that I like, and one is that when talking about intention of your soul, we're not really talking about the power of the intention of your soul, we're talking about the power of the intention of your soul matching the intention of God's soul. See, when your soul's intention no longer matches God's intention you are now bucking against the system, and when I say "the system" I'm talking of all God's beautiful laws, which are all based on love. You are bucking against God's Laws.

That's like trying to push a wheelbarrow full of rocks up a hill. That's what it's like. You're pushing, pushing against the law, against the gravity of God's intention. However when I align my intention with God's intention, that's when there's real power. That's also; I suppose you could say ironically, when there's pure happiness. The same thing applies.

Intention isn't intelligence and knowledge, forcing yourself down a road; it's not that. Intention is very different to that. Intention is when your soul's power, your soul's emotion, matches the emotions of the universe, or you could say God's emotions. When the two match each other, you'll find your life will just fall into patterns.

Now all of you have at some point had the experience where little bits and pieces have fallen into line just really easily without your doing anything, right? How did that happen? It happened because at that moment your passion and your emotion and your intention matched God's. That's how it happened. As soon as it doesn't match God's you're on your own, and when you're on your own, then everything's like pushing uphill.

11.1.1. An example of sharing feelings with God rather than others

Participant:

AJ, do you have examples of when your passion would match God's and when it would be out of harmony?

Jesus:

Okay. Just a very brief simple example. Let's say you come up to me and you want me to hear your story. Let's say you start telling me the story of your life. My feelings are, "Mmm. This person wants to tell me a story about their life. What's their aim?" In most cases their intention is that they want me to commiserate with their story. They want me to understand. You're placing quite a huge burden on me actually because every person that meets me wants me to understand. And how many people are there in the world? (Laughter) And then how many people are there in the spirit world? I'm meant to understand them all - is that what you're asking? That's really what you're asking in the end. Can you see that?

What's the intention? What's God's intention? God's intention is for you to talk to God about your emotion. That's God's intention. When you come up to me and I reject your intention, what do you feel?

Participant:

Unworthy.

Jesus:

Unworthiness or pain or you feel angry with me or whatever else you might feel. But all that is just exposing that you've actually done it out of harmony with God's intention. God's intention is that you talk to Her. God's intention is to allow you to communicate firstly with Her. That's just one example. My soulmate doesn't feel that's a very good example, but it's one example.

11.2. Desires and the soul

Participant:

I just wanted to ask you about desires because I was very surprised to see it there in the soul. Normally people talk about letting go of your desire.

Jesus:

Yeah, all this talk about letting go of your desires is allowing the intellect to take control. God doesn't want you to do that; God wants you to have your desires. Why would He create the sexual desire and then say, "You got to let it go," and then create desire for love and say, "You've got to let that go." Desire for all these other things: a desire to give, "You've got to let that go." Why would God create desires and then want you to let them go? That doesn't make sense really. We need to connect with our desires in harmony with God's intention.

So, yes, God created your sexual desire. Do you think God also created you to have the sexual desire so you just have sex with everybody and anybody?

Audience:

No.

Jesus:

Why not? (Laughter) Well you've got free will; you can have sex with anybody and everybody if you want.

Participant:

Depends on what emotions it brings up.

Jesus:

It's not in harmony with love. Do you see what I'm saying? It's not in harmony with love of yourself because it's not what you truly want at the soul level anyway, and it's not in harmony with love of others because there's this temptation then to hurt or harm others, and what do we see? We see results that are disease, particularly sexually transmitted disease and so forth. All of these things are the results of the disharmony, just telling you it's not in harmony. God allows you to do it but He's also telling you the results of the disharmony in the process of doing it.

If my desire matches God's desire there will be no disharmony in me physically, there'll be no disharmony in me emotionally, there'll be no disharmony in the other person that I'm inter-relating with if we're talking about sexual desire. There'll be no disharmony with the other person with whom I'm having a relationship either. They and I will feel completely happy when it's totally in harmony with love. If it's not totally in harmony with love, then one or both of us will start feeling some pain about it.

Desires are really important. In fact there is a law, God's created a Law of Desire, and every single thing in your life is actually governed by that law - lots of your attractions. I've been talking a lot about the negative attractions; I suppose you could call them, of the soul. I don't believe they're negative, because every attraction of the soul is there to release the emotion. When we're going through them we believe they're negative, but all of those attractions are there because of the desire of your soul to clear itself

automatically of all its error. Everything's about desire in the end. There are all these beautiful laws that, when we understand them from an emotional perspective, they all make a lot of sense to us.

11.3. Intention is from the soul

Jesus:

Notice in the seminar outline that I said that intention is not setting your mind at something. Do you know what I mean by that? How many times are you told to create a mental space and a mental image? It's going to be okay if you do it with the soul, emotionally, but many of us don't. We just sit there and imagine it for a while, and there's no emotion in it. There's no emotion in it. While there's no emotion in it, nothing will be created. It's only when there's emotion in it that something will be created. It has to be a pure emotion; if it's not a pure emotion then it will not be created.

You can tell yourself all you like that you've got a pure desire to have a good relationship with somebody, but if right now, right at this minute your relationship is not what you imagined it to be, then it wasn't your pure desire in the first place. It was a desire of your soul to actually expose its emotional injuries, creating this relationship. So work on that.

Participant:

If you set your intention towards Divine Love along the Divine Path, will things just evolve? Will relationships evolve?

Jesus:

Yes. Everything will come to you. Just everything. Everything will come to you.

11.4. Attributes of intention

Jesus:

I've listed there some things about what the intention is, so that's why I've said it's from the soul - it's emotional. I've said it's humble. In other words it's willing to experience all emotion. Every single time you decide to select your emotion, for example every single time you want to feel good and not feel bad, you are automatically detuning from intention.

Surrender, prayer, choice, faith, trust - read the definitions in the seminar outline, and just allow yourself to ponder about them because they are all a part of your intention. Without your intention, without you setting your intention, God's Laws can't act with you. You're acting against God's Laws if your intention's out of harmony with God's intention.

11.5. Setting intentions in harmony with God's intentions (continued)

Mary:

AJ, can I just say something?

Jesus:

Yes.

Mary:

Sorry, I just feel it's really powerful to highlight that if you set your intention towards your soul's growth, you don't have to worry a lot about God's intention because you're setting your intention to grow and through that you're going to experience your emotional error and injury and you're going to release it, and things will naturally come into alignment. If we really focus on, "What is God's intention?" it's almost like we skip over... if I just want to be humble and experience my growth, then I'm going to get to God's intention.

Jesus:

Yeah, and in fact God's first intention for you is to experience your emotions. That's the first thing to understand about God's intention; Her first intention is for you to be emotional. Look at a child - isn't a child emotional? So God's intention for you is to be emotional. Every time you detune from your emotion you are detuning from God's intention. As Mary says, you don't have to think about what God's intention is in any one case; you only need to be humble and experience all of your emotion. Set your intention to do that because that is in harmony with God's intention for you. Grant?

11.6. Becoming at-one with God

Participant:

When a person's intentions and desires are the same as God's is that when they become at-one with God?

Jesus:

Eventually all of your intentions and desires will be in harmony with God's intentions and desires. It doesn't mean that you won't have your own feelings and your own thoughts and your own passions. What it means is that every feeling, every thought, every passion, every motive you have within you is in harmony with love.

Participant:

That's what I meant.

Jesus:

And once that's the case then you're at-one with God. Yeah. You'll feel the at-onement with God occur; you actually go through a process of understanding your own immortality as well. You feel that transition occur, and it's a transition that occurs after lots of initial emotional work.

Participant:

Is that also when you receive the Divine Love? And when you receive the Divine Love you always have it. Is that right?

Jesus:

Each portion of Divine Love you receive you retain, and you'll never lose it again. But receiving Divine Love is like an ebb and flow type situation. I release a bit of error, I receive a bit of Divine Love. I recognise another truth; I receive a bit more Divine Love. That keeps growing and growing and growing and it might go over a period of a year or two years or whatever until eventually I get to the point where there's no more error, and I once I get to that point, I go through this transformation of the soul into the Divine. That's what I call the New Birth, or being born again.

In the first century I spoke to this man, Nicodemus his name was, and he was a religious leader in the Pharisaical movement. I said to him, "Don't you understand what it means to be born again?" The truth is that most of us don't understand what it means to be born again. It means to go through this slow transition of growth until we get to the point where there's no longer any error and there's only truth in our soul, there's only Divine Love in our soul. When we reach that point we will physically feel a transformation inside of us. Many of you will choose to experience that transformation here on Earth, and when you do, you will understand what it means to be born again because it's only when we experience it that we understand it.

Participant:

And all steps still come up but we'll just be with it in a different, easier way.

Jesus:

Nothing in your life will come up that will be painful ever again. Nothing. You can't be at-one with God and experience pain. You just don't. Nothing will come up in your life that will ever be painful again. A lot people feel that that is just utopia, but this is a reality. This is God's reality, just not ours yet.

Participant:

Is it true what it says in the scriptures that there'll only be 144,000 who will have that potential?

Jesus:

No.

Participant:

Thank the heavens for that. (Laughter)

Jesus:

The reason is that God is not partial.

11.7. An example of a participant asking about whether to enter a relationship

Participant:

Just a point to sort of try and fit together what you've been saying in my mind, and perhaps somebody else's. Say you meet a member of the opposite sex, say a woman (laughter), and you find that there's a really strong attraction that you have with that person, but at the same time you can see a lot of faults in that person that will eventually going to lead to a fall down in it, which way do you go? Do you go with the fatal attraction (laughter) that you know is flawed and is going to take you on a journey that's going to lead you to imperfections in yourself, which will allow you to heal and she's going to have to stand you, and you go on your way to perfection or do you say, "Oh well, I'm fatally attracted to you, that's in one ball court, and in the other ball court you're a bitch and I'm getting out of here!" Which way do you go? (Laughter)

Jesus:

What's motivating the question? (Laughter) Can you see what's motivating the question for you though? Just look at what's the underlying emotion, what's going on inside? You want me to make rules for your behaviour.

Participant:

No, no. I don't want any rules...

Jesus:

Yes, you do.

Participant:

I just want an interpretation of your philosophy in relation to which direction you would go.

Jesus:

Interpretation of my philosophy? (Laughter) None of this is my philosophy for a start.

Participant:

Okay.

Jesus:

This is all stuff that God has taught me. It's not my philosophy, it's God's Truth. You can take it or leave it, but that's what I'm saying. The second thing I'm saying is that you can have that connection with God and you will know

the answer to what to do in that situation, automatically, without having to ask a single other person around you.

We are often led by our erroneous desires, our desires that are based on error. If we're led into sexual relationship after sexual relationship after sexual relationship, we are being led by a desire that's not in harmony with love. Look at your intention. Mary said a good thing that I've written down here somewhere - I'll just find it for you. True morals come only from love. Depending on intention the same actions may be loving or unloving depending on what motivates them. So in answer to your question: look at your motivation. You may find your motivation is just to get horny and get off.

Participant:

Get to what? (Laughter)

Jesus:

Your motivation might be just to get horny and get off sexually.

Participant:

That's always a part of it if you're honest with yourself. That's a part of everybody's emotion.

Jesus:

No it's not. No it's not.

Participant:

Well you're Jesus. (Laughter)

Jesus:

This is one of your erroneous beliefs, and the truth is that it's not a part of your emotion. The truth is... look at the intention. If my intention is just to have sexual fulfilment without love, then it is not in harmony with God's intention. My intention isn't loving. Sure, you can make the choice now to go down that road if you want, and you'll get some resulting pain and that pain may shock you or shake you into getting into a different place, but it depends on your intention. Your intention may be to have a sexual relationship with this woman to heal sexual problems within yourself. Now we're talking about a more loving relationship where you're now loving yourself and you're loving that person in terms of at a deeper level than just having sex.

Most people have sexual injuries. We're taught terrible, terrible things about sex. Many of you will need to work through those sexual injuries. How do you think you're going to do it without having a sexual relationship? You're not going to be able to do it without having a sexual relationship. But if you're having a sexual relationship just to have sex and you're not having a sexual relationship to work through all the emotions involved in it, then your intention in that case is obviously not harmonious with love.

Participant:

I don't know about you when you were a teenager, because that was over two thousand years ago, but people get this palpable biological pull that you're saying you haven't got. Therefore part of what we do would just be biological. It would have to be.

Jesus:

No. See, we're always coming from our emotional injury perspective because we believe the emotional injury is the truth. The truth is that every single child who's ever born, if they did not have any emotional injuries related to sexuality, by the time they're six or seven years of age they would have met their soulmate and they might even be having a sexual relationship with their soulmate. Now I'm just saying the truth. It might trigger you; if children mucking about with each other sexually triggers you then that's an injury you have in the end because in the end a lot of these things are to do with injuries.

What we're talking about here is to look at the intention behind everything, what's going on. What's the feeling going on behind it? If I'm trying to justify having a sexual relationship with people without there being emotional content, without there being something going on emotionally, then I'm only justifying my own horniness, which is actually just justifying lust. There are literally billions of spirits who have passed into the spirit world who are now in the first sphere still justifying their lust.

Participant:

Billions?

Jesus:

Yep. You know how many people on Earth say that a prostitute is a bad woman and all this kind of stuff? Honestly there are far more people who pass over in the spirit world in worse condition than any prostitute who's ever passed. They have never been a prostitute in their life but they have deep serious emotional sexual injuries that cause them to continue to lust and lust and lust and lust to their own detriment. It's a huge emotional injury that affects all of the world today.

11.8. The importance of intention in directing actions**Jesus:**

The key thing again is to get back to, "What is my intention? Why do I want to have this relationship? Is my intention to heal stuff within me and to help this lady or man heal stuff within themselves? Is my intention to focus on all of my emotional injuries and is their intention to focus on all of their emotional injuries? Are these our intentions?" See, that's a loving relationship, no matter who it's with.

Participant:

Because it's honest.

Jesus:

Because it's honest and it's also truthful and it's exposing my soul. Any relationship based on my soul and a love for my soul is going to be a good relationship, even if it's a temporary one. If I don't have that viewpoint and all I'm doing is having sexual relationships so that I can satisfy my feeling of sexual dissatisfaction, then I'm really just fooling myself. I need to go into, "What's the emotion driving this? What's my intention?" This is where your intention can be totally different for the same situation.

I could get a fat person up here next to me and say, "Did you know you're fat?" just to embarrass her. Couldn't I? Is my intention in harmony with love?

Participant:

No.

Jesus:

I've just broken a law. I've broken a law of love, just by my exercising my intention in that way. But a woman might ask me, "Why am I fat? What's going on?" And I can talk about those emotions within her that cause her to create the weight being put on, and that can be a loving act. Can't it?

Participant:

Yeah.

Jesus:

On the one hand my intention was to harm and on the other hand my intention was to help, and yet the action was almost identical, by exposing her condition to herself in each case. So do you understand how much difference intention makes? It's a huge difference, isn't it?

Mary said another thing in the seminar outline: "The intention behind the actions and not the actions themselves should guide your conduct." Just think about that for a moment. The intention behind the actions should guide the conduct. For example, when you go out to get an ice cream, what's your intention?

Participant:

Comfort!

Jesus:

Alright, now if we're trying to comfort an emotion is that loving ourselves?

Participant:

No.

Jesus:

So straight away my intention is in disharmony with love of myself. I can go and get an ice cream and it could be a totally different intention. The truth is that the majority of us eat because of our emotional intentions to satisfy these emotions that we don't want to feel within our soul. That's why we eat. Women at period time - chocolate? There's an intention to avoid an emotion. You can do it, that's fine, God says, "No worries, just put on a bit of extra weight for the next few days and have to take it off during the month." You can keep salving or calming down your emotions by doing this but in the end it's not going to bring you closer to God. My suggestion is to do the opposite. Set your intention to expose your emotion, to actually focus on your soul.

Participant:

AJ, what would be a loving reason to go and buy an ice cream? (Laughter)

Jesus:

You're asking a question from a guy who's not eaten ice cream in the last five years. You think that's a good idea? In today's environment, if I look at all the intentions that I would have regarding ice cream, I couldn't validate myself having one. Last night Mary and I had some soy ice cream, and that's totally different. But milk and the different things that are happening on the Earth today because of milk are terrible. There are some terrible things happening to animals in particular but also to humans as a result of this huge promotion of the destruction of God's creations. I couldn't in my own heart set my intention to do that. But again what you set your intention to do is up to you.

You're talking to a guy who used get a four litre container, get a knife and cut it into four, and eat a litre at a time.

Participant:

Wow.

Jesus:

That's what I used to do. What was I doing that for? To cover up lots of emotions with a big sugar hit, which I loved. And I'd then pour chocolate or caramel syrup all over the top of it. That was my idea of a lovely meal. Now my intention is to love my soul first and ironically when you love your soul first your body sorts out all of its issues, you start losing weight, everything just falls off, you'll eat the same food. Sometimes you'll change the food; because of the love that you don't feel is in there anymore. You'll just change your intention and suit your intention. In each case you'll go through the emotion and release it, and in the end everything around you will change because of that.

Set your intention to do this work on the soul. Really set it. Many of you at the moment are still playing with it. You're still trying to have an intellectual argument as to why you should do it. Why do you want an intellectual

argument? Because the soul is screaming out to you saying, "Don't go there! Don't go there!" It's saying, "I don't want you to go there," it's too afraid, so deal with some of those fears.

Participant:

Wouldn't the soul be saying, "I really want you to go there"?

Jesus:

No, because the soul has emotions within it that are erroneous as well. Remember that the soul is a combination of the true emotions and the false emotions. When I say false emotions I'm not saying they're not real emotions, I'm saying they are error-based emotions. The problem is that the soul has this combination of emotions. One of the emotions in your soul, it's a belief, deep within you, is a fear, a huge terrifying fear about what it means to be emotional 24 by 7. How many of you feel afraid about what that's going to do to your life? Many of you feel it's going to ruin your life. And I'm saying, no, no, no it won't actually. It will actually make this a beautiful life.

At the moment there's a belief inside of you saying, "No, AJ, no, no, no. You're wrong, really. There's no way feeling your emotions like that is going to create a beautiful life for me. I'm going to tell my husband that I don't really love him most of the time, what's he going to feel about that?" And my answer is that he needs to feel his emotions about that, (laughter) and you need to feel your guilt about that. "I might tell people at the job to go and stick it because I don't like it anymore. And then what will I do? I'll be broke." Yeah, so you'll need to feel about that too, what it feels like when you feel as if nobody cares about you and nobody wants to support you financially and all those things."

There's all these emotions we have locked up in us and we do all of these things over and over again to calm them all down, to suppress them really. All we're doing is nursing our little inner child, saying, "There, there, you don't have to feel that. You don't have to feel that." That's all we're saying. And the truth is... what's God saying? "Yes, darling, you've got to feel it." That's what God's saying. "Yes, my son, you've got to feel that." It's the choice that we make, this intention, our setting of a choice, instead of calming ourselves down, making us feel all secure, we need to now let go of all this stuff and in the end we will feel totally secure, totally calm, but it won't be a manufactured state anymore; it won't be something we've got to try from our intellect anymore. It'll be from the heart.

11.9. A channelling from a Celestial spirit, Beatrice, about fully choosing

Jesus:

I would just like to read a channelling to you. I must say though, that the person who channelled it no longer believes that what she channelled is correct. (Laughter)

Participant:

Why would that be?

Jesus:

Because the channelling had information about me being Jesus and she no longer agrees with that statement. She's gone through some emotions about that, and she feels that she can't agree. But I find this channelling a really beautiful channelling; it has very little to do about me. That's why I find it so beautiful.

The question that was asked was, "Why are so many on the Divine Love Path having such a hard time emotionally and not progressing much?" Beatrice is a Celestial spirit who I met about two years ago when she was in the first sphere. She progressed from the first sphere to the Celestial spirit spheres in nine months of our time on Earth after learning the truths. Then she came and channelled this information, and this is what she said.

"Well firstly, they are not fully choosing. They are intellectually choosing but not choosing with their heart and their soul. Then they often have preconceived ideas or notions of how this emotional path should be for them, and this cannot possibly be helpful to them. An emotional path towards the Love and the Truth of God has to be one of trust and faith and allowing, surrendering to everything, working, feeling on a soul level, without the mind influencing that flow of emotion towards God, which is your personal journey that is unique, quite unlike anyone else's. Until this is fully experienced at a soul level the Law of Attraction operates in all sorts of ways to distract, creating difficulties and additional emotions because there is no clarity from within, from the soul level.

"Once a person has chosen fully, the path is clear, the distractions fall away, there are no additional difficulties and it could then be said that it is plain sailing in many ways..."

Of course very emotional plain sailing,

"... towards the full desire that your soul is calling for, but until that time, that moment of fully choosing, this cannot happen and further difficulties will continue to be created by your soul to attempt to show you that you are not fully committed to your chosen path. You are sending mixed signals out from your soul and your soul creates further mixed signals for

you to experience. So how does a person who says, 'But I'm really wanting to be on the Divine Love Path in totality,' but then finds themselves stuck or in continual anger, for example, change things?"

Interestingly the lady who channelled this is now in continual anger with me.

"Because this person is, I am sure, intellectually stating that they are really wanting to progress. This is a dilemma that many in the spirit realms experience. As simply as possible the best way to explain it is to say that you have to want everything, every single experience, painful and beautiful, ugly and extreme, in every way to become a part of who you are, to so want these changes that you give up all those things you know will hinder your progress, to have such a strong desire that you can feel the pain of that desire on every level of your being, so that the desire is so strong in you, you feel propelled, you have no choice, there is just surrender to trust and faith because your soul is yearning for that love and truth because it's always been there.

"It is there, it is simply hidden, clouded by the damage from all those years of being out of harmony with the truth and love. Know that this is all within you to reach, to heal you, to become who you really are, to see the truth, to feel love and greater and greater levels of beauty that, as yet, you can have no comprehension of. Why would you linger? I can say to you now from my reality, in this magnificent Celestial Kingdom, words cannot do justice to the beauty, harmony and love that surrounds us all and it just keeps getting better and better, more and more intense, beautiful. So why wait?"

"I would have loved to have been given this knowledge while I was still in the physical. To have been without Divine Love for all that time now seems a waste and, dear, that's why I choose to help you and many others through you. This really is the most remarkable journey and I am in gratitude to you and Jesus for your part in my discovery of a path that is quite exceptional. I will do all I can to help you, all of you, who now call on me. I love you with all my soul, each of you, and I encourage you to find that deep place within you for the full choosing that is simple once you have done it."

It's a nice message, isn't it?

Participant:

Yeah. It's beautiful.

Jesus:

You can see though, with regard to fully choosing, it's so important to understand that it's about experiencing the pain and the pleasure, experiencing everything, and many of us are not prepared for that yet. So just pray to God about that, long to God about connecting with everything inside

of you in reality, not avoiding it. Don't avoid what's there inside of you, no matter what it is.

11.10. Fully choosing to become emotional

Participant:

AJ, over the last few years emotionally and spiritually it seems like there have been some changes. There have been so many operations that I've gone through and my vision gets worse. It seems like it should get better if I go on changing.

Jesus:

Yeah, the key is that there are certain causal emotions that create certain physical infirmities in every person. Often we're releasing this emotion and that emotion and often we start with an emotion that's quite easy for us to deal with. At the time it doesn't feel easy, it feels overwhelming because every new emotional experience is an overwhelming experience, we just grow. But eventually we get to the stage where we can deal with some really deep causal stuff. Now everything to do with operations and physical problems and injuries that we have and all those kinds of things are all to do with emotions that we are yet to experience.

The key is not to get down about it, or if you are going to get down about it, at least talk to God and have a good cry about getting down about it, but let yourself start working through and seeing what those injuries would be. Ask God to show you them. Instead of saying, "I've got this particular problem and I need to take that particular pill, or have that particular operation," let's go down the track of asking God firstly, "What is the emotion that's creating this?" Now you can take the pill and have the operation, that's all your choice, but ask firstly what the emotion is. It's always going to be an emotion that creates everything in you.

Participant:

When you said, "Haven't experienced the emotion yet," does that mean we chose not to fully experience it in the past and we haven't fully experienced it?

Jesus:

That's right. Every emotion that's locked up in you has been frozen in you because it wasn't fully experienced at the time we needed to. The problem is that for many of us is when we were children we weren't in the space to feel them emotionally because we were shut down constantly, so that's the issue. Don't punish yourself for that; you've just got these emotions locked up inside of you now and that's because the people who locked them up inside of you didn't even know how to experience their own emotions. So now you're making a choice to feel them. Feel them, they are all going to be old and they're going to be very childlike in many cases. Feel them. Let yourself

experience them. When you fully experience them, you will never experience it again. It's like tipping out a bottle of water and in the end it's empty. You'll never need to experience those negative emotions again.

In practice though we're not completely, fully choosing it. We deal with a bit of this, and it was so painful and our soul expands a little, and then we deal with a bit more and it expands a little, and deal with a bit more and it expands a little more and it just keeps on expanding like that. To be honest with you it can't be an all of a sudden thing. It'd kill you. It would. It would kill you, if it were an all of a sudden thing.

Let your soul set your intention to just feel these emotions, and set your intention that you're going to do that every day. You want that desire and intention to grow. Let yourself feel it. Be an emotional being from now on. Feel your passions. I'm not talking just the negative sense either; I'm talking the positive sense. What do you really want to be doing now? Do you want to be doing your job now? If you don't want to be, then why are you there still? It's because of a fear. So deal with that fear, let yourself feel the fear of leaving that job, put yourself there emotionally, and let yourself feel what that's going to feel like, and go through that emotion, and you'll attract another job that you want after that. Every single thing you're in right now is about an emotional issue you need to deal with, so deal with it. Let yourself feel it. Experience it.

12. Closing words

Jesus:

I want to say, just in conclusion, understand that the soul is you. The material body isn't you. The spirit body isn't you. They are not you. Every time you work on these bodies you're not working on you, you're just working on an appendage of you. Every time you work on the soul you're now working on you. You are now loving you. That is the real you. When you work on the real you, and you bring your intention to just feel all of your emotion, you set that intention, everything is just going to flow to you, everything, because God has the same intention for you, that you feel everything, and your emotional intention is now the same as God's emotional intention,. Everything you need to expose, every emotion in you, is just going to be attracted to you on a minute-by-minute basis. You don't need to be afraid of it. Love it. It's leading you home to bliss.

Initially it'll be like climbing this hill, and it just gets steeper and steeper and you're chugging away up this hill, trying to deal with all these emotions flying at you. Just let yourself feel each one and feel each one. But you get to a point in the progression where you're starting to realise that there's hardly any emotional baggage here anymore, and everything starts to feel lighter and lighter and lighter, and of course that increases your momentum.

You'll find that initially it's going to be very difficult, there are going to be some very dark nights of your soul and then as you work this way through these emotions eventually a lot of those things will clear and... oh boy! The projection when I said that was very strong. "The dark night of the soul." Many of you are very afraid of that. Very afraid of that. You have some deep fears about, "Where is this going to take me?"

Understand that God has you in Her arms. You are Her precious child and She's not going to take you anywhere you cannot go. She loves you and cares for you, and She wants you to experience Her Love. She wants you to understand what it's like in the soul to experience bliss. She doesn't want you to think you know; She wants you to experience it, to really feel it for yourself, inside of your heart. And She's going to nurse you through this whole process if you let her.

And that's why I like a comment by Wayne Dyer. I'll probably finish with this one.

"Good morning. This is God. I'll be handling all of your life today and I won't need your help."

(Laughter)

"So have a good day, a miraculous day."

That's all you need to do. Understand that God's got everything in hand for you if you just set your intention to deal with these emotions as they come up. Just trust it. Honestly, if you set your intention just this week to try it out just once, you'll see some results with it, straight away.

Alright, well that's the end of our session today. Thank you very much.
(Applause)

Appendix: The Human Soul - Introduction Seminar Outline

What Is The Human Soul?

One secret to understanding God's Universe is to understand the human soul

Not your physical body, nor your spiritual body

It is the living, feeling, emotional, passionate heart of you

The soul has attributes and qualities

Passion, Desire, Emotion, Feelings, Aspirations, Intentions, Free Will

Memory, Personality, Instinct, Natural Love, Energy,

The half of the soul has appendages (the spirit body, the physical body)

Children in God's Image

Gen 1:27. Souls made in God's image

Souls created by God's Desire, God's Sexual Union

Souls created to experience Divine Love

Reference: Divine Love "Incarnation Of The Soul" by Luke. The True Gospel Volume II, page 253.

Reference: Divine Love "Incarnation Of The Soul" by Samuel. The True Gospel Volume II, page 255.

The Pre-Incarnation Condition

The Pre-Incarnation condition is the condition of the soul before it's first incarnation

In this condition, souls have:

Personality, Instinctual attributes, Natural Love spark

In this condition souls do not have:

Consciousness of self, Awareness of choice, Awareness of Free Will

Divine Love spark

Each complete soul (combined two halves) is completely different to any other soul

Souls must incarnate in order to:

Become self-aware (gain a consciousness of self, become individuals)

Become aware of Free Will (gain a consciousness of choice)

The Process of Incarnation

Celestial spirits often call this process Individualization

At incarnation, the soul splits into two halves

The sexual union on earth (conception) creates a spirit body and a physical body for each half of the soul

1 Cor 15:42-49. There are physical and spiritual bodies connected to the same soul half

One half of the soul cannot experience life without a body (either spirit or material)

One half of the soul usually incarnates first, and the other half follows usually within 20 years

The two soul halves are called Soulmates. Soulmates have the strongest Natural Love Attraction

Each soul half incarnates in a pristine condition (without emotional injuries)

Each soul half automatically begins absorption of emotions from its environment

Each soul half begins growth in love (natural love or Divine Love)

The silver cord, the join between the spirit body and the physical body

The golden cord, the join between the soul and the spirit body

The Law of Attraction, and the Law of Desire, govern Soul attractions

Death of the Physical Body

The silver cord, the join between the spirit body and the physical body is severed

At this point, no soul half can ever again inhabit a physical body

A soul half can connect to other physical bodies on earth by possession

Death is not a traumatic experience for the soul (except if there is pain before death)

Spirits welcome the new spirit into the spirit world (generally)

Where the person goes depends upon the Law of Attraction, and their own soul condition

Progression continues after death

After death, many persons are yet to complete their soul damage

Once an awareness of damage occurs, the spirit begins to “reap what has been sown”

Soul is Governed By God's Laws

God's Laws are God's Intentions for your reaching your full Divine potential

Laws of Divine Love – Pertain to how Divine Love enters the soul and the soul's transformation

Laws of Natural Love – Pertain to how Natural Love is developed and reflected

Laws could be categorized into:

Physical Laws governing the physical body in the material universe

Spiritual Laws governing the spiritual body in the spirit universes (dimensions)

Soul Laws governing the soul (each half and complete) in the soul universes (dimensions)

A person can progress in love (either Natural or Natural/Divine) from ANY location, *physical, or spiritual*

1 Cor 13. 1 Cor 14:1. All spiritual progression is about love!

Soul Progression Through the Spheres/Dimensions

All soul development is development in Love, either the Natural Love, or the Divine Love

2 Cor 12:1-4. Different heavens (spheres or dimensions) exist in the spirit world, out of body experiences

1st to 6th Spheres (the Kingdom of Man, the spiritual spheres)

7th Sphere (the spiritual dimension of the transformation of the soul)

8th to 21st Spheres (the Kingdom of God, the Celestial spheres)

22nd Sphere and Above (the Soul Union spheres)

Limitation of Natural Love development (6th sphere)

Cause of limitation is the soul's emotional capacity, self reliance

Reference: Divine Love Messages from Amon & Aman. "The True Gospel" Volume II, pages 120 to 123

Reincarnation

Reincarnation is not possible for a soul not in the soul union state (still separate halves)

Reincarnation is completely impossible from any lower state due to:

Spirits still having a connection with a spirit form

Soul Mates not being in the same condition

Soul Mates not being unified (the Soul Union)

Reincarnation is not necessary for progression

Current earth based reincarnation doctrines present a very unloving God

The soul in the soul union state that reincarnates has far greater choices available to it

Setting Intention For Soul Progression

Intention is NOT obtaining something by sheer force of Will

Intention is NOT setting your mind, controlling your thoughts “The Secret” style

Intention is:

From The Soul – Intention is emotional, affected by the soul’s true condition (not imagined condition)

Humble – Fully choosing and desiring to experience ALL emotion, painful or pleasurable

Surrender – Surrender to the Law of Attraction that creates Synchronicities or “Coincidences”

Prayer – Have a pure heartfelt desire to live in God’s Truth, and receive God’s Love

Choice – Choosing to match our intention for ourselves with God’s intention for us

Faith – Having a picture (imagination) of the future that you are fully confident you will experience

Trust – That God’s intention for you is far grander than your own current conception

Without intention God’s Laws are still always at play but God can’t act with you

With intention, God’s Laws, and spirit forces, all work in harmony to help you come to truth emotionally

When our intention matches God’s Intentions (Laws) then miracles happen

“Good Morning. This is God! I will be handling all of your life today. I will not need your help. So have a miraculous day.” – “The Power Of Intention” Dr Wayne Dyer

Question your intention in every situation

Am I coming from fear, or am I coming from Love?

What is the underlying emotional reason why I am making the choice I am now making?

True morals come only from Love

Depending on intention the same actions may be loving or unloving according to what motivates them

Eg. Telling a person that they are ‘fat’ may be motivated by love or a desire to hurt

The intention behind actions, not the actions themselves should guide a person’s conduct.

Message From Beatrice (Celestial Spirit) Regarding Fully Choosing

(AJ's Note: Natalie Lewis, who channeled this message, no longer believes it is accurate, because the message in full contains information about AJ being Jesus, which she no longer agrees with.)

Q: Why are so many on the Divine Love path having such a hard time emotionally, and not progressing much?

Well firstly they are not FULLY CHOOSING. They are intellectually choosing but NOT choosing with their heart and their soul. Then they often have preconceived ideas/notions of how this emotional path should be for them, and this cannot possibly be helpful to them.

An emotional path toward The Love and Truth of God has to be one of trust, and faith and allowing, surrendering to everything working/feeling on a soul level, without the mind influencing that flow of emotion towards God, which is your personal journey, that is unique, quite unlike anyone else's. Until this is fully experienced on a soul level the Law of Attraction operates in allsorts of ways to distract, creating difficulties and additional emotions because there is no clarity from within, from the soul level. Once a person has CHOSEN FULLY, the path is clear, the distractions fall away, there are no additional difficulties and it could then be said that it is plain sailing in many ways, toward the full desire that your soul is calling for.

But until that time, that moment of FULLY CHOOSING, this cannot happen and further difficulties will continue to be created by your soul to attempt to show you that you are not FULLY committed to your "chosen" path. You are sending mixed signals out from your soul and your soul creates further mixed signals for you to experience. So how does a person who says, "But I am really wanting to be on the Divine Love path in totality", but then finds themselves stuck, or in continual anger, for instance, change things? Because this person is I am sure, intellectually stating that they are really wanting to progress. This is a dilemma that many in these realms experience.

As simply as possible, the best way to explain is to say that you have to want everything, every single experience, painful and beautiful, ugly and extreme in every way, to become a part of who you are. To so want these changes that you give up all those things you know will hinder your progress, to have such a strong desire that you can feel the pain of that desire, on every single level of your being. So that the desire is so strong you feel propelled, you have no choice, there is just surrender to trust and faith because you, your soul is yearning for that love and truth because it has always been there. It is there; it is simply hidden, clouded

by the damage from all those years of being out of harmony with the truth and love.

Know that this is all within you to reach, to heal you, to become who you really are, to see the truth, to feel real love and greater and greater levels of beauty that you can have no comprehension of yet... why would you linger? I can say to you now from my reality in this magnificent Celestial Kingdom, words cannot do justice to the beauty, harmony and love that surrounds us all and it just keeps getting better and better, more and more intense, beautiful. So why wait! I would have loved to have been given this knowledge while I was still in physical. To have been without Divine Love for all that time now seems such a waste, and dear, this is why I choose to help you and many others through you. This really is the most remarkable journey and I am in gratitude to you and Jesus for your part in my discovery of a path that is quite exceptional.

I will do all I can to help you, all of you who now call on me! I love with all my soul, each of you. And I encourage you to find that place deep within you, for the Full Choosing that is simple once you have done it!

Soul Development

It is your soul development in Love, that determines your happiness, and your attractions

Focus on the soul, not on the physical, in all of your actions, then bliss will result

References, Music and Movies

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- Reference: Divine Love "The True Gospel" Padgett Messages. All Volumes.
- Reference: Divine Love "Reincarnation & Divine Love" by AJ Miller.
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- Reference: Divine Love "Incarnation Of The Soul" by Samuel. The True Gospel Volume II, page 255

Denial of The Soul

1. Introduction to the soul

Jesus:

What I want to do, firstly, is remind you what the soul is. So can we start with that? What is the soul?

Participant:

Desires, passions.

Jesus:

It's your desires, passions.

Participant:

Your emotions.

Jesus:

Emotions. Aspirations. Personality.

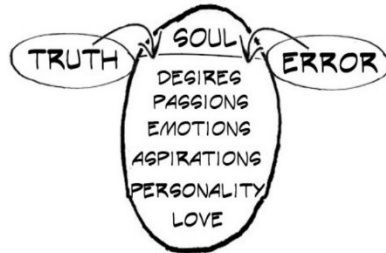
Participant:

The love you've developed.

Jesus:

Yeah, it's a container of love as well, isn't it? So it's got love, or maybe even a lack of love. And it's got memories. That'll do us, but there's a lot more.

What are the two influences on the soul? Truth and error.



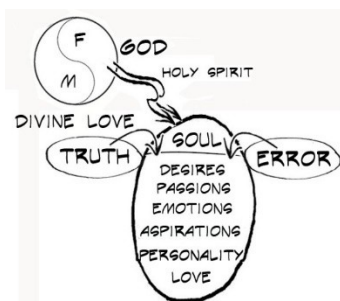
***Truth and error are the two influences on the soul,
which is the container of many attributes***

Now, truth enters you emotionally, and error enters you emotionally. It's very important to understand that.

Understanding anything in your mind is totally pointless. Maybe I shouldn't say totally pointless; it does have a point, in that it might open you up in your heart. But it doesn't guarantee that if you know it intellectually that it opens you up in your heart, does it? In fact, many times if you know something intellectually, you're tempted to deny it in your heart. The majority of times what happens with us is we tell ourselves, "I already know that," when in

reality emotionally we have not got it yet. We haven't got it in our heart. So it is a tool of denial in itself.

Remember, God has a soul, and the connection that we have is called the Holy Spirit connection, and it's through that connection that the Divine Love flows into the soul.



We can receive Divine Love from God via the Holy Spirit.

If we could think of our soul like a container, the only way that Divine Love can flow in is that any desires, passions, emotions, aspirations, and so forth that are in emotional error will need to flow out. So you'll need to release them. You'll need to release what's going on within yourself emotionally.

2. Understanding cause and effect

Jesus:

So that's our soul. What is the denial of the soul? Firstly we need to understand that our soul creates everything. It's not your mind. It's not your intellect that is your power. It is in fact your soul that creates everything.

That being said, we need to understand the Law of Cause and Effect. The Law of Cause and Effect is that every single thing that's happening in my life right now is created by a cause that is inside of my soul. So all of the nice things that happen to you, they're created by causes inside of your soul that are harmonious with love. And all the not-so-nice things that happen to you are created by causes that are within your soul that are not harmonious with love. So if we want to become more and more closer to God, then what we will need to do is release from us the causes, which are all emotional, within us that cause us to stay away from God.

The problem is that the majority of us are very resistive to that process. That process is going to mean our soul is going to have to experience all of its held emotion, all of its frozen emotions. Every single emotion, from the moment you incarnated till now, every emotion that you have not fully experienced and has been locked up inside of you, will need to be experienced.

If you're in a state of full openness to your own soul, that will just flow out of you like a child. So what does a child do? If it's sad it...?

Participant:

Cries.

Jesus:

If it's angry it...?

Participant:

Stomps.

Jesus:

If it's joyful what does it do?

Participant:

Laughs.

Jesus:

So can you see there's an instant response. Does it have to work out what to do? No. Does it even analyse what it's doing? No. So this is where you'll get in the end, into that same state, where you're not analysing a single thing you're doing. You're not looking at what you're doing all the time. Rather you're just feeling, feeling upon feeling upon feeling, emotion upon emotion upon emotion.

And because you've released all of the ones that were error based, you will get into a state where you now no longer have any error within you, and so all of the emotions you experience are going to be joyful and blissful. Until that point in time, how many of our emotions are going to be joyful? Not that many of them. And that's the challenge that we face. Because, how many of us really badly want to experience our negative emotions? Not many of us. But we need to get to a point where we want to experience all of our emotions, whether they are painful or pleasurable.

So that means actually at some point having a desire, a passionate desire within myself, to experience all of my emotions. That means a passionate desire even to experience my own pain. That's where we'll need to be in the end. But how many of us have that passionate desire really to experience our own pain? It takes a lot to get into that state, doesn't it?

3. What is soul denial?

Jesus:

The whole point of this discussion today, which I'm going to call "The Denial of the Soul," is to help you identify what's going on within you, your soul, your emotions, your passions and your desires, that causes you to shut down, that causes you to disconnect from yourself, and look really sincerely at this, because it's this area of your life that is going to inhibit your own progression towards God the most. The areas where you're choosing to deny the truth to yourself. So that's the point of this discussion.

You'll notice in the seminar outline I've given you, I've broken down the headings. There's "What is soul denial?", "Indications we're in denial," and then "How we deny" and "How to get out of denial." What I'd like you to do is go through it quite rapidly, if you can be involved in the discussion. So even if it means looking at different things and commenting about them, be involved, so that way you don't go to sleep. Because just after a break like we've just had, we have a tendency to do that, particularly if I get boring as I'm going. Yeah. (Laughter)

3.1. Denial of our own emotion

Jesus:

What does it mean to deny your soul? The first thing that it means is to deny your own emotion. Every single time you put off an emotion, every single time you put off an emotional experience to later, you have just denied your own soul. And, in fact, you have just treated yourself unlovingly. So you'll be driving in the car, some song comes on the radio, triggers an emotion, and you start crying. Someone looks at you from the across the stop light, sees you crying, you feel embarrassed, and you stop. Right at that moment, you have just denied your soul. What would we have done if we didn't deny our soul? Just kept crying. Or we could pull over, yes. (Laughter). Yep, that might be helpful.

What's another thing that we deny when we're denying our soul?

3.2. Denial of our passions

Participant:

Your passions?

Jesus:

Our passions, yeah. How many of you enjoy art? Really enjoy it? Okay. How many of you do it yourself? Why is there a big difference between the two answers? Because some people are not living in their passion.

How many of you enjoy music? How many of you play it yourself? Less than half. Why is that? You're denying your passions. Can you see that? Now, you can come up with all the excuses you want under the sun. "I haven't got the time" is the biggest excuse probably, or, "My life's too busy," or "I can't afford it." Whatever else you're coming up with. But in the end, you're just denying your soul. You're denying yourself.

What else?

EMOTIONS
PASSIONS
DESIRES

3.3. Denial of loving and unloving desires

Participant:

Desires?

Jesus:

Desires. So every time you don't allow yourself to acknowledge a desire that you have within you, whether it's error based or truth based, whether it's a loving desire or harmful, you are shutting down your soul. So let's say today you have a desire to kill somebody. If you shut that down and don't allow yourself to experience that desire—I don't mean go and kill, I mean to actually experience that desire that you have—you are shutting down your soul, you're locking yourself up.

Let's say today you had a desire to help somebody and didn't. The same thing applies. You just shut down your soul. That desire happens to be more in harmony with love, but you've shut down your soul either way. So to actually live out of denial of the soul with our desires, we need to at least acknowledge them and feel them. We don't have to act upon them.

Obviously, if we act upon the ones that are harmful to us, we're going to be harmed even further. But we still need to recognise that they're there. And the ones that are there that are not harmful, why aren't you acting upon them? What would cause you to not act?

Participant:

If you know something's harmful, doesn't that put you in a pain place?

Jesus:

Well, the truth is that the pain is already within you, and the point of it is to experience it. So how many of you want to experience the times when you've actually felt like harming another person? Most of us don't want to do that, do we? But you're going to need to, to become at-one with God. You're going to need to experience that emotionally.

3.3.1. An example of a woman desiring to be heard

Participant:

But don't we already experience it when we have the desire? Like, I'd love to slap a whole lot of people. (Laughter) Haven't you already felt it?

Jesus:

No. When you have a desire, the desire almost always has an underlying cause. If the desire is a desire to harm somebody, like slap them, then it will usually come from an underlying causal emotion.

Participant:

Yeah, but I want them to listen.

Jesus:

So you haven't experienced that emotion.

Participant:

Oh, okay.

Jesus:

So you haven't experienced the frustration, the anger that you feel, and then underneath, the sadness you feel about not being heard. When you connect to that emotion and release that, ironically at that point the Law of Attraction will change and all of a sudden there will be people who listen to you, and even the ones who don't, you won't worry about anymore, and you won't feel like slapping them anymore.

We still need to experience the desire, but remember I began this discussion with everything being based on causes. In the case you just mentioned, when you want to slap somebody because they're not hearing you, the cause is that you feel unheard within yourself, and you don't want to feel that emotion. So you want people to hear you, rather than feel unheard. The cause of it is what needs to be accessed in every case.

CAUSES

3.3.2. *An example of a woman feeling overwhelmed by emotions*

Participant:

AJ, I had a lot of events that were quite overwhelming, and it came to a point where I was quite exhausted from it. And I didn't want to keep going there, so I chose to watch the TV and tune out.

Jesus:

So you chose to shut down your emotions.

Participant:

I knew I was doing it, but I just felt like I just needed a break. So I was following a desire, which is to watch TV (laughter), but also because I just felt so tired.

Jesus:

The feeling you were avoiding is being overwhelmed.

OVERWHELMED

So when you feel like you've had a whole week of processing emotion and then, bam, the next day, another emotion comes up, how do you feel?

Participant:

I've had enough.

Jesus:

You feel like shutting down. Well, that in itself is shutting down your soul, and it's caused by an emotion within you. That is another emotion that needs to be processed. The only way to access it again is to create another week where you're overwhelmed and get into it that time. But, you see, every time you shut down an emotional experience, you're just creating a whole new set of events that needs to happen to expose that emotion. So let's say a whole set of events has happened to make me get into a state of feeling overwhelmed. Obviously, that feeling is in my soul. Why don't I just go with it? Why don't I just fall on the ground and be overwhelmed and just go into that emotion?

Participant:

AJ, the feeling I had was of being blocked from feeling the emotion, it was exhausting me not being able to get to it. It's the frustration of it, you know?

Jesus:

So what emotion do you need to feel?

Participant:

Exhausted and frustrated?

Jesus:

Frustration, yeah. Frustration is really...? Anger. So you're getting into a state where you can't get into your emotion, you're feeling more and more frustrated—go and buy a boxing bag, buy some boxing gloves, and really get into it. Like bash and swear and scream about how frustrated you are. Let yourself connect to that rage. Because that's a childhood rage, and you need to get into that. Get into the frustration. The frustration caps a deeper emotion, but you're not going to feel the deeper emotion without the frustration coming first.



A lot of emotions are like a tier, where they were constructed one upon the other upon the other upon the other. To deconstruct them means to step down below, step down below, step down below, but you need to go through each state doing it. So when you feel frustrated, you need to express your frustration. The key is not to do it with everyone around you and make everyone around you frustrated with you, but the key is to go into the emotion yourself in a safe way, and really get into the emotion itself.

Participant:

Okay, then, what's underneath the anger?

Jesus:

You don't need to know at this point. Just feel the anger.

Participant:

But I went through frustration, went through the anger....

Jesus:

No, did you go through the rage? Really connect with the anger?

Participant:

No, I didn't.

Jesus:

Okay. I'm saying, when you do, you will find out what's underneath. And you don't need to know what's underneath. Now, I can tell you what's underneath, but what good does that do? It doesn't help. All you need to do is experience that emotion right now. If you fully experience it, you will automatically connect with what's underneath. That follows for everyone. Automatically what's underneath will be exposed when you feel the capping emotion, the one that's shoving everything down.

3.4. *How to work through blockages***Participant:**

AJ, I've got blocks to emotions, and in the anger DVD it talks about a fragmented person.

Jesus:

Fragmented children, yep.

Participant:

So do I need to experience that feeling of being blocked, too? How do I deal with it?

Jesus:

If you're blocked, there are a lot of things that you can do to access your emotion, but understand, at some point -whether they're fragmented children or just you as an adult, a consciousness of your emotion - either way, at some point you're going to have to allow its experience.

Participant:

By being blocked?

Jesus:

Just not only of being blocked but experience the frustration of being blocked, then go into the anger of being blocked. Then allow yourself to really connect with that anger, and then all of a sudden you'll find yourself unblocked, and what's underneath will start flowing. You see, a lot of times we don't allow ourselves to experience frustration, we don't allow ourselves to experience anger. We don't allow ourselves to feel the blocking or capping emotions, and

so what happens? Nothing underneath gets experienced, either. And we're saying, "I know there's grief there, but I just can't get at it." The reason why I can't get at it is because I'm trying to jump to the grief without experiencing the emotion that's capping it, the one that's covering it.

Participant:

Can the lady who asked the previous question, instead of creating another week to get to that emotion, go in her imagination or memory, back to feeling overwhelmed, and connect to it that way?

Jesus:

Yeah.

Participant:

Save herself a week of....

Jesus:

Another week of grief. But the truth is that she created the feeling of being overwhelmed and then avoided the emotional expression of it. Now, you have a reason why you avoid it. So let yourself look at the reasons. Let yourself feel the reason why you avoid it. The reason in this case was you were exhausted. So let yourself feel your exhaustion for a change, rather than trying to tune out, going to have a bath, and watching telly or something like that to tune out of it. Let yourself just really feel exhausted and have a big cry about that. The next time a series of events happens that causes you to feel overwhelmed, you might be more willing to get into that overwhelmed state, or the frustration state or the anger state that's capping.

3.5. Reasons for not experiencing emotions to the end

Participant:

AJ, I get to emotional crisis where I break down and feel my child and then it subsides, but the emotion doesn't go away, it's there bubbling below the surface. Does that prolong it?

Jesus:

Yeah.

Participant:

When I'm in the emotional crisis, what do I do to stay in that? Because I just pull myself to a wanting to feel normal again.

Jesus:

You pull yourself to wanting to feel normal again because of the fears that you have about being in that childlike state. So allow yourself to just understand, firstly, that the fears you have in that state are not actually real. They're just fears that the child felt at the time. The truth is that you can go deeper and deeper into the state and stay in the state for as long as you want, and that's

the worst it's going to get. You believe it's going to get worse, you believe it's going to get so bad that it's going to be exactly the same as the abuse that occurred, and it's not.

There are a lot of internal beliefs going on. Allow yourself to see what your fear is about staying in that state longer.

3.6. Denial of love and truth

Jesus:

What else do we do when we deny? Emotions, passions, desires...

Participant:

Intentions?

Jesus:

Yeah, let me say a few other things we deny, other than that. (AJ writes on the whiteboard)

Participant:

Oh, not that one! (Laughter)

Jesus:

Love. A lot of times we deny love. We're actually so afraid of it that we deny it. We push it away. When we deny love, we're also denying our soul; we're denying our soul a positive experience. So a lot of times, when we're denying our soul, we push away love out of our lives.

We do the same with another quality of God, and that is truth. Often when we're denying our soul, we're denying the truth. So when somebody presents us a truth, like through the Law of Attraction, somebody just comes up, says something to us, and what do we do? We straight away say, "No, that's not me. I'm over that now," or lots of other things, but the Law of Attraction just told us this thing. We're just denying the truth that it's still within us. The Law of Attraction's already showing it to us, so we're just denying the truth that it's in us. We do that a lot, too.

EMOTIONS
PASSIONS
DESIRES
LOVE
TRUTH

Participant:

Can you give an example of denying love?

Jesus:

If I'm afraid of love then I'm going to deny any positive experience of love in my life. So if I'm afraid of being vulnerable, I'll deny love. We feel it to be a very vulnerable place, where we've opened our heart. So if I'm feeling vulnerability inside of myself, but I don't allow myself to experience that feeling, then I'm also denying love right at that point. There are a lot of things we do to deny love. Lots of things.

4. Indications we are in denial

Jesus:

Let's look at what I've written down in the seminar outline for indications that we're in denial, because most of the time you don't know you're in denial. We deny we're in denial. So perhaps you'd like to mention a few of those that I've got on that list?

4.1. We have physical pain in our lives

Participant:

We have physical pain in our lives.

Jesus:

Physical pain. If I'm experiencing physical pain in my body, that is a big indicator that I'm denying my emotions. Any physical pain whatsoever. Any disease, any sickness, anything like that, it's an indicator straight away I'm denying an emotion right now, whatever that emotion is.

So who feels a bit tight in the chest area or just in the throat area? Denial of some emotion. Tight in the chest area, not being able to breathe. Tight in the stomach area, not being able to breathe properly. A lot of people have that, denial of fear, denial of emotion.

A lot of problems down in the bowel area; that seems to be a very popular thing nowadays, and it is because it's caused by all sorts of feelings of unworthiness and all those kind of things. Denial of another emotion.

Period pain for ladies? Denial of emotions. Once you stop denying your emotions about it, you won't experience the pain anymore.

Participant:

Do you have to find out what it's linked to?

Jesus:

Well, if you don't deny the pain and you allow yourself to fully experience the pain, very shortly thereafter, generally, you'll go into the emotion. The emotion will automatically pop up. You don't have to find it in your mind, all you need to do is experience it, and it will automatically flow.

Participant:

I had a headache the other day. I was trying to feel it, but I did end up taking Panadol. I sat down and tried to feel for a long time, but I think you get used to it after a while.

Jesus:

Yeah, headaches are a big indicator that you're denying lots of sadness and grief, as are sinus issues and sinus problems.

Participant:

So it's not just necessarily an allergy.

Jesus:

There are no such things as allergies. Now, that's coming from a guy who has spent most of his life taking allergy medication. So I've been there. But there's no such thing as allergies. All your allergies disappear when you face the emotions that create them.

Participant:

I've just got stuck with the process of trying to feel the headache and "what's this about"?

Jesus:

You don't even need to know what it's about, even. All you need to do is feel. Just remember, with any pain, I am denying something, I am wanting to shut down something, and my body is expressing it in pain. So when I've got a headache, all I need to be aware of is I am denying an emotion, I am choosing to deny an emotion, and I'm allowed to. And you'll find that after that you might find the emotion starts coming up. You're allowed to deny your emotion. Totally. You have free will.

Participant:

So you go into the headache pain? And that's where it shows up what you're denying?

Jesus:

If you just allow the experience and just say, "This headache is caused because I'm choosing to shut down another emotion. And so I'm choosing this headache. I'm choosing the headache, and I'm allowed to choose the headache. Do I want to choose the headache anymore?" Who's sick and tired of choosing the headaches? So start dealing with what's underneath the emotion. Choose differently.

Physical pain is a big indicator that you're in a denial state of an emotion. Don't criticise yourself for it. You're allowed to be in a denial state. You have free will; you're allowed to be there. This is just to help you become aware. "I've got physical pain; I'm in a denial state. I'm allowed to be in a denial state."

Participant:

AJ, I go to God and ask God to help release, expose, whatever I am doing to myself.

Jesus:

Yeah, but if you're in physical pain, you don't want it to be exposed.

Participant:

I wasn't specifically talking about physical pain. I was talking about emotion in general and really asking if that's okay.

Jesus:

(Laughs) Why are you asking me whether it's okay?

Participant:

It feels right for me.

Jesus:

So then do it. Does it work?

Participant:

Yeah.

Jesus:

So why are you asking me? (Laughter) Can you see what I'm saying? Why ask me when you're doing something already and it works? And it helps connect you with causal emotion? You don't need to trust me, you need to trust you.

Participant:

So if you have an injury and it causes physical pain, then it's still because you haven't dealt with...

Jesus:

Any injury that you have is because of an emotion you didn't deal with that created the injury. If it's causing you physical pain, it's the same thing. Exactly the same. This applies to everything you can imagine that can happen to you. It's exactly the same. You are in denial of an emotion. And you're allowed to be. You're allowed to deny your emotion. But do you want to? Well, probably, if I am denying it, and I'm in pain, yes, I do want to. So admit it. "I want to deny my emotion. I'm sick of having to deal with emotions. I hate this emotional processing work! It's shocking! It pisses me off totally!" (Laughter) Allow yourself to get there. Allow yourself to feel even that, if that's what you're feeling.

All right, what's next?

4.2. We have emotional pain in our lives

Participant:

Emotional pain.

Jesus:

Emotional pain. This often happens in love relationships, where you feel some pain because somebody's broken up with you or whatever, and you go through pain. You're in emotional pain because you're denying something. You're denying some emotional truth. So allow yourself to see the emotional truth you're denying, whatever that is. These are all just indicators that you're in denial. So we need to know when we're in denial, before we can admit to ourselves we're in denial.

What's next?

4.3. We have addictions we cannot seem to get rid of

Participant:

Addictions.

Jesus:

Addictions, yeah. So who's addicted to a coffee in the morning? Emotional denial in the morning, straight away as soon as you get up. (Laughter) Who's addicted to an alcoholic drink, preferably at night? Emotional denial. It makes you nice and relaxed, helps you get to bed, but it's an emotional denial.

Who's addicted to food? Emotional denial is happening there. Who's addicted to keeping themselves as busy as possible? Well, have a look at your life. How many of you feel you're too busy? If you feel you're too busy, you're addicted to it. So put your hand up! (Laughter)

So you're in emotional denial. You're in denial, and this becomes your addictions. Your addictions show you a lot of your own denial.

Participant:

Can you be addicted to exercise?

Jesus:

Sure you can, yeah. What happens when you're exercising, you get into this nice high sort of a state afterwards, which feels real good. You can get addicted to exercise, completely. If you're addicted to anything, you're in a denial of the soul, and any denial of the soul is going to stop you being at-one with God.

Participant:

So is there any way of keeping up an addiction that is positively physical? (Laughter)

Jesus:

If you're driven to do something, the best thing to do is just to stop it and see what emotion comes up. So if I'm driven to have a drink at night, driven for a coffee, driven for some food, driven for whatever it is, then sometimes you can bring up the emotion quite rapidly by just stopping the addiction.

What other things?

Participant:

What about coasting along? Addiction to coasting along?

Jesus:

Addiction to a nice calm and peaceful life. We can even have an addiction to things that we think are good things, like addiction to meditation, just to help us calm down and relax and get out of emotional turmoil. But the problem is that when we do that, we are denying the soul. So let yourself access your soul, not deny it.

Participant:

Say I need time to paint. If you're saying, "I need this," is that...?

Jesus:

Yeah, if you're saying you need it, you need to ask yourself why aren't you already creating it? The fact that I need it and I'm not doing it is caused by...

Participant:

This is not my situation; it's actually my partner, who needed to paint but didn't have the time for it. He could do it, but it became something that the rest of the family felt they had to pay for. Is that along those lines?

Jesus:

Well, there's obviously emotional injuries there, aren't there?

Participant:

So it's an emotional injury?

Jesus:

No. Well, firstly, the family feeling like they're paying for his desire is due to emotional injuries in the family rather than in him. And him feeling like he needed it, needed to get to it, and wasn't already doing it, meant that he had feelings of guilt about the family's projections, as well. So there are emotions there, too. The whole system of things is all not based upon true emotion but rather through emotional injuries. So even our passions can finish up being our addictions.

Participant:

Can you have a drink just because you like to? (Laughter) Does it have to be an addiction?

Jesus:

Honest answer? Is alcohol poison or what?

Participant:

Yeah.

Jesus:

Okay. Why would you choose to ingest poison? You must be in some kind of denial. Now, I'm saying you're allowed to be in denial. Didn't I just say that, too? So you can have as many drinks as you want. You can get totally sloshed if that's what you want. But understand, you're in denial doing it.

Participant:

So that would go for junk food, too?

Jesus:

The same applies. Yeah.

Participant:

I just remembered—I was going to say that Jesus drank wine, but you actually said last night, that at the Last Supper, that you didn't.

Jesus:

No, I didn't. And I stopped eating meat when I was fifteen in the first century.

Participant:

Or addictions to health food?

Jesus:

You can have addictions to health food, yeah. Why would you be addicted to a health food? Because you're so focused on your diet that you're not satisfying your emotional reasons that cause your physical problems. So a lot of people become addicted to looking for physical solutions to their physical problems, rather than seeing that everything is emotional.

See that everything is emotional. When you don't see everything is emotional, addictions automatically happen in your life, and a lot of times you'll be totally unaware of them.

Addictions tell you when you are in denial of the soul. So be honest about them. "I'm in denial of the soul." What did we call coffee the other day? Oh, that's right, "We're going to have our drug this morning." (Laughs) See these things as drugs that you're using to deny or shut yourself down. And I'm not just talking about physical things, I'm talking about even actions you do. Keeping yourself busy, keeping yourself focused, doing a job that you hate, and all those kind of things, they're just methods for you to shut down your own soul. You're denying your own soul's complete expression.

Participant:

Doesn't it dampen you down, dampen your expression down, and dampen your freedom?

Jesus:

That's what it does. Totally, yeah. It creates an enslaved life when we do this. Our denial enslaves us.

What's next in the list that I said?

4.4. We experience repetitive Law of Attraction results

Participant:

The Law of Attraction.

Jesus:

Okay. "I really badly want a loving relationship in my life, but I'm single and I hate it." What have I just said?

Participant:

That you want to be single.

Jesus:

Yeah. My Law of Attraction is...?

Participant:

That you want to be single.

Jesus:

I'm single. So that's my Law of Attraction. So what do I really want? I really want to be single, at the soul level. So my telling myself that I really want a partner is a denial. It's a lie. The Law of Attraction is already telling me.

How many of you want really nice, easy-to-manage children? (Laughter) How many of you have got really nice, easy-to-manage children? Well, if you haven't got what you want, then you didn't want that. So it's a Law of Attraction. You need these children triggering you emotionally. You need them to be doing what they're doing to help you access some of your emotions that you're in denial about.

Participant:

So do you think our soul knows that?

Jesus:

God's Laws automatically operate on the soul, whether the soul knows it or not. The Law of Attraction operates on the true condition of your own soul, whether you're aware of your own soul's condition or not. So if there's an emotion inside of me, let's say of feeling out of control, and I've got two children, and they're always out of control, what's happening is I'm denying

the expression of my own emotion of feeling out of control. My two children are reflecting the emotion that I'm denying in myself straight back at me, because the Law of Attraction works perfectly. God created perfect laws, and they never fail. So the Law of Attraction is operating perfectly to expose that emotion within me, right at that moment, and I can choose to experience that emotion or I can choose to deny it.

When I deny my Law of Attraction I am denying my soul. So if I've got a physical illness at the moment that seems incurable, I am denying my Law of Attraction. I'm also denying my physical pain. And I'm also probably denying my emotional pain. So I'm in a lot of denial that's created that particular thing. See these things for what they are. And you're allowed to be in denial. Enjoy the denial if you want!

Participant:

Does it compound?

Jesus:

Of course! (Laughter) When you deny it, it just gets worse.

Participant:

You recognise it and then deny it and it gets bigger.

Jesus:

Yeah! But that's the choice you make. God's Laws always work, you see. If you go into denial about something you know you're in denial about, the penalty is even more than if you didn't know.

Participant:

So if you know that something's not good for your soul, but you do it anyway because you feel a sense of obligation to earn money in that really crappy job that you go to every day... so you're aware of it, but you do it anyway, the penalty is...?

Jesus:

Is even greater on your soul. You will feel more guilt about treating yourself unlovingly under those circumstances than if you had done it unknowingly.

Participant:

So there's no penalty as such, there's just a consequence.

Jesus:

Yeah. All penalties are just consequences. The consequence of denying your own soul consciously is more painful than the consequence of denying your own soul unconsciously. And that's a natural law, in fact.

Participant:

If she goes to work because underneath that is fear that she won't have enough...

Jesus:

Yeah.

Participant:

Then it's an opportunity for her to...

Jesus:

To get to that emotion. That's right. Totally.

4.4.1. *An example of a woman feeling overwhelmed by emotions (continued)*

Participant:

AJ, when I watched TV and I knew I was denying...

Jesus:

How did that feel?

Participant:

How did that feel?

Jesus:

Why would you even bring it up today if you didn't feel guilty about it?
(Laughter)

Participant:

I felt like I missed the opportunity.

Jesus:

Exactly.

Participant:

But what I was going to ask was that if I watch TV and I didn't know that I was denying...

Jesus:

(Laughs) But that isn't the truth! You did know.

Participant:

No, but if I didn't...

Jesus:

What's this "if, if" thing?

Participant:

Then I was going to ask, would the penalty be less for...?

Jesus:

Well, you wouldn't feel it as much. Certainly, yeah. Of course. (Laughs)

4.4.2. *When our children have physical or emotional difficulties*

Participant:

So if children are sick, is that their emotion or your emotion?

Jesus:

Your emotion.

Participant:

If they're sick?

Jesus:

Yeah.

Participant:

So what's asthma?

Jesus:

Asthma is your denial of your own grief, if it's in a child.

Participant:

What grief?

Jesus:

Well, it depends. There are literally hundreds of things that you could be crying about. I'm speaking of you, specifically. And if you deny that grief, your children will experience that denial process of the grief, which is asthma. When you deny your own grief, you're denying them being able to experience their own sadness. And when they do that, they just get into an asthmatic state almost straight away.

Participant:

When they're adults, does it become their emotion then?

Jesus:

Yeah.

Participant:

Or does it become the parent's plus theirs?

Jesus:

Yeah, that's right. Every denial that they have of their own grief, now through their life, was the subsequent result of the parents' denying their own grief. That then caused them to be in a state where they had to shut down their own grief throughout their life. So the asthma is a result of their own grief being shut down as well within their life.

Participant:

And it's the parent's emotion till they are twenty, or something like that?

Jesus:

Until they're forever. No matter how old your child is, if you shut down your own emotion when they were little, how much of their emotion is really yours?

Participant:

All of it.

Jesus:

A lot of it. Not the stuff they chose to do, but the stuff you chose to do when they were little. That stays with them until they release it. You'll find, if you're a parent, if you release that emotion, if you're eighty and your son's sixty, he will have an emotional experience as a result.

Participant:

So we can release it, the effect on us. I don't have to be burdened by my dad never releasing his emotions?

Jesus:

No. You can release it for yourself. But I'm saying there's a really positive effect when the parent chooses to release their emotion, on the child.

Participant:

So if I release emotions now and my father has passed, will that affect him in any way?

Jesus:

No. That question's already been asked. It doesn't affect the person as positively, except because you've forgiven them. The process of forgiveness, which has actually released the emotion that causes the link, has a positive effect on them, if they choose to allow it to have that positive effect. But it's very much dependent upon their choice.

Participant:

AJ, do learning difficulties in children fit with all this as well?

Jesus:

Yes. Totally.

Participant:

I mean are they caused by emotions?

Jesus:

Yes. Every single thing! (Laughter) Every single thing! Did you not get? Every single thing! (Laughter) Every single thing.

4.4.3. *An example of a couple with an autistic child*

Jesus:

Now, there was a couple I visited in Tasmania recently who had an autistic child. That is the creation of the different emotions. And the beauty of the autistic child was that she was exposing minute by minute by minute what the parents were denying. Every minute. So the entire time I was there, it was basically a discussion about, “See what she just did then? What are you denying? See what she just did then? What are you denying?” And it was related to the interaction between what was going on for which parent at the time, as well. So when she was reacting to her mother a certain way, then the mother was denying a certain emotion at that moment. And when she was reacting to her father a certain way, her father at that moment was denying an emotion.

Participant:

So have they been able to correct the situation?

Jesus:

Well, how many emotions does a person deny?

Participant:

Lots.

Jesus:

Yeah. So, obviously, you’re not going to heal that kind of a situation straight away. But there is a positive thing that occurs. With regard to this child, what happened was that as soon as the parent owned the emotion, in other words as soon as they got out of denial, and they only even had to do it intellectually, she automatically stopped reflecting it. Automatically, her behaviour just changed. We were having a discussion. During the discussion, I could feel the parents’ emotions coming up. She would start reflecting their emotion. I’d reflect back at them that it was them: “What was the emotion?” As soon as they connected, she would quieten down again. And then she would flare up again, because in the discussion another emotion was coming up for the parents, and she’d get all rowdy again. So it was reflected back at her parent, and she would quieten down again.

And then we had a period where for about half an hour the parents were both owning their emotions completely. They were crying when they needed to cry. They were just feeling what they were feeling. For that entire time, she was quiet, just happy to do her own thing.

Participant:

I’m just thinking of a family that I know where the eldest child has quite a lot of behavioural problems, but the younger children get progressively easier to deal with.

Jesus:

That's because usually with the first child, most parents have a lot more emotions about how to deal with them, not knowing what to do.

Participant:

So that's just absorbing all that stuff from parents at that time?

Jesus:

Exactly.

Participant:

And they're not knowing what to do themselves.

Jesus:

Well, no. It's still the parents denying those emotions.

4.4.4. *An example of a mother suppressing her grief***Jesus:**

I think I've told this story before, that there was another lady in England, and she denied an emotion related to her father. She was telling me a story, and denied the emotion related to her father. The instant she did that, her eight-year-old daughter just burst out sobbing at the breakfast table and stayed sobbing until the lady owned her emotion. As soon as she owned her emotion, she started crying, and the instant she started crying, her daughter stopped crying and went back and ate, like nothing had happened.

Participant:

If parents start taking responsibility and start going through a process of dealing with their emotions, will that child start improving, or will that stay with them?

Jesus:

It starts improving straight away, and they'll get to some major emotions where it may even cure them, but once they get to a point of at-onement, obviously, the child would be cured at that point.

Participant:

That's a long way to go.

Jesus:

No, it isn't! You just believe it's a long way to go. Deal with that emotion!

Participant:

You're taking a long time to get there.

Jesus:

Give us a break! (Laughter) I've got two thousand years of stuff! (Laughter)

Participant:

Does the Law of Attraction work the other way as well, where my mum had cancer?

Jesus:

No. Mum having cancer is something to do with what she's denying within herself.

4.4.5. *Taking responsibility for the results of the Law of Attraction*

Participant:

AJ, how do you know if it's your or your husband's stuff?

Jesus:

Who cares? You just want to blame your husband. (Laughter) Well, you do, don't you? You don't want it to be you!

Participant:

Well, I don't mind if it is, but...

Jesus:

Yeah, you do! Otherwise you wouldn't ask that question! (Laughter) This is what we often do. We say, "My husband's not doing anything, so it's all his fault." But that's not true. Even that is a projection of emotion that your child's going to feel and respond to. The key is, just own what you can own. Own what you can own within yourself. Do that. Own it. Don't worry about what the other person's doing. You can't control that; you haven't got any control over their life.

You haven't got any control over what they are willing to experience. All you've got control over is you.

If you let go of some of your emotions, it will certainly trigger everyone around you. So if you let go of that emotion you have towards men of being responsible, that they're responsible for all the badness in the world, your husband will start feeling a different feeling from you. And if your husband starts feeling a different feeling, then there might be a higher likelihood of him actually dealing with his emotion. So take complete responsibility inside.

4.4.6. *An example of a mother owning her anger*

Participant:

My twenty-four-year-old son has my anger, and he exploded the other day. He started to get angrier and angrier, and I was able to say to him, "It's not your anger. It's my anger." And I pulled it back from him and owned the anger and saw the difference in him.

Jesus:

Awesome. Yeah. It's so powerful.

Participant:

And he's twenty-four. And I didn't know that was possible. I hear you, I believe what you're saying, but he exploded, and I had this realisation that it was my projected anger that he's been feeling all of these years. And I pulled it back from him and said, "Nicholas, it's not your fault." It wasn't my fault, either. But I pulled it back, and saw the change in him.

Jesus:

Yeah. It's very powerful when you own your own emotion. Very powerful.

Participant:

So she's breaking a transgenerational link by doing that?

Jesus:

Straight away. As soon as ownership of that emotion has broken that link, that then empowers the child to actually feel it and release it. But it also means that it empowers you, too, because you now know that that anger is within you towards males, and you can work through that and then get into the grief and sadness and release that.

Participant:

He went to his child then. He's twenty-four and I saw him go child, the child that he was, because I know him really well.

Jesus:

Yeah. That's wonderful, Jenn. It is wonderful, isn't it?

Participant:

He started to express himself simply because I could say it was my anger.

Jesus:

Yeah. So powerful. That's awesome.

Participant:

So she's helped her ancestors, too?

Jesus:

Less so ancestors, more so children, the future generation. Because ancestors obviously are not dealing with their emotions, and in Jenn's case, they're in the spirit world and still not dealing with them.

Participant:

Okay. It depends if they're open.

Jesus:

Yeah. But as Jenn goes through different feelings of maybe forgiveness, they might be assisted at some point.

Right, does everyone understand that the Law of Attraction tells you when you're in denial? What's next?

4.5. *We are numb to our emotions and live in our logical mind*

Participant:

Numb to our emotions?

Jesus:

I'm numb, I can't feel anything. Who feels that sometimes? Well, you're in denial. What are you denying?

You want to be numb. "I'm allowed to be numb." So you can say to yourself, "I want to be numb, that's why I'm numb. I want to be numb. I don't want to feel." Who wants to feel? It's yucky, isn't it? "What AJ's suggesting is just a painful, terrible process, nobody really wants to be in it." That's why I'm such a good cult leader! (Laughter)

Participant:

Excuse me, AJ. If we weren't denying any of this, would we be crying all day?

Jesus:

Possibly. But you will find what happens is that you'll cry for a period of the day, but then a joyful experience will happen and you will laugh. And then another experience will happen and you'll feel love. And then another experience will happen and you'll feel horny. (Laughter) These experiences will keep on going during the day if you don't deny any of them. But if you shut down one of them, then the rest of the experiences stop, as well. So the key is to just be open. If you're fully open, you'll have periods where you're crying, but you'll also have periods where you're laughing. You'll have periods where you're really detuned from yourself, but you'll have periods where you feel really connected with yourself. Everything will just flow.

Now, when everything flows, a lot of the flow initially is going to be painful emotions, because you've just bottled them up for so long. So let them flow, too. But you will go through a day where you have fifty different feelings, where you'll be absolutely morose when you wake up and maybe ecstatic halfway through the day, maybe horny in the evening. And maybe you'll shut down again at night and want to have a drink because it's all too much for you. And that's where you'll be. You'll be in that state where you're feeling all the emotions just flow.

Participant:

AJ, it's important not to get addicted to the emotion, too, isn't it?

Jesus:

That's an interesting statement that you made, because that's one of the denials, actually, that we have: we think we can get addicted to our negative emotion. The only emotion that you can get addicted to is your effect emotion, not your causal emotion. When I say addicted, what I mean is that you can

become addicted to getting your effect emotion sorted out or salved by others. So for instance, if a person's in a needy state where they've got to tell you their story all the time, they're staying in their effect emotion, and they're not going to a cause.

But be careful about telling yourself any of these things, because what's happening oftentimes is we use that then as an excuse: "Ah, I could do that, so I won't do that. So I won't feel any emotion, then." Don't allow yourself to tell yourself stories about what's going on emotionally inside of you.

What's next in the list?

4.6. We remain in feeling capping emotions

Participant:

Capping emotions.

Jesus:

Capping emotions, if we're feeling capping emotions. What is a capping emotion? Anger is one.

Participant:

Fear.

Jesus:

Fear. Jealousy. Envy. Resentment. A lot of those are capping emotions. Do you understand what I mean by capping emotions? They're suppressing the causal emotion. So why do we get into a capping emotion? Because it feels powerful in that emotion. Why do we do that? Because we don't want to feel powerless about the causal emotion.

So if you find you're getting into anger all the time, or you're getting into resentment all the time, then you're in denial. You're allowed to be in denial. You're allowed to get as angry as you want. You're allowed to be irate with every single person around you. But of course there is a result, a consequence to those actions on your own soul, as well.

Participant:

So are the causal emotions the ones that make you feel helpless and...?

Jesus:

Not necessarily. But if I'm feeling anger, and if it's not childhood anger, then it's probably not a causal emotion. I'm saying get into the anger. I'm saying don't turn it off. Get into it, get out the boxing bag and the gloves or whatever and really get into it, but understand that while you are getting into it and not going deeper, you're still in denial. You're choosing denial. You follow me? You're choosing it. All of these capping emotions are choices not to get into the underlying emotion.

Participant:

How do you tell the difference between a capping emotion or an effect emotion and a causal emotion?

Jesus:

Most capping emotions are very adult-like in their manifestation. Causal emotions are all childlike in their manifestation. A causal emotion is going to be a locked-up emotion throughout our life experience, usually relating to our childhood. Therefore, it's going to be childlike in its manifestation. It's going to be childlike in its experience. If we're in an adult rage, or an adult anger, or an adult resentment, or adult jealousy, or any of those things, then we're denying a childhood emotion. Experience the jealousy or experience the rage, experience the anger, but understand, "I've got to find something deeper than this in the end."

Participant:

Where do effect emotions fit into that?

Jesus:

Capping emotions are all effects in the end. They're all effect emotions.

4.6.1. *An example of a woman who is angry***Participant:**

I am angry all the time.

Jesus:

Beauty! (Laughter) So am I lately! (Laughter)

Participant:

And I am accused of being very childish in the expression. I never did this as a child. I slam doors and I swear a lot. I've started swearing in the last year or two and I really loved it, but now I don't want to do it anymore... so much, anyway. (Laughter) Can you explain a bit more about expressing a childlike anger? Do you mean like an uncontrolled passionate way or do you mean...? I don't understand.

Jesus:

Yeah. Put yourself in a safe environment and just be a child in its expression, but do it in an environment where you're not harming others. That's all you need to do.

Participant:

Okay, so we don't really need to understand what's a childlike way, and really just let it come in a way that's not damaging.

Jesus:

Exactly, yeah. Just let it come. When you let it come fully and go into it fully, what is underneath will soon become known to you.

Participant:

I already know what it is.

Jesus:

And if you already know what it is, the anger is there because you're denying the expression of the underlying emotion.

Participant:

Okay.

Jesus:

So what's the cause of your anger?

Participant:

It's grief.

Jesus:

Okay. So you don't want to cry. So understand that you don't want to cry. And you're allowed to not want to cry, but every time you do that, you're going to get angry. So you need to just allow yourself to cry.

Participant:

I cry all the time.

Jesus:

Well, if you cried all the time about the causal emotion, you wouldn't be getting as angry.

Participant:

I don't know if I'm crying about the causal emotion.

Jesus:

You're crying about a lot of the effects that have been created, but the causal is related to your childhood, remember. So it's going to be a childhood emotion that you're going to be feeling. Let yourself go there. You know what it's about in your childhood.

Participant:

Do you mean my mother dying?

Jesus:

And a few other events, too. Isn't that big enough?

Participant:

Yes, it's pretty big.

Jesus:

Yeah.

Participant:

I don't know what the other events are.

Jesus:

But let yourself even just feel the one you know.

Participant:

I have... I feel like I've done that my entire life.

Jesus:

If you're re-experiencing the emotion, then you're not getting at the cause. So if you're re-experiencing over and over and over again, you're not getting to the cause. When that's happening, there's a truth you're not facing. We'll talk about some of our other denials later, and one of them will be a denial of our truth. So the truth is that there's an emotion underneath that emotion of your mum dying. You've cried about your mum dying, but what did your mum dying mean to you?

Participant:

I was alone.

Jesus:

Okay. Have you cried about that emotion?

Participant:

I don't know.

Jesus:

See, a lot of the times, what we're doing is we're crying because we want our mum back, to not be alone. So we're crying to not be alone, when what we need to do is actually feel alone and cry.

Participant:

Yeah, I get it.

Jesus:

So can you see how there's layers getting down?

Participant:

Thank you.

Jesus:

My pleasure.

4.6.2. An example of a woman who is afraid of angry people

Participant:

In my case, if I'm around anyone who's angry, whatever happens to me, I still haven't seen the underlying causes.

Jesus:

And you don't want to!

Participant:

I get scared, and so then I avoid being around them.

Jesus:

Yeah, don't do that. Because if you avoid...

Participant:

And I blame them, there's a cycle. I see the cycle, I see underneath, and I'm really scared and helpless.

Jesus:

So go there, because that's where you're avoiding going.

Participant:

And then I wish it could be different. And it's never going to be different.

Jesus:

Go there, too! Go there, too. There are three emotions you just mentioned that you need to feel.

Participant:

I keep doing this.

Jesus:

"It's never going to be different." A lot of those emotions are childhood emotions. There's some rage in there about that. There is some anger in there about these feelings that you're never going to get what you want in your life. So let yourself feel that.

Participant:

The rage isn't there. It's more the helplessness.

Jesus:

No, I'm saying it is there. It wasn't a question.

Participant:

Okay. (Laughter)

Jesus:

The rage is there, inside of you. If you really let yourself connect to it, really get upset about how you're not getting what you want, you'll connect with the deeper emotions quite rapidly. Let yourself experience that.

How many of you ladies like to experience rage? Not many women generally like to. Why is that? It's not feminine to do, is it? That is what it feels like.

4.6.3. Releasing emotions as a child would

Participant:

AJ, so if you sing or dance or paint or do all those artistic things, is that a way of releasing some emotions?

Jesus:

You certainly can release some emotions, but remember that every time you have an emotion when you're a child, and you lock it up, it's going to need to be experienced as the child would have experienced it. Do you think the child will go and paint to do its release? No. See, a lot of times we can use these tools, and they can help us open our soul to the prospect of dealing with our emotions, certainly, but they're not going to let it release until we're willing to go into that childlike state of release.

Participant:

We're encouraged to be as a child, but what do you do if in an adult situation, like...

Jesus:

The same thing. Be a child.

Participant:

In a sexual situation.

Jesus:

The same thing. Be a child.

Participant:

How do you come back to the middle if you...?

Jesus:

You don't have to come back to the middle. Let's say I've experienced sexual abuse as a child, and then I'm having sex with a partner, and all of a sudden I'm in this childlike sexual abuse state. What do I need to do? Just be the child right there and then. Respond as you responded. Right there and then. It doesn't matter what your partner thinks about that. Immaterial. (Laughter) That's his Law of Attraction. (Laughter)

I'm serious. Go into that experience as the child. This is a Law of Attraction event that occurred to bring up this emotion. Experience the emotion. Don't try to get yourself back into equilibrium. Let yourself fully experience it. Grieve it. Cry.

Participant:

But I feel like I didn't have a childhood. I feel like I didn't have sexual appropriateness.

Jesus:

No, you didn't, but there is a lot of grief about that, and that's why you go into a child during those events. So let yourself fully go there. Don't avoid it. Don't worry about what your partner feels. And if he's an understanding partner, or she's an understanding partner, what will happen is they will allow you to just experience that, and they'll understand that you're now in a child emotion: "I can see you're in a child emotion. Go for it." They will automatically stop

making love to you, and they will step back and let you do what needs to be done.

So in any situation, just go into it. It doesn't matter how appropriate you think it is. What matters is you're getting access to the emotion that's just been triggered by your Law of Attraction. Be brave. Go for it!

Participant:

So the Law of Attraction is saying that whatever the situation is, it's going to be great for everybody.

Jesus:

If you deal with it then and there, if you deal with it appropriately in truth right at that moment, it'll be great for every single person involved in that Law of Attraction then and there. It's a perfect situation. And you could deal with it at a different time, but it's not going to be as perfect as that particular situation that you just created.

It's really important to understand that, because when you understand that, you feel free to be yourself at any given moment, knowing that everyone around you is going to get triggered just as you are being, if you stay in your truth. Everyone around you will deal with different emotions in the same manner you are dealing with it. It's a very powerful thing to understand that. Very powerful.

Participant:

AJ, can I just say one thing about this? When I see Jenn being her child and releasing emotions from her child, that's when my heart really opens up to her.

Jesus:

Exactly, because she's in her emotional truth then. When a person's in their emotional truth, that's when you can be the closest to them that you could possibly be.

Participant:

It's exactly my experience.

Jesus:

Yeah. Spot on. It's really important to understand that.

4.6.4. An example of a woman who is afraid of angry people (continued)

Participant:

AJ, I don't understand what Graham just said about it being an opportunity, because the person that I know who's quite angry triggers me, then I go into my stuff. I can't see how it's an opportunity, because if I went into my rage, then now you've got two...

Jesus:

He's angry because he's in denial, and you're in rage because you're in denial. Because, remember, the rage, an adult-type rage, is a capping emotion.

Participant:

I thought you said there was rage underneath that I haven't even touched.

Jesus:

True, but you can choose to touch that outside of this trigger. What you need to do with this trigger, in the example that you've just given, and I'm relating to that example only, is that you need to allow yourself to get underneath that emotion and go into that childlike state of powerlessness that you feel, and also address that issue in truth. So a lot of the times you're not standing up for yourself.

Participant:

Well, if I do, then I'm called the victim and...

Jesus:

No, you stand up for yourself in anger, but you don't stand up for yourself in terms of just being firm.

Participant:

Okay.

Jesus:

And this is one of the lessons that you will need to learn in the interaction. When you learn that and step away from whoever is doing it, what happens is that they will automatically start seeing what they're actually doing.

Can we move on to the next one, because there are a lot of them. What's the next one?

4.7. We feel emotions not harmonious with showing love

Participant:

Feeling emotions not harmonious with showing love.

Jesus:

Okay. Shall I call them disharmonious, unloving emotions? This is where you really need to be honest with yourself. So if I'm feeling disharmonious, unloving emotions, I'm in denial. Right at that point I'm in denial. Now I still need to feel them. I need to feel them, because I need to be conscious of my own denial, but when I allow myself to feel them, I need to see that I'm being unloving in that particular case, and there's something underneath going on. But you see most people are not honest about this. For example, there are people in a discussion who will just take over the whole discussion. You might be just trying to get together to help a certain group of people or whatever,

and one person just snaffles the whole conversation and takes it off on their own. Are they being loving at that point?

Participant:

No.

Jesus:

No. And how do you feel when they're doing that? Angry.

Participant:

You want to kill them.

Jesus:

Yeah. Are you loving at that point?

Participant:

No.

Jesus:

Okay. So if I'm feeling an unloving emotion inside of myself, then obviously I'm denying something. So what am I denying in that particular instance? I'm not being heard, or there could be lots of different emotions. "I'm not being noticed. I'm not being heard," and I'm denying those emotions. That's why I'm getting angry. So when I feel emotions that are unloving, understand at that instant I'm in denial of something deeper, right then and there, that I need to experience. What's next?

4.8. We are selective in our emotional experience

Participant:

Being selective in the emotions you feel.

Jesus:

Okay. Being selective. Pleasurable stuff, no worries. (Laughter) We can enjoy those, right? Well, for some people that's not true, though; some people can't even enjoy the pleasurable emotions. I was one who couldn't enjoy any emotions. But many of us are okay with the pleasurable stuff. In fact, we spend our whole life trying to create pleasurable emotions.

But we don't understand one thing when we're selective, and that is that the way our soul is built is just to have everything flow all the time. So if I'm just focusing on selective emotions, I'm now using my mind to work out which emotion was good for me and which emotion was not good for me, and as soon as I get into that state, I am now shutting down the whole system, because I'm now using my mind to control which emotions I experience. And it's a very popular way to avoid your soul. A very popular way.

What's next?

4.9. We are influenced by other people's opinions and avoid telling the truth in all circumstances

Participant:

We are influenced by other people's opinions, and avoid telling the truth in all circumstances.

Jesus:

Yeah. Avoiding truthfulness, shall we call it?

4.9.1. An example of a husband having adulterous thoughts

Jesus:

So the man comes home from work, and he knows there's been five times today when he looked at a woman and he felt a desire for her. He felt like, "Get her in the sack would be quite nice." Now, he's felt that five times. He comes home, and he's married. And what does he say to himself?

Participant:

It's okay. That's she's got a headache. (Laughter) I'm just a man.

Jesus:

Well, he might not even tell his wife. Why?

Participant:

He doesn't want to hurt her.

Jesus:

And that's a heap of crap.

Participant:

He doesn't want to get into trouble.

Jesus:

And that's more to the point. But in the end the deepest emotion is that he doesn't want to feel his own emotional shame about it. We avoid being truthful because we're avoiding an emotion within ourselves that's quite deep. In every situation when you haven't been truthful—and I'm talking about volunteering truth, not being forced into it. I mean volunteering it in your entire life to everyone around you. As soon as you avoid that state, you are in denial of one of the emotions inside of you.

Participant:

He's ashamed because he had the desire?

Jesus:

Yep.

Participant:

But he's also ashamed because the desire means he hasn't created a really loving relationship with his wife, because if he had...

Jesus:

Not necessarily.

Participant:

No?

Jesus:

No. It could be some really deep, very basic emotions with his mother that created this particular feeling. It could be that he's got this injury of unworthiness within him, second chakra unworthiness, and when he's walking along the street these particular women have an opposite emotion that automatically attracted him. It could be just that he needs to be open and honest about that and just feel that. It doesn't mean that he's necessarily in an unloving relationship or that he's not loving his wife. It means that he's still got an unhealed emotional injury within himself that he needs to be willing to address and not be in denial of.

Participant:

Won't that affect his marriage, though?

Jesus:

Not at all, if she is also willing to deal with all of her emotions.

Participant:

Okay.

Jesus:

If she isn't, of course it's going to affect his marriage. But does he want to be with a person who doesn't want to feel all of her emotions?

Participant:

Maybe he doesn't want to feel his emotions.

Jesus:

Well, probably, yes. Okay. But we're talking about becoming at-one with God here. This is all about denial of our own soul, not of somebody else's.

Participant:

So if he admits the shame, it'll all come out in the wash anyway.

Jesus:

If he admits the shame, he goes through that emotion. Her Law of Attraction is she's attracted this, so she'll probably feel emotions of, "I can't trust him. What's going on? I don't feel connected with him now." If she feels her own emotions, they will both have a much closer relationship, because in the end it's based on truth.

When you're based on truth, everything opens up within you emotionally. You can have a much closer bond when you know your partner is going to tell you the truth every single time, no matter what. In the end, if you find the truth is that they don't really want to be with you, then that's great, too. Let's not put that off for ten years. Let's deal with that now, and go and find somebody who does want to be with you.

Participant:

If he deals with that feeling at the time, and feels that attraction and can deal with that, then he's not going to feel shame later, necessarily.

Jesus:

Probably not, if he accesses the underlying cause. But if he's in a relationship, why wouldn't he tell his wife?

Participant:

Oh, no, I'm not suggesting he wouldn't.

Jesus:

Yeah, but a lot of people suggest that you don't have to. And I'm saying, if you want more closeness - and what we're talking about here in the end is if you want to be at-one with God - these are the things you will be doing all the time.

Participant:

And on a level your partner will know anyway.

Jesus:

Of course they know! They can feel every emotional injury within you, whether they're aware of that feeling or not. So you automatically know if your partner has five feelings of infidelity in a day. Why do you think you're so jealous all the time? Because you feel that feeling coming from them all the time, and it's triggering a feeling inside of yourself that needs to be released. It's your Law of Attraction.

So avoiding truthfulness is a big one. Most people find that that is so hard, because we've been taught what, about the truth?

Participant:

It hurts.

Jesus:

"The truth hurts. I'm responsible for other people hurting if I tell them the truth."

4.9.2. *From God's perspective we are responsible for not withholding truth and not telling lies*

Jesus:

From God's perspective you're only responsible for another person hurting if you told them a lie or withheld a truth.

That's the only time you're responsible, when it comes to God's Laws: when you've withheld the truth or told a lie. When you've told them the truth and they're hurting, you are no longer responsible for their emotion. You have done everything in your power at that point to remain in harmony with God and with the Laws of Love, so you are no longer responsible for any of their emotions that occur.

Participant:

What if somebody's told you something that they're actually avoiding? Like if it were yourself, you would tell the truth, but they've come and told you something that they're not truthful about. And if it was myself, I'd feel bad about not being truthful. So are you obliged to go and tell that truth?

Jesus:

Yeah, for your own sake. Yeah. It's big, isn't it?

Participant:

Yeah.

Jesus:

It's big. Yeah. This area of avoiding truthfulness is big. One way you can avoid almost all of your emotions in your life is to avoid truth. Once you have a deep heartfelt commitment to truth in your life, you'll find that you will hardly avoid any single emotion.

4.9.3. *An example of a woman detuning from her emotions*

Participant:

AJ, I had a situation just recently where I did say what I thought was truthful and the repercussions were huge. And I was then sitting there through all the blast of anger and everything, and I was accused of being cold and indifferent because I wasn't reacting. And then I thought, "Oh, I'm not feeling the emotion," because I felt good that this was happening, because I could see that they were feeling the emotion, and I thought, "I'm not feeling anything. What's wrong with me?"

Jesus:

If you're not feeling anything, it's because you've gone into a state of fear about their reaction. And you've avoided that emotion.

Participant:

Because I should feel something about them being in such pain?

Jesus:

Yeah, you will feel something. You'll either feel compassion if you've released all of yours, or you'll feel fear, fear of them punishing or fear of them hurting you. There might be lots of different feelings you have when you've told the truth and then you get a reflection of anger back. Remember, the reflection of anger back is your Law of Attraction. So it's triggering another emotion within you right at that moment. Can you see how when you stay in the truth, just bang, bang, bang, bang! That's why you feel overwhelmed. And feel that, too! Feel all these things that you're feeling.

Can I move on to the next one?

4.10. We tell ourselves we are happy but are not as yet at-one with God

Participant:

We tell ourselves we're happy.

Jesus:

We tell ourselves we're happy. Can you see how that's a powerful tool of denial? Because if I'm telling myself I'm happy all the time, I'm telling myself everything's fine all the time, and what am I doing? I'm creating this fictitious world where I don't have to actually deal with the causal emotion within me. It's a very powerful tool. Many people on a natural love path with New Age movements have learnt to do that very well - tell themselves they're happy all the time.

Participant:

I met a guy who said, "I resolved it. I will never be sad ever again. And I've never been sad since."

Jesus:

Yeah, and that is one of the biggest denials that this man is in. That's a huge denial. Very powerful denial.

What's another one?

4.11. We are self-righteous but unreceptive in our heart to more Divine Truth

Participant:

We are self-righteous.

Jesus:

Do you know what I mean by being self-righteous? "I'm right in this situation. Sure, my Law of Attraction is this person is yelling at me, but it's not my fault." (Laughter) The truth is the Law of Attraction is bringing you it, so it has to be something in your soul that needs to be released in this situation.

So we've got to stop telling ourselves things about ourselves that are not true. This is another thing that the New Age movement does a lot, they tell themselves, "I'm over that now." How often have you heard that? "But I'm over that now." Just the whole fact that we're having a conversation about it means you're not over it. If all of a sudden somebody comes up to you and starts talking about some childhood abuse event, and then they say they're over it, what can you pretty much guarantee? They're definitely not over it. Why would they even be speaking about it if they're over it, unless it's to do with teaching something or helping somebody else?

Participant:

So if you don't remember the event, does that then mean you're over it? Or are you so in denial that...?

Jesus:

If you don't remember the event, you're in very big denial. In the end you will remember every event in your life, but there will not be an emotional signature to the event, because you've released all the emotions. So you get into a state, when you're at-one with God, where you remember everything from the moment of your conception onwards. And you won't have any negative emotion about it. It'll just be, "Oh yeah, this happened to me when I was ten, and this happened to me when I was five, and this happened to me when I was seven." And you'll use it in teaching others and helping others connect to their emotions, but you will not feel any negative emotions about it yourself anymore.

What's next?

4.12. Our heart is hardened to how we hurt others by treating them unlovingly

Participant:

Our heart is hardened to how we hurt others.

Jesus:

Yeah. Hard hearted. If we're hard hearted, that's a big thing, actually.

4.12.1. The example of eating meat and dairy

Jesus:

So if you're there eating a piece of meat for dinner, for example, and you're not crying at the same time (laughter), your heart has become hardened to that particular injury. Because if you really understood everything that was going on, you would feel the pain of that animal, you would feel the pain that you created because you're eating the meat from it, and you would not be able to do it again. When we become hardened to something in the world around us, we are no longer in a state where we're open emotionally, and we are now in denial.

Participant:

What about beliefs that it's okay?

Jesus:

Of course you can tell yourself that, that's what a hard heart does: it tells itself that your beliefs are okay. But we're talking here about God's beliefs. What are God's feelings? If you want to be at-one with God, you're going to have to get to know God's feelings, not yours. You're going to have to know yours, too, of course.

Participant:

But don't you kill tomatoes and vegetables, even?

Jesus:

See, that's another great justification for being hard hearted.

Participant:

Aren't we killing everything that we're consuming?

Jesus:

Yes, but you look at how things are created. I've had this discussion before. Some things, when you eat them, die, other things when you eat them propagate. Do they not?

Participant:

Yeah.

Jesus:

So if there's things that multiply and propagate and you're eating them, then obviously that's more harmonious with love than things that are dying when you eat them.

Participant:

Maybe you need to explain that?

Jesus:

Well, like a sheep, if you slaughter a sheep, it's now dead. You can't bring it back to life, can you? But if you eat a tomato, there are seeds in the tomato and you can just get all those seeds out, plant them, and away you go, you've got more tomatoes. So one creates life. In fact, the tomato has to actually have its flesh removed to get at those seeds to create life. The other one doesn't create life. It just kills life. So which one's harmonious with love? A lot of people are very resistive to this meat discussion! (Laughter)

Participant:

So what's wrong with dairy products - milk, cheese?

Jesus:

Nothing wrong with the product itself, what's wrong is what man does to create that product. You look at the actions that man takes to give you milk. We were talking about it the other day to a farmer, and he said within three days he slaughters all of the calves. He just slaughters them and buries them.

Participant:

Wow. Why?

Jesus:

Because it's too hard to sell them, and it's too hard to take them to the slaughter, so he just slaughters them and mulches it all up because he wants the mother's milk. So if that wasn't happening, then, sure, having milk would be fine.

Participant:

So if you've got a dairy cow and you milk it yourself with love...?

Jesus:

Yeah!

Participant:

It's not a problem.

Jesus:

There's not a problem with that.

Participant:

Isn't there supposed to be enough milk, I thought?

Jesus:

Enough milk?

Participant:

For babies and...?

Jesus:

There's plenty of milk for both. But why do they kill the calves? So that they maximise the yield of the mother, so that they get more profit. Is that loving? Well, if you're drinking milk, you're enabling that process to continue, unless you're drinking milk from somebody who's not doing that. And how can you guarantee that? The only way to guarantee it is to go to a farmer and ask him whether they do that.

Can you see what's going on? Besides the fact that your body isn't meant to eat milk after a certain period of time anyway - let's face it. Your body doesn't even digest it. But that's a separate discussion in itself. The truth is that if you look at love, you'll know what to do. How many of you have some Kentucky Fried Chicken? Go on to a website that talks of how they get their chickens. You won't want to eat another chicken again, I guarantee you. But you know what we've done? We've become hard hearted. And therefore we deny what's really going on.

4.12.2. The example of war in the Middle East

Jesus:

How many of you care about what's happening in the Middle East, really? Like, really?

Participant:

Would you say we were not telling the truth if we said yes?

Jesus:

Well, many of you would be not telling the truth, yeah. Many of us care about it in an external sort of way, but we're not looking at what's creating it in many cases, and addressing our own conduct in what's creating it. So look at that. Don't be hard hearted about what's going on.

Participant:

But this is like being in hell.

Jesus:

What's like being in hell?

Participant:

When you really get committed and you start to feel about the cows, and the calves, and the Middle East.... (Laughter) They're your examples! Stop laughing at me! They're your examples.

Jesus:

Spot on. And what do you feel?

Participant:

Sad.

Jesus:

So feel it. Feel it.

Participant:

Deep, deep grief.

Jesus:

So feel that. Connect to that.

Participant:

And sadness. And pain and death.

Jesus:

And resolve inside of yourself that you never want to create any of that anymore, yourself.

4.12.3. The example of diamonds

Jesus:

Like how many of you ladies wear a diamond ring on a finger? Have you looked at that? Have you looked at what you're creating?

Participant:

Go and watch "Blood Diamond."

Jesus:

Yeah, go and watch the movie "Blood Diamond" and see what you're creating. Diamond rings, diamond earrings, diamond jewellery - see what you're creating. Now, sure, in a different world it will be created a different way, but let's look at the world we're in now and see what we're creating and stop being hard hearted about it all. Because when you harden your heart, you're denying your soul. When you deny your soul, you'll never be at-one with God.

Participant:

AJ, even though it's the norm of our society to eat meat and we're so over-exposed to violence, is that just not taking responsibility, doing the same thing with eating meat, because it's the norm?

Jesus:

Yeah. The norm is just an excuse, let's face it. How many people are in an at-onement condition, did I say, on the Earth at the moment?

Participant:

None.

Jesus:

I wonder why! Because it's not the norm, is it? So we're going to have to learn to live out of the norm, for a while at least, if we want to be in that condition.

4.12.4. Being hard hearted from God's perspective

Participant:

AJ, with respect to this one, our heart is hardened to how we hurt others by treating them unlovingly. How do you handle it when people accuse you of being hard hearted when you know in yourself that you're being loving to them?

Jesus:

Remember that all of this hard heartedness is not about your own definition of what's hard, or somebody else's definition, it's God's definition of what's hard that matters. So, is telling the truth from God's definition a hard-hearted thing to do?

Participant:

No.

Jesus:

No. But how many of you feel that when you tell the truth you're hurting someone? Quite a few. So we obviously have an incorrect belief when it comes to that particular belief. What I'm asking myself constantly is, "What does God think about what is going on here?" Not, "What does the person think?" or, "What is a person expressing at me?" So if the person's projecting anger at me because I've just told them the truth, I know that my intention was honourable, my intention was based on love, my intention was to help them get into a state of more truth, which is going to bring them closer to God. So their response actually doesn't matter, as long as I've been in that state myself.

Participant:

When we find ourselves in that situation, how can we be sure that we're not generally being hard hearted and we're fooling ourselves and we're in denial in some way or other about our hard heartedness?

Jesus:

By staying in contact with your own emotion. Are you feeling completely connected with your own emotion? Are you feeling God's Love flowing through you at that particular moment? Are you feeling connected with the person? Do you have compassion for the person even when they're angry with you? Because if you do, then you are staying connected and you are in love. But if you're not, and you're getting angry back, and you're getting upset, then you're not in love anymore. So deal with that - that's another denial of the soul.

Let's talk about an ideal world for a start. In an ideal world, a cow still dies. So in an ideal world, in the end you could use that hide and also the meat and other things for whatever you wished, if it died a natural death. But we know in most cases that's not what's happening. So nowadays what I do is avoid those things. Now, I do have some leather jackets from when I didn't respect that, and I'm not going to throw them away, because that would also be disrespectful of that. So what I'm doing is changing what I'm doing from now onwards.

Participant:

That's all you can do really.

Jesus:

That's all we can do. Yep.

Participant:

God knows. He knows what we're facing.

Jesus:

And He also knows your intention and your feelings. He knows your desire.

Participant:

That we want to be perfect like our Father, we say, but it's going to take more than a couple of nights to achieve it.

Jesus:

Yeah. You won't be able to decide it all today and be there tomorrow. And, you do need to feel it.

4.12.5. *The example of eating meat and dairy (continued)***Jesus:**

So with the discussion about meat, keep eating meat if that's what you feel. I'm not telling you to stop, am I?

Participant:

You are really.

Jesus:

No, I'm not.

Participant:

You're making it not feel good. You're making me feel guilty.

Jesus:

"You're making me feel guilty"! I don't make you feel anything! What are you talking about? You just feel guilty. Go with it! (Laughter) You need to feel guilty if you're going to change. (Laughter)

See, the problem is a lot of the time you're saying, "Oh, you're making me feel guilty." No, you're feeling guilty because your soul inside knows that eating meat is actually not good for you. It's not good for the environment, it's not good for the world, it's not good for the meat you just ate, and it's not good for the animal. You know this. If you're in a state of love, you know it. You're just trying to be hard hearted about it and get away from it, because why? Because you're just addicted to this taste. Or you're addicted to something else that's going on emotionally. You're addicted to the feeling of being full with meat, and nothing else gives you that feeling except the meat. Deal with the addictions. Face the truth.

Participant:

I actually didn't eat meat for a long time, like ten or twelve years, and then had health problems. And then that led to me starting again.

Jesus:

Yeah, that's a great excuse.

Participant:

I know... well, I'm wondering if you really believe that you can get all the nutrients that you need through alternative...?

Jesus:

Totally! Yeah, totally. The reason why we're not is because of an e...? An e...?

Participant:

An emotion.

Jesus:

Emotional problem! (Laughter) An emotional problem. Couldn't get it out my mouth! (Laughter)

Participant:

That's the thing - there's only one answer, AJ.

Jesus:

It's the answer for everything. It's true! If we're not getting sustenance from what God created us to have sustenance from, then we obviously have an emotional issue with it. So deal with the emotional issue. You'll find that everything will change.

I went through a really bad period myself where I was eating just vegan, dropping heaps and heaps of weight, and not having good digestion at all. So I started supplementing with vitamin B and all that kind of stuff to help my digestion. In the end it was just caused by this heap of feeling of unworthiness affecting my bowel that caused me to not get the nutrients out of the food. Once I dealt with that feeling, I started putting on weight.

And you know what happens now? If I'm not dealing with a certain feeling, I lose weight. If I start dealing, I put on weight again. And it just cycles like that now. So I know when I'm losing muscle mass that it's to do with an emotional injury within myself. It's got nothing to do with whether the food's providing it, even. In fact, you'll get to a point in your own progression where you won't even need to eat food, if you don't want to.

4.12.6. *Speaking the truth as a child would***Participant:**

AJ, what do you do if you've got a situation that if you do tell the truth, that perpetuates the sin, it perpetuates like adultery.

Jesus:

Telling the truth can never perpetuate the sin.

Participant:

But there's a wife involved.

Jesus:

It doesn't matter. She needs to know the truth.

Participant:

And her husband...

Jesus:

He needs to know the truth. Children need to know the truth.

Participant:

So you've got to go to them and confront it?

Jesus:

Yes! Yes! (AJ says "yes" with a trembling voice) (Laughter)

Participant:

And children?

Jesus:

And children, yes. They already know the truth emotionally, anyway. It's already happening emotionally. Remember I said before, if you avoid truthfulness, you're just avoiding lots of emotion. Where? Within yourself. You're not protecting the other person. You're being selfish, and you're protecting yourself. That's what you're doing. And the reason why we avoid truthfulness is because we're protecting our own emotion within ourselves that we do not want to experience at that moment.

Participant:

With truthfulness I was taught you use "I" statements and you just talk about yourself. But are you saying that you could actually...?

Jesus:

What does a child do? Does a child say, "I've got to use 'I' statements, so...." What does a child do? Just says what's there and just blurts it out, right? Be a child. Just be a child.

Participant:

Children do use I statements. They say, "I feel angry. I feel scared. I feel unloved."

Jesus:

Yeah, but sometimes they don't. Just be the child. Own the emotion, though. Own the emotion. Don't be hard hearted with the emotion.

What's the next way we can identify that we're denying our soul?

That's it? That's enough, isn't it? There are quite a few other things I could be saying, but can you see these are the things we do, these things that I've just listed are all things that we do to stay out of the emotion. They're the things that we're doing to deny our soul. If you notice yourself in any of them, start observing. See, "Ah, yeah, I did that again. Denying another thing. Oh well, I'm allowed to."

Participant:

So do we not have to worry about how to couch the truthfulness in such a way that it's not blaming or...

Jesus:

Definitely not. Do you know what I mean by couching truth? Modifying the truth and making it feel really palatable to the person who's receiving it. The problem with that is the truth is just the most beautiful as it is in its raw form. And we don't appreciate that. The truth in its raw form is the most beautiful thing you will experience.

4.12.7. Connecting with emotions until they are fully released

Participant:

So you could, "You're being a bitch," and it's the truth?

Jesus:

If that's the truth of what you're feeling, but that's a projection. So it's not the truth of what you're feeling, actually.

Participant:

So that's why I'm wanting to know what you mean by...

Jesus:

So go into your room, write down, "She's being a bitch. She's being a bitch. She's being a bitch." What's underneath this? She's being a bitch, and allow yourself to feel what's underneath. What is underneath? Why was she a bitch? Why was she a bitch? Why was she a bitch?

Participant:

Because I'm feeling bitchy.

Jesus:

Why do I feel she was a bitch? "Why do I feel Alana was a bitch?"

Participant:

I felt hurt because you didn't do what I wanted you to do.

Jesus:

Well, no, there has to be something inside. So if you're being angry with me, and I'm feeling your anger, and I want to get angry back, there's a feeling that I'm denying within myself. That's what I need to connect with. But to connect with that: "You're angry with me, how am I feeling about that?" I'm feeling angry; I want to get angry back. Why do I want to get angry back? Obviously there's a deeper emotion, isn't there? So go into a private space, kick the hell out of a punching bag or whatever, and get angry with that, just really connect with that anger, and allow yourself to go deeper into the underlying emotion.

Participant:

How long? (Laughter)

Jesus:

How long? As long as it is.

Participant:

How long is a piece of string?

Jesus:

It's as long as it is. Everything is as long as it's going to be. So with your emotions, it's just as long as it is. Stay in it until you just keep connecting. Stay there. Stay there. This is a lovely opportunity for you to stay there. Stay there. Stay there. Stay there. Stay there. Stay there. "Oh! There's nothing there anymore!"

But if you stay there and then get out, then how many other times are you going to need to get back in? Another five times. And you're going to need to stay there and get out every time, and still it won't be experienced, and what have you done? You've had to create six events now, instead of one, to access that emotion. Why do that? All I'm doing when I'm doing that is just delaying my own happiness. That's all I'm doing.

So stop delaying your own happiness. Start wanting to be happy, and the only way to do that is by staying in the emotion as long as the emotion takes to release. So if it takes three days, it takes three days, and you're out of action for three days. "But I've got to work! What about my kids? What about what's going on?" They're all justifications for me to shut down my emotion. Why haven't I already created a space where I can cry for three days? Because I don't love my soul enough yet to create a space where I can cry for three days. That's the only answer, really. And that's okay, I'm allowed to not love my soul. I'm allowed to not love my soul. Aren't I?

Participant:

Free will.

Jesus:

Yeah, I've got free will. I'm allowed to not love me.

4.12.8. *Speaking the truth as a child would (continued)***Participant:**

I could understand being truthful to myself about myself, but to say something to another person, I don't know...

Jesus:

But you have a fear.

Participant:

But then there's my perception of...

Jesus:

But it doesn't matter. It doesn't matter. If you just say the truth right at that moment about how you're feeling you can...

Participant:

So it's always about me?

Jesus:

About how you're feeling. If you say the truth about how you're feeling, then it will soon be exposed what's underneath you.

Participant:

I thought we were supposed to be telling the other person about themselves? That's why I was confused.

Jesus:

No, no, no. I'm saying to say the truth about you.

Participant:

Okay, that's what I meant.

Jesus:

So for example, "Yes, today I wanted to cheat on you five times." So if I came home and I was a husband, we were married, and I said, "I wanted to cheat on you five times today," how would you feel?

Participant:

I don't know. I'd ask them before I knew how I feel.

Jesus:

Well, the thing is, if you were connecting with your emotions and I was connecting with mine, we'd soon get to the bottom of why I felt that, wouldn't we? But if you go into judgement and anger, how much more difficult for me is it going to be to express my truth? And the truth is, I might not have been from the soul level really attracted to that person today five times. It might be just an injury that caused all these attractions. But I'm never going to face it until I can say the truth about it. So, yes, if you find a person certainly nasty to deal with, you need to go to that person and say to them, "I'm finding you really nasty. And this is how I feel when I'm finding you nasty. When you're angry with me, I'm feeling like..." and away you go. If you want to do that, do that.

Participant:

But she still has to go back and then feel how she feels about that in herself.

Jesus:

Of course! Yeah, it's all within yourself. But I'm saying, you will get to the point where you will tell the truth one hundred percent of the time in every interaction. And won't that be freeing? That's total freedom.

Participant:

AJ, can I just share that I was at a communication skill class many years ago and this was what we were told to do. And the whole class disintegrated. People just couldn't deal with it.

Jesus:

Exactly.

Participant:

The whole class collapsed.

Jesus:

And a lot of your questions about this issue are about your uncertainty about the power of truth. So deal with that emotion, too. Many of you don't believe in truth. Many of you have been taught many lies about truth. You've been taught that it hurts you, that it's going to destroy your life and destroy other people's lives. These are all the parent projections that have been placed upon you. Let yourself feel them.

God's Truth is beautiful. The truth is, the truth will set you free. That's the truth. But it means you being one hundred percent committed to that, to you feeling that all the time. Being in that truthful state.

5. How do we deny the soul?

Jesus:

How do we deny the soul? We choose to use external tools or internal tools.

5.1. External tools of emotional denial

External tools - help me with listing some.

Participant:

Shopping.

Jesus:

Shopping! (Laughter) Computers. TV, videos.

Participant:

Chocolate. Alcohol. Drugs. Work.

EXTERNAL TOOLS

- SHOPPING
- COMPUTERS
- TV
- VIDEO
- ALCOHOL
- CHOCOLATE
- FOOD
- WORK

Jesus:

Notice with a lot of them there's nothing in particular wrong with them. When I say wrong, I mean, not socially acceptable. But you know what we do? We go down the track of, "Yeah, drugs. Now if someone's doing drugs, man, that's a bad thing, right?" (Laughter) But, you know, if I'm using shopping to deny

my soul, that's just as bad as using drugs to deny my soul. In both cases I'm not being loving to myself. So is one really worse than the other? And this is why often I've found, and I've mentioned this before, that people who are doing drugs or some other thing, oftentimes once they connect emotionally, they progress a lot faster, because they don't have all of these internal justifications of how bad it was or good it was.

Participant:

They just know it was shocking.

Jesus:

They just know it was shocking, and they need to stop doing it right across the board. The truth is that when you are using a video to deny your soul, that's just as shocking as it is to have drugs to deny your soul, because in both cases you're going to harm yourself. So the thing with external tools is we can sort of rub them out of our lives, and then tell ourselves that we're over it, and then just replace one with another one; for example, replace drugs with food.

And because food is a socially acceptable form of denial, we're okay about it. We tell ourselves, yeah, we've got things together now. "I was doing drugs before, but now I've got myself together." (Laughter) Have I got myself together about the denial? No. This is why a lot of people give up smoking and then put on twenty kilos or ten pounds or whatever. Why? They've substituted one form of denial with the other.

So they're external tools. Look at yourself honestly. A lot of times we don't look at ourselves honestly with that. We watch ourselves doing things, but we're not honest.

5.2. *Internal tools of emotional denial*

Jesus:

Now the internal tools are even more insidious, if I can call them that.

5.2.1. *Minimising*

For example, we minimise. I had a conversation with someone during the break, and I pointed out to her three times where she minimised her denial, and she just skipped over every one of them. Didn't you?

Participant:

Yeah. I know I did.

Jesus:

She owns up to that. She didn't own up when I pointed it out, either! (Laughter)

5.2.2. *Justifying*

Jesus:

We justify. So that's what all of you were doing with that meat discussion earlier. The majority of you were justifying.

You were trying to justify why you want to keep doing it, why you want to hold onto a hard heart. You're justifying it. And it's okay, you're allowed to for as long you want. But you're not going to be at-one with God that way, that's all. Do you really want to be at-one with God or not?

5.2.3. *The example of eating meat and dairy (continued)*

Participant:

Do you suffer any consequences for eating meat?

Jesus:

Certainly. Why do you think there are so many bowel issues and problems nowadays in the world? Why do you think there's so many physical problems in these lower two chakra areas, for example? Of course we suffer. All suffering is the result of us breaking laws of love.

Participant:

So it's not got to do with we're not actually meant to ingest meat? Are we made as humans to eat meat or not?

Jesus:

No, we're not made to eat meat. Even animals are not made to eat meat. Many of them are carrion eaters; so when an animal has died they clean up the dead animal. For us ourselves, we can eat anything we want, but the truth is what is the most loving thing to do? Where is the love in it? And it's the love in it that determines whether it is in harmony with God or not, in the end.

So we can justify it all we like, but all we're doing is justifying ourselves staying in our same state that we currently are. That's all we're doing. Do you want to keep doing that? Well, you're allowed to. If you want to, you're allowed to. Keep doing it if you want to, but you're going to pay penalties for that inside of yourself. Every time you break laws of love, there is internal harm that you're generating, and you will feel the pain of that at some point in the future, whether it's now or after you've passed.

And most of us are already experiencing the pain of that right in this instant. Even the guilt you feel when I talk about meat, that is the pain you feel. That's the pain you're feeling; allow yourself to feel it. It's okay, it's just a feeling. Feel it and look at what's underneath it. Why do you feel so attached to this meat? Let yourself go there, let yourself feel that emotion. And when you release that emotion, you'll find you won't want to eat that again.

Participant:

You said on one of the DVDs that animals don't have souls.

Jesus:

No.

Participant:

And that was a question I was going to ask yesterday, what drives animals? I thought of the soul being the thing that...

Jesus:

What drives an animal is your soul.

Participant:

Oh, okay. Because sometimes they seem like they're doing it...

Jesus:

Yeah. They are completely reflecting the emotional condition of the closest owners, or in the case of wild animals, the entire human collective condition. So what drives the animal is your soul. Your animal is responding to your soul constantly.

Participant:

So the soul is the power that sort of moves the physical body in the human?

Jesus:

The soul is the power that is behind the spirit body as well.

Participant:

Okay. I'm thinking through the meat context. So the human flesh keeps moving because you've got the soul?

Jesus:

Yes. And keeps growing and keeps changing, and keeps the genetic structure maintained, and all the organs are maintained, all via the soul.

Participant:

So it's all via the human souls that the flesh of the animals can move.

Jesus:

Exactly. How many of you have had an animal die and you've been really, really sad about that? A fair few. In the future the animal will live as long as you do. The only reason why an animal doesn't live as long as you do, if it's your pet, is because you have emotions in you that it's reflecting about death.

Participant:

So if an animal doesn't have a soul, then, doesn't it have any pain when it gets killed?

Jesus:

The physical body and the spirit body still experience pain. They are organisms just like any other organism that experiences pain. But it's the soul condition of a human that the animal is constantly responding to. So for

example, how many of you have got an animal that's been really badly hurt when it was little, and it's never forgotten that hurt? That seems to happen quite often. The reason why is it's still connected to its original owner's pain, and it will not release it unless that original owner releases it.

Participant:

With any attack by a shark, where you're looking face at it, and you could really project love and...

Jesus:

When you say project love, if I'm not already being love then I'm not projecting love.

Participant:

Okay, well, say you were...

Jesus:

If I was in a state of at-onement with God I wouldn't be eaten by a shark, no.

5.2.4. *Intellectualising*

Jesus:

Okay: internal tools of denial. What other ones are there?

Participant:

Intellectualise.

Jesus:

Intellectualise. Big thing we do. Inside of ourselves we go, "Oh, but...", and then away we go. And we do this all the time. You know, with this discussion about meat, we've been doing it, just intellectualising it, and not feeling it. See, if you were feeling it, you wouldn't even have the argument. How many of you would get an animal right in front of you, get your pet dog and slit its throat? How many of you can even bear to do that? Now in all the audiences I've said that to, there's only been one fellow who put his hand up, and it's because he eats dogs. But he was more honest than all of you who are eating meat. You know why?

Participant:

Because he's experiencing the emotions.

Jesus:

Because he was willing to do his own dirty work and not make somebody else do it. Do you think there are more penalties getting someone else to do your own dirty work? Of course there are. So he's actually willing to do his own dirty work, so he was being more honest. The fact that we get other people to do this work for us is just hardening our own heart to the whole process. So let yourself feel about that. Just let yourself feel. Stop intellectualising it all away from yourself.

What else?

Participant:

Minimise anger. Being in the future.

5.2.5. *Shifting the blame*

Jesus:

Let's mention the other one, though: shifting the blame. We do this a lot. "That person's angry. It's all their problem." That's just shifted the blame, because the Law of Attraction is stating that it's my problem. There's an emotion within me that's triggered all this. So we often shift the blame. We say, "Oh, but it's all your fault. It's all mum's fault. It's all dad's fault." Whatever it is that's going on, it's always somebody else's fault. We've shifted the blame.

How many of you have had an accident and written down on the thing that you were only twenty-five percent in the wrong? (Laughter) Or not even in the wrong at all, you felt? How many of you have felt like you weren't in the wrong when you had that accident? But from the soul perspective, who attracted the accident? I did. It would have happened to another person if I didn't attract it. Or maybe not happened at all if I didn't attract it. So who's in the wrong? I have got an emotion inside of myself that I'm in denial about, and this particular event is happening to trigger that emotion that I can then choose to experience or not.

So after a while you start seeing in fact that everything going on around you is to do with your own Law of Attraction.

Everything. And when you take that responsibility, when you feel that, it's really powerful. But we deny that often by shifting the blame onto others.

6. How to get out of denial

Jesus:

Okay. So let's get to the last section, how to get out of denial. Well, the answer is quite simple, really. Do the opposite of what you do to get into denial. Simple, but hard to do, perhaps.

6.1. *Breathe*

Jesus:

The first thing is, breathe. Why breathe? Because when you breathe, you're allowing emotion to flow. The whole reason why we're in denial is because we don't allow our emotions to flow. So when we're breathing into our diaphragm and we're filling up our body with air, we're allowing our emotion to begin flowing. So that's great.

6.2. *Set your intention*

Jesus:

Set your intention. Intention comes from the heart, too, by the way. So look at your intention. If I get angry, I intend to get angry. I'm intending to get angry to get away from an emotion, and I want to get away from that emotion. Tell yourself the truth. This is what your intention is. "I want to get away from my emotion, so I will use anything in my power to do it. I'll use drugs, drink, whatever." Or, "I'll use all these nice things that everybody judges as nice to get away from my emotion. I'll do whatever I can to get away from my emotion. Yep, I'm just avoiding my emotion."

Then go down the track of asking yourself, do you want to keep doing that? And set your intention, your feelings, to be different. Do you want to keep doing that? "No, I don't want to keep experiencing the pain of avoiding my own emotion all the time." So set your intention differently.

Participant:

Can you do it intellectually, or does it have to be...?

Jesus:

Always emotional. It can't be done intellectually.

Participant:

So if you're numb, it's going to be hard to set the intention.

Jesus:

Yes, very difficult. So firstly address the emotions that you're trying to shut down by being numb.

Participant:

Right.

Jesus:

Let yourself feel the emotions that are underneath the numbness. And even just let yourself feel numb. Let yourself stick with that, and tell yourself the truth about that first, and then go deeper and deeper and deeper and deeper into that emotionally.

Participant:

I have the other problem that the anger hits me and I explode.

Jesus:

Yeah, because you want to explode.

Participant:

It's like that quick. There's not even any thoughts, it just...

Jesus:

No, there is a feeling. It's a feeling of, "I want to get away from why I want to protect myself, and the anger is the best and fastest possible way for me to protect myself in this situation." So your anger is a choice.

Participant:

Is it a type of diversion?

Jesus:

It's a diversion from the real thing, the real problem. So go into the anger, that's fine. Go into the anger. Punch, kick, whatever, get a bag and just get stuck into the anger and keep telling yourself while you're doing this, "It's deeper. It's deeper than this. It's deeper than this." But do it. Get involved with actually expressing the emotion fully. Okay?

So what else is on the list?

6.3. *Pray***Jesus:**

Pray. Be honest with God. "God, stuff ya! I don't want to connect with you. I'm sick of hearing about you!" Say the truth, if that's how you feel. If that's how you're feeling about God, say it to God. Be honest with God. Be honest with God about your intention, as well. If my intention is to deal with my emotion, set your intention and pray about that. "I'm setting my intention. I want to make a contract with you, my Father, that every time I haven't dealt with my emotion, you show me." Set your intention with God. Pray about things with God. Let yourself identify within yourself what's going on and speak the truth, at least to God about it.

What else?

6.4. *Talk to your spirit friends***Participant:**

Talk to your spirit friends.

Jesus:

Yeah. Your spirit guides are there to assist you to deal with your emotions. They're there to assist you to grow spiritually. So talk to them about that. Enlist their assistance; even if you can't hear them. Say, "I know you're there. I know you're going to help me. And what I'm going to try to do is take notice when you're telling me things." Okay?

Participant:

So they must be pretty happy at the moment, having a cup of coffee and going, "Yay!"

Jesus:

Yeah! “Our job’s just got a bit easier!” (Laughter) “Isn’t that great! Boy, it’ll be a breeze looking after her!” (Laughter) You’ve got no idea how many spirits find it so hard at times. Like particularly if they’re not yet at-one with God, and they’re your guide, because they’re going, “Oh, oh, yeah, she’s got it, she’s got it! She’s there! Argh!” (Laughter) “She’s just lost it again!”

When you get at-one with God you’re not quite that emotionally involved with it, but when I say emotionally involved, you’re very emotionally involved with it, but you’re not as disappointed. But you still have these feelings: “Oh, another opportunity lost. Another opportunity lost.” If you can work with your guides... Our spirit friends are having a lot of fun at the moment, actually! If you can work with your guides, then it makes their job a lot easier, both to protect you and to guide you. So let yourself understand that. You know, stop being in denial about that connection. Let yourself understand it.

All right, what’s next?

6.5. Open your heart to your own emotions

Participant:

Open your heart.

Jesus:

The opposite to hard hearted is to be open hearted. That means that I’m going to make a choice to be open to every emotion that comes to me in my life. Open, and not judge it, and just feel it. Making a choice to do that. That’s an awesome choice, if you can make that choice to do that. Things change very rapidly when you choose to do that.

What’s next?

6.6. Start observing your own behaviour

Participant:

Observe your behaviour.

Jesus:

Observe your behaviour. So even when you are totally shut down, totally numb, can’t feel anything, you can at least observe your behaviour. So start observing it. What do you do when you first get up in the morning? Do you go for the cup of coffee? “Oh, I must be denying something. I’m allowed to deny it.” Observe your behaviour, but make these comments to yourself about what’s going on. Observe what’s happening with you.

As you observe, you open up a part of your soul. As soon as you observe, you’re now in a better state of truth. And you’re opening up a part of your soul that then allows some emotion to dribble out. And initially it dribbles. Then it dribbles more, and then it just starts to trickle. And then it starts to just flow

a little bit more, and then it starts to run. And then it starts to squirt and gush and then it starts... you know. And that's what happens emotionally to your soul, because you're opening and opening and opening and opening. But something's got to start it.

What's next?

6.7. Be honest about your fears

Participant:

Be honest about your fears.

Jesus:

Be honest; back to the truthful one. Truth about fear. Fear is your false expectations appearing real, so fear is what's blocking everything inside of you. If you're not truthful about it, then you can't access what's underneath it.

So oftentimes I ask an audience, "How many of you are afraid of dying?" and nobody puts their hand up. And then I ask the audience, "How many of you cry when somebody dies?" Most of them put their hand up. Why are you crying? You must be afraid of dying! In the first statement, we're not truthful. There's an emotion in us of grief. There's this fear associated with it. There are false beliefs appearing real to us associated with that particular belief that we need to release. And we're often not truthful about them. And if we're not truthful about them, we will never release them.

What's next?

6.8. Take note of Law of Attraction events happening in your life

Participant:

The Law of Attraction.

Jesus:

Instead of avoiding your Law of Attraction, start noticing it. "Wow, that was amazing!" You should have seen the other day; just in my left side of my body I injured my foot, I injured my hand, and my left eye started flickering, and there's a little tiny growth that began in my left eye, as well. A cataract growth just began, just out of nowhere. "Gee, it's amazing, isn't it? That's my Law of Attraction." It all happened in one day. What do you reckon it might be about?

Participant:

The feminine.

Jesus:

The left side, feminine.

Participant:

Your soulmate?

Jesus:

To do with how I'm seeing things, anger. It was about a lot of my soul mate stuff. So I need to get into that. But, "Wow! The Law of Attraction's awesome." How many of you have awesome Law of Attractions? We all have awesome Law of Attractions! Everything's happening in our lives just to expose the emotions within us, so go for it. Understand that. And you know, the more you do that, the less the Law of Attraction needs to be harmful, because it's, the more you deny it, the stronger Law of Attraction events occur.

Participant:

You know what's fantastic? When the Law of Attraction changes.

Jesus:

That is a beautiful time, isn't it? You deal with the emotion, and, bang, you can feel the Law of Attraction change, and within a few minutes everything starts changing on that issue around you. You think, "Wow, I've just dealt with something! Wow!" It's awesome. So bear in mind that your Law of Attraction's telling you when you've just dealt with something, as well. And that's really great. When your Law of Attraction changes, you know - "Wow, I've just gone for a causal." That's the common statement nowadays! (Laughter) "Let's go causal!" (Laughter) "I want to go causal!"

All right. What's next?

6.9. Face the Divine Truth of any and all situations

Participant:

Face Divine Truth.

Jesus:

Face the Divine Truth. You see, what we often do is, we avoid the Divine Truth. In other words, we avoid what God's Truth is on the matter.

So, what is God's Truth? Would God want you killing animals? What do you feel? What would God's Truth be? He created them. Do you think He creates something for you to destroy it? Now, it's okay if it's going to replicate, it's reproducing, that's fine, but if it's not going to be reproducing because you just killed it, is that so fine? From God's perspective, do you think? Would God want you to waste God's created energy like that? Ask yourself these kinds of questions. At the start, you won't know what God wants, but you can work a lot of things out based on what you would want for your children, for example, just by asking, "Would I do this with my child? Why would I believe God would do it with me?" Those kinds of questions.

Face the Divine Truth. Face what God's Truth would be. These are all progressive states. You can't just do all of this at once; it's just a matter of working your way through these things.

What's next?

6.10. Begin following your passions, no matter how afraid you are

Participant:

Follow your passions.

Jesus:

Yeah. Start being dedicated to feeling your passions and making choices to live in them. You know, your life will change so much, and almost all of your emotions will be confronted when you do that. How many of you have got a job you want? How many of you haven't got a job you want? Now, if you gave up that job tomorrow, do you think you're going to be confronted with some emotions? Yeah.

So if you did follow your passion, what would be your ideal job? A lot of people say, "But I don't even know what my passions are," and that's okay. Stay in your current job if that's the case, and work on the emotion of finding your passion. Why don't you want to know what your passions are? Because I'm afraid to follow them, generally. That's why we don't want to even know what they are. I'm not facing my fears about that. So let myself face the fears. We mentioned that already.

What's next?

6.11. Follow your desires that are harmonious with love

Participant:

Follow the desires that are harmonious with love.

Jesus:

Follow desires harmonious with love. In other words, do them. So, is having sex harmonious with love?

Participant:

It depends.

Jesus:

Well, it depends, doesn't it? If I'm basing it on an injury inside of myself, and I'm needing some emotional satisfaction of neediness from the other person, is it now based on love?

Participant:

No.

Jesus:

So don't do it. And ask yourself, "What's going on? What's the addiction?" But what about if you're wanting sex and it is based on love? Well, then go for it!

Participant:

Even kinky sex? (Laughter)

Jesus:

Even kinky sex! (Laughter) What's kinky sex? (Laughter) I don't need education on that! (Laughter)

On the issue of sex, just as a side point - and I will be having a whole discussion one afternoon on sex at some point -there are two really good books. One for males and one for females to read about sex, that might confront you. Anyway... do you want to know what they are?

Participant:

Yeah! (Laughter)

Participant:

How's that for enthusiasm!

Jesus:

Well, nobody was saying anything! I was like, "Ah well! Nobody wants to know, then."

Participant:

We were waiting with bated breath!

Jesus:

By the way, I don't necessarily agree with all the morals in these books, but the female one is called Female Ejaculation and the G Spot by Deborah Sundahl. Awesome book, I feel. A really good book showing how female sexual respond, and male sexual respond, for that matter, are very much connected with your emotional state, and what's going on inside of you emotionally. And there are ways for you as women to get a lot more out of your body from a sexual point of view than you're currently getting, by actually triggering a lot of these emotions. And you'll enjoy the experience a lot more.

For the male I think it's called The Multi-Orgasmic Male. I can't remember the name of the guy, sorry.

Participant:

If you go to Mantak Chia's website, the book will be there.

Jesus:

Yeah. Just search for The Multi-Orgasmic Male as a book on Amazon. It's about how a male can actually achieve orgasm without ejaculation, and also it's about how you can cycle your sexual energy through each other, through the emotional connection. Now, my feeling about all of this stuff is, when you'll be at-one with God, you'll be automatically doing these things, but it's interesting to read these books just to open your mind and heart about what's possible even with regard to sexuality.

All of you love sex, hey? Man, it's good! I'm impressed.

Okay, last one.

6.12. Take action**Participant:**

Take actions that focus on opening up your soul emotionally.

Jesus:

So take action. Take action. Ac-Ac-Ac-Action! (Laughter)



So what do we do? Often what we do is, we talk about this so much, and we don't do anything. Why? Because we're afraid. See, when we take action, automatically our emotions will be triggered. They will. If you go home tonight and tell your partner all the secrets you've been holding from them for the last thirty years, don't you think a few emotions will come up? (Laughter) So go for it! It's going to open you up really well.

But if you don't act, of course you're not going to be creating events that will trigger you emotionally. You see, a lot of times we sit in our nice little comfortable cocoon life, which is really in the end a little prison of our own construction, with all these bars around, and we say, "I'm pretty comfortable," but we're also so afraid we can't walk out of the prison.

When you start taking action, what will happen is all of a sudden in your life all different things will be confronted emotionally. That's really pretty powerful when you do that. Take action. Don't be afraid to take action.

7. Closing Words

Jesus:

Hopefully that's helped you maybe start to look at your own forms of denial and what's going on inside of your soul. And hopefully as you work through those things, you will start creating a soul space, which is one of the discussions I have separately to this, about how to actually work through and create positive things going on in your life, to create a soul space where you can experience all of these emotions. At the moment the way the world's constructed is that we are very, very against emotional expression. And what we need is, we need leaders who are going to actually be for emotional expression, who are going to be really positive about emotional expression.

So what we need to do at some point in ourselves, if we want the world to change, is we need to start changing. We need to change. And if we do actions with all of these things in connecting with God, our soul condition is going to expand, and it's going to change the world just to have changes that we make inside of ourselves. One person can change the world. Just one. So if one person can change the world, what do you think a hundred can do? Or a thousand? But we need to have that positive thing of doing it, taking action, and getting going and doing it instead of just talking about it.

Many of you are feeling these wonderful feelings when you come, of feeling positive and feeling connections with your soul. A lot of your questions are getting answered. All of that's happening. But ask yourself now, "Am I putting this into practice in my own life?" Because when you do that, that's when all of the emotional errors will be confronted, and it's also when you're putting love into action. And you change the world by putting love into action.

Participant:

Yesterday, AJ, when you talked about wanting to take your soul mate off into the country and make mad passionate love to her, well, that isn't...

Jesus:

That's not what I said! (Laughter) It's probably what I had in mind! (Laughter)

Participant:

I've felt so much for you, so much yet again, and so thank you again for giving us the opportunity.

Jesus:

It's my pleasure, Jenn.

Participant:

And thank you for addressing Graham's sex issue. (Laughter) No, really!

Jesus:

Yeah! It's fine to be open about all these things. It really is. Hopefully you've enjoyed yourselves today.

Participant:

Yeah! Absolutely!

Jesus:

And bearing in mind my own condition today, I think I'm surprised with myself! (Laughter) I've dealt with some emotions recently of feeling a lot more relaxed talking with groups and so forth.

Participant:

It shows.

Jesus:

So I'm feeling a lot better within myself about that, too.

Appendix: The Human Soul - The Denial Of The Soul Seminar Outline

Introduction

Reminder – What is the soul?

The soul is the real you, not your physical body, nor your spiritual body

It is the living, feeling, emotional, passionate heart of you

The soul has attributes and qualities

Passion, Desire, Emotion, Feelings, Aspirations, Intentions, Free Will

Memory, Personality, Instinct, Natural Love, Energy

God's Love cannot flow into us while we are shutting down our own soul

Truth = Emotions, passions, desires, intentions, inspirations and aspirations in harmony with God's Love

Cause the soul to expand and come closer to God, and create pleasure and happiness

Error = Emotions, passions, desires, intentions, inspiration and aspirations in disharmony with God's Love

Cause the soul to sin (miss the mark) in thoughts, words or actions and create pain and unhappiness

Understanding Cause & Effect

Causes of all thoughts, words & actions are emotions, passions, desires and intentions

Pointless trying to change thoughts, words or actions if you are not going to address the underlying causes

What Is Soul Denial?

It is when we choose to deny our:

True emotional condition

Our true passions and desires

To not face our deepest soul desires for God, and then our soul mate)

To not face our deepest soul desires for our soul mate

Choose to shutdown how we feel in any situation

Indications We Are In Denial

We have physical pain in our lives

Physical pain is our body telling us that we are denying our emotional experience

We have emotional pain in our lives

Emotional pain is the result of our not accepting Divine Truth, or not living in harmony with Divine Love

We have addictions that we cannot seem to get rid off

Sex, food, alcohol, drugs, drink (like coke etc) etc

Repetitive Law of Attraction results

LOA brings you the same events over and over again with different people

LOA brings you children/pet events over and over again

We are numb to our emotions, and live in our logical mind

We do not make instant decisions, but need all the facts first

We have to weigh up the competing emotions of others

Feeling capping emotions

Anger, neediness

Feeling emotions not harmonious with showing Love

Fear, doubt, anger, resentment, hatred, jealousy, envy, rage

We are selective in our emotional experience

We try to deny our pain, and spend time trying to latch onto pleasure

We are influenced by other people's opinions, and avoid telling the truth in all circumstances

We always choose to avoid living in truth in order to avoid an emotion

We tell ourselves we are happy, but are not as yet at-one with God

If we are not yet at-one, then we are denying some emotions or Divine Truth in disharmony

We are self-righteous, but unreceptive in our heart to more Divine Truth

We have learned to block our ears and our hearts (Mat 13:14,15)

Our heart is hardened to how we hurt others by treating them unlovingly

We live in our addictions, seeing our problems as created by others

How Do We Deny The Soul?

External Tools Of Emotional Denial

External tools of denial include:

Anything that is outside of yourself that you use to run away from your emotions

Anything that takes us away from our true feelings, and creates a fictitious personal state

Eg. Choosing pleasure experiences when our soul is in pain

Eg. Choosing to busy ourselves to stay away from pain

Eg. Choosing to shut down ourselves (go into depression or apathy) to get away from pain

Eg. Choosing to intellectualize ourselves away from pain

How do you feel when someone confronts these tools of denial?

How do you respond?

Internal Tools Of Emotional Denial

Internal tools of denial include:

Internal attitudes or beliefs which help us stay away from our soul

Any internal arguments you use to keep you away from your emotions

We deny we have the underlying emotion

Denial "It's not really happening!"

We intellectualize away the underlying emotion

Repression "It never happened!"

We live in harmony with our underlying emotion so it appears like it does not exist

Conversion "I avoid situations that make me uncomfortable, or that remind me it happened"

We shift the blame other people for our emotions

Projection "I feel this way because of what you said or did"

We disassociate from causal events

Disassociation "I don't remember what happened"

We minimize our emotions, saying that the emotion does not govern our lives

Minimization "I know it happened, but it wasn't that bad really"

We justify our emotions, saying that everyone has them

Justifying "I know it happened, but if it did not happen I would not be the person I am"

How To Get Out Of Denial

Set your intention – Do you really want to be out of denial?

Breathe

Pray – Ask God to help you

Talk to your spirit friends, and ask them for help and assistance

Open your heart to your own emotions

Start observing your own behavior

Be honest about your fears

Take note of Law of Attraction events happening in your life

Face the Divine Truth of any and all situations

Begin following your passions no matter how afraid you are

Follow the desires that are harmonious with Love, and allow yourself to admit to desires in disharmony

Take actions that focus on opening up yourself emotionally rather than denying your emotion

References, Music and Movies

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Movie: “Magnolia” 1999. Tom Cruise, Julianne Moore & Philip Seymour Hoffman (MA Rating)

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Movie: “Sunset Boulevard” 1950. William Holden & Gloria Swanson

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Reference: “The True Gospel” Padgett Messages. Volume I, page 159. Professor Salyards “Various Experiences of Spirits When They Arrive in the Spirit World”

Reference: “The Heart Of The Soul: Emotional Awareness”. Gary Zukav & Linda Francis

Reference: “Thoughts from the Heart of the Soul: Meditations on Emotional Awareness”. Gary Zukav & Linda Francis

Resources

For more information:

Divine Truth Website: divinetruth.com

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<https://www.youtube.com/@Divinetruthmain>

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<https://www.youtube.com/@divinetruthfaq/featured>

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<https://www.youtube.com/@Divinetruthclips/featured>

Divine Truth Events: <https://events.humanitix.com/host/divinetruth>

Mary's Blog: mary.divinetruth.com

eBooks by Divine Truth including eBooks translated into a variety of different languages:

<https://www.smashwords.com/profile/view/DivineTruth>

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Reminder From Jesus & Mary

Jesus and Mary would like to remind you that any document produced by Divine Truth containing any information from Jesus, Mary or any other person includes only a portion of God's Truth that they have personally discovered.

It does not and cannot contain the entire of God's Truth since God's Truth is infinite and humankind will forever continue to discover more of God's Truth as we progress in receiving more of God's Love.

Please remember that due to these limitations, information contained within this document may need to be revised in the future.

***Other compilation books can be found at
The Written Word (thewrittenword.ca)***

Handbook	Ethics & Morality
Workbook	What Is Your Treasure
Prayer	Passionately Desiring Positive Change & Taking Personal Responsibility
Humility	
Law of Attraction	Qualities of Divine Truth & Desiring Divine Truth
Parenting	
Soulmates	The Power of Your Soul and Denial of the Soul
Solomon's Message	
Positively Responding to Spirit Influence	Laws Governing Love of Others and Love of Self
Secrets of the Universe	Law of Desire & Law of Cause & Effect
What Happens When You Die	Pseudo vs True Spirituality
Understanding Sin	Getting To Know God & The World's Definition of God
The Way including Putting It All Together and Eternal Benefits	Why We Resist God & Emotional Blockages to God
The Truth & Purpose of Jesus' Life	
How the Human Soul Functions	Emotional Processing
Faith & Prayer	Understanding Your Emotional Self
Sincerity	
Sexual Attraction	Laws of Rapport & Spirit Communication and The 'Sleep' State
Fear (Revisited)	
Anger is Your Guide	Emotions & The 'Mother' Taboo and Emotions, Truth & Families
Forgiveness & Repentance	
Addictions	The World's Definition of Love
The Gift of Free Will	
The Three Selves & The Façade	
Deconstructing the Façade & Experiencing the Hurt Self	