

DIVINE TRUTH

Passionately Desiring Positive Change and Taking Personal Responsibility

Divine Truth

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

(all information can be found at divinetruth.com)

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

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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 seminars delivered by AJ Miller (who claims to be Jesus) in April 2010 in Buderim, Queensland, Australia, as part of the Human Soul series of talks.

In *Passionately Desiring Positive Change*, Session 1, Jesus describes how God created the Universe to change, the emotional stages involved in change, and how to grow rapidly by embracing the process of change.

In *Passionately Desiring Positive Change*, Session 2, Jesus describes the importance of faith and courage for passionately desiring positive change.

In *Taking Personal Responsibility*, Jesus has a discussion with a group in Brisbane regarding the necessity of taking personal responsibility for our own life, our own learning, and our own progression in Love.

The seminars used for this compilation are:

- Passionately Desiring Positive Change S1P1 – [April 10, 2010](#)
- Passionately Desiring Positive Change S1P2 – [April 10, 2010](#)
- Passionately Desiring Positive Change S2P1 – [April 11, 2010](#)
- Passionately Desiring Positive Change S2P2 – [April 11, 2010](#)
- Taking Personal Responsibility – [April 12, 2010](#)

Other than parts of 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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Contents

Preface	3
Passionately Desiring Positive Change: Session 1 Part 1....	10
1. Introduction	10
2. God creates with the intention of change.....	10
2.1. God created laws that cause change	10
2.2. God created a universe that changes	13
2.3. God created the human soul to change	13
2.4. God created the human soul to transform and change	14
3. Emotional stages in the process of change	15
3.1. Stagnation	15
3.2. Anger	15
3.3. Fear.....	16
3.4. Grief.....	16
3.5. Acceptance.....	17
3.6. Desire.....	17
4. Working through the emotional stages of change	18
4.1. Fear and anger are not real	19
4.2. It is impossible to exactly relive childhood experiences when processing emotions.....	20
5. Emotions surrounding Earth changes	21
5.1. Fear of losing family.....	22
5.2. Fear of losing comfort	23
5.3. The attitude of “bring it on”	26
5.4. Fear of the aftermath	26
5.5. Spirits influence us away from feeling our fears	27
5.6. The attitude of “bring it on” (continued).....	28
5.7. Movies to trigger Earth change fears	28
5.8. Addictions that take others away from their fear.....	29
6. Taking action to follow desires and challenge fears	29
6.1. An example of fears affecting the desire to be childlike	30
6.2. Fears of sexual projections.....	32

6.3.	Fears of singing in public	32
6.4.	Fears of public speaking.....	33
6.5.	An example of AJ's past fear of being in shopping centres	34
7.	Embracing and enjoying change	34
7.1.	An example of AJ's working through fears about public speaking	34
7.2.	Embracing change brings joy.....	37
8.	Embracing change exposes emotions rapidly	38
8.1.	Speaking about Divine Truth to others.....	38
8.2.	Challenging fears of sexual projections from men	39
8.3.	Challenging an addiction to pornography	40
8.4.	AJ confronting the fear of telling people he is Jesus	40
8.5.	Being in a relationship where we're open and vulnerable.....	41
8.6.	Embracing change brings joy (continued).....	42
8.7.	Challenging fears of heights and deep sea diving.....	42

Passionately Desiring Positive Change: Session 1 Part 2 .. 49

9.	Embracing change exposes emotions rapidly (continued).....	49
9.1.	Challenging fears of heights and deep sea diving (continued)...	49
10.	Working through fear	49
10.1.	How terror enters us as children	51
10.2.	Feeling through terror to discover the cause of the terror	53
10.3.	Fears related to the physical body	56
10.4.	Watching horror movies can be used as a way to avoid fear	58
10.5.	Working through fears of being alone	58
10.6.	Confronting a fear of sharks	59
10.7.	Judgement of childlike emotions.....	60
10.8.	Confronting a fear of sex	61
10.9.	Confronting fears of being emotionally open with one's father .	64
11.	Love of self is important when processing emotions.....	67
12.	Working through father emotions	71
12.1.	An example of a daughter feeling unimportant and not listened to	71

12.2. An example of a father sexually projecting at his daughter	74
12.3. An example of the mother wanting the father and daughter to not have a close relationship	75
12.4. An example of not feeling a father's love to keep the mother's approval.....	78
13. Experiencing personal pain is a result of our being unloving.....	80
13.1. Love of self is important when processing emotions (continued)	81
14. Closing Words	83

Passionately Desiring Positive Change: Session 2 Part 1 .. 84

1. Introduction	84
2. Faith is required for passionately desiring positive change	85
2.1. Faith that change is good	85
2.2. Faith that change is possible	86
2.3. Faith that God is good and loving	87
2.4. Faith underlies scientific discoveries.....	88
2.5. Faith is not blind or stupid.....	89
2.6. Faith is patient and creative.....	90
2.7. How faith drives passionately desiring positive change.....	91
2.8. An example of Mary's personal experience gaining faith.....	92
2.9. Faith is not hope.....	93
2.10. Faith involves taking action	96
3. Audience questions.....	96
3.1. Emotions underlying beliefs about boycotting, money, food and water	96
3.2. Emotions underlying eating processed food and creating waste.....	99
4. Faith is required for passionately desiring positive change (continued)	103
4.1. Generating an inspired vision of change	103
4.2. Faith involves taking action (continued).....	106
4.3. The difference between faith and trust	108

Passionately Desiring Positive Change: Session 2 Part 2.. 111

5. Courage is required for passionately desiring positive change	112
5.1. Courage involves inner strength	112
5.2. Gaining courage by releasing fear and desiring to act in harmony with love	114
5.3. Determination versus courage	116
5.4. An example of a participant receiving opposition speaking truth	118
6. We are creators of our own pain	119
6.1. Fear creates our pain.....	119
6.2. Pain is an indication that we are out of harmony with love	121
6.3. An example of helping a cancer patient.....	121
6.4. Addressing the cause of pain rather than the effects	122
6.5. Examples of AJ's physical pain with different emotions.....	124
7. Emotions are frozen within us from our childhood.....	126
7.1. We only have memories from when our brain was sufficiently developed to process information.....	127
8. Determining the cause of physical ailments	129
8.1. An example of a participant with chronic fatigue	129
8.2. An example of a participant with psoriasis	130
8.3. An example of back and neck pain	132
8.4. An example of itchy eyes	132
8.5. Getting massages.....	133
9. Closing words	134
9.1. Spirit influence towards people engaging with Divine Truth ...	134

Taking Personal Responsibility 137

1. Introduction	137
2. God is always personally interacting with us	137
3. Jesus' discovery of God's constant presence in the first century.....	139
3.1. The importance of taking personal responsibility for growing closer to God.....	140
3.2. Areas of life in which to take personal responsibility.....	141

4. God is always personally interacting with us (continued).....	144
4.1. Pain results from not taking personal responsibility	145
4.2. Taking personal responsibility tells us why we're not connected to God	146
4.3. Examples of taking physical, emotional or spiritual personal responsibility	147
5. Examples of a lack of personal responsibility in everyday life	148
5.1. An example of a man expecting his wife to prepare his meals..	148
5.2. An example of medications taking away personal responsibility for physical pain	150
5.3. An example of following gurus to avoid emotional responsibility	151
5.4. An example of suing others to avoid personal responsibility ...	151
5.5. An example of banks and the public not taking personal responsibility for investments	152
5.6. An example of emotional addictions in relationships	152
6. The importance of taking personal responsibility for growing closer to God (continued).....	153
6.1. Ways in which God can communicate truth to us.....	154
7. Longing for Divine Truth is a result of taking personal responsibility	155
7.1. An example of receiving truth from children	155
7.2. An example of a Law of Attraction where a driver is cut off by another car	156
7.3. Taking personal responsibility for unloving and loving emotions in our soul.....	157
7.4. Ways in which God can communicate truth to us (continued).	158
8. Taking personal responsibility for a direct connection with God	159
8.1. Longing for Divine Love.....	159
8.2. Divine Love transforms the soul	161
8.3. Neither Jesus nor any other person is a mediator between us and God	162
9. Understanding the truth of the cause versus blame	163
9.1. An example of taking responsibility for abuse perpetrated by a mother	163

10. Love, not justice, creates peace	164
10.1. "An eye for an eye, a tooth for a tooth"	165
10.2. Examples of blame in partner relationships.....	166
10.3. Taking personal responsibility is the loving course of action ...	167
10.4. An example of rehabilitating a murderer	167
10.5. An example of getting children to build their own school	171
10.6. The importance of taking personal responsibility for natural love and our relationship with God	171
11. Taking personal responsibility with parenting	172
11.1. Teaching the child about God and self-responsibility	172
11.2. An example of a child reflecting emotions to her parents.....	173
11.3. Teaching the child about God and self-responsibility (continued)	173
11.4. An example of a participant parenting a male autistic child.....	174
11.5. An example of a participant trying to make her daughter feel better	179
11.6. An example of Jesus' relationship with his sons	180
12. Taking personal responsibility for what we want in life	181
12.1. An example of finances	181
12.2. An example of water and waste	182
12.3. Change results from taking personal responsibility.....	183
12.4. Jesus' progression due to taking personal responsibility.....	184
12.5. Growing towards God brings us closer together, through learning Divine Truth	184
13. Working through emotional blockages with God.....	185
14. Closing words.....	186
14.1. Taking personal responsibility at Mary's workshops	188
Resources	189
Other compilation books can be found at The Written Word (thewrittenword.ca).....	190

Passionately Desiring Positive Change: **Session 1 Part 1**

1. Introduction

Jesus:

Today is part of the Human Soul series of talks that I have been doing with you and it is called “Passionately Desiring Positive Change”. We could actually swap the word “change” for “growth” because if it is positive change then it is obviously growth. But the reason why I have called it change is purposeful, and that is that the majority of us are very resistive to change. In fact we spend our entire lives trying to make everything beautiful and nice so it doesn't have to be changeable on a day-to-day basis generally. And so one of the primary things we want to talk about is our attitude to change.

2. God creates with the intention of change

2.1. God created laws that cause change

Jesus:

Now as a bit of background, one of the things that I would like to raise with you is about God's qualities and personality and it is this; God created laws that all cause change.

An interesting thing is that a lot of people, particularly Christian people with Christian backgrounds, say that God is unchangeable and therefore all of God's Laws are unchangeable, and I actually agree with those statements. When I say unchangeable, God has got this huge personality of which I have only ever grasped a small portion and as such obviously has created a lot of laws that are totally unchangeable. In other words, you can rely on them.

So man does this constantly. For example, we shoot up a rocket to go to the moon and we are totally reliant on some of the physical laws that God has created that are reliable, they are unchangeable, they don't change. You imagine shooting up a rocket, aiming for the moon, but today the moon goes past a bit faster than it did yesterday, so we just missed our shot and we are now off into space. Of course those kinds of things sound laughable, but the fact that God created these unchanging laws causes us to start thinking that God actually then created that we don't change but that's not the same thing because the laws God created are actually all created to produce change. So while the law itself is a permanent law it produces automatically change as a part of the law.

2.1.1. An example of the Law of Attraction

Jesus:

Now let's give an example. You can see the Law of Attraction, as well as all of God's other laws, on a day-to-day basis as one of the most permanently constant, moment-by-moment, life changing events.

LAW OF ATTRACTION

When I say that, what I mean is that at every single moment every single thing we do, and every single thing that happens to us, and every single thing that happens to my body and my life, and every single person that talks to me, and every single animal that interacts with me, and every single bird that interacts with me, and every single mosquito that interacts with me, and every single thing that is going on at that one moment in time is the result of a precise Law of Attraction at that one moment in time inside of myself. But it changes from moment to moment because the next moment I may have got through one of those emotions or released one of those emotions and now I have a totally different Law of Attraction on the very next moment, which then creates a change in my environment and a change in what's affected.

So while the Law of Attraction itself is precise, the law itself is also creating changeable circumstances, dependent upon what emotions I am processing at any one point in time, or what emotions I am heavily in denial of at any one point in time. So you can say that the Law of Attraction is a law that God created that is a permanent law that has a whole set of permanency about it but it creates change within you. It actually is one of the laws that is created by God to actually create change in you.

2.1.2. An example of physical laws surrounding aging

Jesus:

Now even all of the physical laws are the same; for example there is a law involving genetic reproduction, involving cellular replacement within your own body. Every one of those laws has a permanency about them in the sense that they are consistent and precise in their operation but they all create change. So did you know that all of your body is not the same body that you had seven years ago? Now you think it is because we are walking around and we look in the mirror and everything looks the same and so we think it's the same but actually none of it is the same. There are only a couple of different parts of the body that don't change in that period but I forget what they are now. In fact there are only a couple of different parts of your body that don't change in a period of three months, let alone seven years.

So God's Laws created this automatic replication system in your body, which means your body is always changing. Always. At the moment it changes and we get wrinkles, but it only changes in that regard because of the emotions we

are holding on to that cause the law to operate in a certain manner with regard to the Law of Attraction that creates that.

Now if we were releasing emotions, and doing what we do in the spirit world releasing emotions and growing in love, then our body can actually grow younger. This is why spirits arrive in the spirit world in the first sphere, and let's say they look whatever age they were when they passed generally, and then many of them, particularly the ones who are of an older age grow young as they progress through the spheres of the spirit world. So how does that happen? Well it is exactly the same law. The genetic replication of the spirit body's cell structure is caused by the soul condition and the law is unchangeable but it creates change. The law itself is not changing but it creates change because of the growth of the soul. So all of God's Laws create and cause change.

2.1.3. Resisting change is in opposition to all of God's Laws

Jesus:

So can you see that every time you stop changing, you are immediately in opposition to all of God's Laws? That's a very big thing to understand. If I decide that I want to have something remain the same or stagnant, or often we hear the words, "I'm happy with where I'm at"; as soon as you say those words to yourself, you are now setting up your body and your life and your soul in total opposition to every one of God's Laws, because all of God's Laws create change.

STAGNATE

Now when we start understanding that at the soul level, we start looking at why we are so resistant to change. The majority of us do not enjoy change for whatever reason and we will talk about some of those reasons. Change is sort of like other another dirty word called responsibility. But we actually find those dirty words like responsibility, change and all those kinds of words quite repulsive at times are because we have some emotions inside of ourselves that cause us to resist change.

So if God created laws that cause change, where the laws themselves are stable but the laws create change, then every time I resist change I am going to have some kind of law that kicks in to effect there that creates a negative part into my Law of Attraction, doesn't it. It's going to create pain in other words because I am setting myself up opposite to God's Laws.

2.2. God created a universe that changes

Jesus:

One of the things that is really important to understand about God too, is God created a universe that changes. So it is not only animate objects that change constantly, it is also all of the inanimate parts of the universe, that part that is not motivated by a spirit body or by a soul. All of those parts of the universe also change constantly. So God created this universe that changes, God then created a whole set of laws that cause changes for you, so that you can fit into this changing universe. So that being the case every time I resist change in my external universe, I am again setting myself up to the same opposition that I was describing before. I am setting myself up in opposition to God's Laws about this changing universe.

2.3. God created the human soul to change

Jesus:

And the most primary thing we need to remember is God created the human soul to change. One way that the human soul changes in terms of its growth is the love that comes from within itself, which I've been calling natural love. So when I've got this human love that comes from out of me to others, I can grow in that love. Not only can I grow in the love, I can grow in my intellectual knowledge, I can grow in desire I can grow all of these different ways but I also have the potential to shrink as well. God's Laws also created the potential for the human soul to shrink as well as grow, depending upon your will.

So I actually have the potential right at this moment to exercise my free will in a manner that is in disharmony with all of God's Laws and that will actually cause my soul to shrink in its capacity rather than grow, and that is a part of the change that can occur. Now that's the part of change that we are usually afraid of. As my soul shrinks it starts attracting more negative things from its environment to cause some positive change but unfortunately the way we react to it is it causes us many times to shrink even further and shrink even further and before we know it we are now avoiding life completely and we aren't even in contact with our soul anymore a lot of the times because we are not in contact with our real emotions.

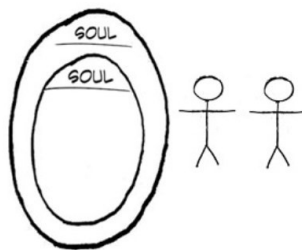
But the truth is that God created the human soul to change in a manner that is totally dependent upon your will. You're allowed to make your soul shrink and God created that you're also allowed to have your soul grow. It just depends on your will, what's actually going on inside of yourself, as to whether you do that or not.

2.4. God created the human soul to transform and change

Jesus:

Now the last point I'd like to make with regard to change is that God created the human soul to transform and change. Now when I say transform what I'm talking about is the transformation between the human soul and the Divine. So God actually created inside of each one of our souls the potentiality to become Divine like God is Divine. Now I'm not saying that we become gods, what I'm saying is that once we become at-one with God, we are now a Divine child of God. We are no longer the human soul. And what actually happens from a physical perspective is that everything in our body changes as a result.

So let me just illustrate that. We have our soul in the normal human soul space and our spirit body and our physical body. Once our soul goes through this transformational process of going through and receiving Divine Love to the point of at-onement with God, what happens is the soul changes in its consistency. It changes in its consistency so much and therefore of course will affect the bodies that are attached to it.



***Our soul grows as we receive Divine Love
and affects our spirit and physical bodies***

Now it changes in its consistency so much that the spirit body no longer has the same number of chakras that it used to have. So you know all this stuff that's on Earth at the moment about you having seven primary chakras, and they are the crossover of the high density energy points and so forth, well when you become at-one with God and even when you start receiving Divine Love, the chakras in your body start changing. Some even start merging and others start being created. So you end up having a changing amount of energy points in your system as a result of the changes that are happening because God created your soul not to just stay a human soul but rather to become a Divine soul, that's how God created you. But again it is dependent upon your will, so it just depends totally on your will as to what happens.

3. Emotional stages in the process of change

Jesus:

So physically, emotionally, spiritually and metaphysically change is a part of your life, whether you like it or not. So what does that say to us really? It says basically that we are going to have to get used to change and eventually come to love change. So let's look at the process that we normally go through when it comes to change.

3.1. Stagnation

Jesus:

Usually we start this process of change, as either stagnant or ambivalent towards change. In other words I don't really care about change very much at all or I don't want it to happen at all. So let's call that place stagnation. Now I am not saying actually that you can remain in that state of stagnation because the truth is that nobody in the universe can ever remain in a state of stagnation. They can think and try to, but something will change in their external environment that causes them to finish up changing themselves.

So while you may think, "I'll be able to hold on to this house, this is the best house I've ever had," don't you believe it because when you die you're not going to hold on to that house anymore. So change is sometimes forced upon you. So you might say live in that house for the rest of your life here on Earth but when you pass over into the spirit world you'll notice you've got another house now. And it may be a hovel or it may be a mansion, it just depends on what soul condition you had and what you develop.

So although stagnation it can be chosen in terms of your will power, you can choose it to a degree, you are forced by the changing universe to change at some point. You're not going to be able to remain the same for the rest of your existence.

3.2. Anger

Jesus:

So the next step we go through, when we hear someone like AJ say that, is normally anger. Now why do we go through anger about change? Well because we are quite happy with how things are. Now when we say happy, it is probably not the right term because a lot of times we are not all that happy about how it really is. But we think we're happy because we don't want it any worse than this and it's the best it's ever been maybe, and so we think now this is happy. We are not conscious perhaps that there is more happiness available to us.

And so we go down into this state of , " I want this house, this house is my house, I created this house, are you telling me that I'm going to have to somehow give away this house at some point in the future?" And yes I am

telling you that; at some point you are going to have to give it away and even if that point is when you die, you'll be giving it away then for sure. And it might not even go to the people you want it to.

So what happens is we normally get into this space of anger when we start looking at change because we've become settled inside of ourselves. We've become quite resistant at this point to change, positive or negative. The main reason why we're angry is because we're actually quite afraid.

3.3. *Fear*

Jesus:

The reason why we are quite afraid is because we think any change is going to be negative. So because we think any change is going to be negative, we automatically become afraid of change. Now while that may sound a reasonable thing to do and while your past life may demonstrate that that's reasonable to you, it is one of the most unreasonable things you could ever think.

You see a lot of times what we do is we are making our decisions on things that have happened in our past when we were children rather than actually looking at what we are capable of doing right now; now we have more of an expression of our own will. So particularly in the Western world we have almost complete freedom to do what we want. Now of course if you do exactly what you want, you may find certain laws of the country start hammering you in certain ways.

So if I decided I'm not going to pay my tax anymore, then sooner or later somebody is going to catch up with you and try and force you into doing it. But the truth is you had your freedom, you're allowed to choose here to not pay tax and you might get away with it for a while because we've got this freedom. Now in other countries it is not necessarily the case but in reality for all people on the planet, we have complete freedom unless we're afraid.

So soon as we're afraid now we start acting in harmony with the fear and we no longer have freedom. So if I'm afraid of authority, now I'm going to do whatever authority wants me to do, even if it's contrary to what God wants me to do. Now no longer do I have freedom anymore. All I'm doing is living in fear. So because of our fear we are very resistive to change of any nature, positive or negative.

3.4. *Grief*

Jesus:

What's next? Grief. Most of us are very afraid to deal with what the change is going to bring to our life. So for example, you've been married twenty years, you start working your way through your emotions and you realise that probably for fifteen years you haven't been in love with this person that you've

been with for the last twenty years. But you've built a home and you've built a business and you've built a life and you've got children. What do you do? The soul is saying to you something has to change here, either I need to fall back in love with this person, or I'm going to have to leave the relationship if I'm in harmony with my soul. And what does that cause you to have a lot of grief about? "What are the kids going to think about that and how are they going to treat me and where am I going to live? I'm going to leave this house that I've had maybe for twenty years and have to live somewhere else and what about what happens with my work? How I am going to get an income and what's going to happen there?"

Can you see straight away all of this grief starts rising about all the things we have created in our past where we believed we were creating something that was positive, but now we've come to the realisation that actually there is no love here and we're probably going to go through quite a lot of grief.

3.5. *Acceptance*

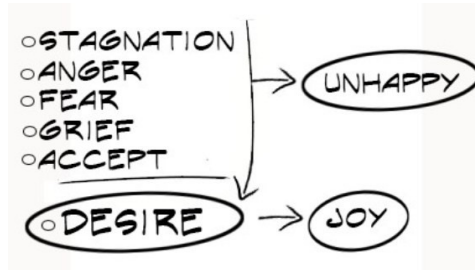
Jesus:

After grief what happens? We generally get to a point of acceptance. The problem with the point of acceptance is it's not that positive. A lot of times we accept the change; we accept that it happened and we've accepted that we've had to do this. And in the case I just gave, accepted we have to move out, accepted we have to change our life, accepted I'm going to lose half of my business, my welfare, half my house is going to be sold and so forth; I accepted all of these things of change and I've grieved about them. I've actually done the grief work where I've allowed myself to cry and connect with some childhood emotions about all of those things that I've created and how it was all seemingly pointless and all those kinds of things. I go through all of that and after I get through all of that I get to this place of acceptance, where I accept that this is the truth of my life. But it still is not a positive place. In that place I am still not desiring further change. Because the next point is that we need to get to this place where we actually have this desire to change.

3.6. *Desire*

Jesus:

Now a few weeks ago I gave a talk about the "God's Laws - Law of Desire" and how powerful desire was in terms of the creations in your life. Now if I don't desire to change, if I have any of the emotions about change from stagnation down to acceptance, but I don't have desire, what will happen is that I will always feel unhappy. The only time I am going to feel happy is when I have my desire to change. That always is going to result in joy.



Emotions from stagnation to acceptance create unhappiness, whereas desire creates joy

So if you are feeling unhappy about having to change then it is because there are yet these emotions of stagnation, anger, fear, grief and acceptance within yourself that causes a resistance to change. Now anytime I have a resistance to change, remember I also have a resistance to God's Laws and therefore I'm going to have a resulting pain associated, which will actually be called - let's call it unhappiness. That will be the resulting emotional pain.

When I have a desire to change in harmony with the laws of God, then the only result for that can be joy. That's why in the Bible it says the fruitages of the spirit are love, joy, peace, and so forth. So if you look at love, joy and peace; joy, and peace are part of the fruitages of receiving God's Love and connecting to the Holy Spirit and receiving God's Love, they are part of these things.

So if I'm not experiencing joy with change then it means that I am actually in one of these emotions of stagnation, anger, fear, grief and acceptance about change and that is always going to result in my unhappiness.

So I asked you today how you feel and everyone's going, "Whoa things are a bit heavy at the moment for us". And the reason why is because for the majority of us we are still in one of these emotions of stagnation, anger, fear, grief and acceptance about change. In other words we maybe don't want it, or we do want it but we are angry about it, or we are afraid of it or we don't want to cry about it, or we even are just in a place where we think we have accepted it but it is still not something that is a positive thing from within us.

4. Working through the emotional stages of change

Participant:

Do you think we need to work through some of our anger, fear, grief and acceptance before we can get to desire? Or we can just jump straight to desire?

Jesus:

It's very hard to jump straight to desire. It is very difficult and in fact I'm not recommending that to you at all because your anger, your fear and your grief are all going to affect your desire. The reason why we don't have a pure desire for anything generally is because of these other emotions.

Now one thing I would recommend, and this is something I have been recommending for some time to you, is developing both at the same time. So it is one thing to deal with all of your anger, grief and shame and fear and all those other types of emotions, but quite another that even after you've dealt with all of that all you are going to do is get to this place of acceptance. That is all you're going to do. And I'm suggesting to you that is not enough to experience joy. To experience joy what you need to do is get beyond the place of acceptance of the change into a place of desiring it, actually having a positive feeling of desiring it. So you see for the majority of us we are not accepting change because we don't want to accept our emotions revolving around the change.

So how many of us have a passion for feeling our fear? Are you passionate about that? Now I know some of you are; some of you are very passionate about feeling your fear. Some of you have actually created a life where every single fear or most of them get triggered, moment-by-moment. That's great, that's a very powerful place.

4.1. Fear and anger are not real

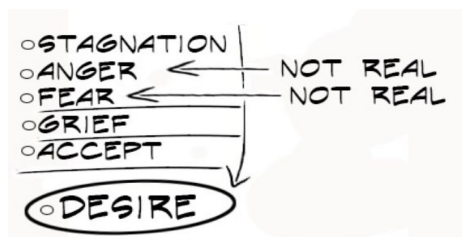
Participant:

I was wondering how all this applied to the predictions of Earth changes and how we can get excited about the Earth changes that are supposed to be coming and whether the only way to get excited about the changes is just to go through the anger and fear and the grief? I'm curious as to what one would look forward to?

Jesus:

We can do two things at the same time with this, we can actually deal with the emotions of fear, grief, anger and so forth, and we can also look at the positive parts of all the things of change as well and start allowing that to enter us.

Something that I've discussed recently with a group of people at our house was a discussion where the group of people there were all in a place of fear about a certain subject, and I said to them that the fear is not real. So the truth is that anger is not real from God's perspective and fear is not real either because these are capping emotions, the ones above grief. So they are not really real. We create them to get away from something else.



Anger and fear are not real from God's perspective

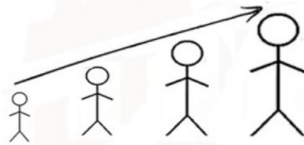
So for example, imagine just for a moment that you've been sexually abused as a child. Now as an adult, you now need to deal with some of the emotions about that abuse if you want to progress and grow. But many of us get into this really stuck place where we don't want to deal with the emotions because we think that it means going back and actually experiencing everything that we experienced as a child again, reliving it. And we often hear it described as we don't want to re-infect ourselves with the same problem; we hear that quite a lot, where you don't want to re-infect yourself. The truth is quite different; it is actually impossible for you to relive a past event.

I'm going to say it again. The truth is that it is actually impossible for you to relive a past event completely.

4.2. It is impossible to exactly relive childhood experiences when processing emotions

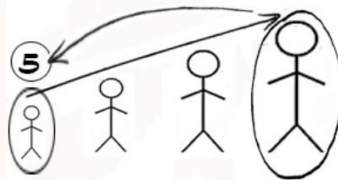
Jesus:

To give an example - so I was a child and as I am growing up, I get obviously bigger and I grow up into an adult. Now I've changed over that period of time, have I not? I've had a whole group of experiences, which has caused growth; not only growth in my body itself but also growth in my spirit body and growth in my soul. Changes have occurred. Now some of the changes like in our soul can be negative, but they're still changes that have occurred.



As we age we grow and change

So you can think of any emotion that you have not yet experienced from your childhood as a frozen emotion at that age. If I've got a locked up emotion at the age of five, the truth is even as an adult if I re-experience that five-year-old emotion I'm still not going to be in exactly the same situation because the reality is that I am an adult. I'm a very, very different person going through this emotional experience. So while it may feel like I am going to have to relive the five year old event, the truth is you can never relive the five year old event without being five years old again, in the same event.



It's impossible to exactly relive a childhood emotion from the age of five as an adult because of changes made during aging

But what happens is a lot of setup goes on inside of us out of fear. We go, “I’m going to have to relive it again, I’m going to have to relive it again,” and we get into this zone where we believe that this past experience, this five year old experience, is locked up inside of me. It becomes so big within our mind that we make it bigger than it actually really is in a lot of ways.

I’m not saying that abuse is a good thing; I’m saying abuse is a bad thing. And I’m not saying that it is not a terrifying event, because abuse is a terrifying event. But what I’m saying is the adult is now much more capable of coping with the emotion of that event than the child was. But we don’t believe that the adult is; that’s our problem and that’s where the fear is. That’s where the fear isn’t real. Remember fear is the false expectation appearing real to us. And so what happens when I am in a state of fear is that I cannot desire generally.

You’ll be surprised, you get together with a person of the opposite gender, when you are in that “love” stage - well I feel you can be in the love stage all the time, but in the initial phase of meeting the person and you have all these things going on, and a lot of the times what happens is we act without fear in those moments. Have you noticed that? You don’t care whether your family think he’s an idiot, you just go ahead anyway. And you don’t care whether your friends think you’re sleeping around with the wrong person, you just go ahead anyway because there is this passion and desire in you. But what happens over a period of time, and usually it is a short period of time, is a lot of those other fears start kicking in to reality, what we think of as reality, but it is not real. We were totally capable of remaining in that passionate desiring place without all the fear. But what happens is that when we get in to a situation that is real, anything that is not real inside of us automatically gets triggered; it automatically gets confronted. And so the beauty of actually starting to live in your desire about certain things is that it will automatically confront the list of emotions that prevent us from not desiring change.

5. Emotions surrounding Earth changes

Jesus:

So getting back to your question Peter where you asked about world change events. Now how do most of us feel about world change events?

Audience:

Bring it on!

Jesus:

(Laughs) So some say bring it on. Okay. Not very truthful by the way, but anyway. What else do we normally feel about world change events, what are the different emotions? And then you can ask your question.

Audience:

Afraid.

Jesus:

Afraid. Afraid of what though? The trouble with fear is we can say I'm afraid and then we get away with it because basically we are not saying what we are afraid of. So what are we afraid of? Fear of losing family, friends, possession, comfort.

Audience:

Fear of surviving it.

Jesus:

A fear of surviving it, yeah, okay. Fear of what it's like afterwards.

Audience:

Of being injured.

Jesus:

Alright, so with in regard to being injured there is a fear of personal safety. So can you see that we can have lots of different fears associated with that particular thing?

- BRING IT ON
- FEAR OF LOSING FAMILY
FRIENDS
POSSESSIONS
LIFE
COMFORT
- FEAR OF WHAT ITS LIKE AFTERWARD
- FEAR OF PERSONAL PAIN

5.1. Fear of losing family**Jesus:**

Now of course a lot of those particular fears are going to define my actions from now on. So you know what I'll start doing? I'll say alright, "I'm afraid of losing my family so what I'm going to do is I'll create a nice little niche where all of my family can come and live with me." I've just broken a number of God's Laws by the way, but I don't consider that - I think I'm being loving by creating something for my family. They can all come and live with me and isn't this going to be wonderful. So that's got rid of that fear. I'm now not afraid of losing my family.

Now it doesn't get rid of the fear. The reason why is that your family could still pass. They could be in the wrong place at the wrong time and pass. So it doesn't actually get rid of the fear. All we're doing when we're acting upon these things is we are trying to circumvent our fear. We are actually trying to run away from our fear. We need to process the fear.

How do you process the fear of losing your family? Act in harmony with your desires at all times. Guaranteed half your family are going to leave you. It's true, isn't it? Have you tried that? Sometimes some of them, and sometimes all of them. Why does that happen? Because many times our family does not have an open spirit enough to allow us to change without them feeling negative about it somehow, and so what they do is they then reject us. So now we've lost our family, now we can go through the emotion. The Law of Attraction has brought us an event; go through the emotion. And you know what? Half of your family or even more may finish up returning to you after you go through that emotion and release that from you.

So when we're afraid of losing our family, the way to deal with it isn't to go and build a house for our family to be where we are. The way to deal with it is to actually live in your desires and allow it to be triggered. So what are my desires with my family? What are my desires with my friends? What are my desires about my possessions?

5.2. Fear of losing comfort

Jesus:

Now many of us are very afraid about not having comfort. How many of us would feel totally comfortable living in a tent? And by the way I forgot to bring the mattress. So there's sand on the ground that you wriggle yourself into at night and go to sleep in. Oh and I forgot the blanket, there's no electric blanket either, and there's no electricity, so that's gone. And if it's cold what am I going to do? So I've got all of these discomforts coming up.

Now what's the best way to deal with the discomforts? Well what we do, is we go around and we buy that thing and that makes us more comfortable and we buy that thing and that makes us more comfortable, and you get that caravan that we wanted just in case we can take that with us. That's what we do don't we? In other words we are not dealing with our discomfort. What we are doing is we are living in our discomfort; we are using our discomfort to create our life.

Now if we really wanted to deal with our discomfort what we would do is we would go, "Okay I know I've got some issues with regard to living out of comfort. So what I'll do is I'll buy a tent and I'll buy something just to sleep on, nothing to cook with, and I'll go out maybe to the sanctuary and I'll live there for a month like that and see how I go." No fridge, no freezer, no washing machine, no iron. (Some of those things sound like good things to get rid of!) And just see how it goes; how does it feel? Let yourself deal with the feelings that come up that cause you to feel uncomfortable. And as you do that what will happen is you'll deal with some of the fears, so you'll get from the fears into the grief. Firstly you'll feel, "Wow is this what it's going to be like after

there's nothing, after the world change events have occurred? Is this what we're going to be like? Will I even have a tent?" You don't know do you?

Who's seen the movie 2012 yet? There are a lot of pretty unusual things going on in there, how they were driving down the road and the road behind them is just collapsing. Sorry I don't want to spoil it for those who haven't seen it. As they come out of the house the house just sort of falls into the ground. You're not going to be able to go, "I forgot my make-up!" and run back! It's not like that at all is it? Sorry. You might have to make decisions for your life and lose a lot of other things in the process right. Isn't that the case?

Now if I have a lot of discomfort emotions in me of wanting comfort, and I've had a life of comfort and I want that comfort, and I haven't been willing to deal with those emotions, how many emotions am I going to have come up when I lose my possessions? I might be crying for days. You've seen this on television when a person's had a fire gut their house and they've been so distraught; it's been a major life changing event for them because of their distress about losing their possessions. They've still got their life and even many of them have got an insurance policy to pay out and buy back things, but their connection with the possessions just gets triggered.

So fear of losing comfort can be dealt with before any of these events. Still in answering Peter's question, the majority of us are living in this place where we are acting upon our hidden fears rather than actually dealing with them. So, when I think, "Alright there's going to be some world change events, what I need to do is I need to go out and build a house somewhere that I think is going to be safe. Do all this, do all that, do all this, do all that," but I'm not changing my Law of Attraction. I'm not changing my soul condition. What guarantee do I have of that I'm even going to make it out to that place without doing some changes in my soul condition and my Law of Attraction? I'm not going to have any guarantee.

So what we often finish up doing is in this space we are living in the fear of it, rather than actually dealing with the fears themselves, like releasing them from our self. And when we live in the fear of it what we're going to do is be attracting the events that we are yet to heal within ourselves. Because of the Law of Attraction we're going to be attracting the events. So while I think I'm changing, in reality I'm still living in the fear so I am not changing and I don't really even desire change in my heart, where it really matters, and so what will happen is everything will eventually be confronted because God's Laws don't change. My fear is going to get triggered at some point. Now it's far better for you to allow that to start happening now than it is waiting for some event to trigger it for you. When you do it now, there's a lot you can do positively to trigger these fears.

Now when it comes to receiving inspirations from our spirit friends about it; I'm saying to myself, "I'm not in fear, I'm not in fear, you know I'm fine, I've got everything sorted, I've got my house out there and I've got my water tank and I've got my this and my that," all things that were created to avoid my fear, by the way. So I've got all that happening, then I'm saying now I want some spirit direction about what else I should do. Now what are the spirits going to give you as a direction if they're on the Divine Love Path? They're going to say firstly follow your desires. But at the moment you're not following your desires, you're following your fears. You're actually living in this place of creating an environment based around your fear and not your desire.

What's going to be the result of that? Well the results are never going to be too positive when you think about it. I'm creating a whole life that's still out of harmony with all of God's Laws because I'm willing to stagnate in my fear rather than change. I'm actually building my environment to suit me not changing rather than me changing to suit a new environment. So if I'm building an environment to support me not changing do you think that environment's going to stick around? Of course not. It's not harmonious with God's Laws in the end. All of God's Laws finish up creating change. So what's the point of me going and creating something way, way away, where I think everything is going to be fine, but driven by this fear that I don't release? There is no point at all to it: none at all. I may as well have stayed at home and just dealt with my emotions. That would of been far more powerful than going and doing that.

Now for many of us when it comes to Earth change events, we can't even receive guidance about the issue because we are still in a state where we are really living in our fears about the issue and the case in point is; if I'm living in my fears I actually will act upon and create the same things I have now to avoid them.

So I'm afraid of discomfort so what I do is I go and create another thing that gives me comfort. Have I dealt with any fear? No. Will that emotion be dealt with in the future through some Law of Attraction events? Yes. So I could create this beautiful house and a little shake comes along, like an 8.9 Earthquake or something, and all of a sudden it's all down around my ears. I don't know what might happen.

I could build the house and be afraid of people attacking me, which creates a whole group of people coming along as vigilantes and just stealing my house from me. That's happened, hasn't it? How many times has that happened in the world in the past do you think? Many times. You see if I'm afraid, if I want my possessions so badly I feel devastated if I don't have them, I'd even be perhaps willing to fight those people to retain these possessions that I've built for my own comfort. That's how strongly our emotions can be acted upon at times. And I'm still resisting change because I'm living in the state of fear but

I'm telling myself that I'm not afraid. And this is the problem with change, is we can tell ourselves that actually we're changing and we're doing things but we can actually stay in an emotion that is keeping us stagnant.

5.3. *The attitude of “bring it on”*

Jesus:

So with the “bring it on” emotion, a lot of times that emotion is also driven by fear. What fear would that emotion be driven by, do you think? There's some anger behind it perhaps. So bring it on; “Yeah I'm sick of this world being like it is, I'm sick of all the rules. I'm sick of the laws that we have that are just pointless,” and I could go on and on for another half an hour about all the things I'm sick about. So: “bring it on, bring it on.”

Mary and I went to a movie “The Knowing”, have you seen that movie? Whoa it's a pretty intense ending. Anyway Mary comes out of the movie with that feeling. “Just bring it on, I'm sick of the world being like it is, just bring it on.” (Laughs) We had to just work through what's going on there with regard to that emotion because that's an emotion that is quite angry and therefore covering fear and so and therefore covering grief of course. And so we need to deal with those emotions if we really want to change.

5.4. *Fear of the aftermath*

Jesus:

Fear of what it's like afterwards. Many of us are very afraid of what it's like afterwards. Not so much about what it's physically like afterwards, but when it comes to Earth changes and things that we think are going to happen, we are often afraid of what it is going to be like emotionally and with experiences. For example many of you ladies are afraid if there are no laws, what's going to stop a man from raping you if he wants to? That feels like a valid fear, doesn't it? As a woman I might not have as strong a body as many of the men and so therefore I might not be able to fight them off is the way I am thinking. And then I don't want to have to fight them off either, because that is not in harmony with love, and what do I do there? And there is all this confusion that comes up. What is it going to be like after? What's it going to be like if there are all these vigilantes going around or people going around just taking things that they don't have?

Participant:

Like savages.

Jesus:

Like savages yeah. Let's say they come up to your house and they say, “Oh, AJ you've got eleven water tanks, we're going to take all of them because we could use them.” Now that's possible isn't it? And if I haven't dealt with my emotions about that, what am I going to feel? Like what am I going to drink?

In three days I could be dead.” I’m going to have a lot of emotions about that to work my way through. So can you see it’s better to work your way through those emotions now, rather than waiting for those things.

But fear of what it is like afterwards also prevents you from receiving guidance, spiritual guidance now from your guides about what you need to do emotionally to deal with what it’s like afterwards. Because if I am so afraid about dealing with an emotion, do I want to deal with the emotion? No. What I want to do is avoid the emotion. So what will I do? I will try to avoid the emotion and then when the events happen what am I going to do? I’ve got this emotion still in me of afraid of people and what they might do to me. Do you think some things are going to happen to me? Yes, of course, because that will be my Law of Attraction.

5.5. Spirits influence us away from feeling our fears

Participant:

I’m finding that spirits want to give you the information to stop you from feeling the fear.

Jesus:

Spot on.

Participant:

Because I went around the sanctuary one day actually looking at what I could do and they just told me, “Oh no worries, build tepees, all you need is a saw and some tarp, that’s all you’re going to need.” They’ve told me a whole heap of other stuff. I’ve done a little bit of fear around all that but I feel like even when I’ve done fears around spirits, fears of moving up here and leaving all my comforts of city life, they said to me, “Don’t worry about that, we’ll take care of you, you don’t need to go into the fear.”

Jesus:

Yep, and that indicates that the spirit is not on the Divine Love Path because they would be encouraging you to go into your fears; not to live in them of course but to go into them and experience them and release them. That’s what they want to encourage you to do.

So a lot of times, because of us not wanting to feel our fear, we’re going to attract a group of spirits around us who also don’t want us to feel our fear, and they’ll tell us that everything is fine and you don’t need to worry and all those other things, which by the way in the long run might be very true if you’ve dealt with your fear. But if you don’t deal with your fear, yes you’re going to need to worry because at the end of the day your fear is going to attract a whole sequence of events, and we need to release the fear. Once we release the fear ironically then not only do we not need to worry but we don’t

worry anymore because we've released all the real fears that are driving everything.

5.6. The attitude of “bring it on” (continued)

Participant:

AJ the “bring it on” attitude is an intellectual thing. Mine doesn't come from anger I don't believe but it is an intellectual thing where I keep on saying, “Bring it on, and bring it on”, because we need some Earth changes and Divine Love and all of those types of things. But I'm saying that intellectually, so the only way for my soul to recognise that is to go through all of the emotions that are attached with it? Because I am saying it intellectually, my soul's not saying it and I know that.

Jesus:

That's right. Yeah and the case in point is how do you want to live still and all those kind of things. If you still want to live in lots of comfort and luxury and all those kind of things then obviously your soul's not saying the same thing as your head is saying. So you need to look at that.

Participant:

So the only way is to feel the emotions.

Jesus:

Feel the emotions yeah.

5.7. Movies to trigger Earth change fears

Participant:

What movies can we watch to trigger Earth change fears?

Jesus:

There are quite a lot of them. There's a new one that's just been released called “The Road.” It's a very dark movie about obliteration in the States and a man and his son trying to go to a place where they're going to be okay. And he's got a pistol, he's got a gun, as do most people in the America, and he has only got two bullets in his gun. And it describes a series of events.

Participant:

“I Am Legend” is a good one. I don't know whether you've seen it?

Jesus:

No.

Participant:

It has Will Smith in it. Basically he's the only man pretty much left.

Jesus:

Oh yeah, that's right.

Participant:

Everyone else has gone mental and they, the scary people, have to stay in the dark, but I recommend it to everyone. It is a bit scary but it would be good for people who are scared of being alone by themselves. The way people act is like real savages and blood thirsty, who would do anything to save themselves.

Jesus:

Yep, "I Am Legend."

5.8. Addictions that take others away from their fear**Participant:**

I just realised what one of my addictions is, and in fact I've been called the "certainty queen." One of my addictions is giving other people certainty and I just realised how that takes them away from facing their fears.

Jesus:

Yeah it's like when somebody comes up to you and says I'm really afraid of something and you go, "Oh you don't need to be afraid of that you that." And away we go and we tell the story but we've just got the person out of dealing with their stuff.

Our spirit friends who are on the Divine Love Path don't do that. But the spirits who are on the Natural Love Path do that all the time. So that is also an indication of which kind of spirits are with us if we are always trying to turn things into the positive all the time when they're quite negative, and we need to feel them.

6. Taking action to follow desires and challenge fears**Jesus:**

Getting back to the point, obviously if I'm in the state of fear, fear is a state that doesn't desire change. It desires to be satisfied differently. And when I say desires to be satisfied differently I mean when you are in a state of fear, you will desire to fix whatever you are afraid of very rapidly, but without dealing or experiencing with the fear. So you will be in a state where you'll want to actually get rid of the fear that is inside of you but instead of actually releasing it by experiencing it, you'll feel drawn into doing something that negates it instead. And that's a very strong thing that we as a human race are tempted to do with regard to fear. We always want to finish up doing something that negates rather than actually experiencing it ourselves.

So the subject of course is "Passionately Desiring Positive Change". So how can I passionately desire something if I have any stagnation, anger, fear, grief and acceptance going on? Obviously it's going to be very difficult. Now the truth is for many of us though is that we have many positive desires that are

harmonious with love but many of those desires have fears attached to them that cause us to not act upon them in the manner that we normally would.

6.1. An example of fears affecting the desire to be childlike

Jesus:

Now to give you an example of that: many of us are passionately desiring to become more childlike, where you want to be in the moment, in the now, doing the things you like to do, being creative in your childlike expression. So let's say the issue is I want to be childlike. What happens with my fear? So my desire is to be childlike, and that is a pure desire, but now how does my fear distort my desire? What kicks into effect with my fear?

6.1.1. How feelings of judgement and condescension affect others

Jesus:

Well, I'm afraid of other people judging me, so I'm afraid of judgement. And judgement is a terrible, terrible emotion, by the way. If you could see it as a colour, in the spirit world, what it looks like is it comes out of the person as this sort of blackish brownish goo. And it enters any person who's accepting the judgement - it actually physically enters you.

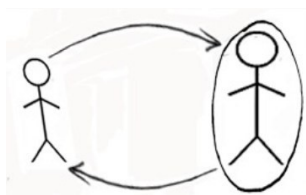
So you know when you judge somebody, this stuff comes out of you, and when it comes out of you, it searches for a person, and usually we are judging a person specifically or a group of people, but most of the time specific one person. So what we are doing is we're judging them and it comes out and goes straight to them. You could think of it like a great big gooey, black, brown cloud, which the person has the choice to breathe in or not. But if that person has any feelings of unworthiness inside of them, they will breathe it in. It will enter them emotionally. That is what is actually happening every time you judge somebody. How does that feel as a child if you are open on the receiving end? It just feels terrible. You know what it is like when you're being judged, somebody comes along and judges you, and this is why it feels so bad; it actually is an interaction that occurs specifically between two people.

What other emotions beside judgement? A similar emotion to judgement is I might be afraid of people's condescension. Condescension is an interesting emotion because what we can do is we can treat somebody condescendingly quite easily and it doesn't necessarily sound like a judgement at the time we do it, but it feels quite vicious when it actually enters a person if you're open. So when you are emotionally open to all emotions coming towards you, as a child would be, you will feel the feeling of condescension as a very, very dark emotion entering you. And it is exactly the same in the spirit world it has a colour and it has a feeling associated with it.



Someone recently, I think it was from Natalie, sent us a channelling she did where a spirit described to her the emotions that were coming out of her and how they entered those spirits. And when she had the emotion of judgement coming out of her the spirits described themselves as all getting down. And many of them, because they didn't want to feel that terrible unworthy emotion, projected rage back at her instead.

So you end up with the following dynamic going on from a spirit perspective. Here you are, here's the spirit surrounding you, and what happens is that you're projecting a judgement or a condescending type of emotion inside of yourself, and actually because of their own lack of dealing with the emotions of the result of it, they can't prevent that emotion from entering them. So when you judge them, they feel judged as a result.



***Feelings of judgement, condescension and anger
 enter others who are emotionally open to it***

So when the feeling of judgement happens inside of them, what do they feel? "That's unjust", so they get angry and what do they do? They project anger in return. And if you are unable to actually stop anger from entering you, what happens is that rage and anger it will enter you; if you're afraid of rage and anger, that rage and anger will enter you and you will feel the rage and anger inside, and you'll become very afraid just in that instant.

Now these are not only just emotions by the way. There are metaphysical things going on at the same time these emotional transactions are occurring. And if you could see them, you'd be like, "Whoa. I never want to do that again," if you could see them. The problem is on Earth is we don't see them, and because many of us are desensitised emotionally we don't feel a lot of them going on. Or we go, "Oh that was a bit strange, but oh well, who cares," but we don't realise that there is quite a lot of soul damage happening.

6.1.2. *How judgement and condescension affect the desire to be childlike*

Jesus:

So judgement or condescension keeps you in the fear. So getting back to the desire, which was the desire to be childlike, now what's happening? I desire to be childlike but I'm afraid of all of you judging my childlike behaviour. So I'm not going to act as childlike anymore am I? (And I'm not saying childlike is childish by the way.) So I won't act childlike anymore.

So let's say I feel a passion to dance all of a sudden right and I start skipping around and dancing and then everyone is looking at me. "What's that idiot doing?" What's happening straight away? That brownie goo is entering me straight away, I'm feeling that emotionally, I'm feeling that entering me and what am I going to do? I just stop in my tracks just go, "Oh I can't do that here," and so now my desire has been severely limited by my own fear of the judgement. You see while I have the fear of the judgement, the judgement enters me, and while I have the fear of the condescension, the condescension enters me. While I have the fear of anything, it enters me by the way.

6.2. *Fears of sexual projections*

Jesus:

So if I'm afraid of sexual projections, guess what I'm going to get? Sexual projections and those sexual projections will enter me. They will enter me and I'll go, "Eww," and panic about it and then if I'm given to a bit of anger in return I might get angry back at the person: "How dare you do that?" Or I might, if I feel afraid of them, pander to them, and start treating them differently because of the sexual projection in order to control them or whatever. But either way I'm now out of my desire. So when I'm out of my desire, I'm out of passionately desiring change for me and I'm now back into this mix of emotions that causes me to not passionately desire positive change.

So the key thing with all of it is if I am willing to experience each one of these emotions of judgement and condescension for which my fear is present, then of course I can stay in a childlike place, even though I'm also afraid of it.

6.3. *Fears of singing in public*

Jesus:

How many of you are afraid of singing in front of a group? Well very shortly you're going to have an opportunity to address that because what Mary and I decided is the next get together we will have karaoke. So we'll have bits of dancing just to get you warmed up, then we'll go in to karaoke where you've got to do some singing. Now all of those people who want to come, obviously we would like you to participate. And that will help you get through some of

that fear of singing in front of others. And let yourself feel your emotion as it's happening. These are all practical things you can do.

Because you can see that I might have a childlike desire to just sing but I'm afraid of judgement and condescension. I've got a bad voice and all those other things and what happens is I shut down this desire to sing. So no longer am I in the desire to change place, I am in the fear of changing place. Can you see how it is obviously very important to work your way through the things that keep you in the stagnated place if you want to emotionally grow.

6.4. Fears of public speaking

Jesus:

So how many of you are afraid of public speaking? Not quite as many as public singing. Okay you have many opportunities to address this. You know there are places you can go to where you have to give a five minute talk in front of a group of people, where they go through a heap of things to teach you. My suggestion is throw out all the things they teach you and just get up for five minutes and talk about what you are passionate about, without notes -without any notes, and without any preparation. Now the first time you try to do that, you'll go, "Blah, blah, I've got to sit down." Normally the first time you do that you'll be so caught up with fear that nothing will even come out. Then it is a matter of working your way through it.

Now you know what we do instead? We go "alright, I've got to give a five minute talk, what am I going to give a five minute talk about?" We write down the subject; then I do all these investigations, I write down a heap of notes. Now I've got a fifty minute talk instead of a five minute talk. Now I've got to condense all of that in to what I want to say. So scrub all of that out and I've spent now three hours preparing for my five minute talk. And even then I am not happy: "Oh I don't know how this is going to go." And I get up there and instead of being connected with the audience, what's happening? I'm so worried that I can't connect with anybody, even myself and I'm reading from my note cards one after the other, and that's the issue that we face that our fear stops us then from acting in our desire.

It'll be lovely, wouldn't it, to get up in front of a hundred people at some time in the future and describe your own personal experiences with your own growth on the Divine Love Path at some point. It would be great to be able to do that and help people. How are you going to do that if you don't get over that fear? It's going to be very hard isn't it? Like you'll be making notes here and notes there and before you know it like nothing is going to come out right every time you say it, and that's what's going to happen.

6.5. An example of AJ's past fear of being in shopping centres

Jesus:

So the key with all fears is that we can easily address them by taking action. And I've described to you many times in my past where I've had to take action about my fears. So when I was afraid of going in to a shopping centre, I'd go in to the shopping centre, sit down in the shopping centre for hours at a time, and deal with the fear of it. I'd allow that to occur. When I do that, I'm going to change. You see if I have a real desire to change that I let grow inside of myself, the joy from the experience is just going to motivate me all the time.

7. Embracing and enjoying change

Jesus:

Often Mary and I have conversations and Mary says, "Wow I just love this Divine Love Path," and I ask her, "Why is that darling?" And she said, "I have changed so much and I can feel the changes as they're happening." Isn't that wonderful? Just to be able to experience the joy. You know when you change, you know how to change and you know what to do, and you do change, you also start gathering within yourself a sense of like, it's not really pride it's really a sense of being, a sense of knowing that everything is going to be alright at some point, and you start actually trusting yourself more.

You see a lot of times we try to change our life and it's a matter of learning and learning, and you still don't do it right. Have you found that in the past? So whenever you wanted to be peaceful, and so you go along and you meditate every day for an hour a day to be peaceful; now what happens the day that you can't get to meditate? You're no longer peaceful anymore, and everything starts happening where I'm no longer able to be peaceful anymore. Why? Because the actual emotion, whatever it is, that causes me to not be peaceful, is still within me and all I've done is over that meditation period is try to get away from it for an hour a day. That's got me into this place. So we don't want to do that anymore. What we want to do is real change; really positive change where I make the change and I don't have to think about it again.

7.1. An example of AJ's working through fears about public speaking

Jesus:

I remember when I was a kid and I was about seven years of age, and my mother had just become a Jehovah's Witness. And the Jehovah's Witnesses have this thing back then every Thursday night it was, where we lived, where you enrolled on a school - what it was, was a school where everybody who was a Witness was sort of expected to get up and talk for five minutes on a Bible subject, a it was open to any person of any age. That's a wonderful I think,

don't you think? It was great growing up with it anyway. So what would happen is in our little "congregation" I suppose you would call it, there were about twenty or thirty people. So what that meant was that there were five talks every week. So in twenty or thirty people, that meant once a month you got to go up and give your talk about a different subject.

I remember the very first time I had to go up and give a talk. I can even remember what happened afterwards. I remember this man brought me a red back spider of all things and then he squished it in his fingers. I don't know why he did that but anyway that was after my talk. He was just proving to me that I didn't need to be afraid of spiders, which didn't help my fear of spiders.

Anyway the talk was some Bible subject and the beauty of what it did was it allowed me to work through my fear of getting up in front of a group of people at seven years of age. And I was the only seven year old in the audience. Obviously it was quite unique. And then what happened was it also allowed me to connect to my passion. And my passion ever since I can remember was to talk about God. So it did two things at the same time - it helped me deal with a group of fears regarding public speaking but also it helped me with enjoying my passion.

Now also as I grew up and got a bit older, as I explained to Mary a few days ago, not a lot of people liked me being good at nine years of age, being able to give a talk in front of a group of people. So they then called me arrogant. So what did that do? It started shutting me down, and I started becoming worried about judgement instead of being in this childlike area of passion when I would get up and speak, and now I started feeling the condemnation and judgement.

In fact there was a time when I was around nine years of age where I was invited to give a talk in front of five hundred people. I had it all prepared and I did it all and we had to actually run through a rehearsal with a person who approved of the talk before it was given. So it was quite controlling. And so anyway, I run through my rehearsal and the man who was responsible for it told me that he wouldn't let me get up and give the talk. The reason why was because I was so up myself and I was only nine years of age. That's what he said. He got my parents and brought my parents there as well and told them that he was quite disgusted with me and so forth. It was a pretty negative childhood event. So of course those emotions of judgement and condescension then enter you. And as they enter you they define what you then decide.

So it got to the stage when I was a little older, where I became very afraid of getting up in front of a group of people and very afraid of the projections that I would get if I was passionate. I still loved getting to talk about God. So I have this conundrum now. My desire starts getting modified to suit the fears that I have. This happens to all of us. My desire gets modified to suit the fear. So

the fears are; I'm afraid of the judgement and condescension emotions that are being aimed at me and being told that I am arrogant and all of those kinds of things, so what I do is I now modify the presentation to suit what is getting projected at me so I don't get the same projections. And you do this a lot of your life if you think about it, where you modify your desire to suit the projection coming at you so you can avoid the projection. So what I am recommending to you is to not do that anymore. Allow the projection to hit you and feel your emotion about it.

Now by the time I was thirty-three I would get up in front of groups of audiences three times a week and the audience was always a minimum of 120 people. Sometimes I would give an hour's talk, in that time; that would be up in front of people. But in every one of those talks, generally, I had lots of fear. And I would get to the state where I would be shaking and it would be quite difficult for me. Four times a year I used to get up in front of 500 people, and one time a year in front of 5000 people. Now can you imagine what it was like getting up in front of 5000 people with those fears? I would go into spasms all through my neck and my head. I would often need a massage the night before. All these different things would be happening just for me to get emotionally through the fear that I had about the presentation.

7.1.1. AJ's current feelings about public speaking

Jesus:

Once I started dealing with the emotions of judgement and condescension and all of those emotions, which by the way I did away from those events, now when I get up in front of you, it doesn't feel like anything. It feels like just you and me having a conversation. Like I don't think about it, I don't even think about what we are going to speak about anymore. So Mary has been saying the last three or four days, "What are you going to talk about this weekend?" "I don't know." Nothing come to me and I didn't know what I was going to talk about at all, and this happens most weekends now, where I don't know what I'm going to talk about. There is a long list of subjects I'd like to talk about, but not all of them feel right at the time, and I don't know what to say about them anyway.

So what happens is I go "I don't know, I don't know what I'm going to talk about." And this week Mary has been in heaps of emotions and it has been very emotional at home and I've been in quite a few emotions this week and very emotional, and so who wants to worry about what I've got to talk about on Saturday? Honestly we've got more important things to worry about!

So what happens is I come to a place like this and Ken was the first person to ask me this morning, "What are you going to talk about, AJ?" And my answer is; "I've got no idea, Ken, sorry." I can't even put it on the net anymore, and to be honest I don't even know what I've put on the net anymore. So if you read what's on the net about what I'm going to speak about, please

understand you're probably going to get disappointed because I've got no idea. But what happens is, in a moment, things happen; when you're connected a little bit more things happen and you start to it just flows out of you. Why? Because you've dealt with the fear that prevents that flow.

7.2. *Embracing change brings joy*

Jesus:

It's the same with positive change. If I desire the change and I deal with the fear that prevents the change, then the change is going to happen in a joyous manner. But if I just focus on dealing with all of these things without the desire it is going to be very difficult for me to have any joy. And you know what is happening for many of you? You're not feeling joy.

So can you see on one side of things, you feel joy about all the things you're receiving, the external truths if you like; many of you are just wrapped with, aren't you? You just feel, "Wow that's a truth I feel that. Wow, that's a truth I feel that," and many of you have expressed that to us. But when you actually get in to dealing with the emotions it starts feeling all bogged down and hard and sad and grief all the time, and the reason why it is because often what we are doing is when we are not passionately desiring positive change, what we're actually doing is we're dealing with these emotions of stagnation, anger, fear, grief and acceptance all the time, and we're scared of dealing with those things all the time. We're afraid of dealing with those things all the time. Rather than just thinking, "Oh but this is part of the process. This is part of a joyous process of my soul opening." And what happens is that we finish up not acting in harmony with our childlike desires because we're afraid of what's going to happen as a result of me expressing my childlike desires.

So what we want to do over the next few months, to challenge you with this, is we're going to start using these sessions as a forum for you to start dealing with some emotions, right. And that means there might be some singing involved in front of a group and there might be some talking in front of the group and so forth where you have the opportunity to start addressing some of these fears. So what we were thinking of doing was instead of having a weekend where AJ just babbles on for the whole weekend, what we do instead of that is we have a Saturday talk or something like that and then a Sunday session is about dealing with some of the emotions in a public setting. How does that sound to you? Does it sound like a good idea? (Applause)

That's good; I'll hold you to that. When I say, "Who wants to come up and sing?" and nobody puts their hand up I'll go, "What happened. I know Arvana wants to come up but who else wants to?"

8. Embracing change exposes emotions rapidly

Participant:

AJ if I'm hearing you right, if I'm understanding what you're saying, if we are passionately desiring positive change that will enable us to drop into the emotions a lot faster rather than just what I noticed initially that I was doing would be simmering in emotions and I would feel horrible for days, maybe a week, and then bam I would get into it. And I find I am getting a little bit better at getting into it quicker now, but so that is the passionately desiring positive change then that gets us quicker into it?

Jesus:

Totally. Let's look at why. Let's say you've got a one day period where you deal with the emotion, the six days before then you are actually in this place where you are doing what is opposite to God's Laws. So you are actually in a place of resisting or stagnating. Now any stagnation has pain associated with it. So for that entire period I'm going to be in a place of pain. I'm automatically going to be in a place of pain.

I won't talk much about them, but Mary's going to show you in her courses how to get into some of the blocking emotions. Instead of me focusing on getting into that emotion, all I do is go, "Oh okay I am not getting to that emotion I must have a block." So all I do is pray to God about the block and then go out and do some gardening. What's the point in doing anything else? Do you know what I mean? If I'm not in it, then there is a reason why I'm not in it.

Now of course there are times when you feel quite down on yourself for about not getting into things and you need to feel those emotions. Yesterday I felt that myself, where I was going through not getting into this emotion that I'm in now, and I felt quite frustrated as Mary will attest to. I was quite frustrated all day until about four or five o'clock at night and then I started to express some of the frustration and then I got down into some of the grief about the frustration, which connected me to some of the emotion. But the key is to allow yourself to get into the state where you are not in a simmering state. But rather either feeling the emotion or doing something else. Allow yourself to do something that makes your life joyful. You see if you live in your desire most of the time, what will happen is the things that need to be triggered will automatically get triggered anyway.

8.1. Speaking about Divine Truth to others

Jesus:

So for example, if you are passionate about speaking about the Divine Truth to others, the thing that is going to trigger a lot of your emotions about why you don't do it is to go ahead and speak about the Divine Truth to somebody. And all of a sudden the emotions will come up in the situation. So allow

yourself to go into the situation. You see a lot of the times what we do is we know what the emotion is at the end, but we don't allow ourselves to actually go into the situation today that would actually help us access that emotion either.

8.2. Challenging fears of sexual projections from men

Jesus:

You see if I passionately desired change what would I choose to do? I'd go, "Oh okay, I know that I'm afraid of sexual projection from men and I feel ashamed as a result of them." Let's say that's my emotion. Every time I go out walking along the Mooloolaba Esplanade or I might pick another place down at the Sunshine Coast, here at the Sunshine Coast, what do they call it, the shopping centre? The Plaza. So every time I go down there and I finish up getting sexual projections from men and I hate it.

The reason we hate it, is because we are in these emotions of stagnation, anger, grief, fear and acceptance. Let's flip that over for a moment. Do I want to deal with these emotions? Do I have a passionate desire to get rid of my sexual shame so I don't have sexual shame anymore? Yes. All right, put on a skimpy top, skimpy shorts or whatever and go down there and walk past and get the sexual projections and feel your emotions. Why wouldn't you do that? You could do that couldn't you? You could choose to do that but we don't. What we do instead of doing that is we go home, we don't want to go to the shopping centre because we'll get projections there so we go home and sit there for 5 or 6 days thinking, "How can I get in to this emotion? I don't know how to get in to this emotion." I'm feeling all this fear about the emotion right and I'm not getting into the emotion, when I could actually just take one action that is harmonious with having a passionate desire to change and all of a sudden the emotion will be triggered. We can do that all the time.

So often what happens for us is that we live in the fear that is shutting down the emotion rather than actually feeling the emotion, and that is a painful process. In fact I would call that, agony. That's what agony feels like, staying stuck for days and days and days on end because I don't deal with the emotion. And I could easily trigger it.



Not challenging an emotion and staying stuck in it for example for six days, before feeling the emotion for one day, creates a feeling of pain and agony

8.3. Challenging an addiction to pornography

Jesus:

Let's say I'm a male, and all my life I've looked at pornography on the sly. In other words I've made sure no one's around me and then I get on the Internet and check out whatever and maybe masturbate or whatever I do along with it. But I don't deal with the emotion, with what's driving me to do that. So I go into the shop and I look around and make sure no one is around, and I know I can buy it off someone without them making me feel bad so I go and get a bit of the porn and off I go and buy it from that person, but that's the only person I'll get it from. Or even better than that (sorry I go off on to these side tracks all the time lately), I might even go into a sex shop or something like that where it's going to be acceptable for me to buy the porn, and then still do it on the sly.

So what would be better instead of that? Grabbing the wife, walking down to the local paper shop, picking up the porn magazine that you really want, going to the desk, buying it over the counter, and feel all of those projections you are getting from your wife and from the person over the counter. And then, and this is going to sound very confronting, take that home and do what you normally do in front of the wife (laughter) to deal with this emotion. Do you think the emotion is going to come up then? (Laughter) I would say it probably will. You might think I'm joking but I'm actually serious.

You see what we often do in our day-to-day life is we live in this place of fear of change. Really what that is we want to stay stagnant. And so instead of desiring change and then acting harmonious with the desire that's within us to change, we are so afraid of everything. We are so afraid to do whatever we need to do to change. So in my own progression I've had to confront lots of different issues like that. There was no other way I could confront them.

8.4. AJ confronting the fear of telling people he is Jesus

Jesus:

How do I confront the fear of what you're going to say and do when I tell you I'm Jesus? Seriously, I considered staying home, trying to progress until I was at-one with God before I would say to anybody who I am. And I did think about that for quite some time, quite a few years actually. I was so afraid to say anything to anyone because I knew that there would be projections. So what I did instead was I just stayed home and thought, "Well how do I deal with this? How do I deal with this? I don't know how to deal with this." There are fears there all the time, fear all the time. Then I realised I was doing the wrong thing. What I needed to do was get out there in front of a group of people, say it, and just let myself get hammered by the projections and let myself feel the emotions.

Now one of the places I did that first was in Florida. There was a group of about a hundred or so people in the audience and I was talking about the Divine Truth to them. I was doing the introduction to the universe, the “Secrets of the Universe” introduction that many of you have seen. What I used to do before is I wouldn't say who I was at all in the entire discussion but sooner or later, every single time, somebody would say, “How do you know this is true?” Guaranteed. And so because I'm in a group and I want to stay in honesty and integrity and keep my connection with God, I would then have to say, “Well I've actually experienced it all.” Then they say, “How come that is the case?” And then it was a convoluted series of questions where somebody has had to ask me a whole chain of questions before I would actually admit to them that I am actually Jesus. And why did all that happen? Because I was totally avoiding and I was living in the fear of it, rather than living in the desire. My desire was to teach, and be upfront. So when I'm upfront, half the audience leaves sometimes, but that's okay, the other half might stay and listen.

So what happened one time in Florida is that I get a group of people, half of them are New Age people and the other half goes to a Christian church. So you imagine this as an audience. So I say who I am and like instantly thirty people stand up, project rage at me and walk out the door. And I'm going, “Whoa! What do I say now?” And then the other sixty or seventy basically just hammered me with all the reasons why they believed that couldn't be true. So I had to work through all this judgement, all this condescension, all these beliefs about Jesus that people have, which are all obviously very inaccurate, and all of these other things that just hammered me through the presentation.

Now I would never of dealt with the majority of those emotions without that event but I had to create the event. I could of sat at home and somehow got to at-onement with God in thirty or fifty years time, maybe before I died, and then dealt with the issue. Well obviously I would of dealt with it through that period, but it's almost impossible, isn't it? And it's not the fastest thing to do. The fastest thing to do is confront the emotion.

8.5. Being in a relationship where we're open and vulnerable

Jesus:

So how many of you ladies are actually scared of ever having a relationship with a man that is open and vulnerable? Where you are open and vulnerable, you're scared. What you need to do is create one. Not a man! (Laughter) Create the relationship where you are open and vulnerable. So any man that's in your life right now, what you do is you start being open and vulnerable. See many of you are waiting for a man who is nice, who will listen to everything and who wants to hear you. Trust me, that's not going to make you open and

vulnerable. All that's doing is pandering to your fear or your addiction of maintaining a fear you see.

So what you need to do is choose the man who you find the hardest to be emotionally open and vulnerable and go and be emotionally open and vulnerable to him, if he is in your life I mean. There is a Law of Attraction going on. If he is in your life, be open and vulnerable to him, and then let yourself own the emotion that goes on there.

8.6. Embracing change brings joy (continued)

Jesus:

You see when I passionately desire change; I will passionately desire to confront situations to open myself up more emotionally. And if I allow myself to work my way through the fears that I have, by doing the desirous things, by acting in desire, what will happen is my changes will be rapid, but also they will be more joyous because you know I haven't had to have the Law of Attraction pummel me for a year before I dealt with something. I actually volunteered to deal with it and now I have a sense of pride, a sense of ownership in that process. I'm volunteering to deal with this, this is good. I know I want to deal with this, I'm volunteering to deal with this, and I am going to stay in my desire to deal with this. And because I've put myself in the desire to deal with it and I'm volunteering to deal with it, it feels a lot better already rather than getting hammered and hammered again by your Law of Attraction, going, "Oh I hate this, I hate this emotion, I hate this. Isn't this terrible?" And we're raving on to ourselves and anybody who will listen about how terrible our Law of Attraction is and so forth. In reality of course it's going to be pain and agony in that place because I'm totally in opposition to God's Laws in that moment. Because God's laws are going to demand eventually change of me, that's what they do.

8.7. Challenging fears of heights and deep sea diving

Participant:

AJ I've got a fear of skydiving and deep sea diving, does that mean I have to confront those physical fears as well? Is there an emotion behind my fear?

Jesus:

There's always an emotion behind every fear. So my suggestion if you're confronting the one of would be to maybe go to a place like Queenstown in New Zealand where they have lots of places where you can do bungee jumping, and just stand on the edge and let them tie a rope around your leg and jump off. And let yourself feel what comes up.

Participant:

You're serious?

Jesus:

Yeah I'm serious.

Participant:

I mean bungee jumping is dangerous, I understood.

Jesus:

It's not as dangerous as skydiving. And there's a rope attached to you, where there are only two shoots. What I'm trying to illustrate is that you can deal with the fear by doing a safer thing.

Participant:

Okay. So there is an emotion in me that is creating my fear of those things.

Jesus:

Yep. So if I'm scared of deep sea stuff, I would firstly maybe enrol myself in a scuba diving pool course, but tell him, "I only want to do it in a pool."

Participant:

Yes. I feel a bit better about the pool thing.

Jesus:

You do the pool thing, and then you say, "Alright now I want to do it in the sea." And you do it in the sea thing and confront the fear.

Participant:

My neighbour took me up in an ultra light aircraft.

Jesus:

Yeah that will do it.

Participant:

And I was telling Jackie the wife, who had a stroke and couldn't speak, to tell Ron not to take me up more than 100 metres because I am absolutely petrified. Anyway she never got the message across because she couldn't speak properly.

Jesus:

Your Law of Attraction.

Participant:

Yeah. He took me up way beyond the clouds and I was so petrified that my muscles tightened and I didn't overcome any fear at all. I was too in fear, you know.

Jesus:

General thing with fear - breathe. As soon as you stop breathing you are controlling your fear rather than expressing it. Now an ultra light may not be that safe a place to start expressing your fear.

Participant:

Well especially Ron was saying, this was in Victoria, "Oh that's where Jackie skydived and had a stroke whilst she was skydiving." He's telling me this stuff with absolutely no fear while I'm just very fearful of things he was talking about, so that didn't help me.

Jesus:

Yeah. So there are things you can do that are safer that can help you trigger your fear. So what happens every time you get in a jet? Do you get a window seat or an aisle seat?

Participant:

I don't have a fear in a plane, I'm alright.

Jesus:

Okay, no worries. So a lighter plane, like a one engine plane?

Participant:

Yeah I'd be a bit more fearful. I'd sit in the middle where I couldn't see.

Jesus:

So how many others of you are afraid of going in a one engine plane? How many others of you? There are four. There are enough of you to hire a plane for an hour. (Laughter) There is! Hire a plane for an hour. And you tell the pilot, "We're all here to deal with our fear."

Participant:

Okay. Yep. Thank you. I hope I don't have to do the bungee jump. I'll try and deal with my fear before that.

Jesus:

Confront your fear. Like if you have a passionate desire to deal with your fear rather than living in it you will confront it.

Participant:

Oh okay. I was hoping to avoid those couple of things.

Jesus:

I know, and that's the point, Louise. You see remember what I said about our fear? Our fear causes us to try to do everything we can to avoid it. So if I'm afraid of Earth change events and I'm afraid of discomfort, what am I going to create? I'm going to create somewhere, where inland a bit there's a nice place that's got all the comfort and mod cons with solar water heating and solar everything. And I'm going to create all of that but what am I actually doing? Creating everything out of my fear and I'm not dealing with my fear. That's not confronting your fear. That is actually living in your fear. Living in your fear doesn't release anything. Confronting your fear would be the four or five or six of you ladies who had the fear of this little plane, get in this little tin can plane, a have to look out the window and let him fly as high as he wants.

Participant:

Or a helicopter would be a scary experience.

Jesus:

Or a helicopter, yes. When we were in New Zealand we went in a helicopter. And we went over Mount Cook in the snowy region. It was spectacular, I loved it. The helicopter was interesting because it was like a bubble and you were sitting over the bubble so you could see everything. And so he'd fly you purposely around the cliffs. So you'd be going up a cliff, up a cliff and then as you go over there's a 1000ft drop straight away. And Mary goes, "Argh!" didn't you, babe. But after we got off Mary goes, "Wow that was so much fun, can we do that again?"

8.7.1. Breathing helps to release fear**Jesus:**

And so you start to deal with a lot of your stuff and the key is to breathe. You must breathe if you want to deal with your fear. You must breathe. Breathing is a part of the release process. Soon as you lock that, where the fear causes you to inhale sharply and lock everything up, lock up all your breath, now you are not dealing with your fear at all. Now you are just living in it. So that's not the point of it. The point is to stay breathing, stay breathing, and stay breathing. Let yourself experience this and stay breathing, whatever it is you're afraid of. I'm afraid the propeller's going to stop, so feel that fear. I'm afraid that we might crash, I'm afraid the back tail thing might fly off and we start spinning around or whatever, let yourself feel those fears and stay in the moment by breathing through them.

You see you can create every positive situation you need to change but it's going to need some bravery, and this is what I wanted to talk to you about in the next half of the session. I wanted to talk about two primary qualities; faith and courage. Those are the two qualities I want to discuss with you next because without faith and courage you are always going to eventually revert to this place of stagnation, anger, fear, grief and acceptance of staying in the fear, anger or whatever rather than actually going into the desire to actually deal with the issue. And to treat it like an experiment that can create joy for you.

Participant:

So if I clear the fear I don't have to bungee jump and sky dive? (Laughter)

Jesus:

If you cleared the fear you would never even ask that question.

Participant:

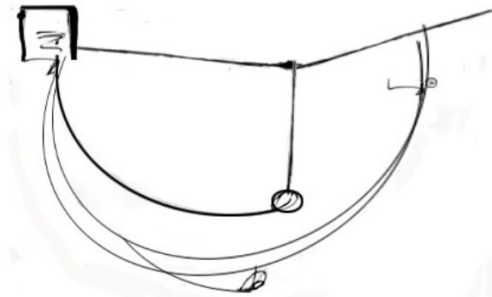
Okay, thank you.

Jesus:

Because what would happen if I'd dealt with the fear is I'd actually go, "Oh an opportunity to bungee jump, that sounds alright," and you'd go.

8.7.2. An illustration of AJ going bungee jumping**Jesus:**

When we were in Queenstown I wanted to go and do some bungee jumping. And there's another one you can do that's very safe and that is there is these giant swings. Have you seen those? They're sort of like bungee jumping a bit but you're attached to a harness. I'll draw a picture of it, this is an aside but it helps you deal with some of these fears.

***An illustration of the swing involved in AJ's bungee jump***

It's like a great big rope like that, with a swing attached, and they put you in a harness and they draw you up to the top left and you free fall and then you go in a semicircle up to the other side, and then you free fall and semicircle back. So it's not something that happens once. You free fall, swinging from side to side, and in the end you're left just hanging at the bottom, and they wind you back up again because the actual place where you get on it is in the top left. Now do you think after that you would of dealt with some fear of heights? Definitely. And it is very safe.

Participant:

Okay where do you do that?

Jesus:

Well are there places here? At Surfers Paradise? There's also a place I noticed at Surfers Paradise where they have those trampolines and they strap the bungee cords to you and they jack you up and you can go down and bounce on the trampoline. Now that's where to start. You might only get 10 or 12 foot high or a 3 or 4 metre high one of those and give that a go. Attach yourself to one of these things and bounce up and down and get the feel of the height, and the fear and all that starts coming up, and you might graduate to this giant bungee swing in the long run. But allow yourself to make positive steps.

You see most of the time what we're doing is we're going, "No change, no change, I don't want to change, I don't want to change, I'm too scared. I'm too scared to deal with this fear. I'm too scared to deal with the fear." I'm afraid of the fear itself, in reality. And the reality is I'm not passionately desiring change in that moment, what I'm passionately desiring to do is keep my fear to myself. I want to nurse my fear, I want to love it, to make love to my fear; it is beautiful. And that's not the way we feel it but in the end what finishes up happening is we create a life that is just loving our fear, that embraces our fear and keeps it to ourselves all the time and that's no way to live your life. No way to live.

So let yourself do things like that, challenging things. Many of them nowadays are quite safe. (Laughter) No, many of them now are very safe but you won't feel safe doing them. You see logically if you've got a rope attached to you that's a steel cable, logically it is pretty hard to break it. Something very unusual has to happen. So logically you're very safe. You're probably safer than you are walking across the road and certainly safer than you would be flying in a jet, for example. And yet a lot of the times we are so afraid of what's before us and that's the whole thing, we need to deal with this fear so we're not that afraid.

So how are you going to go when you start flying? I mean levitating? (Laughter) You'll only levitate two metres. Why? Honestly when we were over in New Zealand, there was this lovely Mount Cook region, some of you may of been there and it is just so beautiful and pristine but it is so steep. And Mary and I went on a bush walk and it took us six hours. We did a 13kms or something bush walk but it took us six hours to get up to the side of the glacier, when I could of just levitated myself up there in five minutes. Like why would you do the six hour walk when you could do that?

Participant:

Exercise.

Jesus:

Fear is the only reason why. So if I deal with my fears, I'm going to be able to enjoy those kinds of things, in the future.

Participant:

Yes, thank you. It's such a big fear that I'm laughing but I won't be laughing when I'm on that thing.

Jesus:

Exactly. And just say to the people, "Look to be honest with you, this is all about feeling some of my fears, so if I come back in a catatonic state you'll be able to help me, won't you?"

Participant:

I've been abseiling with my aerobics teacher and because I was the person who has had the most fear in all her groups she talks to groups about me. Because I did overcome my fear and go down and even went on a bit of a higher cliff but for some reason it's been such a big fear and I don't know why.

Jesus:

Yeah and it's much harder dealing with your fear of heights and doing say rock climbing or something like that, and that's obviously a lot more dangerous than it is to do something where somebody can strap you back up in. Whereas if you do something like rock climbing you could freeze up and then what do they do? It is very, very difficult. Whereas if somebody does freeze up on one of these bungee things you just say to them, "Look if I freeze up you just stop and let me deal with it won't you, like let me have a cry or whatever." Tell them upfront. And if there's a group of you who all have the same then you all go along and say, "We're all here to deal with our fear about heights. We need to cry about it when we get into the shaking parts, you'll let us do that, won't you?" Just give them an extra ten bucks for doing that and I'm pretty sure they would and if not, an extra twenty might do it. (Laughter)

Participant:

Yep the abseiling guy was good when I was crying as I was about to go over the cliff and clenching on to his arm and not letting go, he was quite patient with me and then I did go over the cliff.

Jesus:

And the key is then to allow your self to deal with the emotion of it like that. But breathe, really let yourself breathe. Don't lock yourself up in the terrified state; breathe your way through the state.

Passionately Desiring Positive Change: Session 1 Part 2

9. Embracing change exposes emotions rapidly (continued)

9.1. Challenging fears of heights and deep sea diving (continued)

Participant:

AJ this is so great and so timely.

Jesus:

Is it?

Participant:

Thank you, absolutely. Two weeks ago I decided it is time to challenge myself, I've got a 60th birthday coming up in ten days time and I've already decided I'm going to do a sky jump.

Jesus:

Oh okay.

Participant:

And what I want to know is, who wants to come and join me?

Jesus:

Ah, there's one taker, two takers.

Participant:

So come and see me at the end.

Jesus:

Four takers.

Participant:

Because it is a way to lock me in of making me does it.

Jesus:

(Laughs) Well if you all die doing it, don't blame me. (Laughs)

10. Working through fear

Participant:

And I have a question, in the past I've done like the helicopter thing, I've been out in the ocean in a kayak with another who I didn't know and prayed like mad in the process. And I'm wondering, did I really face my fear or was that a bit of a spiritual you know what?

Jesus:

Yeah a lot of times what happens is we get into a place of fear and we pray like mad, pray like mad, pray like mad but actually what God wants us to do is in that moment is to feel the fear and terror, and work your way through it. So actually the prayer that you're giving in that moment is not really in harmony with what God wants you to do.

The key to go into this is - I set my intention to deal with a fear that I have, which I know is preventing me from making changes. So what I do is I set my intention, I want to make positive changes, I have a goal, I do something to trigger it, but make sure that when you do it, that you don't use your old techniques to get out of the fear. Allow the fear to be triggered. If you allow the fear to be triggered what will happen is that after the event in many cases you will go into this almost state of sort of shock state. The key is to breathe all the way through that and allow that to just rise in you and come through you.

You can easily pray yourself out of it. Mind you you're not receiving help from God in those places, because when we pray to get out of our fear, we're actually praying to avoid an emotion, and therefore whoever is helping us calm down is not God. So God does not want you to avoid an emotion, God wants you to actually address and release all of your emotions. So if you are fully God-reliant in this situation what would happen is you would allow the fear without judgement, and if you're worried about the judgement you can pre-empt a lot of the judgement by talking to the people who will help you.

So let's say you are going skydiving and you're on the back or on the front of somebody, and you just say, "Look there is a chance that I'm going to go into a lot of fear - that's my purpose of doing this. So when I start shaking and everything, instead of trying to stop me, allow me to go through it, even if it means just packing me in the back of the wagon and taking me back and put me in my car and just let me do it. Let me feel it."

And during that place, the key thing that I always remember when dealing with fear is that while I'm feeling the emotion of it and I'm breathing and in that moment pray to God to help you get to the bottom of it, rather than to help you avoid it. You see most of the time when we direct our prayers to God about our terror and our fear, we're actually asking God to help us avoid it as an emotion rather than to experience it as an emotion. So if you pray in harmony with what God wants you to do, to experience it as an emotion, you will feel that assistance come to you, you will be able to experience it. But also you can remind yourself during the experience not to get out of the emotion, but just to remind yourself just, "I'm an adult and I can deal with this now. I can feel this feeling to the end now. I can actually go through whatever this is about for me."

And ironically you will find that a lot of terrors that exist inside of you actually have nothing to do with your own terror so much as they have everything to do with your parents terror that you took on; not the actual terror that you took on emotionally but their actual judgement of the terror that you took on emotionally. Now that's hard to explain so let's try to give you an idea of what I mean by that.

10.1. How terror enters us as children

Jesus:

As a child right, your mum had terror. But what happened is your mum had terror within her, but that is not necessarily going to enter you until there is some kind of emotional bond on the terror between the two of you. There has to be some kind of hook into mum's terror that causes you to go in to a terrified state, and that is usually a set of emotions that are beliefs inside of you that you took on about your mum in order to get your mother's approval or your mother's acceptance. Or it could even be your dad's of course of it could be anybody else.



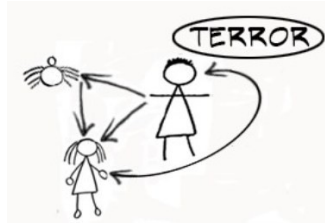
Terror can enter a child from her mother as part of a particular emotional experience with the mother

So what happens with a lot of our terrors is they are not actually that we are afraid of something specific but we're afraid of our mother or father's response to that thing, which is a very, very different state.

10.1.1. An example of becoming afraid of spiders

Jesus:

So for example, the child may pick up a spider and look at the spider, at that moment the child is not afraid of the spider even though its mother is. But now when the mother comes and yells at the child and smacks its hand and get's the spider out and kills the spider and does all of that stuff, there is now an emotional interaction: "I can't love spiders. I have to be afraid of spiders to get my mother's approval." So now there is an emotional hook into my mother's terror of spiders. So you'll find with a lot of your fears that many of them will turn out not being what you thought they were about. They will actually be related to childhood events where something happened between yourself and your parents that is nothing to do with the spider itself or with the fear of heights, for example, and more about the emotion of approval or acceptance that you needed from your mother or father.



***A fear of spiders can develop in a child
as a result of the mother not owning her terror of spiders
and projecting terror and rage onto the child***

So if you understand that, you will not go into this thinking, “Oh I’m afraid of heights.” Rather you will go in to it saying, “Alright I’m afraid of something here that was something to do with my parents’ emotions that causes me to link heights with this deep fear or terror about dealing with this emotional link.” Do you see the difference? I’m probably not stating it as accurately as I could. Does everyone understand what I am saying there because it is really important to understand the difference between those two things? Often we are not afraid of the thing we think we’re afraid of. We are rather afraid of our parent’s emotional response to the thing we’re afraid of. So my parent has an emotional response projected at me.

So let’s say my parents are afraid of spiders and they have an emotional response, but instead of them owning their own emotional response of terror of that spider what they did is they came along and brow beat me into submission about the same issue, causing a huge fear of my parent in this process. So I’m actually now afraid of this raving lunatic who’s afraid of this thing on my hand that was fine before they began.

So the spider was fine sitting there on my hand, I was fine looking at it. Yeah it’s got a red stripe down it’s back but that’s fine and I was fine with that at that moment as a child - the spider wasn’t biting me it was just crawling over me. It wasn’t causing me any harm at this particular moment but what’s happened is the terror of the parent rises, and it might be the terror that, “My child might die,” or, “What will happen if my child dies?” and they go into all this fear and terror. And instead of owning it all inside of themselves, they project all of that as rage or fear at me. And now there’s a linkage between the spider and my parent’s rage and fear and terrified feelings.

10.2. Feeling through terror to discover the cause of the terror

Participant:

AJ does it need to be as specific as that or could it just be my mother's terror of opening into the world and being out in the world?

Jesus:

You have to be very careful of actually intellectualising this process. This is what I'm really saying to you here - the reason why is often this emotional link is totally different to what you'd normally think. And this is where you need to be prepared to feel the terror, because underneath the terror is the link.

So if you could think of your terror as the cover feeling to the real feeling that you need to feel, the grieving feeling if you like. That's the cover. Now you can intellectualise all you like about what that might be about but while you're doing that, you're actually not prepared to feel the terror itself. If you become prepared to feel the terror itself and allow whatever is underneath to come up, as a result what will happen is often some grief will surface and you will find that it's nothing to do with what you thought it was about. And the key is to not judge that, just to feel it in that situation. And usually after you've felt it, then you know what it was all about.

10.2.1. An example of AJ previously having hay fever and allergies

Jesus:

For example, I used to have runny nose all the time - hay fever all the time, and any time I got around a cat it would just go really bad. I was taking anti histamines every four hours all the time, not realising in the end all I had to do was sit with the cat and feel what I was afraid of. In the end it got down to my father shoots cats, and if I love a cat, I don't have his approval. So once I started processing about how much I didn't have my father's approval, to actually disagree with him on a matter, I released the emotions about the cat. So I actually am there thinking intellectually it is about the cat, and I'm allergic to cats, but why am I allergic to cats? You can think your way through that as much as you like, but if you sit with the fear and allow yourself to just feel what it's about you'll connect with the fact that there's something underneath it. And a lot of times what's underneath it is something to do with your parent or parents but it's really obscure and very difficult to intellectually discover until you actually experience the emotion of terror, followed by the underlying emotion that it's covering.

10.2.2. An example of jumping out of a plane

Participant:

So am I hearing you say not to try and feel that before I do the jump but that might be revealed in the process?

Jesus:

What will be revealed in the process is if you breathe through the jump and you allow yourself to feel the terror, when you get up after the jump, when he's lifted you up off the deck when you're up there and hopefully you're not splat on the deck... and I'm saying these things purposefully to you.

Participant:

Thanks.

Jesus:

And you're lifted up and you feel, allow yourself to shake, allow yourself to feel the feeling, allow yourself to breathe -you need to breathe. Allow yourself to breathe and feel those feelings and shaking and whatever and allow yourself to feel them for as long as they're there, and just pray about just getting deeper underneath this, what's this about? And you'll be surprised what comes up. And I'm saying that a lot of times your intellectual knowledge about what you think it's about is totally different than what it was actually about. Like there is no way I would have arrived at my dad's approval with regard to my allergy to cats. I firmly believed that I had an allergy to cats due to some physiological reason inside of myself.

And the key is to allow these connections to occur without you having to determine them beforehand. So desire the positive change, which is taking the action to trigger the fear - that's a positive change; that's desiring it - but allow the process. We'll talk about this in a minute, but allow God-reliance in the process. If you are prepared to positively and passionately desire a changed outcome, what will happen is through the mechanism that you are now challenging, if you're God-reliant, God will show you what it is all about rather than you having to think what it's about. Because often when you think what it's about you arrive at a totally different conclusion, and the actual emotion you need to feel is gone and needs to be accessed at a different time. The Law of Attraction of course will demonstrate that to you.

So if you jump out of the plane this time, and don't get in to anything very much and still feel afraid about jumping out of a plane, then obviously the emotion isn't dealt with and so that particular thing you did didn't work. And if that's the case, look at - what was I trying to intellectually determine before I made the choice?

Participant:

I was just going to ask you is there a point where adrenalin might kick in and then it becomes exciting?

Jesus:

Fear and excitement are very much related to each other in terms of physiological response. There were many times where I believed I was afraid when I was actually excited. So this is why a lot of people become fear junkies, because they feel like they're creating excitement when it is fear-related, and vice versa. The key is to just allow the emotional experience.

So yeah, you might actually enjoy it. But then if you are addicted to it, like many are, and they do a thousand jumps, you've got to start looking at, "Why am I addicted to this process now? There is something going on there. Why do I have to go out and jump out of a plane every weekend? There's something going on for me there too. Why can't I enjoy a variety of experiences besides just that one experience?" So either way there are just emotions to feel. So you can easily switch from fear to excitement to addiction to adrenalin, but that's not what we're wanting to do here. What we want to do is get to the underlying emotion.

The main reason by the way that many men choose to do dangerous things is because they are actually trying to work through issues of fear as excitement, and there are a lot of emotions in that, there are a lot of emotions that need to be healed in that.

So the key is to understand that actually the emotion that causes my fear of this thing may be totally different than anything I can intellectually conceive of at this moment. So stop trying to conceive it. I know the fear exists of heights; let's address the fear of heights by trying to challenge it. Let myself breathe and feel the emotions, allow myself to shake and all those other kinds of things that might happen during this process, scream, shake, whatever you need to do. And tell the person who is doing it with you that this might happen and you need to allow it to happen, but remind me to breathe, just tell me to breathe and allow myself to feel it. Just tell me that.

Participant:

Just even talking about it I'm sweating and shaking and...?

Jesus:

Yep. So there is a lot of work you can do on this before you even go. Just me speaking about it like this brings up...

Participant:

And even that being vulnerable and saying I'm feeling really scared is a challenge as well; to name that and have it be out there.

Jesus:

Yeah and it may actually be linked to the fear you actually have. A lot of times these things are - you'll be surprised how many times somebody says something to me and I'll say, "Well if you deal with this emotion..." but often the emotion I'm talking about right at the moment is actually related to the fear, and in your case the fear of heights.

What I'm saying is your fear of speaking up to a man (because it is most likely a man you're going to jump out of the thing with) and telling him that you're perhaps going to be afraid is about speaking up to your dad and telling him you're afraid when he yells and screams at you. Do you see the relationship? And that may be what this is all about, in the end. But instead of just saying, "Oh that's what AJ said it's about," stop all that and just go in to the process and allow the process to demonstrate to you what it's about.

Participant:

And then overcoming the fear of exposing it and then the fear of being punished because I've exposed it.

Jesus:

Yeah. So if you get a guy who acts really badly towards you, you know the jump fellow that you're jumping with then that's your Law of Attraction. Don't jump with him and go home and experience your emotion about that. Just say, "Oh I can't jump with you if you're going to shut me down like that," and go home and then feel about being shut down and everything because that's a part of the fear that's going on here. So own it at every stage and eventually you'll be able to jump and feel the terror and the fear and so forth.

Participant:

Thank you. So if anyone wants to join me, come and talk to me.

10.3. Fears related to the physical body

Participant:

I was going to ask a question but I think I answered it for myself in the break. I had the question if I'm so terrified of these things in my awake state how come I can fly backwards in my sleep state? I figured it's not anything to do with the fear of heights I feel it's more to do with the fear of what's going to happen to my body.

Jesus:

Yes.

Participant:

It is a physical fear of my own body, which I know what it relates back to in my own childhood.

Jesus:

Yes. Often if we have the fear not present in the sleep state but it's there in the awake state then it means actually it's about your body in some way, safety, and a lot of times that's related to punishing events that have happened to your body by your parents or at school or other things like that.

Participant:

Yeah when I get terrified of rides and things like that I always throw up at the end. And I've noticed that when I process my sexual abuse, I always throw up at the end.

Jesus:

Right.

Participant:

So I sort of thought well okay, that's probably...

Jesus:

Some related feelings there somehow.

Participant:

Terror.

Jesus:

Yeah, terror-related feelings.

Participant:

Terror. Like what's going to happen to my body?

Jesus:

Yeah the truth is that if we've had abuse in the past we have a lot of very protective feelings about our body, and we finish up avoiding a lot of things in our life because we avoid what might happen to our body. So we are dictated by fear unfortunately. A child doesn't go around wondering if it's going to step on a nail or not, does it? You mums are always saying, "You've got to wear shoes, you've got to wear shoes, you're going to step on something." The child doesn't think it's got to wear shoes. And this is the thing - once we get in to total trust of everything that is going on and once we release all of the stuff and all of the fear and everything related, we won't step on those things that are going to harm us in any way. It is just automatic that we'll miss them and that will be our Law of Attraction. So anytime that is not happening it is obviously related to....

Participant:

So that's tells me I've got more fear of my physical body problem than in the sleep state.

Jesus:

Yes.

Participant:

Well that's good.

Jesus:

Yes. So the key is to work through physical body fears. Many of us have physical body fears. For most of my life I had a fear of stepping on nails, for obvious reasons, and ironically I trod on quite a number. One of them went right through my foot as a result, which just heightened the fear. And so we need to process the fear and release it then those kinds of things don't happen.

10.4. Watching horror movies can be used as a way to avoid fear

Participant:

Just with addiction, it kind of clicked to me today but I'm an incredibly scared person and I do have a lot of fear. Growing up I was obsessed with horror movies, scary movies, I watched them all the time and scary rides, that type of thing. You were saying about the addictive type of state and so whenever I watch a scary movie now I'm always like, "Oh that is so fake," or, "That ride wasn't scary," and it's just a way of suppressing that.

Jesus:

Exactly. A lot of people watch horror movies as enjoyment and then they laugh at them. You see them not connecting emotionally to the actual feeling of terror about the horror itself, and the reason why they do that is because they are constantly trying to get away from that emotion, which is why there is a huge market for horror movies.

Participant:

That's all I wanted to say.

Jesus:

No worries.

10.5. Working through fears of being alone

Participant:

I've lived my life in so many fears. I've got a fear of sailing around the world solo or travelling around the world on my own, fending for myself, my safety, and so I understand what the lady was saying around my body and safety.

Jesus:

You said sailing around the world and it has to be "solo" and what was the other one?

Participant:

Travelling around the world.

Jesus:

But again it was "solo". Don't you see there is a certain pattern here?

Participant:

Yes.

Jesus:

So what's the pattern?

Participant:

My safety and looking after myself and being able to do that for myself.

Jesus:

And being alone.

Participant:

And being alone. I can see where I've lived my life very much from that fear but do I need to go out and sail around the world solo and travel around by myself to conquer it?

Jesus:

No. You'll find a lot of your fears have a common denominator, and if you know what the common denominator is, like being alone, then why not go out and spend some time in a tent for a week and feel the aloneness without the mod cons and without the television and without the thing that helps you get out of the aloneness. So allow yourself to go into that state of, "Alright, I've got no television, I've got no books to read, I'm just sitting here, what do I do?" Let yourself feel the aloneness of that. You'll find that when you do some fears will come up and some terrors will come up and you'll release it, and interestingly enough you won't be afraid of a whole slew of things.

Participant:

Yeah that was sort of my question, like it's sort of like a fear of death, something relating back to my childhood, that do I need to go and do them all physically, but it's something that relates back

Jesus:

Yeah. A lot of times the truth is that you can actually place yourself in a very safe circumstance but tune in to the feeling quite easily and go through the feeling. A lot of times what I'm saying though about fear is that we avoid doing that and so why not then make a choice to do the other thing that triggers some fear? If you are really positively wanting change, then let yourself do that.

But yes, most of us have a long list of twenty-five different things or more, physically that we're afraid of. Many of them are related to emotions related to our childhood with our parents and once we hit on a common denominator, then we can easily trigger that. So allow yourself to do that.

10.6. Confronting a fear of sharks

Participant:

AJ just while you're on the subject of fears around physical harm, how do you suggest confronting a fear of sharks?

Jesus:

Go swimming in the ocean.

Participant:

Okay. I find myself just reluctant to go past my hips.

Jesus:

Then go a bit deeper.

Participant:

Okay.

Jesus:

But the key is not to get yourself out of your fear. The key is to get in to it. So that means staying breathing, staying connected to yourself, staying connected to the emotion of it. Not avoiding it by trying to intellectually reason yourself out of it with. "There wouldn't be any sharks here, what am I so afraid of anyway?" and all those kind of things. Don't do all of that, just allow yourself to do the opposite.

10.7. Judgement of childlike emotions

Jesus:

The problem is as adults we have so much judgement of childlike emotion, right. So many of us here are still judging emotion and particularly childlike emotion. So an example, if a child is up here skipping along up here, all of you would be pretty okay with that right. But you get a forty-seven year old male doing that and now it looks a bit poncy. (Laughter) That's the judgement that comes. So if all of you saw me skipping down the aisle in the supermarket, a lot of you would have an automatic feeling of, "What's that crazy guy doing?" You would. Let's admit it. So the key is to allow yourself to actually feel about, why is it that the child can get away with it but the adult can't? Every time you feel that you can let a child get away with something that you won't let yourself or another person as an adult get away with, there is already a disharmony in terms of emotional disharmony within. So look at that.

So two little kids go up and have a kiss with each other. How do you feel?

Audience:

Aw.

Jesus:

Me and Mary have a kiss in front of you as a group, how do you feel?

Audience:

Aw.

Jesus:

Ah. Mary knows as well as I do that a lot of times that is not what comes. What comes is, "Get a room." (Laughter) So why the judgement? You see to work our way through a lot of this stuff we've got to be very honest with ourselves. There is often a very, very wide gap between what I would allow a child to do in my presence and feel comfortable with compared to an adult.

So if the child's there scratching his bum you allow the child to get away with that. I know many of you probably say, "You probably shouldn't do that in public," but most of the time we do allow it. But if an adult's doing the same thing what do you do then? (Laughter) Can you see the difference? Straight away we get into this judgement place of, "Doesn't he realise?" There is all this stuff going on and we need to look at why.

So I'm not saying that going and scratching yourself in private places in public is okay, it's up to you whether you do it. I'm not encouraging you to or discouraging you from it but what I am saying is we need to look at the disparity that we have between our treatment of the child doing it and the treatment of the adult doing it. And in that you will find a lot of emotion. There is a lot of judgement in there, a lot of condescension in there, a lot of emotion in there. Allow yourself to work your way through that.

10.8. Confronting a fear of sex

Participant:

I have a big fear of saying this out loud, so here goes. When I started working through some of my sexual shame I found that I couldn't get to it. It went through stages for quite a few years actually before I started with the Divine Love Path. It came up as lots of rage for a while and I just shut it down because I didn't think that I should feel that way. Then it got to the point where I explained to my husband what was going on and then I would allow myself to be triggered, so we'd stop half way through when we were having sex and that kind of thing. But I just couldn't get there and I started getting really terrified in the end, to the point where I just shut off having sex and I thought it's just easier to not go there.

Participant:

But every time I could feel his sexual desire I would go in to this fear. So I would start processing but it wasn't until I actually said to him, "You know what, I need to confront this, let's just get into it." It took a whole world of courage to go there but it was the terror that I had come up was just huge. He thought it was wonderful, sex on tap but it took me a few times to actually get down to what it actually was. It was connected to something that happened to me when I was quite young and it was playing doctors and nurses. I had that intellectual memory but I hadn't connected to it emotionally and as soon as I went through that terror and into the grief I just started getting a vision of the face. And it was like you were saying before - I would never of connected that until I actually went through the emotional steps of it. As hard as it was, I feel like I actually enjoy sex now for the first time in probably twenty years.

Jesus:

Yes of course because you are not having shame every time you have it.

Participant:

Yeah that's right. And I guess it was just that courage that actually allowed me to put myself in that position, rather than try to process through it without actually putting myself in that physical position because I couldn't get there otherwise.

Jesus:

Yeah. What you did was great because the issue there was a fear of sex and obviously you're only going to deal with this issue "fear of sex" by actually having sex and letting the fear come up and working your way through what it is about emotionally. If you avoid the sex act altogether then how will this fear ever be dealt with? It's going to be very, very difficult to deal with it. And so for many people who have sexual issues and a fear of sex, the answer is to have more of it. To actually plan every day to work your way through the issue emotionally. So if you are in a partnership in particular you can do this.



***A couple can work their way through emotions
surrounding sex in a loving relationship***

So for a fear of sex, obviously I'm going to have to work through some issues surrounding sex and what's going on, and sex is probably going to trigger it. So if I'm in a relationship and I've attracted a relationship into my life, what I can do now is, if the person is willing and I am in a loving space where I am willing to own my emotions; so I'm not going to use the man to trigger my sex stuff and then walk away; that would be unloving. I want to have a loving relationship here where I deal with the issue, but what I would do is I would allow myself to set up a date or something every day and the purpose of the date was to not so much have sex and enjoy it but rather to have sex and to deal with anything that stops me from enjoying it. And if you did that every day you'll find within a month you'll have a lot of the sex issues that you've had all of your life gone. Lots and lots of them gone, and your sex life will just dramatically improve.

So many people make the joke that the male always wants it and the woman doesn't and all that. The truth is ladies at the end of the day if you deal with all of the issues revolved around sex, and there are quite a lot that are multigenerational, you will want it just as much as the guy will. And why wouldn't you? At the end of the day if you love a person and you have fully opened your heart to them and you love the enjoyment of sex, why wouldn't you want it as much, why wouldn't you want it all the time? There must be some emotional reasons why if you look at it.

Remember I said at the end the two of us becoming one is the two of us eventually becoming one also sexually. So that means sex 24 by 7 in that state, pretty much. So that is what will happen as well and we need to work our way through. So when I say as a woman something like, “The male always wants it”, as a joke even, I’m just telling myself an emotional injury and replaying it back to myself all the time. And it’s not until you confront the issue that you might find it’s quite an innocent thing related to getting caught playing around with someone in the backyard when you were five. And that whole thing now has created so much sexual shame that every time you connect with your desire all of a sudden you feel so much shame that your desire just goes away.

Participant:

Well I also had an affair in my marriage, AJ, and I’ve been working through the reasons of why that happened. And I didn’t even connect to that to my fear of sex either and I had this real feeling of obligation. I always have had as a woman a feeling of obligation, and that went straight back to even though I’d agreed to play doctors and nurses, if I didn’t do it, then I wasn’t going to be liked. It was more than once, it was quite a few times over a couple of years. It was like I had to do it otherwise he wouldn’t like me.

Jesus:

Yep. So it’s a bartering of sex straight away.

Participant:

Absolutely.

Jesus:

And then a feeling of being controlled; I’m being controlled by having to barter my sex for friendship.

Participant:

So now that I’ve worked through that I still have a fear of judgement about the affair but the shame is not there anymore either, it just went away instantly.

Jesus:

Yep. And this is the beauty of passionately desiring positive change, when you choose the subject that you know you’ve got the problem with and you make a positive decision, acting in harmony with love to deal with that subject.

So it wouldn’t be a positive decision for me to choose twenty-five different guys to deal with my issue with sex because that would also be very much out of harmony with love, because obviously the way God wants us to interact sexually is by having a love relationship as well, so it’s all about love in the end. So if I’m just having sex without love being involved then I’m actually damaging myself and the other person. So obviously I wouldn’t choose to work through the issue like that. But with every issue we can choose to work

through it in harmony with love of ourselves and love of the other person. Once we do that, let's say the issue is sex or any other issue, often you will find that you can work through it so rapidly when you've been sitting on it for years and years and years and years without any progress: a very powerful experience then.

10.9. Confronting fears of being emotionally open with one's father

Participant:

AJ when you were talking about standing up in front of an audience and talking, I don't have too much of a problem with that but I have a huge problem or a huge fear of just talking one on one with someone when it comes to my emotions.

Participant:

My dad and I have dinner every Thursday night and the other night, because I've turned vegetarian, that's very confronting for him, and he doesn't know what to feed me. So he sat me down and had a big long talk about how he thought that I was looking haggard and unhealthy because I wasn't eating meat and he didn't understand. And I wanted so much to be able to stand up for myself. I did to a certain extent but I felt like that five year old child that was just about to get yelled at and I wasn't strong enough to really state my case firmly.

Participant:

In the last week I've had two other instances where I've tried to talk about my emotions to a male, and even to walk up to you to talk to you about emotions or to talk to you without feeling like I'm wasting your time. So I've got this huge fear of talking to men about emotional things, and I was trying to impress a male doing what I thought he wanted me to do so that I would get attention. I ended up bunting up my knee and it's on the right side so it is really, really there for me and I've been downstairs twice today to the emotional processing room. But I'm still very, very afraid and I don't know how to do it. I'm scared that I'm going to be projecting, that I'm going to be unloving, that I'm going to be angry when I do it so I'm using that as an excuse not to do it.

Jesus:

Yep, I agree. So let's look at your interaction with a male in terms of your fear and what you would do if you wanted positive change, right. So here's my fear. Here's a male. The male you are afraid of the most is?

Participant:

My father.



A woman has a fear of speaking about her emotions with her father

Jesus:

Dad, okay. So your dad is pretty disapproving of you a fair bit of the time?

Participant:

He is.

Jesus:

So here is me and now whenever I go to speak to my Dad I'm just this five year old child going, "Brrrr", and nothing comes out right. And then of course he misinterprets it and thinks I am weak and whatever else, when really I have quite a strong feeling inside of myself.

How do I deal with this emotion? Well firstly understand one thing and that is you are not going to deal with this emotion in one day when it was created like hundreds and hundreds of times over with your dad. So you have got to have a bit of love of yourself to go, "Alright, as long as I make the attempt every time and I assess how I did every time the next time I'm going to do better."

So what I would do is I would raise the issue with my dad, whatever the issue is that I want to discuss. Then I go in to fear and then while I go in to fear I describe to my dad what I'm actually feeling. "Dad I'm actually afraid of you at the moment. I'm actually afraid of you because you are so disapproving." And just say the feelings of what you actually feel. So in other words, stop talking about the subject and focus on the emotion instead.

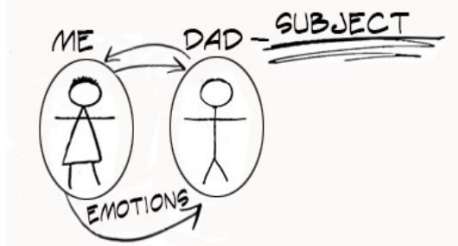
So the subject is eating meat. Dad raises the subject of eating meat, I go in return back and say, "Dad I'm actually feeling quite attacked by you right now." So now I am focusing on the emotion and not the subject anymore. Often what we try to do is go down the subject road by saying back, "Oh but eating meat is this and eating meat is that and it's not loving," and we're not feeling our emotion, which is that I'm petrified to actually disagree with my father on this issue, and I need to deal with that emotion.

10.9.1. Focusing on the emotion rather than the subject matter

Jesus:

So when a person raises a subject (and by the way every single person probably in your life is going to raise a subject not the emotion), go back with the emotion. You see me do this all the time, do you not? A person's asked me a question - "I'm sorry but that's not your emotion, your emotion is driving

this, something else is driving this for you.” Now you’ll notice straight away are they humble or not. You can see straight away. The ones who are humble start thinking about it, the ones that are not want to have the argument. So straight away you know you’re triggering humility, you’re triggering lots of different things by actually focusing on the emotion.



In an open interaction with a father, it is more real to focus on the emotions rather than the original subject matter

And to be frank the emotion is the real interaction. So your dad thinks that he can raise any subject with you and get you to do what he thinks is right because he thinks he is right and he thinks you're wrong. That's his emotion. His emotion is the woman's always wrong, the man always knows better, and this is something you've taken on very, very young and you agree with him at the moment. "The man must be right. He's coming across so definite he's coming across so powerfully that he must be right. I've got to accept that." That's the emotion going back. "I accept that you're right, dad." But in your heart you don't feel he's right. You don't feel he's right at all.

So instead of focusing on the subject matter that he raises, focus on the emotion that you feel as a result of what you're getting from him, see where that takes you in any interaction, and have some patience and love for yourself during it. So when you come out of it and you go, "Gee, I just stuffed that one up. I should have done that differently," what I do is I go straight back in to the same situation. So I walk straight back in to the same situation, straight away. I don't give it any time unless I'm miles and miles away and even then if there's a phone, then that's the way it's going to happen.

So go back into the situation that you feel you didn't deal with right the first time. So you know whether you felt like you did it right the other night. So if you didn't, go back again after dinner. Go back again before bed until it feels right for you. In the process you will deal with a lot of emotion.

Participant:

He cooked for me, he said, "I'll cook you some vegetable soup seeing you can't walk around with your knee," so he sends it over and he's made it with beef stock. And he's going to ask me did you enjoy your soup and I have been terrified as I want to say, "I'm sorry, dad, but you put beef stock in it."

Jesus:

And you need to say that. You need to say what you feel because this is a part of dealing with the fear front on. At the moment what is going on for you is you're back in the five year old child girl feeling so afraid that dad's going to spank you for having a different opinion to him. But you're not a five-year-old girl anymore; you're an adult who can deal with this five year old emotion. The five-year-old emotion is frozen within you and it needs to be felt, but the way to feel it is to actually confront the situation and feel that emotion that arises within you in that moment.

So when Dad comes along and projects something at you, if you're afraid of disappointing him, disappoint him, and if you're afraid of disappointing him one time, and not the next, then disappoint him the two times. If you need to go through a whole month of disappointing him that would be good, if that's what it takes to access the emotion.

So the truth is that if he projects that he is disappointed, he is out of line he is out of harmony with love anyway. He has an expectation of you as soon as he projects his disappointment. So I would keep disappointing him until he no longer projects that at me.

Participant:

And keep breathing.

Jesus:

And keep breathing and feel your fear of it. Now after about ten disappointments you'll find you'll have dealt with most of your emotion but he won't of dealt with hardly any of his. And then after another twenty times of disappointment he might start dealing with his rage and his anger about why he wants to still control you. And after fifty times or sixty times he might actually get through some of that and you might be able to have a relationship. But you'll actually find if you do it in a truthful way and an honest way that you'll get through your emotions far more rapidly than the person's who's projecting at you will.

11. Love of self is important when processing emotions

Participant:

I have a fear of public speaking, my mind tends to go blank and I go out of body and I don't know what I'm saying, so I'll try and be here. I'm having trouble with the joy part, with finding the joy even though I passionately desire positive change. I'm praying to be humble and be in my emotions all of the time and feeling all my emotions truthfully all of the time. So that is meaning that I am processing a lot of my days every day and even when I get to a causal and release a lot of grief and it is getting extremely painful these days.

Jesus:

Can I address a causal you're not addressing?

Participant:

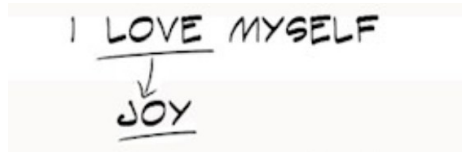
Please.

Jesus:

There is no point in addressing all of these emotions if in the end it isn't to love your self, and loving yourself means if there is no joy then there is pain. Does that make sense?

Participant:

No.

**Jesus:**

Well if I love myself I will always feel a sense of joy, even in my processing. So if I'm feeling pain in my processing then I am not loving myself. I need to stop and take stock of my life and start looking at why I am driving myself this strongly and this badly, because I'm driving myself out of harmony with love. And for yourself there is sort of a feeling that you might miss out if you don't get it done now. There is also a feeling of competition, feeling like it is a competition with others right, that you must compete. This comes from competing with sisters and things like that like in terms of for affection and love. And there are a lot of those kinds of emotions for yourself that are involved in why you drive yourself so harshly.

So who's going to hook in to you while you're driving yourself so harshly? Any spirit who feels like you need to be treated badly is going to hook in to you treating yourself badly. And now you're going to have lots of their emotions being expressed through you as well, because of the hook. Can you see that straight away there are a lot of damaging things that happen as soon as I get out of harmony with love of myself?

Many of you often get out of harmony with love of yourself when you're emotionally processing. Loving yourself means that you look after yourself, and one part of loving yourself is feeling your emotions. So I must feel. The next part though is to love yourself is; if I notice that I'm unhappy then I'm out of harmony with love somewhere. And usually what we are out of harmony with love with is we are out of harmony with treating ourselves lovingly. So my suggestion to you, Monique, is have you got your gear over at the sanctuary at the moment or somewhere like that?

Participant:

Yep.

Jesus:

Yep I'd get all my gear off of there and I'd try and find a place that is nice and comfortable, exactly the kind of place that you want for a little while and learn how to love yourself and still feel your emotions rather than having to be in a place like the sanctuary to feel your emotions. What's happening is there are a lot of emotions in there of feeling like I don't love myself and I'm willing to push myself and browbeat myself and punish myself if I don't get it right. And those are very deep core emotions coming from your childhood that are there that are driving many of your actions.

Participant:

So if I love myself, I know I'm skipping to the causal, but would you say that's a causal?

Jesus:

The causal for you is that you don't. You see when we're emotionally processing we should love ourselves. But for you it is - I don't love myself.

Participant:

Is that part of I've been getting into I really don't like who I am as a person. I hate myself. I feel so disgustingly terrible in the blackest hole.

Jesus:

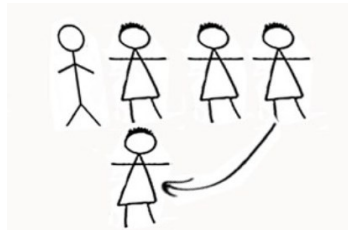
Yep and that's not loving yourself, that's just harming yourself further. God doesn't feel that way about you. God feels completely differently to what you feel about yourself. So the key is to allow yourself to start acting in love toward yourself. Does that make sense, Monique? I know you're crying.

Participant:

What if say yesterday I really had a desire to paint but then an emotion came up that then I felt to be loving to myself is to feel the emotion and process and then I let go of painting, and that continues to happen. I'll have a desire but then I'll be on a beautiful bike ride and then I'll have an emotion that comes up so I stop my bike ride and process on the side of the road because I feel that then I get so down if I'm not processing.

Jesus:

You get down when you're not processing in such a way that you do, and the reason why is because you've got a lot of these beliefs. You've got a lot of these beliefs and all of these different spirits around you, and you're very mediumistic of course, and so all these different spirits around you hook in to these belief systems you have about yourself.



***Spirits can hook into our belief systems
about our lack of self love***

So I would focus firstly on treating myself lovingly. Now when I say treating myself lovingly that also does mean feeling your emotions but don't stop doing loving things towards yourself and you are. You are putting yourself in positions that are very challenging positions and not very loving to yourself, browbeating yourself into this place where you feel like you have to get it done and get it done now. I want to change and I have to change right now. It doesn't happen that way and it's definitely not going to happen that way while you don't love yourself.

You see part of this process is learning how to love myself. I've got to love myself as well as learn how to love others and learn how to love God. If I don't love myself then I am out of harmony with God because God loves you. If you don't love you and God loves you then you're in disagreement with God about the issue of whether you are worthy to be loved or not. And allow yourself to start demonstrating some love to yourself.

See in the previous discussion fear was dictating my discomfort. So in other words I often want to act in harmony with fear to get my comforts. No, what you need to do Monique is to act in harmony with love and get some comforts because you're doing the opposite. You're in a place that is totally uncomfortable, getting triggered constantly, all the time, not being loving to yourself. Now remember we must first act in harmony with love of yourself. So if loving myself means not dealing with fear; if you had an issue with comfort and it was a fear-based issue with comfort then I would certainly go away for a week into the sanctuary on a tent and deal with the fear based discomfort. But you've been there for quite a few months now.

Participant:

Yeah four months.

Jesus:

Surely you've dealt with all of those things haven't you? So now what the issue is for you is your facing the issue of I don't really love myself, I haven't really learnt how to love myself, I haven't learnt how to really care about myself and care about my own welfare and treat myself in a loving manner. And treat myself with the things I love doing. So that's one thing we need to learn how to do.

Now what's happening though for yourself is that a group of spirits are connecting into your lack of love of self and whenever you don't feel loving towards yourself, they are actually also hooking in to that and giving you some very self-punishing emotions through the process as well. So it's not very helpful for your connection with spirits either. So it's like you feel drawn in to punishing yourself: you've got to do the opposite.

The average person doesn't feel drawn in to punishing himself or herself; they feel drawn in to keeping themselves comfortable. So they've got to do the opposite. To trigger whatever is there. That's why a lot of my answers are not going to be the same for any person because it is your particular emotional condition that needs to be worked through, and many of us do have this issue of not loving ourselves. Many of you younger ones are very hard on yourself when it comes to your emotional processing work. I've seen you be very hard on yourselves. When I say younger ones, all of you under thirty are very hard on yourselves many of you. You need to stop being so harsh and hard on yourself and learn how to love yourself. It's not a competition, but some of those emotions will come up obviously. It's not a competition; it's about growth towards God. That's what it's about.

12. Working through father emotions

Participant:

I'm going to do something different today. Usually I have this massive wall up and I block out what I'm actually feeling when I'm talking to you. I feel like you've been purposefully triggering me.

Jesus:

The majority of the audience probably feel that.

12.1. An example of a daughter feeling unimportant and not listened to

Participant:

I wanted to say something at the end of the last week and I kept putting my hand up, but I'm getting away from that now. I feel like that I'm not important and it is not okay for me to speak about what I want to speak about. I have a major emotion about not being able to talk to my dad about how I feel and so today has just been really good for me because so much stuff has resonated with me. All these things that I've been thinking about lately and feeling like I actually need to talk to dad instead of just trying to process on my own. And then what Monique was saying about feeling like she has to stop her bike ride to process, that's how I feel as well. I don't love myself enough to actually go ahead with my desires. And I feel like if I don't process right here and now then I'm not going to get anywhere and so...

Jesus:

So let's address a few of those issues.

NOT IMPORTANT
NOT LISTENED TO
DAD DOESN'T LISTEN

Firstly, obviously in amongst those emotions of not important, not listened to and dad doesn't listen, there are some projections at your dad and there are some owning your own emotions. You feel like you are not important to your father but that actually is a covering over of an emotion. That is the above layer, if you like, and it actually prevents you from feeling the core emotion. The same goes with not listened to. The truth is no one has to listen to you and no one has to treat you as if you are important, at all; even your dad. The truth is that he didn't want to because if he did want to, he would do it. And you're feeling some of the pain about the fact that dad didn't want to. He didn't want to treat you like he wanted to listen to you; he didn't want to treat you as if you were important: and then underneath that is a lot of self-beliefs, beliefs about yourself. And in the case of dad doesn't listen, it's very much the same; he didn't want to listen because if he did, he would have listened and you wouldn't feel this emotion. So underneath that is obviously some really core emotions to allow yourself to work through.

Now when it's coming up if you're riding along on a bike and it's coming up, just let it come up by keep riding. If I'm driving a car I don't pull over on the side unless it gets really bad, I just keep crying. Mary's been with me, I've been sobbing and driving the car still, it doesn't affect me driving the car and I just keep doing it. So if I'm watching a movie I'll get through half the movie, get triggered, go away have a cry, come back watch the rest of the movie. Allow yourself to enjoy what you're doing as well but feel your emotions as you're doing it. You will get through all of this but if there is an emotion saying to you that, "You've got to do it now, you've got to do it now", you're driving yourself hard. And the emotions is actually to please dad.

Participant:

Oh. Why dad?

Jesus:

Well where's a lot of the issues with?

Participant:

With dad. But I don't understand. How is me wanting to process my emotions is to do with pleasing dad?

Jesus:

Can anyone else see how it is?

Participant:

Oh okay.

Jesus:

Can you see that...

Participant:

So if I do these things then I will be important.

Jesus:

“I’ll be a powerful person. I’ll be good, I’ll be clear of all this stuff. Dad will admire me.” And actually the driving factor isn’t to actually love yourself, it’s actually to please dad, to get dad’s love: in other words to get dad’s love. By the way Monique, it’s the same for you.

TO PLEASE DAD
TO GET DAD'S LOVE

Participant:

Something else, from the last seminar you gave an example about rage towards men. So if I feel angry towards men it’s not necessarily that the core issue is anger towards men, but rather I might be trying to please some female spirits that are with me.

Jesus:

Yep.

Participant:

So I’m deciding to be angry with the man to please them.

Jesus:

Yep. The truth is though that you have quite a bit of anger towards dad.

Participant:

Yeah.

Jesus:

The truth is dad hasn’t listened to you, didn’t treat you as important and all of those emotions cover over the terrible feeling that you have that actually dad just doesn’t love you. And then to please dad you’ve got to do all of these things, you’ve got to become successful, be good at what you do. There’s always this trying that’s going on. And with God you don’t have to try. You can give up the trying. You don’t have to try anymore. You just need to let yourself feel whatever it is, that’s all. You don’t have to try to do it. So let yourself see that a lot of what is driving you Avarna is you want the male’s love. But you don’t want it the way they’ve already given it to you.

12.2. An example of a father sexually projecting at his daughter

Participant:

Yeah. Something also that I've connected to is that I've got this need to feel loved by a male but then also on the other hand, I don't want to feel loved by them as well.

Jesus:

Yep. Can you see why?

Participant:

Well I really don't want to say this.

Jesus:

It will help about 50% of the room if you do.

Participant:

(Crying) I've always felt very uncomfortable around dad and being affectionate with dad. I feel like I can't be affectionate with dad because it feels like a sexual thing. So something that Rick helped me with a couple of months ago was that I want to feel loved by dad but then I don't because I feel like it's a sexual thing like he's projecting at me sexually. And I really don't want to admit that and I don't want to talk to dad about that.

Jesus:

Yep. My suggestion is to do both, admit it and talk to dad about it if you can. But you don't need to, to deal with the emotion necessarily here because the emotion is quite raw right within you right now.

So to be frank, many women feel exactly the same way, Avarna. This is why many women say, "I'm tired of my husband wanting sex." Why do they say that? Because in the end they feel like every time he wants sex, that he doesn't want them, he wants sex. And this is very much about what happened when we were young often, where our fathers did project sexually at us, at times. Or spirits who were male, older spirits projected sexually while we were a child. This happened very frequently by the way and so we end up with these deep fears. Or we are wanting to separate with the opposite gender who we have an attraction to in your case - we want to separate sex from love and we want to keep them all separate. But all that is based around the fact that there are these terrible feelings about dad and the kind of love dad's giving.

Now your dad might not even admit to it, and he may have had spirits around him. Who knows he might have been drunk at the time that he did it. There are lots of different things that go on in our childhood. This is something to bear in mind - there is so much going on around us that is emotional but not physical. So in other words where our father did have a sort of sexual feeling for us but because it wasn't physical, he didn't touch me, I don't have a right

to feel that I was violated. There is a lot going on like that where we actually have these feelings inside of us that we are not allowed to trust because the physical act didn't happen.

But the truth is if you have the feeling, something happened because otherwise the feeling would never have entered you. Now the something might have been not even with you, it might have been with your mother and what happened with her dad or with another man when she was a child. There could be lots of reasons for it. The key is to go for the feeling every time.

So in your case stating the feeling, the feeling of my, "My dad was interested in me sexually." So every time I give dad a hug there is this sexual feeling coming from him. Now the truth is it could be a spirit projecting that at you whenever he gives you a hug that connects to your dad through some other means, or it could be your dad actually doing it. It could be lots of different things going on, but you need to trust the feeling inside of you to heal it. So the way to trust it is to actually go into it, that's what I feel, what does that feel like? It feels like I'm getting violated, it feels like a lot of different things about me, like I have to please dad, but the trouble is when I please him I get a sexual response and I don't like that. Now what I'm saying is it might not even be your father's sexual response.

Participant:

Yeah I know because there is actually sexual abuse that has run on my mother's side.

Jesus:

Exactly and it might be a spirit connected to your father's sexual response that the spirit projects through your father because he can. The key is to not worry so much where it is coming from but what do you feel as a result of it, and allow yourself to look at why you feel like there's this really strong desire to please the male.

12.3. An example of the mother wanting the father and daughter to not have a close relationship

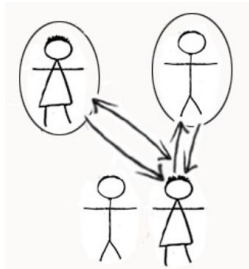
Participant:

Yeah and there is also another thing that I've sort of connected with lately. I kind of feel like I'm blaming in a way but I'll say it anyway - I feel like I'm keeping dad's partner happy by not having a strong father daughter relationship with my dad.

Jesus:

Yep. And that was set up by your mother by the way. Let's say we have a marriage or a partnership where there are children - a male child and a female child let's say. What often happens is that the female, if she has unhealed issues with jealousy with the opposite sex, will create a competition with her daughter for the father's approval and acceptance.

So the mother sets up a competition with the daughter with her father. If the father hasn't dealt with his issues with the women, with regard to sexual projection or with regard to feeling not close with his wife, he might actually set up a competition as well between the two of you as well, the mother and the daughter.



Mothers can create competition with their daughters for their father

Participant:

I'm a bit confused.

Jesus:

I am pretty confusing today, aren't I? But that's a separate issue.

Participant:

My dad's partner is not my mum.

Jesus:

I know, I know. Remember this was all created in your childhood though, so when dad and mum were together.

Participant:

Oh okay so mum wants to be closer to me, do you mean?

Jesus:

No. You have a belief inside of you that if you are close to your father that this woman is going to miss out somehow.

Participant:

Oh okay.

Jesus:

Who created that belief? There has to have been at some point a set up of a competition between yourself and an older woman for your father's attention.

Participant:

Yeah because I was trying to intellectually work it out because my dad's partner is not my actual mum. And then I was thinking that it might not necessarily be from mum and all this sort of stuff. But it doesn't work like that.

Jesus:

The truth is your feelings about your dad's partner are definitely to your feelings about your mother, and its related to your dad, so it is definitely your feelings about your dad.

Participant:

So it's like in my childhood I would have been pleasing mum by not having a...

Jesus:

Well the problem is if mum's projecting at you jealousy about your connection with your dad, then you're now in a conundrum because now you want to have a relationship with dad, but if you have a relationship with dad, then mum's disapproving of you. But if you disconnect from your relationship with dad then dad doesn't like it. So what do you do? What we finish up doing generally is siding with one parent over the other and doing it that way. So in your case, siding with your mum, in other words nursing your mum's emotions and feelings by detuning a bit your relationship with your dad. And it automatically happens. And the thing is that the parents set all that up due to their unhealed issues with each other.

If I'm healed with Mary and we have a child, then I'm not going to be jealous of my child. This child I'm going to love. It is a creation of the two of us together. Now if that child is a boy child every time Mary puts him on the breast I'm not going to go, "I'm jealous of another man sucking her breast." (Laughter) If I love the child it is a totally different relationship. But you'll be surprised how many men feel very jealous about that particular thing.

On the other hand what happens when a girl child comes into the relationship. If mum, Mary, hasn't healed all her emotions then what might happen is her and the child start having a competition for my affection. That gets set up and straight away we are now competing for the father's affection, for daddy's affection. And if it was a girl, she'd be very disconnected from mum, but feel more connected with dad. And Mary would also be very disconnected from me as well, and there would be lots of jealous emotions towards the child. You can see that it doesn't take long to get some emotional injuries under those circumstances.

And so this is what often happens. We have projections going towards the child, that are set up from the lack of relationship between the parents or the type of relationship between the parents and then we have these kinds of emotions that you are describing.

12.4. An example of not feeling a father's love to keep the mother's approval

Participant:

Just relating to father daughter issue. I didn't find out till I was 33 that I was the apple of my father's eye. I had no idea and I was totally stunned when I found out. So is that something that was set up by my mum?

Jesus:

When you say apple of your father's eye, your dad had this feeling in him that you were beautiful and...

Participant:

He totally admired me.

Jesus:

Okay. But you never felt it.

Participant:

No.

Jesus:

So you never felt this projection coming from him?

Participant:

No.

Jesus:

So the question then becomes why would you deny a projection that is favourable? There's really only one reason isn't there.

Participant:

I don't love myself.

Jesus:

Well no not necessarily.

Participant:

That's the issue now anyway.

Jesus:

That's the issue now, but let's look at it. Can you see that it has to be somehow related to mum and wanting her approval if my father is willing to shower me with approval but I don't feel any of it? Why would I choose to not feel any of it? I've got to have an alternative reason. Why I would choose to not feel any love from somebody? The only other alternative reason is that I'm hooked in to the disapproval of it somehow.

So to give you an example in a real life situation: there have been times where I have lots and lots of approving emotions being given to Mary. So I feel large amounts of love and compassion and everything for Mary. But Mary up until

quite recently hasn't been able to feel that very well, have you? (Mary shakes her head) And when she was working through an emotion this week she realised that one of the reasons why is because she has a deep belief in her that her soulmate doesn't love her.

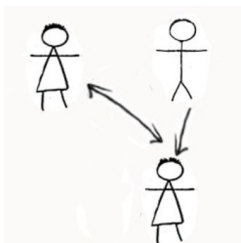
Now if we relate that to the daddy situation. If daddy is projecting all of these nice emotions to me as the daughter, but I have as the daughter a deep belief that the male is incapable of loving me, where would that come from?

Participant:

My mum.

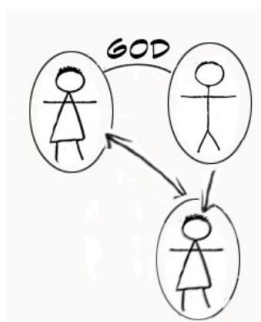
Jesus:

Okay. Then I'm going to reject those loving emotions from my dad. They're not actually going to enter me.



We can block our father's love from entering us to please our mother

And by the way, just as a side point, if we replace mum and dad with God, and the masculine and feminine side of God, can you see why we deny love from God? Because we have deep beliefs of one gender or the other not being able to love us or we're unlovable, and straight away that also blocks us from God.



We can block love from God's masculine and feminine sides because of our parental injuries

So yeah in your case yeah, that's what's happened. You have this feeling that you've got to get mum's approval. And your mum can be quite disapproving, can she not? And your mum and dad haven't had that close of a relationship really have they?

Participant:

(Shakes her head.)

Jesus:

So your mum and dad don't have a close relationship, your mum feels quite disapproving of your father and quite disapproving of you if you like your father. So of course you're not going to feel very good emotions, any good emotions coming from your father.

13. Experiencing personal pain is a result of our being unloving

Jesus:

Now I've still not talked about the two subjects that I wanted to, which were faith and courage.

FAITH
COURAGE

So perhaps what we need to do is extend this conversation to tomorrow and I'll talk about how faith and courage affect you exercising your passionate desire to progress. Because these two issues of faith and courage are in fact very, very important qualities to develop within yourself in order to stay on the Divine Love Path. There are times when you deal with quite hurtful, hurt emotions and you need to be able to remember that you're going to get through them and come out the other side of them.

What I remind myself constantly, and this is just something I'd like to say before we close, is that if I'm in personal pain, right at this moment, it is because I'm not doing something loving. I'm actually unloving in some way. So if I'm in personal pain (when I'm processing emotionally I'm even talking) if I'm not enjoying the release - and you know the difference between enjoying the release and actually feeling absolutely horrible - when you enjoy the release you're sobbing but you can feel that it is all leaving you, you can feel that and afterwards you feel a sense of peace. But if you feel a sense of pain still after the cry or whatever, then what is actually happening is one of three things: either I am not loving myself, I am not being loving towards myself, I'm not being loving towards others or towards God.

PAIN 

So what I do myself is I go, "Alright I'm in pain, I feel pain I don't feel good. Why?" So last night I get this feeling of a torn muscle, which I still have, right across the right side of the front of my chest. I'm in pain. So right at this

moment I'm not being loving - to whom? Well in my case it was myself. It could have been if I'd had that pain on my right side and I'm a woman then it's going to be towards men. So I've got this pain, and it's still there by the way, right now, so I'm still not being loving to myself in this regard. And I know that it is about the love of myself and the truth is that the emotion that I'm working through is all about love of self at the moment. So I understand why I've got the pain. So whenever you feel any pain or constant emotional pain just stop and just ask yourself, "What can I do to love myself right at this moment? What can I do to love myself right at this moment so that I can change?" Because if I'm not loving myself right at this moment, I'm going to actually be hurting myself, or others, or God anyway. So I need to stay in this state where I love myself through my emotions.

13.1. Love of self is important when processing emotions (continued)

Jesus:

Now it's pretty hard when one of those emotions is I hate my guts or I hate myself. And I need to allow myself to work my way through these different things. But if I have a feeling that I don't like myself, I need to actually work against the belief of that. And what I mean by that is while I'm perfectly okay to feel that emotion, I must stop acting upon it. Do you know what I mean by that? Well what would you do if you hated your own guts and you acted upon it? You might physically harm yourself, you might even suicide right, if you act upon it. What would you do if you hated somebody else and you acted upon it? You might hit them, punch them, stab them, kick them, and even shoot them. Many people do. So you know that's something you can get through. So stop the action, including if that action is towards yourself; stop the action.

So when I notice that I'm treating myself unlovingly - so today I haven't eaten anything and I'm hungry and I'm crying. What's happening? I could say to myself, "I'm dealing with my emotions, it's great." But it isn't great is it? Because I am not loving myself. I need to go and make that food, if you want to make it and stay crying, that's okay. But make it.

Do it. Prepare the dish that is tasty for you to eat as an act of love towards yourself.

So there have been many times where I've been in the kitchen chopping away, crying. But I didn't go stay in my room and not eat because I love myself enough to care for myself. So you need to care for yourself and when you feel pain it's because most of the time that we are not doing that. We are not caring for ourselves and we need to learn how to care for ourselves. One of our biggest problems we have on this planet is that everybody expects everybody else to care for them. I want you to care for me, you want me to care for you,

nobody cares for each other and we all feel unloved. What we need to do instead is to love ourselves. Love ourselves first and now we will have the capacity to love others.

Now when you love yourself the beauty of that is that God's Love flows into you. Because you're loving yourself enough to long for God's Love to flow in to you. When you hate your own guts do you think you want God's Love in that moment? Don't you want instead for God to tell you how much he hates you, just so he agrees with you in some way? This is why we are not receiving Divine Love in that moment - because we are not in agreement with God.

So allow yourself to notice the pain, emotional and physical that you're in and ask yourself, "Whom am I not loving? Is it myself, somebody else or God?" Just ask yourself that and act in harmony with love in that moment. All three. Act in harmony with love in that moment. By the way the one that you're going to have the most trouble with loves yourself, so allow yourself to feel about that.

Participant:

I just had an experience a few weeks ago. And it was about learning, trying to learn how to love myself. And my father is passed and he actually came to show me an image of myself as a little two year old or whatever, and he projected at me the adoration that he felt for me because I didn't feel that I'd felt it. And when I actually saw the image of myself projected at me and the love projected at me and I actually looked at myself and I just thought, "Oh she's adorable", also at that moment I felt God's Love as well. I just wanted to share that one.

Jesus:

Yeah that's good. It's like if you think about it, imagine a two or three year old child comes up to you, and you then pick up the child, give it a smack around the face a few times, right and say, "You dirty rotten scoundrel, you disgusting thing," and off you go. Well this is what many of you do to yourselves. What we do to ourselves is we pick ourselves up, this unhealed child that we have all this judgement about, and instead of just loving it and nursing it through the process of dealing with its emotions, what we do instead is we smack it around and tell it, it is not doing enough. We learnt that from somebody obviously, and we need to undo that. We need to stop doing that to ourselves. We need to stop smacking ourselves around and start caring and being loving towards ourselves in the process.

So a lot of people would argue with you that dealing with any emotions is not loving to yourself. Well that's not true either obviously. You need to learn to deal with all of your emotions to be loving to yourself. But it's not loving to yourself to brow beat yourself into a place where it's a torturous process of dealing with your emotions every single day: that's not loving yourself. So choose to do some things that are loving to yourself instead.

14. Closing Words

Jesus:

Let's continue with this subject Passionately Desiring Positive Change tomorrow. I'll talk about the issues of faith and courage and how they affect your own acceptance of the state of acting in harmony with positive emotions, rather than feeling like what a drudgery this is working through my negative Law of Attraction all of the time. So we'll deal with that tomorrow.

Thanks so much for your time today and also for all of the help and assistance that you give both to Mary and I. Anyway you've heard enough from me today I'm sure. Catch you later.

Passionately Desiring Positive Change:

Session 2 Part 1

1. Introduction

Jesus:

Let's get onto the subject, which is "The Human Soul - Passionately Desiring Positive Change." How did you feel about the discussion yesterday, so far?

Participant:

Exciting.

Jesus:

Yeah. Can you see how you've got actually a lot more control over your own progression than perhaps you've realised? You see a lot of times what we do is we wait for our Law of Attraction to bring us a negative event, the negative event triggers us, and we get all upset about the fact that we had another negative event triggered us - "Why do we keep having a negative event?" So we go through all that emotion and then we go through the emotion that the negative event actually triggered, which was a whole different emotion generally, and we feel about that one. And then we dread the next time it happens. And then of course because we dread the next time it happens, there's fear in there, and of course it happens again, and away we go again on the same cycle.

Can you see actually that it's sort almost a trebling of your emotional work when you do that? Whereas if you go for the passionate desire for positively changing, it's setting up your life in such a way that your life is actually now attracting all the things you need, to trigger you emotionally, whatever those things are and you start working with your soul. You see at the soul level your soul automatically knows through the laws and what's being confronted within it, it automatically knows how to actually deal with all of this emotional baggage. The problem that we have most of the time is we want to avoid it. So that's the issue that we face.

Mary:

And I think that change happened for me when my faith in the process grew, when I realised, "Wow, I worked through that emotion and it did really change my Law of Attraction." Until then I think even though intellectually we might trust the theory that if I deal with my emotions, my Law of Attraction will change and I'll get closer to God, if we're not passionately desiring it I think it belies the fact that we haven't actually shifted into that place of really believing it emotionally and having faith in it.

Jesus:

So can you see how there's quite a few qualities I suppose you'd call them that we really need if we're going to get into this place of having a passionate desire to change rather than resisting the change all the time. And one of the primary emotions is the one Mary just mentioned, faith.

2. Faith is required for passionately desiring positive change

Jesus:

So what do we need faith in?

2.1. Faith that change is good

Jesus:

Well can you see how firstly that we need faith that change is good because most of the time what do we believe really? We believe that any change is going to be bad for me.

2.1.1. An example of being unfaithful in a relationship

Jesus:

For example, I'm faced with living in truth with my partner. So let's say I have cheated on Mary and I'm faced with this aspect that I want to grow towards God. So I'm going to have to actually deal with this aspect that I've cheated on Mary. So I actually get into this place now where I'm willing to speak the truth to Mary about what I've done. So that's one of the things that is going to be necessary.

So I begin to speak the truth to Mary about what I've done and I start realising that actually if I tell her the whole truth it's going to sound really bad. And if I just say, "Oh I was attracted to somebody. Sorry about that, you know." (Laughter) And Mary then has a cry for a few days about the fact that her hubby's been attracted to somebody and she feels bad about it. And I go, "Whew, if that's what it was like, two days of crying with me just saying I was attracted to somebody, what about the time I slept with them? That's going to go down really well isn't it?" So I don't then have any faith that me staying in a place of truth and actually positively acting in this situation is actually going to cause any positive change.

What I do instead is I'm just now going to dread, "What if she cried for two days with me just saying I was attracted to somebody? What she's going to feel when I tell her I kissed her as well? And then what is she going to feel if I tell her that actually I didn't just kiss her actually, we had sex once as well. And then oh it wasn't just once actually now that I think about it, it was the last five years." (Laughter) You can just imagine the emotions that are going to come up there. And I'm now going through my mind, "Oh boy," and we get

into all this justification of I don't think I can hurt her that much. Sorry but you've hurt her by doing it already. So telling her the truth is actually going to help her a lot rather than hurt her.

But we often go, "I don't think I could hurt her that much, I don't think I can..." And what are we really doing? We're afraid that telling the truth, acting in harmony with Divine Love and telling the truth is actually going to break our relationship, which I might have decided after the affair that I actually want.

I need to have some faith that this change that's going to happen, that this change is actually going to be positive for us. There must be a reason why I cheated on her for five years. There must be a reason why she didn't notice it for five years. There must be something going on emotionally for those events to occur.

Now by me staying silent, I'm not trusting and I don't have the faith that actually what I raise harmonious with truth is going to actually cause anything positive. I actually believe instead that she's going to have a meltdown and sure enough she has the meltdown, which you can understand. And now she wants to leave me and then in three or six months time I'm still pleading with her to forgive me but she won't forgive me. In eight months time she goes off and has some other relationship because she's still upset about what's happened and all these different things could happen. And in my mind I'm going, "This isn't positive, this isn't positive, I can't open my mouth and tell the truth here." And the reason why I'm not doing it because I don't have faith. I don't have faith that if I do things God's Way everything will work out for the best. I just don't have that faith.

Mary, do you want to say something about it?

2.2. Faith that change is possible

Mary:

I was going to say that I need to have faith that change is even possible. Some people are in the reverse situation where they've been unhappy for a really long time and they feel that no matter what they do it's not going to change.

Jesus:

So how many of you feel change isn't really possible dealing with your emotions? Some of you feel that way? Many of you have had the experience already where you deal with one emotion, and you think you got the whole thing out of there, but your damn Law of Attraction keeps kicking you in your backside again and telling you that you didn't really get it fully. So you go, "Oh," you know. And then this Law of Attraction happens again, the second time, and you think you dealt with that. But there are often all these flavours to our Law of Attraction. After the third time, when we still haven't dealt with

the actual core issue that causes our Law of Attraction, what do we start doing then? We start going down this track of, "Oh maybe it doesn't work. " We're starting to believe inside of ourselves that it's not possible to fix things inside of us.

2.3. Faith that God is good and loving

Jesus:

Another thing we need to have faith about is that God is good and loving. Now this is a big issue for us. Most of us come from some kind of religious background or some other kind of background in our past, whether it be New Age religion or Christian or some other form of religion, Buddhism, Hinduism; usually we've had some kind of upbringing, and even an atheist has some kind of upbringing by the way. So what many of us finish up believing firstly is that we don't even believe in a personal God. So that's an issue right at the beginning. But then we don't believe that God is actually good and loving.

We actually believe in many cases that God is just as bad as any vindictive parent. In other words, what's one of our primary beliefs? One of our primary beliefs about God is; God is a punishing God. Look at my life, aren't I getting punished? That's what it feels like a lot of the times. So we go, "God is a punishing God." Now that's not a truth. God is actually good and loving but I don't believe it yet inside of myself because I've got all these emotions towards my father and all these emotions towards my mother and that's driving a lot of my stuff.

In reality, the truth is that God, the God that we don't know yet properly, because we're not yet at-one with Him, is actually good and loving. In fact far surpasses any single individual you've ever met on this planet or in the spirit world in terms of love and goodness. And in fact all the love and goodness in any of those people as a total comes from God. So God is even greater than the total of all the loving and goodness that you've ever seen on the planet, or in the spirit world. God is even better than that. In fact if we go further, then it follows that God must be infinitely good because there is an infinite number of things that God has done that are all good.

So the truth is that when we begin we need to have faith that that is true because we don't believe it yet. We don't believe that's true yet inside of ourselves, we don't believe it's true. We hope it's true, which is totally different than believing it's true and feeling it for ourselves. And so what happens is when an emotion comes up what do we go? We don't go, "Oh God is good, He's going to help me get through this emotion, He's going to help me resolve it all. I know that if I do everything God's Way, I do it in a loving and truthful manner and I'm honest with myself and I'm open and I feel this emotion pass through me, I know that I'm going to get through this." We hardly feel like

that at all. What we feel like instead is, "God's a punishing God, He's punishing me again. Look at the Law of Attraction is hammering me. Why did God make this f...ing Law of Attraction thing for?" (Laughter) And that's what we do.

We get so angry and upset that we start getting into a rage with God about what God's done because we don't believe that actually everything God's done is good and loving. "So what about this spirit influence thing? How cruel is that?" That's what we start feeling. When I start talking about spirits and how they can influence our life and what they hook into. "Why did God create a system that like that?" Not understanding that of course even that system is loving. We don't understand that yet because we don't have the feeling yet that that's true. But at some point we need to have the faith that it's true because if you don't have the faith that it's true and remember if we define faith; it's being able to see something in the future that we can't feel yet.

Mary:

So we're holding the idea of that thing?

Jesus:

Yeah we're holding this idea that this is true. I sort of have this knowing inside of myself that as long as I do this, whatever it is that I've got to do or say or feel or work my way through, as long as I do that, the end result will come to me. You see to work towards God you need to have faith that God actually exists, that God is actually good, that God is actually loving and that all God wants is a relationship with you, before you will even begin wanting a relationship with God. Can you see that? How can you have a relationship with God when you don't believe there is a personal God and you don't believe that God is actually good and you don't believe God is actually loving and you feel that God is actually punishing if there is a personal God at all. How can you then develop a relationship with that person? It's going to be very, very difficult. So we need to at some point have the faith that the notion that God is good and loving may even be true before we begin. Now obviously if we don't have any faith that it may be true we will never do it. We will never try to do it.

2.4. Faith underlies scientific discoveries

Jesus:

Faith is a very, very scientific principle by the way. Every single creation on this planet that has come about from technology has come about from the faith of somebody. Some guy had to go, for example when thinking of a telephone, "There must be a way to actually talk in this device that you hold to your ear and walk around the whole planet." Now if you'd said that to a person two hundred years ago, they would have said, "You are absolutely nutters, that's just not possible."

If you'd said to a person two hundred years ago, that actually there can be a place in another country that projects an image and that image will go through space and actually enter a device that you can watch in your own living room and you see everything that's happening in the world in real time, they'd go, "Oh don't be stupid. That's totally unrealistic." Now somebody didn't say, "Oh don't be stupid anymore." Somebody said, "Oh I think this is possible." They had to have so much faith that it was possible that they were willing to invest a large portion of their life creating it. That's how much faith they had to have that it was possible.

Now without that faith there would be no science in reality, if you think about it, because everyone would go, "Oh you know that thing called television that we think might be possible, let's give it a name and call it television, well everybody here says, no, no, it's not possible. And anybody in the audience who thinks it's possible, we'll get them up the front and we just belittle them and make them feel stupid and tell them how idiotic they are to believe in something that's totally impossible." So that's one way to control the whole thing isn't it?

Instead what we need to have is faith that actually there are these possibilities that as long as I deal with things harmonious with love and truth, and again that requires another whole section of faith, that everything will come about perfectly and I'll be able to actually create this thing. That's what faith allows us to do. And it is so powerful, it's so powerful.

2.5. Faith is not blind or stupid

Mary:

I know in the past I've had feelings about faith being a blind thing, faith being a thing that doesn't involve your sense of reasoning or your sense of logic. Obviously now I feel that faith is something very different and that there's a way to always test my faith if you like, or to prove my faith. I just need to have the faith in the beginning and then I will receive a result. That's quite different to some of the faith that exists on the planet today, where people almost use faith as a defence.

Jesus:

So faith is not blind and faith isn't stupid. A lot of times you hear people talk about born again Christians for example, about the issue of the fruits of the spirit. And a lot of people say, "Well that's stupid, how stupid can you be to believe in that?" And a lot of times that's what we believe - we believe that having faith is stupid. It actually comes from this underlying emotion of disillusionment of a lot of the things that we've desired in the past, where we had a desire in the past that hasn't come about in our lives and we're unwilling to feel the grief of that. And in the process of not feeling the grief of that, we

get angry. And in the process of being angry we basically start being a cynic; we become cynical.

So we don't believe that anybody can have a good motive on the planet, for example. We don't believe that anything that comes about is actually going to be for our benefit because we're cynical about everything. And you can see this cynicism, which is the opposite of faith, growing on the planet. There is so much of it. This cynicism pervades so many areas of our lives, with the underlying emotion of disillusionment driving it. And faith is not something that we can really be cynical about because it is actually a physical and spiritual and metaphysical quality that we can develop that creates. Without faith nothing gets created.

Why would you have ever have made a wheel, the wheel that we've had for thousands of years? Why did somebody make it? Because they obviously had some kind of faith at the beginning that if I make something that's curved, it might roll over things better. How hard is it to make a wheel really? It's quite difficult, isn't it? You imagine doing it by hand, having to chop down the tree to get the wood, having to shape the wood in such a manner to make it into a circle, then having to fix it to an axle, and so forth, all the things that need to be done to make the wheel. Obviously there's a lot of effort there. Wouldn't you rather be going out and spearing the piece of meat for tonight rather than starving for 5 weeks while you're making the wheel?

2.6. Faith is patient and creative

Jesus:

So what happens most of the time today on the planet is we get into this state where we're only interested in anything that is a quick fix to something. This is why people are addicted to New Age philosophy; because it appears to be a quick fix. Many of you became addicted to New Age philosophy and then realised twenty years later that it wasn't as quick a fix as what you believed. But we start the process because we believe it's a quick fix. And faith is not like that either, faith is very patient.

Mary:

And you were saying before faith is very creative and full of possibility.

Jesus:

Faith is creative.

2.7. How faith drives passionately desiring positive change

Jesus:

So now if I apply this principle of faith to the subject that we're discussing, which is passionately desiring positive change, can you see that if I'm cynical about change that it's going to be very hard for me to passionately desire it? But if I have a belief inside of me, if I have faith that I can change positively quite rapidly and I can experiment with some of the principles of that, then obviously now I'll have a desire, I'll passionately desire to do it. If I have this feeling inside of me of disillusionment with the universe and the world and what it's done and what it's done to me in my life and I don't deal with that emotion and I let that emotion drive me for the rest of my life, then it's going to be very hard for me to passionately desire change.

So I need to have some faith that actually all of these things are possible and all I need to do is exercise a desire to get them. Now faith isn't as stupid as what many people think because you know most of the time what we do is we fail to perceive what has been done before us.

To give you an example of that, you obviously know now that you can fly in an aeroplane. In fact they've now made aeroplanes, the new A380, which can have five hundred and fifty passengers in it. It's two stories high and this great big monstrous thing flies. And it doesn't just fly; it flies at about six hundred miles an hour almost. It just flies at these incredible speeds, one thousand kilometers an hour or so and it flies and it carries five hundred and fifty passengers. Now we all know that now. But you take us back two hundred years and if I said to you as an audience, "Actually I've got in my mind this great idea that we can build this machine and it's going to fly with five hundred and fifty passengers in it and on top of that it's going to propel them at one hundred times the speed that a horse can walk." And you'd be there going, "What an idiot. What planet's he from? How crazy is he?"

Mary:

Unless you're a child and then you might go, "Yeah."

Jesus:

Unless you're a child you might be quite fascinated. But as an adult our cynicism drives our response to what we hear, you see. So we are generally very cynical about everything we hear. So there I am, I've got all these wonderful ideas in this mind that I'm getting, a lot of them might be channelled of course from the spirit world. Let's say all of you as an audience hearing me say that go, "Oh that's way, way out there, it's not possible..." and you're projecting all of this stuff at me. So you imagine you being in that position where you're saying something that nobody else around you even believes is possible. What's it going to require for you to actually go ahead and create it?

Participant:

Faith and courage.

Jesus:

Faith and courage in the end. Now let's look at it from the faith perspective. Firstly you're going to need to have a lot of faith that actually what you actually feel within inside of yourself can be carried out. Why would you otherwise invest years and years and years of your life experimenting with making it happen without having some kind of driving force? And you know history is full of examples where people gave up on their faith only to have someone else grab their particular idea with a bit of extra faith, another year or two of it and all of sudden you have a creation. History is littered with people like that who gave up on their faith, who stopped having faith.

And so can you see how if I'm going to stick with the Divine Love Path and I'm going to passionately desire positive change for the rest of my existence, I'm going to not want to have any more of this desire to give up when the going gets tough. And it's only faith that's going to get me through that, faith that if I continue everything will get better at some point. It's only faith that helps me there.

2.8. An example of Mary's personal experience gaining faith

Mary:

Can I talk about my journey with faith a little bit from an emotional perspective? When I met AJ I had been on this path of passionately desiring positive change on our planet and wanting to deal with lots of the injustice that existed. I was working with refugees and asylum seekers and all these kinds of people. And what had happened to me is that I had become very, very cynical about love actually winning out. I felt that you couldn't go for the real fix anymore because I'd tried and so many people had tried, not understanding of course the way you really fix things, but I was happy to work around a lot of negativity in order to make things just a little bit better for people.

Mary:

I was just thinking about ways that we grow in faith because for me two years ago when you said you have to have faith, I'd go, "That's fairly empty, I don't know what to do with that." I was just reflecting that what I had to do with that was a lot of grieving around my disillusionment and cynicism about what was happening in the world. From that grew my sense of what might be possible but I couldn't just manufacture faith, I had to be real about where I was at at that time, and that involved grieving quite a bit. I was very angry as AJ can attest to about the situation in the world and wanting everyone to have this social conscience and that kind of thing.

Jesus:

Yeah. I remember one of the very first interactions I had with Mary, soon after we got together was when we went shopping.

Mary:

I'm sure that story has been told before but when we went to buy the mint or something that was produced in Israel and I gave AJ a long lecture on human rights violations in Israel. (Laughter) We bought the mint in the end. That was in England.

Jesus:

Well I brought the mint. I know Mary was still pretty upset about it. We're so used to punishment on this planet, so when somebody does something wrong, or what we believe is out of harmony with love, what we do is we punish them to bring them back into harmony with love. Instead of doing that, what we need to do is address the emotional issue instead. So let's address the emotional issue of the human rights violations in a country like Israel. Now because that seems like such a big thing to try to achieve, what we do is we give up on that.

Mary:

And I feel like such a small person and I don't believe in violence, so what can I do? I'll boycott, that's my answer because I've given up on healing myself around that.

Jesus:

And given up on anybody else healing about that. So what we do is we go into this punishment phase of boycotting and we don't understand that actually, "Oh a boycott is just another expression of my rage about my frustration that I'm not being able to change this issue," and so we go down that track.

2.9. Faith is not hope**Participant:**

I had a conversation the other day with another person about faith and he mentioned that he gets confused where what he has could be hope. I always thought that I had faith with this path but then I started to question myself - maybe mine's hope. And then I started to get a little bit down because otherwise I'd probably just want to throw the towel in on this path because that's what I've been hanging on to, what I think is faith. I don't really know what faith is I suppose. Is it a bit of hope?

Jesus:

No they are very, very different qualities actually. You see you can hope that somebody that you really like might be attracted to you at some point in the future. You can hope that for ten years but does it ever become real? Well sometimes it does and sometimes it doesn't. What I'm saying is for the

majority of people that might not happen. So why hasn't it happened? Because the faith wasn't based on anything that was real, it was just a hope without it actually being real.

So hope can be something that's based on something totally unreal whereas faith is always based on something that is real. The illustration of the point is that when we fully have faith, whatever we have faith in always comes to fruition. It always has some result. When we have hope, hope can often result in no result whatsoever.

How many of you hope that there is no war on the planet today? And yet there is still war on the planet today and tomorrow and the next day. But we can have faith that there is no war on the planet if we do a certain thing or if we take certain actions that can create it. So faith always has action involved as well. Whereas hope is often where I sit down and hope that I don't have to do anything other than hope. And often hope is born from emotional injury. In other words I don't want to feel my underlying emotional reason, and if I didn't have hope, what would I feel? I'd feel hopeless and let's go deeper than that. What does that feel like?

Mary:

To use the illustration of me, when I met AJ I hoped that I was going to be able to be at-one with God. But really I had all of these horrible feelings that actually we can't heal ourselves and we can't change. And I had to go through them in order to gain faith in what I needed to do to get to that point. So faith is more of an active process whereas hope is sort of an emotion.

Jesus:

And hope is often born out of an emotion of wanting other people to do things for us whereas faith is we are prepared to be involved in the process ourselves.

Participant:

I've been paying out on God a bit about it how because I'm on this path and you help me get there? I've been doing a bit of paying out there lately because I feel like...

Jesus:

"Why aren't you helping me? I'm trying my hardest."

Mary:

"No one else is trying."

Participant:

I feel like God should be giving me a bit more Divine intervention or whatever.

Jesus:

Give me a bit more of what I need. (Laughter)

Participant:

I'm on the path, isn't that enough?

Jesus:

I need you to show me that it's working. (Laughter)

Participant:

And I guess I come back the Law of Attraction. When I release an emotion then that changes and it's kind of like, "Is that it? Is that all I've got?" Sometimes I feel a bit like that.

Jesus:

Yeah. A lot of times hope is actually covering over quite a bit or rage because we often have quite a lot of hope about certain things happening in the future but what actually finishes up happening is that we are using our hope to cover over our frustration that it's not happened in the past.

So for example I might meet a woman and I hope that she takes an interest in me. Now that's totally different than taking action and having some faith that if you take some action something will result. So I can sit there and hope all I like but there is a high likelihood that without any action this woman is not even probably going to notice me. And so this is the issue that we face; often the hope is born out of our desire to not act whereas faith is always about action because faith motivates action every single time. When I really have faith, then I will have action.

2.9.1. An example of a participant's faith aiding depression

Participant:

AJ I recently had a quite a good thing happen with faith. I was in depression and I didn't know what to do about it. With depression I just felt like I was going down and it was actually I realised that the Law of Attraction started to help me. Somewhere I started to have faith. I was sitting in a cafe and there was a little sign put on the table for the table card and it was a saying by Winston Churchill and it said, "When you're going through hell, just keep going."

Mary:

That's my favourite saying.

Participant:

And that suddenly gave me faith.

Jesus:

It's Mary's favourite saying.

Participant:

(Laughs) Oh okay. Yeah I just wanted to share that that really got me going. Then suddenly other Law of Attraction things came in and somewhere I felt that change was possible and it was possible for me to come out of it. And I came out of it quite quickly. And then I went on medication and realised that wasn't right and then I had a phone call from my homeopathic doctor who I'd forgotten about, and she got me on some stuff and that helped me get off the medication. And then from there, there were other people here that helped me through it. So it was just having that faith all the way through but just that one Law of Attraction helped me.

2.10. Faith involves taking action**Jesus:**

And can you see too how your desire also had an effect?

Participant:

Yeah.

Jesus:

While you sit there and wallow in something, there's not much desire to actually do something for yourself but you were prepared to actually take action for yourself as well, so that was an important part of that. And faith always does that. Faith is a highly motivational thing, it motivates you into action. So for every single person who ever created anything in history, faith wasn't something where they sit there and go, "Yeah I believe that's going to happen," and then nothing happens because they didn't want to do anything. The truth is that every single person who has a real faith finishes up creating. They finish up creating what they have faith in and that's what we do too. It's a very powerful quality.

3. Audience questions**3.1. Emotions underlying beliefs about boycotting, money, food and water****Participant:**

I was just wanting to know your views on things that are made in China and that sort of thing in relation to love of the other people who are not getting paid very much for their time for creating these things.

Jesus:

So the answer would be to boycott all of that. (Laughs) What would happen then? Then those people who were actually the workers would actually get nothing and obviously getting something is better than getting nothing. So what's the real issue? The real issue is our penchant, our desire, particularly in the Western world, to be money focused all of our life. So if I wanted to heal

some emotion inside of myself about what's creating this issue, I need to first look at myself and look at how much I'm conscious of money, how much I'm looking at saving money all the time, how much I don't want to pay what things are really worth, how much I feel like that I'm getting ripped off all the time, how much I don't want to work for the money that I get, how much we're in this state of having a monetary system that is based around value, how much we value people with lots of money and value less those with none. Can you see there are lots of emotions in it?

Participant:

Yeah because my Law of Attraction for my whole life practically has been that I haven't had much money. Up until last year when I was working a forty hour a week and I was like, "Yay," but you know my whole week was gone in a job that I didn't like.

Jesus:

So we're willing to compromise for money, sell ourselves for money.

Participant:

Yeah. And when I do go shopping, I think, "Oh that's not worth that amount of money." So that does actually make sense. I haven't actually thought of it that way to actually deal with my stuff.

Jesus:

If you think of it, if every person on the planet did that, then we would never tolerate a person living on a subsistence wage for example. We would never even tolerate having to buy water. We wouldn't even tolerate having to buy food. What a ludicrous proposition if you think about it. How crazy is it that you have to buy water? Almost every one of us does it, do we not? Don't you have water rates that you pay? How crazy is it that you've got to buy something that within three days, if you didn't have it, you'd probably die. How crazy is it that we've created a society that you've actually got to buy that instead of it being available to every single living creature and person on the planet. We're living in one crazy world when you think about it, just with the aspect of having to buy water.

But let's also then look at the issue of buying food. What a crazy proposition. I can understand maybe having to buy something like a painting or something like that, that somebody creates but having to buy food? Every single one of us at this point needs food to survive and yet we're there buying it. And what about the people who actually create the food?

When we were in the States, they had an abundance of strawberries.

Mary:

Yeah, it was on the news.

Jesus:

They had an abundance of strawberries because it was an especially good crop that year. And what they were doing was they were destroying the strawberry plants rather than have anybody allowed to come and pick them because they were afraid of getting sued if somebody had an accident while they were picking the strawberries.

Mary:

Crazy.

Jesus:

So they were destroying literally thousands of beautiful, huge strawberries. They were just destroying whole acreages of them. Now we say, "Oh that would only happen in America." I'm sorry, it happens here. This is what we do to our own wheat crop quite frequently. When we have a bumper crop and the market rate of that crop goes down, you know what we do with it? We burn it or dump it in the sea. That's what we do with it. Why would we even contemplate that? That's just craziness. And what is it all about? It's because we all want to have money, we all want to have some wealth. So what we need to do is address the emotions within us.

Now let's look at it from the perspective of faith. The positive change would be that actually what would happen is in the end is we wouldn't have to pay for water, we wouldn't have to pay for food and anybody who produces water or food is automatically given everything they need to produce it. So they don't have to go and buy a tractor, they don't have to go and buy whatever it is that we expect them now to buy. They actually get given all of those resources to produce the food. They have the desire to produce the food and they're just given the resources because the fact is, it's just a loving place to be if we can give this food that every single person on the planet needs and give the water that every single person on the planet needs. Now at some point I have to have the faith inside of myself that if I deal with my emotions about money, that a lot of these things can be created. But if I don't deal with my emotions about money, I'm just going to ignore them.

Participant:

I've got another question. So what do you guys do like when you buy clothes and when you buy food do you look at where it comes from and like that sort of stuff?

Jesus:

No. I look only at my emotional injuries that would create such a thing every single time. So when Mary pointed out to me that I was buying mint from Israel. "It's a terrible thing." (Laughter) I have to look at my own emotions inside of me of what inside of me would create this problem. So what inside of me creates the problem of human rights abuses for example? What inside of me? What unhealed emotion do I have where I feel I can want something

from somebody and actually put them down to get it. I need to look at that emotionally.

Participant:

Do you mean you'd still go ahead and buy it or you would want it and then deal with the emotion and then see what you do after?

Jesus:

If I need something I definitely go and get it. However I also look at the underlying emotional reason of what is going wrong with it, every single time. And what inside of myself creates that, what fear inside of me creates it, what lack of love inside of me creates it, all of those things, and try to address each one of them emotionally.

You see one of the things I taught in the first century was that if you attack things, you are actually going to make them worse. And this is one thing that most people on the planet still don't understand. Every time I act in a violent manner towards something, it actually makes it worse, it makes it bigger. My classification of a violent manner; a boycott is a violent manner. That's the way that I feel. If I boycott something, I'm actually going to make the situation worse. If I address the underlying causal emotion within myself, because that's the first person and the usually the only person that I can first address the emotion in, then I am now not contributing to this particular problem anymore, emotionally. And because I'm no longer contributing emotionally, physically I won't also contribute, automatically, as a result.

3.2. Emotions underlying eating processed food and creating waste

Jesus:

So you will find as you deal with different emotions about lack and things like that, you'll find, "All of a sudden I don't need as much food. All of a sudden I don't need any packaged food. Oh all of a sudden I can grow most of my food and I don't need to buy much of it anymore if I didn't want to. And all of a sudden I can live just on fruit and vegetables and a few nuts and that's all I need anymore. I don't seem to need the Weetbix in the morning and all these different things anymore," because all of the emotions that have been driving all of this stuff in the past in me have all disappeared. And all of a sudden I no longer need processed food anymore for some reason. In fact processed food tastes bad to me after I've dealt with a group of different emotions. It actually tastes bad for me to go and get spaghetti. Even though it's not meat or anything like that, it still tastes bad, it affects my body and it feels bloating and it feels terrible.

So, sometimes when we come over to the coast now and we go out to dinner or something, we come home feeling like that was pretty bad. We just had a vegan meal somewhere but it still felt pretty bad because there was a lot of

processing in it and my body now, particularly my body, is just rebelling against that. And so after a while what happens is you start getting into this state where you don't need all these things you thought you needed before because you've dealt with the underlying emotions and so that automatically creates better things happening in the environment.

So the majority of people on the planet would have a bin three quarters full of all this manufactured stuff, being thrown out, all the paper cut and all these other things being thrown because they don't know what else to do with it. After a while what happens is you finish up getting a whole bin and it might last you two months, it takes two months to fill up the bin. Then after a while because you deal with different emotions and everything, now you fill up half the bin in two months, because all of the other stuff that you're getting and the other stuff you're attracting to eat and everything else is actually automatically creating less and less and less waste because you have dealt with the soul condition that created it in the first place. So what eventually finishes up happening, so what's happening for us at home now almost everything that comes into the place gets somehow recycled somewhere. I love my worms, so my worms are honoured in our place.

Mary:

They're like our babies.

Jesus:

They're our babies at the moment. And the reason why I love these worms so much is because almost every single thing that comes into our home that you could imagine, aside from plastic and those things which we don't get much of anymore, goes to the worms at some point. It's amazing that they produce this beautiful soil that we can use to grow other things from cardboard.

So last week every single day I'd get out my wheelbarrow, fill it full of water, pack it full of cardboard so it all goes soggy and then chuck it all on the worms. And within a few weeks that's all gone. All the worms have just eaten it all and not only have they eaten it all, what comes out is you pick up this soil and it's soft and light and fluffy and you can do anything with it. It's just amazing. And that's a part of bringing your soul condition into more and more harmony. As you bring it into more and more harmony everything around you seems to work in such a way that there's less waste, less damage, less hurt to the environment, less hurt to people as a result.

Mary:

When I met AJ was I trying to do it from the other end. I wanted to be organic and recycle and do all of these things but I was still carrying all this other emotion. I was very confronted when AJ went, "No we're not going to do that, we're going to talk about this emotion." But now as it's happening for me it's a natural result, and it's not an effort and it just flows a lot quicker.

Jesus:

Everything flows better. So if you multiply that by each one of us in the audience, and you multiply that by each person in Australia, you imagine all of a sudden how things would change - Coca-Cola would go out of business. At the moment we've got these huge landfills getting filled up with rubbish. I remember having one talk with some people in the US and they told me that if they had to not drink diet coke in order to get at-one with God, they would actually never be at-one with God because they loved Coke that much. I thought it's just such a sad statement of the world really. But if you look at it, what would happen to you? Firstly what is coke full of? And sorry guys who manufacture coke but it's full of sugar. And what happens to your body when you eat lots of sugar? You get lots of problems in your body; your body becomes very acid. All of a sudden your body doesn't work very well, you get all these health problems occur because of sugar overdosing and eventually you have all sorts of internal organs breaking down.

Now if all of us decided out of love for ourselves that we would never drink a soft drink again because it's really just a love of self issue. So out of love of myself I would never drink a soft drink again. Imagine if everyone in Australia decided we're never going to drink a soft drink again. Now firstly you know what would increase? All of the ones who are growing oranges for orange juice, you know what is happening to them at the moment? They are letting their trees die because there is no demand. They're ripping them out by the hundreds of acres in the Riverland. Just letting it all die because there's no demand. Why's there no demand? Because we're all hooked on soft drink. So imagine all of a sudden all the juices stuff would start reappearing as well, which is much more harmonious with the environment and also with your body.

But if you start thinking about everything that's affected, all of a sudden just changing that one little thing, and the reason being because I love myself, all of a sudden there's this huge changes that occur. And all these positive changes can occur just by me making one choice harmonious with love of myself; just that one choice. You imagine how many less plastic bottles there would be by us all not drinking soft drink anymore. It would be huge wouldn't it? Like how much of that goes into landfill and everything else? And how long does plastic take to degrade? It's not like glass where you can just smash it up and reuse it or anything like that. It stays in the landfill, you've either got to melt it down again to reprocess it, which means you've got to clean it and melt it down. Huge amounts of water resources being used to do all of that. Whereas with glass you can just smash it and pulverise into dust and use it in the garden. So it's totally different.

We create the results what we've done because of our demand. So if I look at why is there all this landfill, and I look at the emotion inside of me, I see there is an emotion inside of me where I want a convenient thing. That's what I

want. And I myself am still addicted to convenience. I'm still working through emotional issues about being addicted to convenience. We have twenty-eight one litre glass bottles at home to drink water in and I still drink out of a plastic bottle. But why am I doing that? Because I'm afraid of dropping the bottle in a venue like this and having a big mess to clean up. That's the only reason why I do it. It's an emotion of desiring convenience, an emotion that needs to be worked through at some point.

So can you see that if we all just started to address those issues, even just out of the sake of our own health, how much change there would be? So I love myself so much that I'm never going to drink a sugar drink again, a drink that's full of sugar again. Wow, you imagine what would happen to most of the shopping centres. There's a whole aisle of them. That's all got to go, at some point that'll all go.

You see people with their shopping trolleys covered with forty-eight coke cans or coke bottles or whatever, and it's cheaper than water. Do you understand that? I don't understand that. One large bottle of water costs me two or three or four dollars sometimes. Yet I can get the same thing in coke for \$1.50 or \$2.00. How does that work when coke's got that same amount of water and sugar and flavouring and this and that and manufacturing? I don't understand how that works. When I went to the States last, I went into one of the airports and they've a 500ml bottle of coke standing next to a 500ml bottle of water. The 500ml bottle of coke was US\$0.80. The 500ml bottle of water cost me US\$5.50. Could you work that out? I can't work that out. That's crazy. And the fact that I have to buy the flipping water in the first place is crazy. (Laughter)

What I'm getting at with it is that all we need to do is act harmoniously with love and all of these things will change. That's what will happen; all of those things will change. And if I love myself, acting in harmony with love of myself, many of these things will change. But you know what the problem is? We don't have the faith that it's going to. And we somehow think there's no relationship between my personal actions and my unhealed soul condition and what's happening on the Earth. That's totally incorrect. There's a complete interaction, a perfect interaction between what's happening on the planet and my own condition. Everything is linked. And if I have some faith that I change my soul condition and these other factors will change, the craziness of buying water will change. The craziness of how we're willing to manufacture something that costs us \$0.80 and we have to pay \$5.50 for something that's good for us. Why does the thing that's good for us cost more than the thing that's bad for us? There's an emotional condition in me that creates that. Can you see that? And if I have the faith that if I change the emotional condition that things will change, then things will change. That's how everything on the planet's ever changed.

4. Faith is required for passionately desiring positive change (continued)

4.1. Generating an inspired vision of change

Participant:

If we're thinking that we're going to change our emotional condition or soul condition, do we have to have a vision of what we want it to be or is it just enough to hope that it's going to change by feeling past emotions and things like that?

Jesus:

An inspired vision is much more powerful than hope because hope could be something that's totally based on an emotional injury. Inspired vision is totally different. Vision is very helpful.

Mary:

It activates your desire. If you don't know where you're headed for, there's not a lot of desire in that is there? It's like you said, it's just a hope that if I deal with this, things will get better. But if you can generate the vision and the desire, it's much more powerful.

Jesus:

As an illustration, you imagine that you've not got any fear anymore. If you just close your eyes, let's just try this as an audience. Just close your eyes and imagine yourself as a completely fearless being, that you're not afraid to tell the truth to any single person in your entire life, that you're not afraid to do anything. Bungee jumping or whatever doesn't scare you anymore and jumping out of a plane with a parachute doesn't frighten you anymore. Going swimming in the sea doesn't frighten you anymore, talking to an angry person doesn't frighten you anymore. Feeling angry spirits around you doesn't frighten you anymore. You see somebody being thrown by a spirit from one end of the room to another and that doesn't scare you anymore. You see these really grotesque spirits that you picture in your mind but you can't see at the moment, but you actually see them now with your eyes but they don't frighten you anymore either.

And you're not afraid of anything that would happen to your children. You're not afraid of them getting run over by a truck or a car or falling off of a building or getting stung by an animal or getting bitten by an animal that causes them to have a lot of pain, you're not afraid of that anymore. And imagine for a moment you're not even afraid of pain anymore. So it has no effect on you anymore, it has no response in you anymore.

Can you imagine just being in that place? It's just an amazing place to be, just imagine yourself being there. Now imagine if you could do that, every single day, just for five minutes being in this place without fear. So for five minutes

a day that's all you do, you just imagine it. Well what you're doing right now, if you're imagining it, is you're actually praying about it. And you're actually starting to conceive, by just allowing the imagination to picture this place, what it would be like to be in this place without fear. And that faith that it can happen can now drive you for the rest of the day. You can remember what you imagined.

So your imagination is a very powerful tool that you have to picture things that are idyllic that you want for yourself or for your environment or for the planet. And that imagination in itself is creative. And you can sit down and draw some pictures about what it would be like, how you would feel inside. You could sit down and draw some pictures about what life would be like living with other people like this where not a single person gets angry with you anymore because they're no longer afraid. So if you can imagine yourself picturing that, every single day. Let's say you did that for five minutes in a day. How do you think you'd feel? Do you think you'd feel motivated to deal with your emotions that cause you to not be there? If you can keep that picture in your mind, of course you'd be motivated, wouldn't you? And so as you allow that imagination to enter you and see the pictures, the actual feelings inside of you grow.

All through my life the way I've discovered truth was that I first imagined what it would be like. And then what I did was I would pray about it so much to see whether it's possible. I imagine something so I could conceive. So for example with the soul union thing, in terms of the two halves of the soul becoming one, what happened originally was that it began in my imagination. I started imagining it and started imagining what it'd be like and then I'd be talking about it with Mary in the spirit world and we started both imagining what it would be like to merge into this one soul. And I just feel, yes there's a possibility here, there's something about this. And we start seeing the patterns in the universe, the way everything is made seems to come in these two halves. And looking at these patterns and then trying to apply it to our relationship and starting to see how it all comes together. And then in the spirit world working on that relationship in such a manner that eventually the union process occurs where you become one. Now that began in my imagination and it turned out to be a reality.

So don't be afraid to imagine and picture in your mind possibilities.

4.1.1. Using imagination with money issues

Participant:

I can't perceive that for too much longer we will be existing in the manner that we have been regarding money and the way we operate financially. I don't know whether it's faith but there's some deep knowing that we're at the very end of a way of being and that we will be operating without money.

Jesus:

So now allow yourself to picture that and then act upon this faith you have and start living in that yourself. This is what caused me to say, "Alright, I'm just going to do everything by donation. So what I'm going to do is trust that if I don't receive enough money to live, that actually it's something to do with my emotions that I need to deal with inside of myself. So I need to live in that manner."

So rather than now focusing my life on getting enough money so that I can do the things on the weekend that I enjoy, what I'm going to do now is flip my life all over and I'm going to actually decide to do what I enjoy 100% of the time and then when I don't get the funds together for us to live on, I look at my emotional reasons within me of why it wasn't created, why I haven't created it inside of myself. And once I deal with those emotions eventually those things come along and eventually you get to the point where now I don't consider how money is spent at all, as Mary will attest to. Mary still occasionally does but I have no consideration whatsoever about money itself. I have no fear of how it's going to be used or whether I'm going to have enough or not or any of those things. I don't live my life in that manner anymore where I'm worried about money from day-day, whether I can pay a bill or not pay a bill. I don't have any worries about what I should buy or not buy. If I haven't got the money to buy it, I just don't buy it and I look at my own Law of Attraction. If I really wanted it why isn't it coming to me right now? And what out of harmony with love is not coming to me right now? So I need to look at that as well, deal with the emotions of it. This is what we need to do.

Many of you have this picture of a life without money. Many of you have had this inspiration, where you can see pictures given to you from spirits about life without money but we don't translate it into action because we don't have faith. You see what faith would motivate us to do is go, "Okay, sooner or later there's going to be no money on this planet, whether it happens because of economic breakdown or whether it happens because of Earth changes, or whatever is the reason. We know sooner or later it has to go because it's not loving. So sooner or later there's going to be no money on this planet. So what do I do about that myself? Well let's start acting like there's no money on this planet. In the manner of let's first deal with every emotion that I have about money inside of myself." Now if I'm passionately desiring positive change and I have this knowing in my mind that comes from a bit of a feeling in my heart that there is not going to be any money in the future, then why aren't I right now acting in harmony with that in my life? The only reason why I might not be is because of fear that I need to address. So let's go ahead as a group and deal with that fear, let's deal with that fear.

4.2. Faith involves taking action (continued)

4.2.1. An example of working in our passions

Jesus:

So let's look at the fact that I'm working in a job. Do I really like it? Am I passionate about it? If I'm not passionate about it, I leave it tomorrow. "What? I've got bills and I've got a mortgage and I've got this." Yet what you're going to do is you're going to become God-reliant and you're going to trust that actually if you doing something that's harmonious with your desire tomorrow is actually going to fix all of these issues and you'll be able to have a place to live and everything will be cared for and all of those things. You're going to start putting this truth that you're receiving into action in other words. And faith is what does that. Faith is the only quality in fact that does that, if you think about it, because if I don't have faith that the change is possible then I won't act and if I don't act then it's going to stay the same anyway.

So yes always act in harmony with your faith. Faith is not a passive quality. It's not something that you can just say, "Oh yeah I've got faith. I've got faith God exists." Well okay you say you've got faith that God exists but how much are you reliant on God? Show me your faith in action.

There's a whole passage in the book of James in the Bible that was written based around my statements of faith in the first century, and it's worth reading. It's all about how faith motivates action. A person who has faith isn't easily manipulated from your faith.

So in other words, if you have faith that there is not going to be any money in the future, for example, and you decide right now I'm going to start living my life where I'm going to actually trigger every money issue that I actually have within myself, and your friends are going to come up to you and say, "What are you doing? You gave away your job. That was a good job." Now what they're doing is they're infiltrating you with their fear. Now that's going to trigger some of your own fear about the issue. So what happens then? I then go into a state of fear and when I'm in a state of fear I'm also in this other place, which is a lack of faith place and is a place of doubt.

So now what I do is I start doubting that what I believe is possible is possible for me. So I doubt, "Oh yeah maybe they're right, maybe they're right, I'd better go back and get that job from my boss. I'll say I'm sorry and that I just went through a momentary phase of craziness, and I just want that job back." And what we do then is because of the lack of faith within ourselves, we allow the doubts and the fears from our environment to infiltrate us emotionally and then we act upon them. So many of us do that on a moment-by-moment basis.

So let's challenge that. So we challenge that by acting in harmony with our faith. So many of us are coming along because we believe our soul is very powerful. And yet we say, "Oh I've got to go to work forty hours a week." If your soul's so powerful why do you have to work forty hours a week? Why can't you just work two hours a week? Or maybe not work any hours a week that you feel is work but it's just your passion. So in other words, let's say my passion was art so all I did all my time that I had was my art. If it was music, then all I do is my music and just see where my passion takes me. And if it doesn't bring what I need to sustain myself I look at my Law of Attraction and have faith that actually all I need to do is deal with my Law of Attraction and something will change. And all of sudden I'll have the funds available to me if I follow my passion.

Mary:

There's a lady in New Zealand called Ina who's been on the Divine Love Path largely on her own because there hasn't been very many other people in New Zealand who have been listening to the DVDs. She is a massage therapist and what she does is she lives in like a little holiday town and she gives massages to people. She has this standard rate that she charges. And we went to visit her on our trip to New Zealand and we didn't talk to her about that at all but we were just talking about different emotions and money and things like that. The day after we left unbeknownst to us she decided to make all of her services by donation and that triggered huge fear for her. She felt like this is her only source of income, she doesn't have any family in New Zealand, she's renting a place and she's got a little car but she decided that was in harmony with love and I guess she had faith that something positive would come from that.

And we received a letter from her just this week saying that actually what has happened is that sometimes she doesn't receive as much money and sometimes she actually refuses money from people or refuses to give the massage if she feels there's something sexual going on or there's some other needy-based thing happening for the person.

Prior to this she felt she wasn't living in her passion, which is what she was actually talking to us about. But the beautiful thing that's happen is she's started to attract clients that want to talk about their emotions. She was finding the opposite beforehand. And that she's able to talk about what she's really passionate about, truth and emotions and things like that, in her day-to-day life and she has enough to live on. So for her the lesson was really about taking her focus off money and she actually got more quality of life.

Jesus:

She was just expressing her joy because before she was just treating as a job, where she had a bit of her passion but it felt like a job because of the money transactions that were going on. Now that she's stopped the money transactions going on, when a man comes in who's sexually projecting at her

and wants a massage, she just refuses to massage him and sends him on his way. And when somebody else comes in who wants a massage and they have a pure desire to deal with emotion, she says no worries and off she goes and gives them a two hour massage. She does it in her passion and ironically she's having just as much funds not from specific individuals but overall just as much funds as she's ever had. But she's also now enjoying the entire process. Can you see she's also brought her life into harmony with her passion, into harmony with Divine Love and also feeling as a result so much more joy? What she needed was faith; she needed faith that if she did the thing harmonious with Divine Truth and Love that in the end everything would be okay if she dealt with her emotions about it otherwise. That's what she needed.

4.3. The difference between faith and trust

Participant:

What's the relationship with trust to faith? Is it the same or is faith something that's in the future and trust is in the present? Can you explain the difference between that please?

Jesus:

You've explained it exactly. Trust is in the present, faith is in the future. So the truth is both qualities are very important qualities. So in answer to your question, yes, faith is something about the future, where we have a feeling about something being possible in the future as long as we act in harmony with love and truth right now, that will occur. Trust is something very different. Trust is an emotion too, just like faith is an emotion. But trust is very much about the present.

Perhaps if we can illustrate it. Many of us have a feeling of mistrust within us about all sorts of matters. So when you hear somebody on the television, like last night, we heard that there was a plane that came down through pilot error in the Soviet Union and it happened to have the Polish president on board. Ninety people died yesterday through this accident, and my immediate feeling was that that wasn't true. That it wasn't just an accident caused by pilot error, that was my immediate feeling.

Now that's a feeling. Now I can either trust that feeling or I can dismiss that feeling and mistrust that feeling. Now if I trust that feeling I will often do things or say things based on my trust of the feeling. If I mistrust the feeling often I am silent so I won't say anything about it.

Now it's like this with many of you in our interactions with emotions. I feel an emotion from you enter me and I trust that I can feel that emotion coming from you. Now that only occurs after lots and lots of your own emotional release. So when I began this process I didn't trust any of my own emotions. But after a while what happened was I learnt to release an emotion and then

I realised that once I released that emotion I can feel that emotion in any other person. Once I've released it in myself and no longer have a judgement of it inside of myself I can now feel that emotion inside the other person who I'm relating too. And then, through a series of events, I come to trust that that's the truth.

Can you see that trust is something that is built by past experience? So in other words I come to trust something because of a past experience with it. By the way mistrust is the same; I come to mistrust it because of past experiences, and often we bring the past experiences into the present when it comes to trust. Now trust is something that is built over time through past experiences. Faith you can begin with, with no past experience at all. And that's a very big difference between the two qualities.

Faith is something about the future and I can begin at this point by trusting. So I can have a trust inside of myself that God is actually a totally punishing God. So in other words I believe that with all my heart that God's a punishing God. But someone comes along and tells me that actually God's not a punishing God, God's a loving God. So I can have this feeling of mistrust within myself about God right at this moment but at the same time have faith that God's not like that. Because one is about the future, about me coming to see some things in the future, the other is about what's happening for me right now from my past.

So as I trust, I am going to very much base my trust on past events, but my faith doesn't have to be based on past events. I can establish faith about things in the future just by imagining; like we just did earlier, just imagining that you're without fear. What does that do inside of myself? Do any of us really believe we're going to get to that place? Now some of us feel like, "Oh yeah I want to get to that place." We have a hope we're going to get to that place, we have faith that we'll get to that place if we deal with a lot of emotions that prevent it. But we don't know we're going to be at that place until we're at that place. So there's a time when faith transfers into knowing or knowledge. And when I say knowledge, I'm not talking about intellectual knowledge; I'm talking about the fact that I can do it now.

So in other words many of you have faith that you can levitate your body. None of you have done it yet, I gather, because I'd like to see you do it if you can, because I'd like to learn how to do it myself. So none of you at the moment can levitate your body actually, but you have a faith perhaps that you might be able to in the future. But when you actually physically do it, do you need faith in it anymore? No. Faith then is transferred into actual reality. So I now have done it. So we only need faith for the period of when we haven't done it and we leading to a point where we do complete it.

So for example the Wright brothers when they produced the aircraft that flew, the one that is recorded in history as the first one flying, what happened is they had to have faith that they could actually do it. They trusted a lot of their past engineering experience and a lot of aerodynamic type work that they'd done; they trusted all their past stuff and that caused them to have a faith that they could produce a machine based on all of this past stuff that would give them the ability to fly in the future. And then the moment they first flew, what do you think they felt besides euphoria? They felt now they knew they had done it. Now no longer faith was needed, now there was, "I know now." Now there's knowledge. So the two qualities of faith and trust are very important in your progression but of the two I feel faith is the greatest motivator.

Passionately Desiring Positive Change: Session 2 Part 2

Jesus:

How's everyone feeling? The faith thing is really good, isn't it? It's a very powerful thing to remember. What's kept me going because for a lot of my own progression I've been totally alone, in the sense of no one able to help me, no one able to tell me what's sort of wrong inside of me emotionally and no one being able to help me what's wrong in terms of where I'm out of harmony with love and things like that, aside from my connection with God. So what I've had to do is have a lot of faith that if I just keep processing, keep working my way through these issues, keep acting in harmony with love, everything will come out in the end. I'll be able to find out what's going on with myself in the end. So that's been something that's been very, very important to me. And you'll find very important to your own progression as well.

Faith also is not easily shaken. See a lot of people feel that faith is something that is very indeterminate and without any power. The reality is that true faith cannot be really shaken. So no matter how many people I've had tell me that I'm an idiot for doing what I'm doing and I'm an idiot for saying what I'm saying and things like that, right from family, friends and pretty much all of my friends that I have now, I didn't have about five years ago - all of them changed.

So if your faith is easily shaken you would not keep going under those circumstances, would you? You'd just give up and say, "Oh I've had enough this, it's all too hard." Whereas a faith that's real doesn't easily give up. You look at all the people who have ever been leaders in their field, in the forefront of their field, right the way through history, they've always had lots and lots of people ostracise them and criticise them and ridicule them and tell them that they're stupid and that they had the wrong motives and everything else and yet they continued doing what they did. And the only reason why that is, is because they had faith that it would all come out in the end. And quite often the very people who ridicule you, a year or two later are the same people who love you. That's something for you to remember when you get ridiculed. (Laughs)

You see you imagine if you're the first member of your entire family to get to Divine Truth and you work through a lot of things yourself with regard to Divine Truth and you've gone through lots of opposition and you've had to work your way through all those issues and later down the track they all start hearing the Divine Truth for themselves at the soul level, do you think they're going to go, "Oh yeah, you should never of done that in the first place"? Of course they're not going to. They're going to say to you, "That's wonderful that

you did what you did and you stood up for your faith and you stood up for what you believed was right at the time because if you hadn't have, then where would I be now? I would be in this place where I would never have heard the truth either." So there is just this really beautiful thing that comes out from you having faith and this next quality, courage, as well.

5. Courage is required for passionately desiring positive change

Jesus:

Let's talk about courage. Courage is one of those qualities that we often use on the planet in a very negative connotation. So in other words it's like, "He went to war and he had courage." Whereas actually I feel a person who's gone to war has not really demonstrated a huge amount of courage by even going to war; it's not harmonious with Divine Love or Truth at least. Courage itself is a very important quality in your progression. Without it, you will often succumb to firstly either your own weaknesses or the weaknesses of the environment that get projected upon you and then determine your actions.

5.1. Courage involves inner strength

Jesus:

So firstly courage is something that is an inner strength but it comes not always from within, in the sense that you can have courage, particularly when you know other people are supporting you.

COURAGE
o INNER STRENGTH

So for example yesterday one of the audience members said that she wanted to go jumping out of a plane.

Participant:

I booked it.

Mary:

Awesome. There's action.

Jesus:

There's action there, that's awesome.

Participant:

There are four of us going.

Jesus:

So there's four of you going. Awesome. It's going to be pretty weird, isn't it? Anyway so you've had the feeling of courage but remember what you said? You said, "I would like to do it with three other people so that I feel locked into it." Now that's no longer courage anymore. You follow me? Like what's happening there is no longer is it courage anymore it's now camaraderie that's helping you get through that particular thing. Having people with you.

Participant:

I felt like it's because I'm committed then.

Jesus:

Ah but commitment is not courage. This is what I'm trying to point out to you. So while you do feel committed to doing it, that doesn't necessarily mean at this point that you have courage in doing it because if you feel about it, it's like all the bowels turn to water almost. That's how it feels, so the reality is that the emotion of courage is yet to be present there.

Now obviously courage is very much assisted by other people doing the same thing as you. So in other words if you're the only person in this entire audience who has to own up to an emotion, now that's pretty hard isn't it? It means getting hold of the microphone, everybody else in the room potentially judging you and so forth. So that's one thing, but if you know that there are fifty other people in the audience having the same feeling, now it's a lot easier to demonstrate some courage.

So in the end the type of courage we want is that if I am the only person I will still do it.

Mary:

Personally I think there are a lot of people in this audience who have some of that courage because a lot of you are the only people in your family who are doing it and there's a lot of pressure in that.

Jesus:

So already you are demonstrating a degree of courage because a lot of times you are getting pressure from family, pressure from friends, people going, "Oh he's a bit of an idiot. What's going on there?" and all this projection coming at you from all these different areas. And not only projection but many of you have started to also experience the behind the scenes manipulation that goes on inside of a family in order to break your courage down and get you back to where you were. So that is also happening for many too, this behind the scenes manipulation to get everything back to the status quo. In the end the kind of courage that we want is the kind of courage where not another person on this planet needs to agree with me but I will still do it. Now most people on the planet would call that stupidity (Laughter) but that's the kind of courage we're going to need in our progression towards God.

5.2. *Gaining courage by releasing fear and desiring to act in harmony with love*

Jesus:

The question then becomes how do I get that courage? There's basically two ways. One is by releasing your fears. Do you remember how to release your fear? It's not by just feeling it. Because what is fear? False Expectations Appearing Real. Fear is the False Expectations Appearing Real to you so how can you also help release your fear? What I can do is correct it with truth. So I have to come to face the truth emotionally inside of myself and that will help me correct a lot of my fears. So that's one aspect of courage. As you release fear and you do that by allowing yourself to confront and feel about the truth, as you release the fear and the fear lessens, obviously your courage will increase. So you have more courage.

F E A R ⇒ TRUTH

But that is not the only thing that's going to help you because in the end if you release all your fears and you get all the truth, you might not necessarily still have all the courage you need. The reason why is that there's this aspect of courage related to love and not just truth. This is something that I often feel about myself and think about is that even if what I'm doing doesn't feel to be the truth to anybody else, is this thing that I'm doing based on a loving act or desire within myself? And it's my attachment to love that helps me have courage.

LOVING

Mary:

If you desire to love enough, that will give you the courage to face whatever it is, even if you're the only person with that desire in that situation.

Jesus:

So for me courage is also not just about the truth and knowing the truth and feeling about the truth but there are times in your progression where you don't know the truth but you often do know what love would do in that situation. So you might not know the truth but you know that you getting angry, for example, is not loving. So you might be getting angry about a thing that you think is true. But you know that the anger itself is unloving so you have to have the courage to feel what's underneath the anger rather than project it out at the universe and what gives me that courage is do I want to be loving in this moment or not.

So for me one thing that I focus on is being loving. If you love and you're actually desiring love in every aspect of your life, now you can stay firm about what you know to be love within yourself no matter what happens around you. So there are times inside of myself that I am shaking with fear but I still go ahead and do the loving thing.

Mary:

Can I add to that as well from my own point of view, often on this path I've realised that I have a fear. For example I've got a fear of being in truth with my family or I've got a fear of jumping out of an aeroplane or whatever. And I go okay I'm going to confront the fear, I'm going to do this. But where I've fallen down in the past especially in relationships is that I've gone, "Right I'm going to do it, I know what the right thing is to do and I'm going to do it," but because I haven't kept love in mind, love of myself and love of everyone in the interaction I haven't been vulnerable emotionally. I've dragged myself through it and gone, "This is the truth and that's how it is and I'm going." (Laughter) And really it's almost a wasted thing. The real fear was around the vulnerability and being loving to myself in that situation. So that's where the true courage comes. Not when I grab myself by the ponytail and drag myself through my fear, but when I have enough love for myself to feel my emotions while it's happening, that's been a really powerful thing for me to understand.

Jesus:

Yeah. So what Mary was saying is really important to understand is that you can be courageous even when you're full of fear as long as love is the motivating factor for you. When you're at-one with God you now know the full truth so there is no fear but ironically at that point you are also the most courageous, not just because you are now in a state of truth, but because you're now in a state of perfected love. So if you focus on the love part of courage, it will help you do what needs to be done to help you confront different emotions.

So often times like I feel like, "Alright I'm feeling a bit frustrated here. Frustration is anger. Anger means that I am now avoiding an emotion. Therefore I'm lacking the courage to actually allow myself to feel the emotion. Why is that? Why am I willing to be unloving in this manner towards myself or, if I'm angry with others, towards others?" If I focus on this quality of love and how that will affect my courage, then I will always be able to maintain my courage even though I'm in a state of fear, even though I don't really feel like I have the inner strength to go through it. And this is where a lot of reliance on God comes in.

Now we'll have a talk in the future about God reliance in terms of the whole subject. But if you can see that if I am reliant on God enough to trust that if I am loving in all places and at all times what's going to happen is every single thing within me is going to be released at some point, then what I will do is

I'll have the courage to face the fearful circumstances that come up every time; issues of truth are confronted or every time, issues with my family are confronted or every time, issues with authority are confronted or whatever it is that I'm afraid of, I will maintain this courage, this courageous state within myself. Now for many people they realise that if you have fear, then you can't have much courage but they don't realise that you can still have fear and as long as you focus on the love part that's related to courage, you will be able to get through any fear.

And what I'm noticing a lot lately is that many who are progressing on the Divine Love Path are struggling with their fear. And the reason why we are struggling with our fear is firstly because we are not facing the fact that actually we can be courageous because love is always going to be the best possible action to take in any situation, and therefore we will get through any fear if we focus on that. So a lot of times we spend a lot of our emotional energy focused on something, and a lot of times it's the focus that we have on our fear rather than on the positive aspects of our own progression. And remember how can we passionately desire positive change within us if we're focusing on the negative of the change? It's going to be very difficult to be passionately desirous of something that's going to happen positively in the end if I'm focused all the time on the negative.

Now one way we can help re-jig our focus is by firstly in every situation focusing on what would love do. Even good enough would be - what would my current understanding of love do, from an intellectual perspective? What would my current understanding of love do in this situation? And down the track you may find that current understanding had further learning to do, that's fine, act in harmony with what you feel love would do right at the moment and have the courage to follow through on it because you love the whole concept of love.

5.3. *Determination versus courage*

Participant:

I'm just trying to follow through a little bit on what Mary was saying. What came to mind was determination, and I was trying to work out where that fitted in, in terms of courage. And when you said love, I realised that I have quite a lot of determination but I also have a lot of struggle with my determination. I could see that my focus was on I'll get it done, or I'll do it no matter what. And because it wasn't focused on being that vulnerable I got fixed on the "I'm going to get it done" bit and I missed the point of it. So when I did actually achieve what I was aiming for and this was before I went on this path, I didn't have a sense of, "Wow I've done it." It was more like, "Okay I got through that."

Jesus:

I got through that.

Participant:

Yeah and people often said, "Well you were courageous" and I often felt, "Well not really." And now it's sort of clicked into place that this big element of love which I have found that I started to ask when I'm in a difficult situation, "What is the most loving thing to do?" and I sometimes don't know. And I'll go, "Okay, let's try it this way," and it's not always the most loving thing to do, but it's closer. And I've been in a very vulnerable position of not knowing and hoping that I wasn't doing more damage. But having followed through it with that hope that it wasn't wrong, even if I started off very wobbly as maybe not quite so loving it turns out quite loving because I carried through being vulnerable with it.

Mary:

Exactly. As long as you're humble on this path, you're going to get to love in the end. As long as you're willing to look at yourself and willing to feel your emotion and you are striving to be loving, you're going to get there.

Jesus:

And it's a good illustration too about determination. You see often we can heavy ourselves through lots of different things, but that's not loving to myself. So straight away I'm out of harmony with love. That's not the same thing as courage, that's just determination and brow beating yourself into submission, and that's not a very loving thing to do to yourself even if no one else is involved.

Participant:

Yeah and since I'm beginning to really feel rather than know more what loving means to myself, which has been the biggest problem, I could see what I did in the past with all my achievements, they were very unloving and I would never do them again. Maybe I would strive for the same thing but totally differently.

Jesus:

In a different manner.

Participant:

Yeah. My focus would be very different you know. So being loving in all of this has been very important, and Mary's suggestion when she gave that illustration just hit it on the nail for me, so thank you, Mary.

Jesus:

See she often does that and doesn't realise it.

Participant:

I've heard a lot of people say that.

Jesus:

And then she just told me don't make a fuss about it.

5.4. An example of a participant receiving opposition speaking truth

Participant:

The other day I was so passionate about God and I thought, God is everything and He's loving and I didn't have much fear then and I said to a lady, "I don't know if it's loving to give a drug to a cancer patient because God is everything. God never gives pain that we can't handle and that's the result of the Law of Attraction." I said that comment in a group of Divine Love people, and everybody else was sort of against me. "Oh no, no it's not, you don't understand." And I was so hit by the fear to trust about loving things about God it's still stuck in me and I don't know how to process this emotion. Maybe I wanted everyone to agree with me and I wanted to say the truth but I can't say the truth.

Jesus:

Were you surrounded by women or men? Or was there a mixture?

Participant:

Mixture, mostly women.

Jesus:

Mostly women.

Participant:

Yeah. And the words I see on the whiteboard are love and truth and courage, and I saw that, but I don't think I have it yet. My feeling towards it have become anger, listen to me this is the truth, why does nobody understand me? My partner Ken was with me. I thought everybody else was against me but Ken would agree with me, but he was other side for one or two hours and then he started sort of, "Oh I now understand things." But this thing has happened many times before if I say something, everyone's against me.

Jesus:

So that's a Law of Attraction event for yourself to look at, in terms of what's happening and why are people against you for saying truth. So when you say truth, oftentimes people are against you because of the other emotions you have of a fear of their response. So you're very afraid.

6. We are creators of our own pain

Jesus:

Can I just correct one thing you said though? "God never gives us a pain we can't bear." You hear this statement quite a lot. Can I just correct that and say God never gives you any pain, ever.

Participant:

Oh so we made it.

Jesus:

Exactly. We made the pain that we are in. And this is a very powerful thing to understand when you start looking at the physical pain you experience. God never gave you any of it. We give it to ourselves by breaking God's Law, by making the choice to break God's Law in some way.

So for say a cancer patient, who's if they're near the end of their life and in a large deal of pain, a large deal of pain was created by themselves and some of the emotion that they're holding onto within themselves. Now I'm not saying to not have compassion for that because it's very important to have compassion for other people's pain. Otherwise you'd have no compassion for anybody because almost everybody is in pain at some point. So I'm not saying don't have compassion for a person's pain but I am saying that there needs to be an understanding inside of each person if they really want to grow spiritually and positively that "my pain is actually my creation". If it wasn't then it would be somebody else's creation. So the truth is that all pain that we experience is a creation at some level of our own.

Now I'm not saying and this is going to sound quite strange, but let's take it to the full degree. Let's say I was sexually abused as a child, how does this apply that my pain is part of my creation? Well I may have been sexually abused as a child but now that I'm an adult I have chosen to hold on to the pain of that childhood experience. So I didn't create the pain in my childhood, it was my parents or environment that created it, but the fact that I'm now in pain is the result of my holding on to it, so it is still partly my creation because I'm holding on to it and not releasing it.

6.1. Fear creates our pain

Jesus:

The truth is that you'll get to the point eventually where someone can actually harm your physical body, you'll feel a bit of pain in your body but after a while you'll even be able to detune from that pain itself due to what's going on inside of your soul because all pain actually is a result of fear at one level or another.

Now it's very interesting to experiment with this if you want to try. If you are afraid of getting a deep tissue massage or something, what you do is you go along and get somebody to give you a deep tissue massage in one area of your

body. Let's say it's your back and you get someone really digging in. Allow yourself to experience the pain, like allow yourself to actually tune in and experience the pain.

Mary:

So that means you keep breathing and you don't brace.

Jesus:

So you breathe and you try to remain relaxed while this pain is going on. But you know what we do when we tense up? That's the fear in operation. So you need to stay relaxed, feel the pain, breathe, feel the pain, breathe, feel the pain, breathe. What you'll find happens is you'll go through this barrier and into a state where the person is still doing the deep tissue massage but you will not experience any pain from it. And that will demonstrate to you that actually all pain is the result of fear. All pain we experience is a result of fear.

So it's very important to understand that when we make the statement, "God never gives us too much pain that we can't bear or something to that effect", what we're really saying is that God is to blame for our pain or God was the creator of our pain, and that is a total untruth. It is our own desire to oppose God's Laws at some level that create our pain.

So for example someone comes up and murders you. (Laughter)

Participant:

You're the only one that's experienced that.

Jesus:

Well no, there are heaps of spirits here who've experienced that so I'm not the only one here who's experienced it. But someone comes up and murders you and there are a heap of people affected by that murder left here on the Earth. Now every one of those people would feel a degree of emotional pain. Why are they experiencing the pain? Because there is something inside of themselves that is disharmonious with love that creates that pain. In the end you can actually go through a murder experience of your own partner, for example, and not feel any pain as a result of the experience. Now obviously to do that we need to get into a state where we've dealt with lots of our fear because it's only our fear that actually creates the pain.

So up until the state where we're at-one with God, below that state basically we're going to have some fear left in us so therefore there's always going to be some pain associated with our life in some degree. As soon as I enter that at-onement state there is now no longer any fear left within me. So in that state now there is also not going to be any pain possible for me to experience, of any type - emotional, physical or any type. And what will happen is you'll feel it happen but all of a sudden you're allowing every emotion to pass through you and every experience becomes pleasant, believe it or not.

Mary:

So AJ you're saying in that state there would be no grief at all, even if it just passed through you?

Jesus:

There'd be no grief at all within the person. So any person who's been murdered often leaves a lot of grieving people left on Earth and every one of those people is experiencing their own pain about their own false beliefs about love. Because remember anytime I'm in pain I am not in harmony with love. Anytime. Emotionally or physically, if I'm in pain I'm not in harmony with love.

6.2. Pain is an indication that we are out of harmony with love

Jesus:

So if that's the case then what we need to do is every time I feel pain at some level, like emotional pain, physical pain, it doesn't matter - any pain at some level, I know there's something out of harmony with love. So at the moment I've got a pain in my left shoulder, and that's about some area that I'm out of harmony with love. I've got this really strong pain across my left ribs, almost like a torn muscle type feeling across here that's preventing my breathing. That's something out of harmony with love.

If I start from that awareness then I can pray about it. But if I go, "Let's go and take a pill, a pain killer," what am I really trying to do? I'm trying to get away from the fact that I'm out of harmony with love. I'm making an active choice to actually do that.

6.3. An example of helping a cancer patient

Jesus:

Now so therefore Hiroko's statement to the group is true; that actually giving a cancer patient a drug is not necessarily a loving thing to do. Particularly to force them to have it is not a necessarily loving thing to do. And in fact it creates lots of other problems in their body. However the problem also is that a person who has cancer, to the point where they're in so much pain, is obviously in huge emotional denial. So at some point we've got to balance in our compassion, we've got to balance what's going on for them.

Now if I were a person who was trying to nurture a person who's a cancer patient, in terms of through the last days of their life, I'd be asking myself the question, does this person really want to deal with this emotion? Now if they did I would be perfectly happy to try to assist them in any way I could both to alleviate the pain and suffering, which by the way remember is caused by their fear. So how would I alleviate it? By helping them deal with their fear and I would also be very, very happy to help them with the actual cancer problem

itself, which is related to an issue with regard to an emotion that they need to be willing to deal with.

But if the person was just projecting at me, "You've got to fix me, you've got to make this right, you've got to take away my pain," well actually that person is projecting exactly those emotions at God many times and does God do that? No. Well if God doesn't do that, why would I then choose to do it myself? I'm basically saying to myself that actually I know better than God about how to deal with this particular issue.

6.4. Addressing the cause of pain rather than the effects

Jesus:

This is where a lot of people get very confronted and you can understand why. I'm saying, "God doesn't do it, so should I? My Celestial spirit friends don't do it, so should I?" When I'm in a place of love will I do it? When I'm in a place of at-onement with God and at-onement with truth, at-onement with love, will I do what they're expecting of me? The answer is no. Because God doesn't do it and the Celestial spirits don't do it, they're all in a place of harmony with Divine Love in their at-onement with God so I wouldn't do it even if I were on Earth here.

Now can you see how confronting that's going to be? A person knowing that you have the power through this connection with God to heal them and yet you cannot do it because of the choices that they are making in disharmony with love and because of the fact that God doesn't even do it.

So does God have the power right now to totally wipe out all of your ailments and illnesses? Does he physically have the power? Yes is the answer. The question then has to be asked, is God the most loving being in the universe? Do we believe that? Well God, the most loving being in the universe ...

Mary:

Not everyone in this audience believes that.

Not everyone in the audience believes it but let's go with that. God, the most loving being in the universe, doesn't wipe out your pain willy-nilly. Why?

Participant:

Because the pain is the effect of a cause.

Jesus:

The pain is the effect of a cause that it is created from within ourselves. To wipe out the effect of the pain would actually cause us to do things that are disharmonious with love even more. So God doesn't do it.

Now the question I need to always ask myself is, why then do I do it? Most of the time we have deep fears going on and deep feelings going on. One of my deep fears is when I see somebody who is in a place of distress, I just feel like I want to help them get out of that distress. My fear is seeing them in the distress. And you'll probably relate to that if you see a car accident or something and all of a sudden experience the feeling of distress.

Now there's a whole different feeling between compassion for a person's circumstance and actually trying to alleviate the effects of their situation without addressing the causes. Now I would feel perfectly comfortable helping them with the cause of the issue, as would God. But a lot of the times what I finish up doing is I want to address the effects because I think this is cruel. Where they're in is very cruel and very sad and everything else but we're not addressing the cause. This is something that we need to also address at some point in the future when we talk about cause and effect.

But when it comes back to our discussion about desiring positive change, what we need to do is look at why do we assist people including ourselves to avoid the cause of our own illnesses and pains and problems? And the real reason is because we don't desire positive change. What we want is a quick fix. We want someone to come along and wipe it all clean for us so we have a clean state to start again but without learning anything in the process. That's what we want many times.

Participant:

What I feel is difficult is how to diagnose to what level they want to address the cause rather than the disease itself. How do you do that and how long do you give them to address the cause before you go back to compassion, not healing? We need to be pretty developed do we not to be able to feel if they are really going to address it or just say they are?

Jesus:

I always go back again to what does God do. So what does God do? What is God doing in this situation right now? I try to stay sensitive to what God is doing with this person. So if I'm having the conversation with them and all of a sudden their pain is lessening, then I know that actually there is some kind of recognition of an emotion going on in here, there's some kind of change happening with them and God is lessening their pain through that process. So I know I can continue helping them. But if all of a sudden their pain intensifies, now I know their fear is intensifying. Now I've got to ask myself the question do I want to help them deal with their fear. "Do you want to deal with your fear?" And if I start talking to them about their fear and then their pain lessens then I know they do want to deal with some of that fear so I keep talking. I keep trying to help. But if the pain doesn't lessen then I know straight away there's a resistance to your fear here and you don't want to deal with that. What can I do? There's nothing I can do now that's in harmony with love.

Most people who are in a lot of pain want you to cure their pain but they don't want you to help them cure the cause of their pain. And what we want to do in our own progression towards God is we want to address the real issues. The real issue is the cause of our pain. What's really creating it, the creation that we have manifested within ourselves, by our denial of something within ourselves about love? That's what we need to do; to see it as an opportunity. So I see this physical pain that I'm in right now as an opportunity.

6.5. Examples of AJ's physical pain with different emotions

Jesus:

Sometimes I feel a bit self-punishing, I go, and "Here I go again." You know how many times in the last month I've said to Mary, "Yeah, I've got a dead left arm again." It sometimes feels like someone has punched me in the arm. You know when someone came along when you were a child at school and punched you in the arm and it went dead and there's this ache in it? That's how my arm feels in cycles. So the last two days now it's been feeling like someone's punched me in the arm, it's just like, "Argh." And I'm walking around going, "Okay there's something about women, I've got no idea what it is and I'm avoiding it and I'm not loving myself." And then of course there's this tendency to get down on myself, "Aren't I stupid, what's going on with me?" You need to get out of all that place and get into the place of, "Okay what's this about? This is about something that's going on right now," and when I allow myself to feel about it and feel about women in the interactions I'm having with them and so forth, then I start feeling what the arm is about.

What is this pain in my left ribs about? Well that came on two nights ago and I know what brought that on; my denial of a whole heap of sadness related to my relationship with God. We've been talking for the last two days and I haven't had the opportunity to deal with it. Or I could say that I didn't have the guts to cancel the last two days, which is probably what I should have done if I loved myself, and focused on this emotion.

Now my feelings are I'd disappoint, and I said to Mary, "Oh you know I'd just disappoint two hundred people who've made plans for the weekend and I don't want to do that." And that was more important to me than my love of myself, which is actually a part of my problem. So how can I then say, "Oh it's all your fault I've got all this pain and please take it away from me," when in reality I created it by holding on to the emotion? So I've got to work through the issue emotionally of why am I doing that? And when I do that, everything starts working out. I start feeling what love is all about for myself as well.

Mary:

I was just thinking that you and I are pretty funny. This is very stereotypical now but I've worked with lots of old people and often what they can tell you about a catalogue of hurts and sometimes I think that AJ and I are kind of like this old couple, "Oh I've got this thing in my back and..." (Laughter) But instead of talking about the medications we take we go, "Okay it's on this side. What was I thinking about? What have you got going on?" Because since I've started this path everything's collapsed. (Laughter) It comes back.

Jesus:

It's interesting that before you start the path you feel quite good in your body, but that's because you're in total denial of its pain most of the time and then you start becoming aware of its pain and then it's painful everywhere. Like what I do with that? (Laughter)

Mary:

Yep. But it's pretty amazing - I haven't had asthma very badly for like years and about three weeks ago, it just hit me. I couldn't breathe; I was waking up in the night in total, total, asthma. I dealt with some fear and it's all gone, like just like that.

Jesus:

So as the emotions rise in you your body pains will change. So a lot of people look upon body pain as a sign that a person is not spiritual. If you're in pain physically then there is something going wrong spiritually. Well there is something going on spiritually and a lot of times what it is, is a growing awareness within you of an emotion that you're still denying the experience of.

So when you start on the Divine Love path sometimes you feel quite good physically then all of a sudden because of a growing awareness within you some emotion starts to arise within you and because I now want to suppress that emotion, which I've done most of my life with it but now I've got an awareness of it, I can't suppress it as well as I could before. So what finishes up happening is my body starts creating the pain, indicating that I need to release this.

So I've been through lots and lots of physical pain through the process. So while my body looks quite healthy, I've had to deal with lots of pain. There was one time I remember I think I told you about where I was just laying on a couch for three weeks with a feeling of somebody kicking me in the balls every single moment for three weeks. And I'd just lay there. And I remember once John rang me and I had to get to the phone so I go down on the floor and I crawl across the floor and pick up the phone and then just lay on the floor while I'm talking to him and then he says, "What's going on with you?" and I said, "Oh I just feel like I've been kicked in the balls, you know."

(Laughter) And then he rings a week later, "What's going on with you?" "Oh I still feel like..." and it's just my denial of an emotion.

Once I actually work my way through the emotion itself then the feeling just goes. It's totally gone. So I've had times where I've worked through this emotion with my shoulder and within a moment it's just totally free again, easy, fine to feel, everything. You will go through cycles where one day you're constipated and the next day you've got diarrhoea and the next day, you'll go to the doctor again but you don't often need to. But I'm not saying don't care for yourself. So there are times when you know something is wrong with your body and you want to buy yourself some time to deal with the emotion if you can. So under those circumstances that's where medicine comes in handy. Because you can buy yourself some time to actually work your way through the emotion. But it's pointless using the medicine and then not working your way through the emotion.

Mary:

Because we've got a backlog. There's a backlog of emotion that we haven't dealt with so when it all starts coming up it can get intense.

7. Emotions are frozen within us from our childhood

Jesus:

One thing I need to talk about is how we have frozen emotions at different ages. One thing you need to remember is that if I'm passionately desiring to deal with my emotion, what's going to happen is I'm going to access emotion at the age that it was locked up inside of me emotionally.

So let's say when I was five I got abused sexually but what happened was I was taken out of body by some spirits so I didn't have to feel a lot of what was happening to my body. But when I came back into my body there was all of the results of the abuse in my body that made me feel disgusting and shameful and so forth. But I went to mummy to talk to mummy about that and she shut me down and she told me, "No it didn't happen, grow up. If you come and talk to me again about it I'll give you a belting." So in that place now I've locked up that shame and I've locked up that feeling of just dirty and disgusting feeling. But it's a five-year-old emotion. In other words it happened when I was five and it's going to be locked up at that age, inside of me, like a frozen piece of emotion inside of me.

And then let's say when I was seven another event happened, where the emotion got locked up. At that time I was seven years of age and it was all locked up inside of me, unexpressed. Now some of it might have gotten expressed but some of it not. Now you can see that as I go back dealing with my emotion, as I'm focusing on desiring this change inside of me, I'll start

accessing these events and you're going to feel that age as you do it because the emotion is in that age.



When we experience a locked up emotion as an adult (right) we will feel the age we were when it entered us e.g. five (left) or seven (middle) years of age

7.1. We only have memories from when our brain was sufficiently developed to process information

Jesus:

Why I wanted to raise this is a lot of people say to me, "Oh I had this emotional experience where I was in my mother's womb and I had this feeling and that feeling going on," and I'm thinking to myself, "This is not good." Why am I feeling this? Let's put us down into the womb for a moment. Do you have any conscious recollection of being in the womb? You don't, do you? Do you even have a conscious recollection of when you were one? Most of us don't. It's by the time we start to get to two we start to have our earliest memories a lot of the time, and by three we start to remember a few things and so forth. That's because of the development of our brain and a lot of other factors.

Now if a person is telling me about a womb-based emotion, how do they know it's a womb-based emotion? The answer is there's no way you could know it's a womb-based emotion without somebody else telling you. Who would tell you? Only a spirit will tell you. Why would they tell you? To get you out of the emotion. See a lot of times people say, "Oh I had this womb-based experience that was wonderful and we went through this re-birthing process. Why do you think re-birthing processes are so much connected with past life regressions? Because they're spirit driven.

So what happens is when you feel these womb-based emotions you will not have an intellectual recollection of it usually until after the experience and only if you have some spirits with you telling you what it was about. And often they're telling us what it's about because actually when we're going through it we have these huge emotions about them and we want to know what it's about because we feel quite distressed. So of course a spirit comes along and says, "I'll make you less distressed, I'll make you less distressed, here you go, this is what it's about. You don't have to worry about that because this is what it's about."

The truth is that actually as you go back you'll get to a point as you're dealing with emotion where you're only feeling the emotion. And there won't be these like recollections of, "Oh in the womb my mum did this that and this happened and that happened." That usually finishes up coming from a spirit telling you.

Mary:

So AJ you're saying we don't have a conscious memory, we have an emotion within us...

Jesus:

Always the emotion.

Mary:

Yep and so we would have a sensory sort of feeling around it.

Jesus:

All feelings.

Mary:

Yep. But it wouldn't be a cognitive recollection.

Jesus:

No not a cognitive. Some people come up and tell me this long story of all the things that happened in their mum's womb. And I'm going, yeah how did you find out all that? Somebody had to tell you. So obviously if it's not your mum who told you that then it has to be a spirit. Somebody had to tell you what was going on because at that time your brain wasn't even developed enough to have the cognition to even know what was going on. You only had feelings.

So you'll get to the stage where you're prepared to just feel these feelings without knowing what they are. And a lot of those kinds of feelings are related to times when you were under two years of age. And you'll be able to feel those feelings and release them and be completely content with not knowing what they are. And if you desire positive change you won't be always projecting at a spirit, "Please tell me, please tell me, please let me know what this is about so that I don't have to feel it completely." That's really what you're saying. "Please tell me what it's about so that I can understand it." And the truth is you don't have to understand it, you just need to feel it and it will be gone.

8. Determining the cause of physical ailments

8.1. An example of a participant with chronic fatigue

Participant:

So for as long as I can remember I've had chronic fatigue. And I have been trying to intellectually work it out why I have it. I just feel exhausted all the time and my sisters pay me out: "Oh you're so lazy," and all this sort of thing. But it's because I am really tired and they just don't understand that. So but one thing I have noticed actually is when I'm actually following my desires I'm not tired.

Jesus:

Exactly.

Mary:

Can you see the relationship? What's happening for the rest of the time? Whose desires are you following then?

Participant:

Mine.

Jesus:

Who are you following when you have chronic fatigue?

Participant:

Well I'm not following my desires.

Jesus:

So whose are you following?

Participant:

Someone else's.

Jesus:

Someone else's?

Participant:

Yeah.

Jesus:

Whose?

Participant:

Maybe my mum's.

Jesus:

Exactly.

Participant:

Okay. Because mum's got chronic fatigue too.

Jesus:

As well?

Participant:

Yeah.

Jesus:

Interestingly enough. Chronic fatigue is a result actually of us hooking into what other people want from us and spending most of our life trying to give those things to them.

Mary:

So you're giving out constantly.

Jesus:

You're giving out constantly, giving out constantly, giving out constantly to get and our addiction is what we're going to get in return. What do you get when you're giving out constantly? You maybe get approval, maybe acceptance. So what you've got to do is look at your addiction to it and why you're addicted to it. But chronic fatigue is actually the result of you giving out constantly to somebody because you want something in return that you're striving for. That you're giving out so much energy that there's none left for yourself even to maintain your own body anymore. So you're just tired all the time. This is why when you're in your own desires; you don't seem to have it.

8.2. An example of a participant with psoriasis

Participant:

And also another thing I have is psoriasis and my dad has that as well. It's actually in my ears now, it's been inside my ears for coming up to three years now and it's on my eyelids as well. So I'm just intellectually believing it's because I don't want to hear something and I don't want to see something. I've got it on my head as well and a lot of people actually don't realise unless I've got my hair up and you can see on the back of my ears. And I know you've said that skin things are to do with rage. So because my dad has it and my dad's mum has it as well, she's got it all over her body; raw itchy skin, completely covering her. I want to ask you because I don't want to feel it myself.

Mary:

It's better if you feel it yourself.

Participant:

Yeah. My skin is itchy all the time. What I used to do was actually scratch at it, like when it first started coming up, it started like a mosquito sized bite on the back of my scalp and then I would just scratch at it and it would keep spreading, so it was this raw, bleeding thing. I would scratch it at night time when I'm asleep as well and I'd wake up and there was like crusty blood on

the back of my scalp. Now it's spread more but it's not that bad. So I came up with an idea to not touch my skin at all because I think I'd feel like I was going crazy because it's constantly itchy and hot and stuff as well. So I tried that for a little bit but didn't get very far.

Jesus:

Didn't get very far. So what do you do?

Participant:

Well I'm just avoiding it right now. (Laughs)

Jesus:

Well this is the thing that you are really asking - what do you do to get rid of the problem? The issue you've got to think about yourself though is, "Alright, now my dad has that." Your mum had chronic fatigue and with this particular issue your dad has. So which side of your body is it occurring on mostly?

Participant:

It's actually worse on my right side. It's on the back of my earlobe here but it's a symmetrical type thing, like whatever happens on one side generally...

Jesus:

Finishes up going to the other. What I do with a lot of the things that I don't know the answer to is I just feel into the pain of it. So what I do is I allow myself to feel the pain, like the pain that's in my arm. So I say, "Alright I'm in denial of something I don't have any idea what it is," and let myself feel into the pain of my arm. And as I feel into it, what happens is I start connecting to some sadness about it and things like that that start coming up and just allow myself to feel that sadness rise. And the pain itself, the sadness of the pain itself, I just allow myself to get into the sadness of the pain of what's going on with my arm. As I do that a lot of times, if I also have a longing to God to just help me through this process emotionally, I start to get into the feeling. Because you don't have to know intellectually what it's about. What you need to do is process the emotion of what it's about.

So what I do is I just settle into that pain and settle into the feeling of always being in pain in my arm. As I'm doing that now, my emotions start coming up of sadness, just start rising within me about how painful that is. And what I do is I just allow that to go deeper and deeper and deeper until I'm actually in a grieving place. And ironically I can feel all that. As soon as I did that with you just now, I feel a lot less pain in my arm that I've been feeling right up to that moment.

8.3. *An example of back and neck pain*

Participant:

I also have back pain all the time and neck pain as well and I've tried doing that and I just instead of trying to ignore it, which does not work, I sit with it and sort of focus on one area of that pain. Say it's in my lower back and then the pain just sort of goes a bit, which is weird but I don't necessarily actually get into an emotion either.

Jesus:

If it keeps recurring then you're not getting into the cause. My suggestion is to go deeper. So with my shoulder, it keeps recurring, so what I do there is I just go into the emotion of it, like I just showed you and eventually I start crying about it. Then usually after I'm crying about it, feelings arise within me about what it's actually about. It feels to me like it's about taking responsibility for women's emotion at the moment. So I just trust that and then I allow myself to connect with when I've done that and how I've done that and what I do when I do that and how I deny myself when I do that and all those kind of emotions that are associated with it.

8.4. *An example of itchy eyes*

Mary:

I have different itching things that happen and I just notice what was happening right about the time I got really itchy. Like my eyes itch and I used to have it really chronically as a kid, and that just reoccurred for me recently.

Participant:

I also have that as well.

Mary:

Yep and once I started to just observe what emotion I was going through at the time that they started to itch, it was incredible. That particular thing was about me judging myself and once I figured it out, once I had the realisation, then every time I would get an itchy eye I'd just go, "Oh my gosh I'm doing it again," and it was an avoidance actually of feeling other stuff.

Jesus:

So I would say to Mary at that time, "At the moment you're itching your eyes because you're wanting to avoid the underlying emotion that the itchy eyes is actually covering. While you're itching your eyes you're actually in the panic of avoiding the underlying emotion. You need to actually allow yourself to stop doing that and feel what's this underlying emotion." For Mary a lot of times it's been some sexual shame or something like that, and judgement of herself. So she feels some sexual shame, doesn't want to feel that emotion, feels judgemental of herself for not doing it, for not getting it right or whatever

and then straight away into the itchy eyes. And so you can reverse the situation quite a lot.

A lot of itchiness is about anger towards yourself or towards others and a lot of it is anger towards yourself, and bites as well by the way.

Participant:

Yeah I get bitten a lot.

Jesus:

What happens is there's a lot of anger usually towards yourself so there's a lot of self-judgement going on there, so again look at those issues emotionally.

8.5. *Getting massages*

Participant:

Well that's interesting then thinking of my grandma because she's got psoriasis all over her body. I was also going to ask with the back pain is it avoiding my emotions if I was to get like a deep tissue massage?

Jesus:

See again it depends on your intention. A lot of people go to get a massage because they want to be relieved of the pain.

Participant:

Yeah because that's what I used to do.

Jesus:

So if that's your intention then of course that's not really going to deal with the cause. But if your cause is while you're getting the massage to actually feel the pain and start crying while you're on the table while you're getting a massage, which not many people finish up doing, then that's a great thing to do.

So the other week I went along and had a massage, we have a massage therapist across the road from us in the middle of nowhere, it's great actually. So what I did was went along to the massage and she started massaging all my chest region and I was just crying and crying. Even though I was getting condescension projected at me from everyone that was there, I still allowed myself to continue to cry and just allowed whatever it is to come up, to come up and eventually I connected with what the emotion is. So again it depends on your intention, Arvana.

9. Closing words

Jesus:

We both love you very much and we both feel quite strongly that many of you are in a state where you're coming up to your core emotions but feeling quite confronted with those emotions and the process of those emotions. Many of you are feeling quite depressed and down at times. A lot of that is because of some heavy spirit influence that is occurring at the moment in terms of wanting people to stop their processing work.

So I would just like to encourage you to continue to have faith and to look sincerely at the emotions that cause you to be hooked into spirits and their projections at you and try to work your way through those with a lot of prayer with God. Because this is the time that many people walk away. There's been thousands and thousands of people on Earth since I began this work this century who have heard this truth but the majority of them have gotten to a key point in their progression and walked away. The reason why is they get so challenged emotionally that they don't go beyond that particular point and they lose their faith. They lose their desire and their image of what will happen afterwards because of the trauma that they've experienced in the past.

My suggestion is to just remind yourself and allow yourself to have times where you just lay down perhaps and allow yourself to imagine what your life will be once you deal with these groups of emotions and allow yourself to develop your faith. Pray about faith. Pray, asking God to help you grow your faith and that will help you stay through this particular hard time.

9.1. Spirit influence towards people engaging with Divine Truth

Jesus:

What's happening at the moment spiritually is that there are many spirits now who know that actually it's the Divine Truth that's entering the Earth that's going to change the Earth. So many of them up until now have had many metaphysical types of explanations for the Earth changes that they foresee. So as a spirit what happens is you can foresee the future to a large degree, particularly as you become more developed, and this future then becomes well known in the spirit world in the lower spheres. So it becomes well known that eventually that there's going to be Earth change events and this area is going to be more damaged than that area. These are things that are quite well known in the spirit world.

So what happens is the spirits then look at how they can get things back to how it was, particularly for the dark malevolent spirits who want everything back to how it was. They want control, they want to be able to exercise all of their emotions through you and they want to keep everything as it is. They don't want everything to change and become different. So what they do is they

focus on the people primarily who they know are going to be a part of the change. And as a result of that the persons who are on the Divine Love Path are going to be the people that they focus on.

So we actually have a spiritual warfare going on for your soul at the moment. This is why you feel so tired and exhausted at times. Is because you're feeling like, "Wow what's going on here? I just feel like the weight of the world is on my shoulders," and it's not anybody necessarily in your close acquaintance that's causing it.

The reason is there's a lot of spirit projection at you that obviously gets absorbed into you through the emotional hooks you have with spirits. Those emotional hooks are the same hooks you have that are unhealed with your parents. This is why it's very, very important to deal with those parental-based emotions.

So my suggestion is if you haven't already done so perhaps have a look at the book "Toxic Parents". Mary's just been reading it recently and it contains many very good truths that will help you disconnect from the hooks that you have into your parents in order to get approval, acceptance, love and those other emotions. And that will also help you as you work your way through those, it'll help you to actually disconnect from that spirit influence that's being projected at you a lot. And remember that prayer is the most important thing.

Mary:

I think prayer is the biggest tool in your tool kit right now and developing a desire for God. I feel that prayer and longing for God is so important with regards to this issue of spirit influence that you're referring to.

Jesus:

Because while you're praying a sincere prayer all the spirits can't cope with the energy that's entering you from God. So if you bear that in mind, that that's your greatest weapon in this fight for your soul, you'll find that it will help you a lot to work your way through a lot of emotion and also retain your faith. It'll help you retain your faith. I've seen so many people get to this point where many of you are at and leave the process. They leave it for all sorts of reasons but the dominant one is that they lose faith. They just lose faith and they don't believe the truth anymore as a result of that.

Participant:

I just wanted to share just a couple of things. Just recently I worked through some emotions of rejection and it's like a whole heap of stuff that I'd been carrying around for so long has just lifted off me. So it's like a whole heap of spirits that were there have gone and it's such a relief. And it was just the next day after I'd worked through the emotions, the whole day I started to feel

better and better and better and I actually started to get rosy cheeks. So that's one thing.

Jesus:

So what they were hooking into you was your feelings of rejection and they were constantly projecting at you their stuff to make you feel even worse.

Participant:

Yeah that's it. And this other message is something that my guides told me a while ago and it's to help with faith. And it's like in my hand I have a golden seed of faith, it's already there in me. At the moment it's buried under a whole heap of stuff, which is my emotional shit, excuse the word, which is the buckets that I inherited from my parents. But in the end that shit is the fertiliser for my golden seed and it's going to just grow. (Laughter) (Applause)

Jesus:

And that's something the majority of us don't realise at this point; that many of your experiences that you are now going through that are quite painful are actually going to be such a joy for you in the future in the sense that you'll be able to help so many people work through exactly the same issues, and you'll receive so much joy as a result of being able to do that. So while the experience has been painful you'll find that although it's painful, in the end the experience has given you this knowledge and ability to help so many people because of the experience.

God always turns a lot negative things into positive things through our process. The key for many of us is that while we're going through the negative things we're often also not acting upon our desires and so we're not having any joy. So what we'd like to do too is start to activate some of the joy that needs to be present inside of you and that will help you along this path. But it will be not the joy of suppressing your emotion but rather the joy of experiencing your emotion in a positive fashion.

Thank you so much for your time again this weekend and for your donations.

Mary:

See you later everyone (Applause).

Jesus:

And I look forward to seeing the growth that occurs over the coming months with all of this different work that you're doing on your emotions. So we're really looking forward to seeing that.

Taking Personal Responsibility

1. Introduction

Jesus:

What I was going to talk about today is a subject that is dear to my heart. It's part of the human soul series of talks that I'm doing, and this one is called "Taking Personal Responsibility".

Now, I probably shouldn't have let everybody know the subject of the talk tonight, because I know that some didn't come because of the subject of the talk tonight and ironically, this is probably going to be one of the most important talks you'll hear about the Divine Love Path. So that's an interesting thing that many people don't respond because of that.

Many people have asked me in the past how have I personally progressed when I haven't had anybody to ask questions of all the time. I haven't had anybody to tell me about the spirit influence that I've been under, I haven't had anybody to tell me what's going on with my life in terms of the emotions and my addictions, and my expectations, and I haven't had anybody to let me know what's going on with regard to my childhood causal emotional injuries that I can't remember. On top of that, of course, I've got a whole series of emotions related to two thousand years of life that I've had to work my way through, and I've had nobody to tell me what they were either – all of the emotions connected with all of those things.

My answer is that I actually learned to take personal responsibility because what I want to do ... the basis of this talk is this God is in an interaction with you twenty-four by seven.

2. God is always personally interacting with us

Jesus:

Let's make it more personal – God interacts with “me” twenty-four by seven. Twenty-four hours a day, seven days a week God is interacting with me. Every single second of your existence, God is interacting with you, personally – interacting with you personally.

GOD INTERACTS WITH ME
24x7

The problem that we have as individuals is we do not engage in the interaction. When I say we do not engage in the interaction – I'll explain it in a lot of detail through this talk as to why that's the case – but if you can imagine ... Barb, do you want to come up here for a moment? Thank you.

(The participant, Barb, comes to sit at the front next to Jesus.)

Now, I'm going to totally ignore you, Barb, actually. What have I just done? I've got Barb in my space, she's here, she's now totally confused, and I am not interacting with her at all. I'm not even looking at her; I'm looking at you and I don't want to talk to her at all.

Now, she is still present, is she not? She is still there, is she still there? Ah, yes, she's still there and I am just totally ignorant of the fact that she is there, constantly there, still there. Is she still there? Yes, she's still there. So she's constantly there, and yet I am refusing to interact with her. That's exactly what we are doing with God most of the time. Thanks, Barb.

The reason why we do that is because, while God is constantly interacting with us, and constantly aware of every single moment of our existence, every single tiny thought that you have, and every single emotion you feel. God is totally aware of every single one of those things that are going on inside of you at every single second of your existence, whether you are here on Earth, or whether you are in the spirit world. God was actually interacting with you even before you came here, although, because you were not yet aware, and not yet had any free will to exercise because of the unawareness, you didn't know it then. But we have the ability, as soon as we become an incarnate being, to know that God is doing this with us. So, you can just picture God is right there next to you every single moment of your existence.

But what happens inside of us is we do all sorts of things to stop the interaction from occurring and as a result of that, it's like God isn't there twenty-four by seven for us. It's like Barb was just sitting there at the back and I ignored her, that's what we're doing most of the time with God.

Now, if God interacts with me twenty-four by seven, all I have to do to take complete personal responsibility of my life is come to a complete awareness that that is occurring at every moment. This interaction is occurring at every moment. Everything that happened to you today God knew about and God was aware of, and God wanted to be involved in your life with regard to those things.

We often feel that God isn't involved, God doesn't care, and we have a lot of other emotions about it. But it's very important to understand that from God's perspective, He is present, there, all the time in our lives, twenty-four by seven.

3. Jesus' discovery of God's constant presence in the first century

Jesus:

Now, once I understood that as a feeling – and that feeling began with me pretty much two thousand years ago. I was a very, very young child, just above a couple of years of age, about two and a half years of age, playing with some creatures as children do – some scarab beetles back in Egypt at the time – and I was becoming aware that every single feeling I was feeling, there was some kind of response inside of me. Now I wasn't conscious of it in terms of a conscious thought, at this moment, because I was very young obviously, and not very developed. But then as I was growing, I started experimenting with this awareness of this truth – that God is interacting with me twenty-four by seven.

All I had to do was to become aware of it and sure enough as my life developed, over the coming years after that, so by the time I was six or seven years of age, I was very conscious of the fact that there was an external presence, who was an individual that I could receive love and communicate with, who could also communicate with me if I was aware of how the communication would actually occur.

God was interacting with me, not only by a personal interaction, but also all of Her Laws were interacting with me, twenty-four by seven, as well. So, I started to become aware of things like the Law of Attraction, which you've heard of, and how that affected me, and then I became aware of the different laws, like Cause and Effect, for example.

LAW OF ATTRACTION
LAW OF CAUSE & EFFECT

Then, as I was growing up and I began to get involved in mediumship with John the Baptist (because he became a friend when I was about thirteen; we were cousins. He was a very good medium, and he'd be talking to spirits a lot, and after a while we started experimenting with that) I started seeing the Laws of Communication and Rapport with the spirit world, and how all of those were constant, and how God was interacting not only with me and with John, but also with all the spirits that were present around with us. At any single moment there was a constant interaction occurring, it's just that most people were totally unaware of that interaction.

3.1. The importance of taking personal responsibility for growing closer to God

Jesus:

Now, once I understood that, once I started to understand this one principle that was so important to understand, I then realised that the only problem with me becoming closer to God was all to do with me. It actually had nothing to do with God as to whether I was far away from God or close to God. It was everything to do with my own stuff, and how I dealt with my own stuff.

So taking personal responsibility meant for me, at that time, was that I'm now aware that God wants a communication, constant communication, constant rapport with me. Yet what I was doing at different moments was detuning myself from that, and then retuning in at a different time, and then tuning out again, and tuning in again, and tuning out again, and tuning in again, and so forth. That's what was the cycle occurring.

Then I started becoming aware that actually, for most people, they weren't even tuning in to the awareness that God was there twenty-four by seven. People didn't even believe in God as a personal entity and so, of course, they couldn't have a personal interaction.

Now, once I started to become aware of this and experimented with this over and over again, it became a reality to me: that God was ever present in my life and also wanting to be ever present in everyone's life, and the only thing stopping me from interacting with God, how God wanted me to interact with God, was my own condition; my own feelings, my own emotions and so forth. That meant then that if I wanted to become at-one with God and I wanted to become at-one with God's Truth, that I had to change.

The onus was on me, if I wanted this relationship, to bring myself into harmony with how God communicates, and with all of the laws that God had produced to allow that communication to exist. So I started realising that this part of personal responsibility was perhaps the most important thing that I could develop within myself; to take personal responsibility for absolutely everything in my life.

Now, later in this discussion I'll talk about what responsibility is, and what it isn't. Let's look at the areas in my life, then, that I had to look at as to where I wasn't or was taking personal responsibility.

3.2. *Areas of life in which to take personal responsibility*

3.2.1. *The physical*

Jesus:

So, first, I started to go, "Alright, God is interacting with me in a physical way twenty-four by seven. In other words, everything that God had created allowed this physical body to exist in this physical realm and allowed me to express myself through this physical body. So being in the physical body was a very, very important part of my connection to God.

Now, if you think about it today, many people tell you that your physical body, and being in your physical body, is not important in connecting to God. In fact many would rather that you detune from your physical body or go into some kind of metaphysical state through meditation to tune to God. But I actually realised really early that, actually, God created this body so I can interact with God with this body. So I had to look at, firstly, what areas would I need to take physical personal responsibility?

Now when you think about that, you might start thinking well, okay, physical responsibility, in terms of caring for your body, how do you go about caring for your body? What areas? Isn't it what food I eat? What I drink. How I treat my body, in terms of the care I have of it.

WHAT FOOD
DRINK
TREAT BODY

Can you see, I'm starting to realise that actually if I want to become at-one with God, eventually, I'm going to have to take personal responsibility in every one of these areas. I'm going to have to, at some point, not expect anybody else to feed me, but rather I would eventually feed myself in a manner that's harmonious with all of God's Laws. I would have to be very conscious of what I ate, if I wanted to be harmonious with God's Laws and God's Principles. In other words, harmonious with the love that was ready to be received as long as I was open to receive it.

I had to look at what I was drinking, what I did to my body – how reckless I was with my body – what I allowed other people to do to it, what they would get away with, if you like. And when I say allow, I meant would I walk away from a situation or would I stay in a situation that might cause violence to my body. What would I have to do? I'd have to take responsibility, personal responsibility in all these physical areas.

3.2.2. *The emotional*

Jesus:

Then I realised, too, that, of course, what I saw between my mum and my father was a lot of emotional stuff, where my father would not take responsibility for his emotional stuff, and he would get angry. And then he would blame mum and then she would get upset, and she would not take responsibility for her stuff, and then she would blame dad; and away it went.

And I'm talking, yes, about Joseph and Mary, the people that many people have an idyllic viewpoint of – these were my parents – and I have a much closer viewpoint of what was happening in my childhood in the first century about that. So, I started seeing that actually these fights that happened between my parents, and disagreements and detunements that occurred between my parents were all because there wasn't any emotional responsibility being taken.

I realised then that I'd have to start taking emotional responsibility for every interaction; every single emotion that I felt was actually mine. Nobody else could feel it. And I started realising that nobody else could actually feel my emotions if they were detuned from their own, either. And I started seeing the relationship between emotions and detunement from God. How do you know God is present if you can't feel God's presence? You don't know, do you? It's like God isn't even there.

So I started seeing I had to take personal responsibility with all of my emotions.

3.2.3. *The spiritual*

Jesus:

Then on a spiritual level, I started looking at how people would disown responsibility spiritually. So, in the time in Egypt, this is before I was thirteen years of age, what would happen is all the people trusted the priesthood for the interpretation of the prophets that I was reading at the time. We were taught to read at quite a young age, and what we had to read was what you would now call the Old Testament in the Bible, much of that, which was the prophets that I was interested in.

What we would have to do is read it and what I realised was that every single person who ever read it trusted the interpretation of the priests as to what that meant. And I started seeing how everybody started to not take any personal responsibility there either.

PRIESTHOOD

What they were doing was they trusted what the priest said, and then they blamed the priest if he was wrong. This is a product of not taking personal responsibility. The product is we start to put our trust in others, and then when they're wrong, we then blame them. Many of us actually we like that system. We like to be able to blame someone else because that means we don't have to take personal responsibility. See it was a choice inside of us.

I started seeing that the entire priesthood – which if you could think of it now, the entire religious structures that we see in the world today – what I called the priesthood back then, was actually constructed in order to help people not take any personal responsibility of their relationship with God. They were the so-called intermediaries; they became the intermediaries of their relationship with God.

So instead of me, or the average person, having a relationship with God, I had to go through a priest to have the relationship with God, assuming, of course, that the priest felt more of God than I did, and knew more about God than I did, and so forth.

Then I started realising that actually that whole process was not taking any personal responsibility for my own relationship with God. So what I began to do then was start to look at, if I wanted to have a relationship with God (and by the way, obviously I had spirit guides guiding me through these awareness's, just like you have spirit guides guiding you through your current awareness's today. I had spirit guides guiding me through all of this process who helped me come to terms with many of these things, and so after a while I realised) that there were a lot of different areas in my life that I was going to have to take complete personal responsibility for. Just me; nobody else was responsible. Even my mum and dad were not responsible, I realised.

So by the time I was a teenager, I realised that nobody in the entire world was responsible to help me physically, to help me emotionally, or to help me spiritually. The only person that was, was me – I was responsible to help me physically, I was responsible to help me emotionally, and I was responsible for my spiritual connection with God.

Now, for many of us, that sounds like a heavy burden because we want someone else to come along and help us on the road. But actually, in a lot of ways, it's the most freeing thing you can ever understand, because if only I am responsible for my connection with God, then no one else can actually help me, and no one else can, in the sense that no one else can take responsibility for what I'm doing and no one else can do the emotions for me and no one else can make the spiritual changes for me. That means that I have total control over what changes I make within myself as long as I'm willing to be God-reliant.

So, if I can focus on God-reliance and then take personal responsibility for everything God is telling me, then I'm going to progress towards God.

4. God is always personally interacting with us (continued)

Jesus:

So I'd like to put it to you that actually God is in your face, trying to tell you truth, twenty-four by seven. Now, some people have come out to live with me for three or four days, and they know what it's like having a person in their face twenty-four by three days. Most people get very angry, and very upset, and very distraught at times. And some people have got so angry and so upset that now there are whole Internet followings of them getting angry and upset about what I've said.

Well, you imagine what it's like when you recognise that God is in your face twenty-four by seven with truth. When you actually take real responsibility for that, what's that going to feel like, initially? You're just going to be overwhelmed with the constant bombardment.

Now, many of you who have children, when they're very, very young, notice that you get overwhelmed quite a lot, don't you? Like there's this Law of Attraction going on with your children, where your children are constantly reflecting back at you your own emotional injuries. Now, at the time, as parents, we don't think that, we think there's just something wrong with the child. "What's wrong with it? I've got no idea," and we get confused a bit. We're overwhelmed by the constant emotions they're going through, and I'm getting triggered and I'm trying to nurse them and trying to feed them, and trying to do this. We're in this busy period, everything's bedlam, and yet, really, all it is, is demonstrating to us that truth is available to us twenty-four by seven actually. And our child is reflecting that to us – usually all their awake moments, and sometimes half of their awake moments and half of their sleep moments, half the time, they are reflecting those things to us constantly.

Now if they can do that, then what do you think God's trying to do with you? God is trying to constantly connect with you and connect you to the truth, and the only thing stopping God from being able to do that is you. The only thing stopping God is me with my own personal relationship.

So, if I don't take personal responsibility in all these different areas, what's going to happen is sooner or later my relationship with God will stagnate. I will be ignoring God in certain areas of my life, and that will of course have its own effects. Just as if I was ignoring God's Laws in certain areas of my life, it's going to have effects.

4.1. Pain results from not taking personal responsibility

Jesus:

Now, every time I refuse to take personal responsibility, the result is always going to be one thing and that is, pain. So pain is an indicator, whether it's emotional, spiritual – and there is such a thing, by the way, as spiritual pain – whether it's emotional, spiritual or physical, the pain is an indicator that I'm not taking personal responsibility in something.

PAIN

God's trying to tell me something and I'm not listening because I just want to go, "No, no I don't want to hear that one. No, no, that one doesn't sound very good either. No, you're trying to tell me what, what? That I'm not a very nice person at the moment? No, no, don't believe that one either." We're just rejecting God pretty much constantly when we begin an awareness about God. We're usually at that point – we've rejected God pretty much constantly throughout our life.

And the pain is an indication. So physical pain, pains in my body and what's going on with my body internally and externally; and then emotional pain, like the emotional pain I have in relationships, in my friendships, in my relationships with my parents, children, lover, partner – all of those kind of relationships. My relationships with authority, my relationships with the world, my relationships with work mates – every single person in my life – any pain that I'm receiving there is something that I'm ignoring God about.

And then, spiritually, what kind of pain might result spiritually? I have the pain of not knowing the truth. Now many of you have experienced that pain, where you know what it's like. You're searching, searching for something that has meaning, something that has some meaning in your life and those kinds of pains – something that can demonstrate to you the truth – and you search and search and search and after a while you become disillusioned with truth and disillusioned with life and so forth. That's all spiritual pain, and any spiritual pain tells me where I'm also not taking personal responsibility.

But of course, we don't want to hear that. We want to hear that actually that's not true, that it's all God's responsibility. So, a lot of the times what we finish up doing is saying, "All right, if God cares about it so much, then how come He just doesn't tell me?" And the answer is if we understand personal responsibility, the answer is He can only tell you what you want to listen to.

See, once I take personal, full personal responsibility, I am willing to listen to everything. I don't try to shut it down. So let's say, all of a sudden, we were in an interaction, you and I, and we were both taking full personal responsibility

for the interaction. Now you could be yelling and screaming at me, and if I want to stay harmonious with truth and harmonious with love, and not have any personal pain, which by the way I can do while you're screaming at me, I would have to actually own every single emotion that's going on with me, and that will keep me connected with God. It will keep me connected with God's Laws, and God's Truth, as well and it will make me closer to love every single time I do that. I am taking full responsibility in that space for my own emotions and full responsibility even for my own Law of Attraction as to why I have a man or a woman yelling at me at this moment.

Now the responsibility isn't that I did something wrong, and this is something that I'd like to discuss with you about responsibility – it's not about blame. It's about taking responsibility for my emotions that flow through me, how I feel about what's actually happening and how an emotion in me that needs to be healed actually created this event that's going on that is being attracted into my life. That's taking full personal responsibility.

When I take full personal responsibility, I don't get angry in return. As soon as I get angry in return, straightaway I know that I'm out of full personal responsibility and I'm trying to make the person who I think is causing me the pain responsible.

4.2. Taking personal responsibility tells us why we're not connected to God

Participant Female:

Just to clarify, you said that as long as you were taking personal responsibility, then you are connected to God. Is that what you said?

Jesus:

Well, no, what I'm saying is that if you take personal responsibility, it means you'll know at any moment why you're not connected with God. You'll find out if you don't know because you can be in a first sphere condition when you begin this process. Or you can even be in a hellish condition when you begin this progress.

So, for myself, I was in a suicidal place when I began my progress. So I was in a pretty dark place emotionally. Now, in that place, I wasn't taking personal responsibility for my life. The instant I begin taking personal responsibility for my life, now I have the capacity to progress, now I have the capacity to grow towards God.

God is interacting with me twenty-four by seven, and if I understand that and I take responsibility for that, I start treating every single moment as a learning moment to help me get closer to love, and closer to truth – every single moment. It doesn't mean I'm perfect yet and it doesn't mean I'm at-one with God yet. All it means is I've begun this process now, and this is one of the

things that is needed to begin the process of taking personal responsibility for my life, and not blaming anyone around me for where I am. Now, there's a big difference between blame and who's responsible, in terms of the emotional creation, and what was the cause, and we'll talk about that in a minute.

But, when I say take personal responsibility, I would, myself, take personal responsibility for every single emotion that's within me, and the fact that if I'm not hearing God, it's something to do with me. It's not your fault that I'm not hearing God.

So I can't come along to Joy and say, "Joy, why can't you tell me why I'm not hearing God?" Like, straightaway I'm out of harmony with personal responsibility because actually there's something inside of me that causes me to not hear God. You might know and I might be able to come to you and say, "Please, Joy, if you know, can you tell me?" That's totally different than saying, "Joy, why don't you tell me?" and projecting rage and anger at you. That is basically trying to make you responsible for my relationship with God.

This is what many do with me and have done through history. They've blamed me for their relationship with God, or lack of one, and many of you will feel very inclined to do it now, by the way – to blame me for your own relationship with God or your own lack of a relationship with God.

The key is nobody else in your entire existence can be ever blamed, in terms of can be accurately or truthfully ever blamed, for your own lack of connection with God. There are certainly many creations in you that they are responsible for emotionally, which is a different subject, which we'll talk about in a minute but in terms of taking personal responsibility, it doesn't matter what's happened to your entire life, you are capable of listening to God twenty-four by seven, because that's what God created you to do in the end. So you're capable of it. The fact that we're not doing it is because most of the time different emotions kick in and I don't want to take responsibility.

4.3. Examples of taking physical, emotional or spiritual personal responsibility

Jesus:

For example, I don't want to take responsibility for what I eat, I want my wife to cook my meal every night; straightaway I'm out of harmony with personal responsibility, I don't want to take responsibility for how I treat my body. So, you know, I get to forty-five years of age and I start getting cancer, and then I want everyone else to fix it, not taking any personal responsibility for the fact that I must have created it somehow. There's some emotion in me that must have created this, and my expectation that everyone else fixes it is taking the responsibility away from myself and blaming others.

With regard to spiritually, I can blame the Catholic priest or the nun, or the Anglican fellow who was really bad to me or the Baptist minister who was, whatever, or I can blame the Buddhist monk, or I can blame anybody, and rather than actually take personal responsibility for the fact that I listened to them. And I then made some choices about that listening to them and I trusted the fact that they must know more than me. Then that was my choice, not somebody else's choice. Can you see how personal responsibility is a very important part of your progression?

5. Examples of a lack of personal responsibility in everyday life

Jesus:

Now, if you focus on taking personal responsibility in your life, for your entire life, you automatically bring yourself into harmony with many of God's Laws, and that's a beautiful fact that we need to come to realise. Once I own everything that's going on inside of me and externally in my environment, and I own it, I am now, at that moment, working in harmony with, the laws that God has created to bring me closer to God. So straightaway my life's going to get better in that regard in getting closer to God. And it's the areas where we don't take personal responsibility that are the most difficult for us to give up.

5.1. An example of a man expecting his wife to prepare his meals

Jesus:

Remember a few weeks ago, I gave a talk about expectations and addictions? (See 20100321 The Human Soul – Expectations & Addictions) We become so addicted to certain things. So if I'm a man who goes to work every day, and I'm married, and my wife started cooking when we got married. She started cooking lovely meals and I was quite impressed with that, I liked that, and I come home every night, and wow there's another lovely meal. So I sit down, enjoy a lovely meal with my wife and then the next night, wow, she's also cooked another lovely meal. And so I come home and sit down in front of that, eat that lovely meal.

By the third night this is happening, I'm starting to see, actually, I don't have to cook for myself anymore. And if I've come from mum cooking for me, for twenty-five years, straight into my wife cooking for me for the next twenty years, do you think by the time I'm forty-five I'm going to actually have a longing to cook for myself? Of course not because everybody else is doing it for me and has done it for me all my life, but I'm not taking personal responsibility, you see.

So what I do is, I say to myself, "Alright. No, I don't need to do it. Somebody else is doing it. Isn't this wonderful." But, I'm not taking personal responsibility. And the moment one of those persons now stops doing it, what happens now? I get all upset. "I've worked all day. What have you been doing?" Like, "How come I haven't got the meal on the table?" And away I go, with all this stuff, which is all me not taking personal responsibility, added to the fact that I've done it this way for forty-five years; there's all this emotional energy, now, behind me not wanting to give up this addiction, and every addiction is the result of me not wanting to take personal responsibility. Every time I get addicted to getting a feeling from somebody else, it's because something inside of me needs that other person to feel something inside of me that I'm not taking responsibility for.

If I were prepared, for instance, to grieve the fact that my wife didn't cook for me tonight, so, in other words, instead of yelling and screaming at her and telling her off for not cooking for me tonight, I was prepared to come in, notice she hadn't cooked for me tonight, and sit down and just cry about it. Now you think that might be laughable for most men, but that's what they need to do, rather than yelling about it – they need to just sit down and feel the fact that they feel now unloved, and that there is this expectation there, and all of these addictions there.

If they were prepared to do that, now they're taking personal responsibility for the emotion that's driving their rage. But we don't, a lot of the times. What we do instead is we just project our lack of personal responsibility onto the world around us, and we want other people to be responsible for that. We want them to go back to what they were doing and so we want to control them, we want to manipulate them back into this place where I don't have to personally take responsibility for my life.

So in the example I've given, I want to manipulate my wife by this anger and rage into a place where she feels so bad about herself that she didn't cook for me tonight, she'll never think of not cooking for me again. And in all of that, I've avoided the personal responsibility that actually I am totally responsible for this body, and therefore totally responsible for every ounce of food that goes in it, and it's creation, not my wife.

Any time she does it for me, she giving me a gift, which I can choose to accept and appreciate, and when she doesn't give me the gift, do you think I should yell at her? Well, how dare I yell at her? She's allowed to not give me a gift of preparing the meal one night, isn't she? Or two nights, or ten nights, or the entire time she's with me, in fact. She's allowed to not do that if she doesn't want to. And if I take personal responsibility, I will feel nothing as a result of her doing that.

I won't feel angry with her or upset with her. I won't feel that she doesn't love me anymore, or that she's not treating me well anymore, or any of those things, because I am willing to take personal responsibility for my food going

into my body. Mind you she also needs to take personal responsibility for the fact that she's not, perhaps, earning the money that you just earned to get the food to put into the body.

So, you are perfectly, also, okay to work half the week, instead of the whole week, and ask your wife to work the other half to make up for the fact that of what goes into her body. And she, if she complains about that and says, "Oh, you're not a very nice man, you don't provide for me, why don't you provide for me? What's going on here, you don't treat me as if I'm a good woman? And you're not treating me securely, I'm not secure here, you know. You don't really love me," and she carries on, what's she doing? She's acting in her own addiction and not taking responsibility for the fact that she is responsible for her creations. She is responsible for the fact that she needs to get food to put into her body, whatever way she can do that that's in harmony with God's Laws and Principles.

5.2. An example of medications taking away personal responsibility for physical pain

Jesus:

When you look at the creation of the Universe, the creation of what we've got in our Earth, I should say, in terms of what man has created, there is so much that's been created to help everyone avoid responsibility. Isn't there? To avoid emotional responsibility. Like, I'm not responsible for any of my own creations, particularly to avoid physical responsibility.

Almost all medication that's created nowadays is all about trying to help a person avoid what they've created physically, in their own body. So, where did headache tablets come from? What we want to do is take away the fact that the person doesn't want to cry and is always trying to suppress tears, and is always trying to suppress emotions, and has this headache as a result. And what we do is, instead of telling them why they've got this headache, and it's a result of their suppression of emotion, what we do instead is we say, "We want to take the responsibility of their creation away from them, "because we're so sad that they're in this pain, and they're in this pain and they're complaining about the pain.

So what we do is there's a whole industry called the pharmaceutical industry, which creates billions and billions and billions and billions of dollars worth of profits by the way from doing this, which come about from creating a product that will help the person take away the effect of their own creation. In other words, that takes away the responsibility, from the person, for what they've personally created in their own body. That's what's happening and if you look at it in terms of what's happening in the world, what about emotional responsibility?

5.3. An example of following gurus to avoid emotional responsibility

Jesus:

"Oh, I made a decision to follow some guru. He told me that sex with anyone was fine." So I finished up having sex with a few children in the process. And now I'm in jail because I'm an abuser, and I blame the guru. How can I do that? Did I have sex with the children or not? Did I make the choice or not? How can I go ahead now and sue the guru for his suggestions, when I made the choice, when I'm not taking personal responsibility for why I made that choice?

By the way, he also would have to take personal responsibility for his choices and his suggestions and whatever else as well – I'm not suggesting that's not the case. But, I would need to take personal responsibility for my decisions. You see this happening a lot.

5.4. An example of suing others to avoid personal responsibility

Jesus:

I'm walking along the road, and there's some kind of cut in the road, where there's a ditch, and I fall in the ditch, and break my leg. Who do I want to sue? Well, you should sue yourself really, if you're going to sue anyone. You've got eyes, most of us have, you can see, if you look down you can see the ditch. If you were aware of your emotions, you could feel imminent danger and you would actually avoid it, would you not? If you were sensitive to your environment, you certainly would.

So, now this thing has happened. I've not treated it as my Law of Attraction. Instead what I'm doing is I want to make someone else responsible for my Law of Attraction of what happened to me. So, what do I do? I look at who I can sue, who I can actually get some money from now, who I can blame for what I did.

In America, that's big business. Here in Australia there's not much advertising for lawyers. In the US, I don't know if you've ever been over there, but they actually have lawyers advertising on TV. And you know how there's a lot of movies now that actually display lawyers chasing ambulances, what are called ambulance chasers? Well, that's because nobody wants to take personal responsibility, and they want to go to a lawyer so that they can blame someone else for what they were responsible for.

Now, I'm not saying, in all of this, that insurance companies are not responsible for what they create, because I'm saying exactly the same applies to them and other companies, banks and other companies – they are responsible for what they create too. Even the organisations that we have on

the planet today are totally responsible for what they create, but do any of them want to take responsibility? No.

5.5. An example of banks and the public not taking personal responsibility for investments

Jesus:

What happens when a bank who does a lot in terms of shares and whatever, and they find themselves overstretched with some kind of futures? And all of a sudden they're almost about to go broke, and who comes to their rescue? No, no not the government, you do, your taxes do, actually, come to the rescue. What's that bank doing? It's blaming you. It's making you responsible for their decisions, that's what it's doing.

Conversely, what happens when we go and invest our money in a bank or perhaps not in a bank, but in the bank shares, or something like that? We're now making them responsible for the creation of our wealth.

Can you see we do this all the time on the planet? We're constantly trying to get other people to take responsibility for our life, even in a physical level.

5.6. An example of emotional addictions in relationships

Jesus:

In an emotional level it's even worse. Almost every single interaction that we have with another person, generally, we're trying to get something out of them emotionally. You think about it.

Like, if your husband came home to you today, and said, "Actually I slept with a woman last night. Sorry about that." What would you do? Would you go, "No worries, love, we need to talk about this and we'll need to work out whether we need to stay together and everything else." Not likely, hey? You would probably want to make the man responsible for your emotional pain that you feel as a result of his actions. Would you not? Most of us would be tempted to do that.

What if it was our wife doing the same? The same sort of thing applies, doesn't it? Generally, we finish up projecting all this anger and rage and, "How dare you do that!" and, "What did you do?" And we project all this stuff at them because we want them to be responsible for the pain that we feel and they're not – the pain we feel is inside of us – they can't do anything about it. Of course, they could choose to not act that way but even if they choose not to, or to, they are not responsible for our emotional response to what we do.

Now that sounds like a really harsh truth, but it is true. If on the Divine Love Path I understand that's the level of emotional responsibility I have to take for myself, then I'll start getting an understanding of how much God is actually talking to me at any one point in time.

6. The importance of taking personal responsibility for growing closer to God (continued)

Jesus:

So, how does this relate to how I began? How it relates is I started to realise with all of these things that I had to take personal responsibility for absolutely everything, and as long as I was God-reliant, and trusted that God was leading me closer and closer to Her in my relationship if I took responsibility for everything; if I took responsibility for everything that was happening to me, and everything I was feeling, and everything in my physical form, and everything that was happening spiritually for me, and I took responsibility for all of that, in the sense that I owned it for myself, and I didn't blame anybody else for it, now God could work with me personally. And I didn't need to have a priest, or a minister, or a guru, or an avatar, or some spirit, or anybody else telling me how I should progress towards God, because God had the capacity to tell me these things through this relationship that's now been established, by me choosing to take complete responsibility.

Now, once I understand that, I can understand the importance of my own development and my own relationship with God, and that no one else is to blame for me progressing or not progressing. No one else is responsible for my lack of progression. No one else is responsible for how bad I feel today, or this emotion that I'm going through that I can't seem to release over the last three weeks.

No one else is responsible but me, and if I rely on God, and I have this connection with God and I listen and listen, and I take notice of everything that's happening in my Law of Attraction and everything that's happening causally towards me, I will eventually get to the truth of this matter. And I don't need to have, but I enjoy, the gift that anybody else can give me in helping me get to that place, but I don't feel that they are responsible for even helping me.

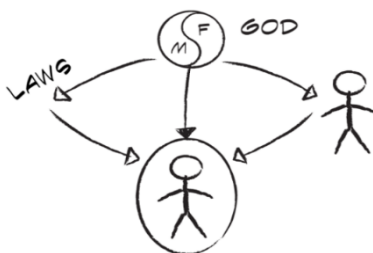
Now, when I've got that level of personal responsibility, I have made a big, big shift inside of myself. That shift is going to result in a very, very powerful relationship between myself and God because for the first time now, God has the ability, through myself taking responsibility in every aspect of my life, to communicate with me through the laws and communicate with me via spirits and also to communicate with me directly, depending upon my own connection with Her.

6.1. Ways in which God can communicate truth to us

Jesus:

So, if you can imagine God being here, and here's me. God can talk to me directly, or when I say talk, you won't hear it as words, by the way – these will be through your emotions. The way God talks to you is through your soul, through your emotions, and through your passions and desires. God can motivate me that way.

Now, there are times when I'm not listening to God, but if I'm still trying to take personal responsibility, God can then motivate a spirit to attempt to be more overt in the manner in which I am spoken to. Now, that might not be something that I can listen to so, God has already created a group of laws which automatically will trigger me and show me what's going on as well. God's created all these things.



God has created many ways to communicate with us, including through laws, directly through emotions, and through spirits

God has created hundreds of different mechanisms in order to expose the truth to you. It's just that most of the time we don't want to listen to the truth, and that's because we don't want to take personal responsibility for our life, and as a result of that, we finish up ignoring the laws, we ignore the spirit, we ignore God, we ignore all of our Law of Attraction.

We ignore everything that's coming, that's being said to us, and in the end we think we're alone and we think nobody's helping us anymore and we believe that there's no way of ever finding out the truth. We're never going to be able to find out whether love exists or not, we're not ever going to find out whether God exists or not; and this is what we believe. But we only believe that because in the end, we don't want to take personal responsibility for what's really going on.

I have to, in this scenario, trust that God loves me and wants to communicate with me. See, if I go down the track of saying that there is no God, then straightaway, God's not communicating with me twenty-four by seven because I'm feeling there is no God. It's like me saying there is no Barbara: she was sitting there behind me, and I'm going, "No she wasn't there and she doesn't exist," and what I'm then doing is ignoring. Once I start to ignore God,

and start to tune out of God in that way, of course, I'm going to start not taking personal responsibility for everything that's happening in my life anymore. And I'm going to start blaming people: blaming the world, blaming others.

The beauty of taking personal responsibility is that it, always, will bring you closer to God if that is your desire. Now, if it's not your desire, then of course it's not going to do anything. You can take personal responsibility for your life, but if you don't desire God, then, of course, that's not going to be a part of your life. But if you desire God, if you have a passionate longing for God, then what's going to happen? As long as you take personal responsibility for everything that blocks that relationship, you'll find actually that God is right there next to you waiting for a complete connection at any one moment, and the only thing stopping me from actually feeling this connection is my own state; something within me that I'm not taking personal responsibility for.

7. Longing for Divine Truth is a result of taking personal responsibility

Jesus:

Now, if I do that, I will actually long for truth. So this is one of the results of doing that: I will long – I will have a heart-felt longing – for truth, twenty-four by seven as well.

o LONG FOR TRUTH

7.1. An example of receiving truth from children

Jesus:

So a little child comes up and says, "Oh, you feel real angry," and walks away and I just laugh at it, how does a child think? That child wouldn't know when I'm angry or not. I remember I was with one child, he was three years of age and there were eight adults in the room and he just came in the door from playing, he stood in front of each adult and told them exactly what their emotion was and then he walked back out again.

He said, "You're angry with your mother. You actually want to kill her." And the guy who he spoke to in that moment said, "What? What are you saying?" "You're angry with your mother," the child said, the three year old child said, "You're angry with your mother and you want to kill your mother." Just as a three year old would say it. And then he went on to the next person.

And this guy's going, "I'm not angry with my mother." And his mum was there in the room. "I'm not angry with you, mum." God just told him something through a three year old child reflecting an emotion, and he was in total denial of it, and therefore isn't longing for truth twenty-four by seven.

7.2. *An example of a Law of Attraction where a driver is cut off by another car*

Jesus:

What about our Law of Attraction? We're driving along the road, (I've used this example before) someone cuts us off, Law of Attraction event. I just ignore it, what have I just done? I've ignored the truth in that moment. Somebody cut me off to trigger an emotion, the emotion's not coming up, so I'm really detuned from my emotions, if the cut off event occurred. Because the truth is that when I'm totally in tune with my environment, I'll actually know beforehand that this person is probably going to cut me off, and I'll back off, and let them in anyway. But what will happen when I am not in tune with my environment, I'll be driving along, and they'll cut me off and I'll slam on the skids, and feel that instant rage come up.

Today, Mary and I were driving in Brisbane, and there was a semi-trailer. He had to come across the lane to get into a different lane and there was this man in a rural fire brigade car, and he just went berserk. He was holding on to the horn, yelling, and wound down the window, yelling, and there was so much frustration in him that the whole car he was in was shaking. He was screaming as well, bang, bang, bang on the horn. Of course the semi-trailer driver just ignored the whole thing, and the guy eventually gets out the other way and drives past the semi-trailer driver, and gives him the fingers, and beeping as well, gives him the fingers and drives on.

He just ignored an opportunity that God was speaking to him. Why was he so upset? There was something in him that was being triggered. There was some rage covering some grief that he needed, a feeling that he was being ignored, and overlooked, and being pushed out of the way, and quite a few other feelings I could feel from him. And he didn't want to connect to any of those childhood feelings that were all bottled up in front of him, that God at that particular moment was trying to help him access. He was taking no personal responsibility for the event at all, either, the Law of Attraction event.

You see if we long for truth twenty-four by seven, we don't care where it comes from. We don't care if it's a child that comes and tells you, you don't care if a little tiny two year old comes up and bites you in the leg. It's a Law of Attraction event. Something's going on. You would actually work out what's going on, that's what you would do. You would allow yourself to feel what's happening, if I long for truth twenty-four by seven. But I don't blame the child or its parents, perhaps, but rather I feel what my own emotion is about all of these things, I allow myself to feel it, I take personal responsibility.

Rage and anger is a great indication that I'm not taking personal responsibility in that particular moment. Right at that moment. In fact, what I'm doing when I'm in rage or anger is demonstrating that I'm not listening to God in that moment because if I was listening to God, I wouldn't be in rage

and anger anymore. I would be usually in grief or some other emotion, where I'm releasing something that that Law of Attraction event brought me.

7.3. Taking personal responsibility for unloving and loving emotions in our soul

Jesus:

When you take personal responsibility, you have a desire for truth all the time. It's not one of these things, "Yeah, I long for truth – don't tell me anymore, don't tell me anymore. I don't want to hear anymore. I've had enough today, I can't cope with anymore." It's not like that. It's like, no worries, bring it all on, one after the other if that's how it's going to be.

Remember that your soul, at any one point in time, has a whole group of emotions, some of which are healed emotions that are in harmony with love. So, let's put them into two categories – there are ones that are harmonious with love, and then there are ones that are only harmonious with fear, and error, and untruth. Now, those in harmony with love will produce a lot of loving events, events that feel good.



Our soul contains emotions that are in harmony with love or in harmony with fear

For example my wife wants to make love to me – that feels really good, a nice event for me. That's a positive thing for my Law of Attraction. My wife totally ignores me tonight, now we're talking about another different Law of Attraction that I need to actually work my way through, an opposite Law of Attraction, something based on fear and untruth and error inside of me in my response that it's triggering. I need to feel that, I need to allow myself to feel that, there'll be a loving reaction.

Now what often we do is we take complete responsibility for all of those loving emotions. Every nice thing that happens to me is definitely my fault, right, is the way we go. So, I've got a lovely job, isn't my Law of Attraction wonderful. And I've got a lovely wife, isn't my Law of Attraction beautiful. We've got plenty of funds, isn't my Law of Attraction just wonderful. I got a broken leg today. Yeah, that mongrel in that car that I crashed into, he just cut me off. Straightaway I went from taking responsibility for all the good things that

happen to me, to actually ignoring responsibility for all the bad things, so-called, that happened to me.

We do this all the time, don't we? But if I long for truth twenty-four by seven I would say everything that's happening to me right now is a part of something that's going to help me heal something inside of myself. It's going to help me overcome something inside of myself.

7.4. *Ways in which God can communicate truth to us (continued)*

Participant Female:

You use the words God "sent you" and Law of Attraction together. Could you just explain the relationship between the two?

Jesus:

Well, firstly, God created the Law of Attraction. So, the Law of Attraction is God's messenger of truth to me, is it not? So, really I could treat my Law of Attraction as actually God is telling me something, couldn't I? Basically I'm saying, with the word Law of Attraction, that's a nice sort of metaphysical way of really saying that God, who created the Law of Attraction is, through the Law of Attraction, telling me something that's inside of my soul that either is great, because my Law of Attraction showed me that it was great, or is actually in need of healing, because my Law of Attraction is showing me that it's in need of healing.

So the Law of Attraction is God's messenger of truth to me. So, I can interchangeably say God is showing me or my Law of Attraction is showing me, because God is working through my Law of Attraction to help me through things.

Of course, that's not the only mechanism God has. You know, we talked a few weekends ago about desire, and how desire activates other things occurring. (See 20100221 God's Laws – The Law Of Desire) It activates other mechanisms for us to find out truth.

So, if I have a desire for truth, if I'm actually longing for truth, it's not just my Law of Attraction that's going to be responding. People will come up and give me gifts of truth because of that desire, because I have a longing for it and God responds to that longing.

So, did not God create that law too? Of course, so can't I then say God responds to your desire? That everything in the Universe is created around desire – He created that. The whole way you create is by having a desire. So, therefore, if that's the case, if God created this entire universe like that, then surely, isn't that saying to me that actually God created this aspect of having a desire and what it does, is that God is showing me, because of my desire?

So, everything that God has created is just perfect and wonderful in the way of showing us how we can get closer to God.

Of course, God has also created – so you could call that, if you like – a positive feedback system. In other words, a feedback system that shows us that we're on the right track, and you could say what's a negative feedback system? a feedback system that shows you when you're on the wrong track. God gives these feedback systems to you, constantly. Every single moment of your life is the response of a feedback system that God has created, at some point, to demonstrate to you where you're out of harmony with Divine Love and where you're in harmony with it, and taking personal responsibility for your life is great because it exposes all of those things.

8. Taking personal responsibility for a direct connection with God

Jesus:

Now let's take this personal responsibility a little further, because all of what I've discussed so far is really about natural love in a lot of ways, in the sense that God is demonstrating to me, at any one moment, when I'm out of harmony with love that I'm capable of expressing. In other words, I'm capable of expressing the love that's coming from within me to the Universe in complete harmony with perfection. And when I do that, I will be actually taking full personal responsibility for my life. However, there's an area of my life that I'm still not really taking full responsibility for, and that is my direct connection with God.

8.1. Longing for Divine Love

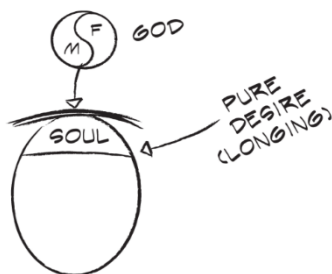
Jesus:

Now, that direct connection with God is dependent on me longing for God's Love. Me growing, my soul growing beyond the capacity of an average human soul into what we could call the Divine soul, and that is about longing for love. That has to also come from the heart and I also need to take personal responsibility, because God is waiting for me to activate this longing inside of my own heart.

In fact, the soul is created really cleverly, actually, and when you see this in the spirit world ... and there will be a time in the future when you will see this in the spirit world. Here's your soul. Here's God. And I'm not drawing God smaller – saying that He's smaller than you – but, there's your soul and there's God. God's Love is waiting to enter you at every moment; the only thing that can prevent God's Love from entering you is you. So in other words, if you picture your soul as bigger than you, surrounding your two bodies, surrounding your physical body and your spirit body, we've basically got,

around our soul, a blockage, like a wall, a barrier that prevents this love from entering us.

What opens that barrier is only one thing, and it's a pure desire, which the Padgett messages call a "longing". And the beauty of a longing is it actually opens this part of your soul. If you start longing for Divine Love, longing for God's Love, assuming God's an entity, and you're longing for that love, what it does is it opens a part of your soul that has never been opened before.



Longing for Divine Love opens the soul to God's Love

In fact, you can keep this part of your soul closed for the rest of your existence, if you wish, as far as it is known, and if you do that, you'll only ever progress to the sixth sphere of the spirit world after you pass, and you won't progress beyond that point. Infinite progression is only available to those who are willing to open this part of their soul. It's a bit like a part of you that's under your control that you need to open before Divine Love can flow in.

It's like you having control of the bottle; let's draw one and the bottle has a lid. Now, let's say this bottle is like an expandable bottle, one that has stretching sides, like a balloon, which is really what your soul is like actually. Now, the only thing that is capable of expanding it is pressure, some things coming into it, something coming into it that will fill it up and then fill it up beyond overflowing that it can expand into.



The human soul can be likened to a glass bottle that can expand like a balloon when it receives Divine Love

But before this point of opening, this longing, your soul is actually like a bottle of glass. In other words, no matter what you do, it's never going to be different than the bottle of glass; it's going to remain the same shape, the same size, it's not going to stretch. It's not going to have a bigger capacity than it's got now

– I mean as it's got in the perfect state, in the sixth sphere state – it's never going to have a bigger capacity than that.

8.2. Divine Love transforms the soul

Jesus:

But as soon as you activate your soul, and you take personal responsibility for your desires, and that's what activates, actually, this longing in you, then all of a sudden it's like taking the lid off this bottle and allowing God's Love to flow in and expand it. And it transforms the soul; it actually changes the soul into a new creature with totally different attributes and qualities, totally different things that you're capable of doing that you couldn't do before.



***Longing for Divine Love is like opening a bottle
to the inflowing God's Love***

Some of you will notice this beginning once you start receiving Divine Love, you start feeling, "Wow, I can feel people's emotions really easily now, like I know what people are feeling." And then after a while you receive a bit more Divine Love, and you start realising, "Hey, not only do I know what they're feeling, I also know what emotions are locked up in them, now, from their childhood."

And then you progress a little more, and you go, "Whoa, not only do I know what emotions are locked up in their childhood, I know what events caused those emotions that are locked up in their childhood. For some reason now I can feel all of this from them, automatically." And you progress a bit more, and all of a sudden you start seeing spirits, like, why is that? That happened automatically, too, for some reason. I don't understand that.

And then a bit more opens up, you receive a bit more Divine Love, and all of a sudden your capacity to feel the emotions of the spirits, and feel their history, and be able to speak with them. And then you let a bit more open up, at your soul level, and as you're going a lot of changes are happening. Your soul is expanding in its capacity. All of a sudden you start understanding truths that nobody else seems to get. Why is that? Like, it just seems to come to you, for some reason, and you start understanding truths that no one else seems to get.

And then, you open up a bit further, and then you realise that everyone who is getting these so-called connections with God, these so-called gurus on Earth and everything, a lot of them are actually just being influenced by spirits. You can actually finish up seeing the spirits transmitting information – much of which is false by the way – to these people. "Oh, wow, how come I know all those things?"

Well, you know all those things because you began to take personal responsibility, to exercise a pure desire to long for God's Love, that opened the part of your soul which now enables your soul to expand, and gather all of these attributes that are a part of your growth. That's how it happens.

8.3. Neither Jesus nor any other person is a mediator between us and God

Jesus:

But if you decide to not take personal responsibility, and you say, "All right, no, I don't agree with that. What I'll do is I'll trust this guru, or that particular person over there, and I'll do what he says for a while, and do the metaphysical thing, and you know, change my body this way, or that way," then I'm not actually exercising this pure desire towards God. What I'm actually doing now is I'm desiring that person, whomever that person is, to actually be my mediator between myself and God. And by the way, if you do that with me, it's just as bad as if you've done it with anyone else.

So no one is your mediator between God and yourself. There is no mediator between God and man. Now, that's in direct contradiction to what the Bible, by the way, says because the Bible says that I'm the mediator between God and man. Well if you believe that, you're going to have a lot of trouble in your relationship with God, because I'm not. Do you think God would create one of His children to be the mediator for all the others of the children? Of course not, God wants all of you to have a personal relationship with God.

Now, certainly one child of God that's learned more is able to tell others what he's learned. Just like if you learn more about music, art, whatever you want to learn about, they'll be others who don't know as much as you on that subject. You might be an engineer, and other people might not know as much as you on that subject. You might be a scientist and other people won't know as much as you on that subject.

So, God created all of us with these unique skills and talents, of which, in the end, we may know more than anyone else on the planet or anyone else in the Universe for that matter, at some point, but none of that matters from God's perspective with regard to our relationship with God.

When I take personal responsibility for that, realising that God has always wanted a relationship with me, and all I've got to do is have the longing for it, and actually have the longing for truth, and I take personal responsibility for

the fact that I don't have the relationship I want with God, and look at all the things within myself that cause me to not have this relationship with God that I really want; once I do that, now I'm able to progress, and continue to progress no matter what anybody else, ever, in my life says, or does, or thinks, or tries to do towards me – it doesn't matter – I will continue to progress on that path.

9. Understanding the truth of the cause versus blame

Jesus:

Now what we finish up doing, unfortunately, is we finish up getting stagnant at times. So, we're trying to listen to what God's saying to us, but we can't, we feel we can't, and there are all these different Law of Attraction events that are affecting us, but we don't know how to interpret them and we don't know what we're feeling. And so, at that moment, what we start trying to do is making others responsible for our relationship.

So what we do is we run along to a medium, we say, "What's my problem?" And sure, if they want to give you a gift, they will try to help you with the problem you have but, often times what I'm doing is I'm now projecting at them that they are responsible for what's going on with me.

I need to stop doing that; nobody is responsible for what's going on with me, they don't have to help me. I can have a longing for help, and then somebody may desire to help me because of my longing, but if I try to heavy a person into assisting me, what am I doing? I am now being demanding, out of harmony with love. I'm not taking personal responsibility for emotions that I'm feeling – the emotion that I'm confused or frustrated, or whatever other emotion it is. And what I finish up doing is projecting at others this quality – blame. Blame is something where I am saying that you are responsible for what I'm feeling and it's never a truth.

Nobody is ever responsible for what I am feeling right now, in the sense that nobody else can feel what I'm feeling right now. Only I can feel it, only I can process it. That's not the same to say this other thing might be true. What is the truth of the event; of the cause? And that's very, very different to blame.

9.1. An example of taking responsibility for abuse perpetrated by a mother

Jesus:

Now let me illustrate that. I may have an emotion inside of me where my mother, from the time of two years of age to the time of five, abused me violently. So she might have done things like put cigarette burns on me to control me and punish me, she might have locked me up in a room. She might have done all sorts – now I'm using an extreme example here on purpose –

but she might have locked me up in a room, she may have withheld food from me for days, she may have poured caustic soda down my mouth, and burned all my gullet, and had to take me to the hospital and get that fixed. She may have done all these different violent things towards me.

The truth is she did do those things, and the truth is also that I'm allowed to say that she created those things. That's totally different to blame. She is the cause, and her actions are the cause of the emotions that exist in you, if you were the son in this case, she is the cause of those emotions. However, it's impossible for her to be responsible for your emotions now, because she can't feel them for you; only you can feel them for you.

So, while she is the cause, we can't go ahead and say that she is to blame for me being in my locked up state now. Because the only person that can take responsibility for me being in a locked up state emotionally is myself. In other words, I am the only person that can release it. Nobody else can do it for me. No matter how much I want to make my mother, in this case I'm giving (my mother wasn't like this) my mother who did these damaging things to me cannot feel my emotions about what I did.

Now, there is a whole series of Law of Compensation things that will happen to her, that she'll be having to feel as a result of her actions and the damage that she did to me, and only she can feel those things for herself. Nobody else can feel that for her either. But I can't make her feel what I'm feeling, no matter what I do. So, I can get my mother in a room, and do exactly the same thing for three years that she did to me when I was little, and I still can't make her feel my own emotions and release them from that. And that's the truth.

10. Love, not justice, creates peace

Jesus:

Now, can you see on the Earth today what we want to do is we want to go into blame? So, what we want to do instead of taking full personal responsibility is like, somebody comes from another country and they kill our child and then what do we want to do straightaway? There's a big desire in us to, "Alright, I'll go to their country and grab their child and kill their child. They can just see what it feels like."

Are they going to be able to see what it feels like for you? Of course they can't. They cannot feel, and they cannot release what you've got now inside of you, the grief that you've got inside of you. No matter what action you take, this grief is going to remain inside of you. So what's the point in going killing their child, and creating a whole other series of grief and pain and suffering? Because it doesn't actually get rid of the emotion that's inside of yourself. It doesn't release it.

10.1. "An eye for an eye, a tooth for a tooth"

Participant Male:

AJ, how's that relate to "an eye for an eye, and a tooth for a tooth"?

Jesus:

Well, of course, "an eye for an eye, and a tooth for a tooth" doesn't work and if everybody followed it, as Gandhi said, we'd all end up blind. If you followed "eye for an eye", everyone would end up blind because you did something to hurt me, and so I punch your eye out, and now that I punched your eye out, you've got to punch my eye out. And away it goes, and the whole world can finish up totally damaged, which is what the world is ending up. The whole concept of "an eye for an eye, and a tooth for a tooth" is a damaged concept and certainly not based on love.

Participant Male:

It's in the Bible, isn't it?

Jesus:

Oh, it's certainly in the Bible, yes, and it was certainly channelled by a spirit to Moses, who is the person who channelled that material, but it didn't come from God. No matter how much Moses claimed it came from God, it still didn't come from God. It came from a spirit in the spirit world who had a very vindictive feeling about anybody who did anything of damage. It's not based on love, it's based on justice and justice and love are two totally different things, by the way. Like, if you want justice, love overcomes justice. If you want justice, yeah, go for "an eye for an eye, tooth for a tooth". But look at the world we're in, isn't that the attempt that's made?

Participant Male:

Well, I was thinking more around the terrorists.

Jesus:

And has it worked? We've now got no terrorism because we went "eye for an eye, tooth for a tooth"? Is that the case?

Participant Male:

It's never ending.

Jesus:

Okay, it's never ending, is it? It created more terrorism, did it not? Of course. Look at the wars that are going on: how many children in Afghanistan and in Iraq have died as a result of this "eye for an eye, tooth for a tooth"? What if every one of those parents decided, "Well hang on a second. My child wasn't involved in terrorism. Now I want to go to America and make a few of those people who killed my child have their child die. Let's do an 'eye for an eye, tooth for a tooth.'" And America will then go and call that terrorism. How is that terrorism? That's just "an eye for an eye, tooth for a tooth".

So, if we want to practice that, we get the world we've got, and it's a pointless process. Sooner or later, someone is going to get out the sledge hammer and bop me in the nose and then I get out a knife and stab him and he gets out a machine gun and shoots me and then, if I'm still standing, I press the button for the atomic bomb at his location. This is how wars escalate, and it's how the world has been for the last five or six thousand years, and has it worked? No, justice doesn't work. What works is love and they're very, very different.

See when I take personal responsibility, I am no longer focused on blaming. For a start, once I take personal responsibility and I've learned more truth, I know that actually every single person that died, including my own child, is now in the spirit world, still alive. So, what's the point in trying to create another person, and put them in the spirit world? Not much point in the action, really, in the end. So I actually know that my child is still alive.

If I know my child is still alive, and I'm connected to my child emotionally, then do I actually finish up wanting to kill another child? Would my child want me to kill another child? Of course not. So in the end what I'm doing by blaming is I'm trying to actually project responsibility for my emotions onto the other person. So, sure, that other person may want to kill me but the principle still applies.

There are many spirits in the spirit world, by the way, in this state, who have been murdered and are in the state of blaming the murderer, and not progressing as a result, because they don't want to let go of their emotion about the murder. Why? because they want to blame; because blame gets you out of personal responsibility, blame lets you get away with not taking personal responsibility anymore.

10.2. Examples of blame in partner relationships

Jesus:

You see this happening in relationships all the time, too, between partners, where one person blames the other for how they feel, and the other one blames the other for how they feel.

Now if both of them owned their own emotions about how they felt, and took personal responsibility for their own emotions, things could be sorted out a lot more rapidly but often that's not the case. We blame the other, the other blames the other, and we have an escalation of violence verbally, before we know it we can't live with each other because we're in this state of the escalated violence verbally. And we're afraid that we might actually want to take a knife up at some point, and escalate it into real violence.

This happens in domestic situations a lot where people argue, people argue, it gets so intense and so intense that now spirits connect to it, and before you know it you've got all sorts of violence being perpetrated towards each other, all because we want to blame the other person for what I'm feeling.

10.3. Taking personal responsibility is the loving course of action

Jesus:

So, we've got to get rid of the concept of justice, because none of it works, and we've got to start accepting the concept of love because it's the only thing that works. And the way we do that is by taking personal responsibility for all of my own emotions. The moment that I project my emotions onto another person, I am out of harmony with love, no matter what they did to me.

So they can abuse me, write terrible things about me, plaster it all over the place, slander me, do all sorts of things about my life that are not true, and at the end of the day, if I then take action against them, I am out of harmony with love. And ironically, I'm also not taking personal responsibility for my emotions or my Law of Attraction for that matter, but certainly for my emotions.

Once I take personal responsibility for my emotions, I would release the emotion. I would go, "Alright, I'm being attacked. Doesn't this feel terrible? Yeah." It connects me with a childhood event where I was attacked unfairly and I was blamed for things I didn't do and I have all this grief that I release about it and I release this grief.

And before you know it I get into this state where no matter how many times I'm attacked, it doesn't affect me anymore. I can be attacked constantly and yet I can be happy, and anybody can do anything towards me and I still feel great. That's where I can be.

Participant Male:

Victoria from Los Angeles asks how we should work with al-Qaeda?

Jesus:

Al-Qaeda, the terrorist group, you're saying?

Participant Male:

Yes.

Jesus:

Exactly the same as we should work with anybody else.

10.4. An example of rehabilitating a murderer

Participant Male:

She also asks how should we deal with the prison population.

Jesus:

Exactly the same as we should deal with anyone else. Let's look at those issues from taking personal responsibility. If I'm taking personal responsibility for my own life, then I would also want to put in place a situation where everyone else can also take personal responsibility for their life.

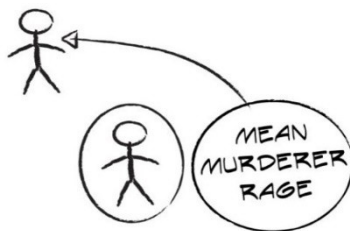
So, if we were in a community, if you and I were making laws, what kind of law would we create for a person who's a murderer? What we would have to do is we would have to create some kind of system where the murderer has the opportunity to take personal responsibility for the murder they created, wouldn't we?

So, rather than actually chucking them in jail for twenty years, in amongst a bunch of other murderers, where they've got to fight for their life for twenty years, and they come out even more hardened than what they entered, wouldn't it be far better to actually put them in a different environment where there's not a bunch of murderers, but rather people around them who care for them, and people around them who try to assist them to go through the process of taking responsibility for what they've done.

When they take responsibility for what they've done, they will actually then start going through their emotions, not only their emotions about what they created in other people, from their choice of what they did, but also the emotions that caused them to make the choice to murder the other person. They will start processing their way through those emotions. And when they get through all of those emotions, they will be in a healed place and they will never, ever, ever again contemplate a murder.

But what we historically do, if we don't chuck them in jail, actually, many times, and this is still the case in many of the states in America, is we enact corporal punishment. So what we do is we get this character, this mean character, shall I call him "mean" murderer, who's full of rage, and no care for any other human, obviously, or certainly no care for the human he murdered. We get him and we sentence him to death and do you know what all that does? All that does is it puts him in the spirit world, as a spirit, with all of these qualities still in him.

Now you just imagine for a moment, you're now a spirit, you have access to anyone on the Earth, not just the people in the location you were in before. You have access now to any single person on Earth, and you can influence them through your emotions, through your rage and your anger, and you can influence them to do lots of different things if he's in a state that's similar to yourself. This man now becomes so dangerous that he can influence twenty other murderers on Earth to do what they want; influence their rage and their anger or whatever it is, into murder. That's how dangerous he becomes in that process. What's the point of doing that? Like there's no point to it.



***A murderer who is killed by corporal punishment
becomes a spirit in the spirit world, from where
he can now influence many others on Earth to commit murder***

Wouldn't it be better to help this murderer actually make soul changes? And give him a choice. The choice is here's where you live, you've got to look after yourself, you've got to provide your own food. Here are all the tools that you've got to grow it; we're not going to feed you anymore. Here are the tools and here are the seeds, and here's the stuff to grow all of your own food – you've got to do that. Now, if you want to know how to do that, you ask one of these people and they'll help you. If you don't ask, then they won't show you.

And then you say to him, also, if you want a house to live in, here are all the materials, there they all are, on the ground. Here are some tools. You've got to build your own house. We're not going to build the prison for you and stick you in it; you're going to build this house, and you're going to put all of your effort into it.

And then on top of that, you've got a group of emotions in you that have created this terrible thing that you've done. What we're going to do is, while you are in this state where you've got those emotions, we're going to ask you to live in this location where you can build your own house, and eat your own food, and all your other things that you create for yourself, until such a time as you have a longing to actually deal with the emotional reason why you did that murder.

As soon as you have a longing, a real longing to deal with the emotional reason why you did that murder, what we'll do is we'll provide some people to assist you to work through the emotions that caused you to do it. As you work through the emotions, you'll come up with lots of different feelings, and all these things, and you'll need to work your way through lots of different feelings. What will happen is as you release the different emotions, eventually, we will feel from you – and the truth is if there were people helping them who could feel, you would be able to feel these emotions – that you don't want to murder anymore.

And when you get into that state, what we'll do is, you know this wall that we've put around this compound where you've now got your house, and your garden, and your way of life and everything, what we're going to do is we're going to take it down and move on and that's yours to keep.

Now, do you think there'd be a lot more murderers who actually come out the other end of that system with no desire to murder? Of course. But instead of doing all of that, what we do is we build these great big concrete jungles, where they've got a cell block, a very, very tiny cell block, and we put them in that. And we put them in that with all the other murderers and we call it a high security prison.

We feed them, so in other words, we have to pay, now, for what they've done. Like, how ludicrous is that? Why should we have to pay for what they've done? They need to cook their own, get their own food, and grow it and, do all of those things, rather than we having to do it for them. They need to build their own prison, with their own resources. If they've got a thousand bucks, if they've got ten thousand dollars in the bank, then that's all used to buy some of these resources. If they've got no money at all, then we give them an allowance, a loan that they have to pay back, to build these things that they need to live on.

Now, after that do you think they'll have learned a little bit about personal responsibility? Of course, they'll have learned that, alright, not only have I learned now to have some personal responsibility for my life, and my food and my clothing and my shelter, and everything else, but now I also had to take personal responsibility for the emotions that caused me to take the life of another person.

And then what I do, in the part of this process, is I bring in all the people who were affected by the murderer's actions and I ask the murderer to talk to the people. And instead of the people blaming the murderer for his actions, what they do is they own their own feelings about how they felt about the murderer's actions.

So they explain the grief that they felt at their daughter passing because of the murder that was committed, and they explain the terrible pain they felt when they could no longer speak with her anymore because they don't know how to speak to people in the spirit world. And they explain all of the different feelings they had as a result.

Now, can you see this murderer is now coming face to face, not only with all of his own personal responsibility, but also the personal responsibility of all of the people he's affected by the action he's taken. Now, that person is certainly going to change through that experience; it would be a very, very hardened person that would die still in that mean, murderous rage after going through all of those experiences.

And if he did pass, and he passed into the spirit world in that rage, well, he's now doing as much damage as what he ever did on Earth anyway, rather than us putting him there, and him starting to damage from day one without any assistance whatsoever.

So that's how I'd deal with that issue. And again, it's about getting the person to take personal responsibility. It's actually about helping, creating a series of laws, as a community, that actually finish up where everyone in the community now takes personal responsibility for what's actually happening in their personal life. So, the power of this is immense by the way.

10.5. An example of getting children to build their own school

Jesus:

So what you do is you don't give a group of school children a school anymore. What you do, instead, is you show them how to build one for themselves, if they want one. Do you think they'd want to burn it down afterwards if they built it themselves? Highly unlikely. This is the beauty of personal responsibility is when you take it you also have a pride in what you create, that's the beauty of taking personal responsibility.

10.6. The importance of taking personal responsibility for natural love and our relationship with God

Jesus:

You see how important it is. So it's important in everyday life, but it's also it's important in the display of natural love, in other words in the display of the love that comes from ourselves to others. But it's also extremely important in our relationship with God because only you have control over your own relationship with God. Nobody else does. Nobody else can make it happen faster than you, for you. Only you can do that; nobody else can do that for you.

Now you can ask for assistance and people are allowed to say, "No, I'm sorry I don't want to assist you," because they have free will and they're allowed to make that choice. And, if you feel angry about that, you would be out of harmony with taking personal responsibility because the truth is that only you are responsible for this relationship with God and this desire to love and desire to be in truth. So the question that comes, really, is what do I want? What do I want?

◦ WHAT DO I WANT?

11. Taking personal responsibility with parenting

Participant Female:

I'd like to ask about your personal responsibility for your children.

Jesus:

Well, let's look at that. It's exactly the same principle. So, here's me as the parent. Here's the child. Did I choose to actually conceive this child? Well, if you chose to have sex, you chose to conceive the child. So you have a responsibility towards the child, that is a personal responsibility, a personal responsibility between you and God actually.

11.1. Teaching the child about God and self-responsibility

Jesus:

You brought a child into the world, what is your responsibility? Your personal responsibility is to teach that child what God wants to teach it. So, in other words, it can be stated even better to teach the child how to connect to God itself. That's your responsibility, that's your only responsibility towards this child.

Now, as the child grows, obviously it needs different things. Like it needs food. So what you would do initially, obviously, because it doesn't have the development, you would give it the food it needs until such a point in time where it can start creating its own. Now, what age is that? It's not twenty- five, it's about two.

At two years of age, you can start showing it how to grow a plant, how to grow some food, how to take some personal responsibility for what it loves. What kind of food do you like, let's grow some of it. So, you start teaching the child how to take personal responsibility from that moment.

Now, the child starts reflecting emotions back at you. So the child gets angry with you, right, in the terrible twos, let's say it starts that. So, it's getting angry and projecting anger at you.



A child who is two and projecting anger at her parent is showing the parent something about their emotional condition

Well, I'm the parent, and I know from the principles that I've been taught from God Herself, that actually the child is reflecting back at me something that needs healing inside of me, that's my personal responsibility. So instead of spanking the child for its anger towards myself, what I do is I look at what do I feel when this child's angry towards me? Do I go into a panic, and don't know what to do, and go into confusion? Or, do I just do exactly what it wants?

11.2. An example of a child reflecting emotions to her parents

Jesus:

We were with a family today, and I was explaining to the family, moment by moment, what was happening to its child's emotions and what was happening to its mum's and dad's emotions. It was a very interesting process because what was happening was, moment by moment, mum's and dad's emotions were affecting the child's behaviour.

So the child would rush up and give daddy a hug, but would be crying in an angry way towards daddy. And I would just say to daddy, "Well actually what she's trying to do now is control you to take her downstairs to give her a swing. That's what she's trying to do right now. What I would do, if I were you, is I would stay there, and not do it, and say to her while you're projecting anger at me, I am not going to take you and do anything."

What I would do then, as a parent, is I'd own my emotion that I've got a two year old or a four year old or a five year old girl, trying to control me, which actually means that I've got an emotion about my mother controlling me all of my life and I need to feel about that emotion. When he started feeling it, all of a sudden the little girl just hops off, and stops crying, and walks over to mummy, and starts telling mummy what she wants from mummy – as soon as he started to feel the emotion.

So, what I would do is I'd take personal responsibility as the parent for the emotion that's running inside of myself and I would see the child as my Law of Attraction to experience that emotion. The irony is with children is they are so sensitive to any damaged emotions inside of us, that they'll automatically stop the projection if we own the emotion. They're only projecting at us because we're not taking personal responsibility for the emotion.

11.3. Teaching the child about God and self-responsibility (continued)

Jesus:

So, now we've got this three year old child who's walking around the garden, growing exactly the things that it needs to eat, and we're pretty happy with that, of course, because that's less that we have to do. And we start showing it how to prepare the food.

So, by the time it's five, what is it doing now? It's now making a great salad, and knows how to make the dressing. It might be a bit messy in the kitchen, occasionally, but that's something you also work through with the child with regard to cleanliness and care of its environment and all those other things that you would teach the child. So by the time the child is five years of age, it's now taking a lot of personal responsibility for its own life, already.

Can you imagine if you kept teaching the child these things, by the time it's ten years of age, what kind of child would it be? Would it need you? No, probably not. What it would do is it would be connecting to God, it would be feeling God, it would be feeling all these truths. It wouldn't need to have you in its life; hardly at all. But now as a parent I'm panicking because, "Oh, but I need my child to need me, I need my child to need me," and I'm getting all distressed about that, so I deal with my emotion about that.

But now this ten year old child is in a state where it knows how to prepare its own food, it knows how to look after its own clothes, it knows how to get its own shelter, it's actually, probably, out of school by now because usually a child in this kind of environment has learned so many things that it outstrips anybody that can teach it anything.

So by the time it's ten or eleven, they've already gone through University. And then, where do they go from there? They're just into their life and passion after that, aren't they? They are totally self-sufficient, pretty much, and if we've taught them in this manner, that's what our children can be in the future, like that. But, of course, we don't like that; often what we like is totally different to that.

11.4. An example of a participant parenting a male autistic child

Participant Female:

I have an eight-year-old son that's autistic, also has some intellectual impairment. We have a tricky time at school. Would that be my Law of Attraction that I need to also take responsibility for that?

Jesus:

Autism – I've talked about before. There have been quite a few times I've talked about autism.

Participant Female:

I missed that, sorry.

Jesus:

I can't remember what DVD's they're on if you want to look at them. I think one of them is on an Armidale DVD, where I talked to a couple who had an autistic child. I've talked about it a number of times but, basically, autism is where there is a barrage of emotions from the child's environment, that the

child is now totally in tune only with its environmental emotions, and not its own.

Participant Female:

That's why, hence, I'm wondering what responsibility I have, in conjunction with interaction with that child. What Law of Attraction have I attracted for that child to come into my life?

Jesus:

You've attracted a very, very sensitive soul into your life, who is so sensitive to emotions that all he's feeling is everyone else's emotions, and not his own.

Participant Female:

And hence, I have mixed emotions about the education system, the environment, that ...

Jesus:

Of course. Yes, the education system is hopeless for an autistic child.

Participant Female:

I know it is. Yes.

Jesus:

Yes.

Participant Female:

I have a lot of blame on others, I have a lot of blame on myself, for knowing which direction ...

Jesus:

Blame on yourself, by the way, is just as bad as blame on others. That's not the same as responsibility.

Participant Female:

Well of course. Working through all of that, though, I have had that blame, and I recognise all of that blame. And trying and get rid of that, it's still very strong within me.

Jesus:

Can I just say to everyone actually, when you blame yourself, that is just as much of not taking responsibility as blaming others. When you take responsibility it's very, very different than blaming yourself.

Participant Female:

Hence, I'll try and be clearer. Is there an aspect that he is reflecting to me my Law of Attraction, on top and being who he is? Is that something that I can take responsibility for that will actually ease his life?

Jesus:

Totally. If you own every single one of your emotions, particularly towards the male that you feel inside of yourself, and whoever is your partner if you have one, or whoever is helping you care for the child, also takes responsibility for their emotions, every single moment of the day, what will happen is the child will now no longer be feeling a barrage of people who are taking no responsibility for their emotions.

Participant Female:

So his is definitely increased with my lack of responsibility.

Jesus:

I'm not saying it's increased, I'm saying it's caused totally by.

Participant Female:

Okay.

Jesus:

Not just increased. I'm saying an autistic child is caused totally by the barrage of stuff, the emotions from all of the environment. So, it can be whoever is interacting with the child in the environment. So my suggestion for any person who has an autistic child is to view it like God telling them twenty-four by seven what's going on at any single moment with the child's emotions.

Now, when the child is no longer feeling this huge barrage of emotions coming from its environment, that it's reflecting back to its environment and, in particular, if it's a male child, look at your attitude towards men, look at your stuff towards men. Do you have a female child as well? Or you only have one child?

Participant Female:

No I have three children.

Jesus:

Three children.

Participant Female:

And they're all male.

Jesus:

All male and only one of them autistic?

Participant Female:

Well, one of them that's troubled with autism.

Jesus:

One of them is troubled with autism. Okay. Well that's a very sensitive child. If it's a male, then look very seriously at the aspects of how you feel towards the male, because they're receiving just a barrage of emotions about them that they are totally out of tune with themselves.

Now, when they stop receiving this barrage of emotions, you'll find that they are completely free and open to be themselves again and they will start having emotions inside of themselves that come from themselves. So, you know how often you feel like there's no love in them and they don't seem to understand love ...

Participant Female:

He has plenty of love in him.

Jesus:

Of course and you can see that as you release these different emotions towards the male, you will find that love will grow and his own concept of himself will change much.

Participant Female:

That's what he needs.

Jesus:

Yes.

Participant Female:

Thanks for that.

Jesus:

So, do you understand what's going on there? It's to do with the emotions that it's receiving from its environment that are so overpowering that it cannot feel for itself.

Participant Female:

You say then with my confusion about him branching out to the rest of the world, and the issues he has with that will just diminish with me sorting out my own issues with the rest of the world.

Jesus:

His issues with the rest of the world. Spot on.

Participant Female:

And so it is my responsibility. He's my responsibility. All of that is my responsibility of taking responsibility.

Jesus:

Yes.

Participant Female:

Not my responsibility, but me taking responsibility.

Jesus:

For your own emotions and that's the key part. You need to take responsibility for your own emotions. It doesn't mean that you're to blame for your emotions that are in you.

Participant Female:

No.

Jesus:

Because your emotions were created by your environment as a child that you didn't heal – your parents didn't heal their stuff, and the environment didn't heal theirs as well, so how can we blame you for what's created in the child? But we can actually take responsibility for those emotions, and process our way through those emotions and release those emotions and as you do so, you will notice a big change.

Participant Female:

I think my blame was just the impatience of not getting ahead faster.

Jesus:

Yes.

Participant Female:

That was probably my blame.

Jesus:

Well it's very easy to blame yourself with an autistic child, because the autistic child is reflecting, instantly, every single unhealed emotion and of course in one person, at any one point in time, at the beginning of this process, we have quite a list of unhealed emotions. And so it's frustrating because it's only when the barrage of emotions lessens to a point where there is a critical mass, the child will start actually having its own life and being able to live a normal life as a normal, so-called normal child, because there's usually this whole long list of barrage of emotions, not just one emotion that's being projected at the child.

This is the problem, that the beauty of having an autistic child is like a fast track to Divine Love in the end. It is, because it's like having God in your face twenty-four by seven; the child is instantly reflecting everything back at you, and I know it's very frustrating at times.

Participant Female:

It is frustrating, but it is beautiful. I see the beauty.

Jesus:

But it is beautiful. Yes, exactly. And it's a way, actually, for you to really work through a lot of stuff quite rapidly, if you think about it. If you choose to take responsibility for what's going on inside of yourself.

So, all of the ways your child reflects to the environment, is all the ways you actually feel inside of yourself towards this environment that your child is in. All the ways the child interacts with you, is the reflection of all the unhealed emotions within yourself that need to be healed. How your child reacts to its father is all a reflection of his own – or any other man, male caregiver – is a

reflection of their own emotions and what they need to heal inside of themselves.

You've got this perfect little emotional machine, showing you at every single moment what's going on with you, and it's a wonderful thing, really. This is one reason why autism is becoming something that is growing as a problem on the world, because the condition of the Earth is lightening, which actually means that new children that are incarnating, and being born, are actually far more sensitive to emotion. And as a result of their sensitivity to emotion, they are also very overwhelmed at the barrage of emotions that they often get from their environment. So you've attracted one of those little sensitive souls.

Participant Female:

Thanks again.

Jesus:

No worries.

11.5. An example of a participant trying to make her daughter feel better

Participant Female:

My daughter is seventeen, and all of her life, basically, I haven't taken responsibility then for trying to make her feel better. I talked to her a couple of nights ago about taking responsibility for herself, and that I am no longer responsible. And she's like, "WHAT!" you know. It's now challenging her, even though I said to her, "Well, I know that I've caused a lot of what's happening for her." But it's funny, because as a parent, you can't help but want to make them feel better. Where is the line between looking after them and ...

Jesus:

Have I ever tried to make you feel better, Kelly?

Participant Female:

Not at all, no. (Laughter)

Jesus:

Do you find me doing that all the time with you?

Participant Female:

No.

Jesus:

No. Does God try to make you feel better all the time?

Participant Female:

No.

Jesus:

No. Why?

Participant Female:

I've got to feel it for myself.

Jesus:

And because it's not loving.

Participant Female:

Yes.

Jesus:

Yes. So, you don't need to make your child feel better. What you need to do is own all of your own emotions that created the emotions in the child. So, if your child is seventeen, or twenty, or fifty, it doesn't matter, what emotions they have within them often comes from their childhood that I created.

11.6. An example of Jesus' relationship with his sons

Jesus:

So with my sons, I created their emotional state way, way before they even left home, and I have to own every one of those emotions and release every one of those emotions inside of me. Now, what I've found in my own life is as I've done that, my sons have automatically, within a few days or weeks, followed along with very similar emotional processing, automatically, without me even speaking a word to them about taking responsibility for their life or anything like that. And every time I've been out of harmony with truth, I've automatically recognised that, put myself back into harmony with truth, and that's automatically triggered them.

So, at one point in time, I had a quite a lot of cash available, so what I did was I bought my boys cars when they were sixteen. They had brand new cars when they were sixteen and, of course, they came to expect brand new cars. And dad paid for their insurance and their registration, and their fuel, and their everything else, because of course they didn't have the money coming in to do any those things either.

After a while I realised I was doing all of this out of guilt, and out of some very damaged emotions inside of myself. So what I did was I owned them, I took responsibility for them and I said, "No, I can't do this anymore." Now of course, they went into a rage with me for a bit. Why wouldn't you? You've had a car for four years, and everything's been paid for, now you're expected to pay for it.

Now, of course, they got angry and upset and all those other things, and worked through those emotions, and I talked to them about those emotions, and working through them. They didn't have to, of course, but they did

automatically because I allowed myself to work through my emotions about it. They came out of it understanding the gift that they've been given, and not expecting it anymore as a result.

So, when our children become more adult, we can still do exactly the same thing. We can still take personal responsibility in every possible way for the things that we've created in them and we can heal that in ourselves every time. Just focus on what's going on within myself today and what's going on within myself. Once I heal that, you'll find your child, no matter what their age, will feel very different feelings from you as a result.

12. Taking personal responsibility for what we want in life

Participant Female:

You wrote up on the board before, "What do I want?"

Jesus:

Yes. Obviously, once I know what I want, I can then take personal responsibility for the creation of all of that. You see, often what's going on for us in the planet today, is we say, "Oh, I want a new house, I want a new car, I want this, I want that." And then what we try to do is make somebody else responsible for the creation of it, and we don't take very much responsibility ourselves for the creations that we want in our life.

12.1. An example of finances

Jesus:

We even take it so far as we actually go to a bank, and we get them to give us what we want and then what we do is we become, like, beholden to them, by paying interest to them for the rest of our life, almost, most of the time. And so other people finish up owning us because we originally wanted to avoid our own personal responsibility.

So what often happens is instead of asking myself what do I want, what we finish up doing is we go, "What can I get?" without taking personal responsibility for it. And what that does is it creates this whole system where somebody else can take over my entire life, because I haven't taken responsibility for all the things that I'm creating.

So, what that means is that there's actually a clause on your bank loan that says that if you default, they're allowed to not only take the thing that you loaned the money for, but they're allowed to take anything else as well, up to the value of their loan from you as well. So what has that done? Because you've disowned personal responsibility in your creation of why you haven't got the money to create what you want right now, and so you've gone to get the loan and do all of those kind of things, what now happens is you're now

beholden to someone else. They now have total control of your life and your existence and I have disclaimed my own personal responsibility. So guess who is now responsible for my life – someone else, and what can they do with my life? They can totally destroy it under certain circumstances.

Many of your grandfathers and grandmothers went through the depression, their entire livelihoods were taken from them in this way because they began by disclaiming their own responsibilities, gathering funds through other resources, which were eventually called as debt, and they lost everything. Why did they do that? It's because we didn't take personal responsibility in the first place for our creation of a lack of funds, dealing with the emotions inside of us about money. We didn't take any responsibility for that.

So what we do is we want someone else to take responsibility for it, so we give them our life really in the end, and in the end what happens is they take control of our life. And this is how governments control people. We give them control because we don't want to take personal responsibility for our own creations.

12.2. An example of water and waste

Jesus:

We want somebody else to be responsible for our water, don't we? So what do we do? We create this whole great big empire called a "Waterworks", or "Queensland Water" or you know, "Whatever-the-Country-We-Live-in Water". And they go ahead and they build the dams and they do this and they do that, and they build all of this supply, and then they charge us for this water. Now what's going to happen? Come an Earth change event, where's my water? Because I've given the responsibility for my creation to somebody else.

We do it with rubbish, too. So what do we do with rubbish? We don't like having rubbish in our backyard, do we? Like, imagine all of our rubbish that we've created last year, stored in the backyard. It wouldn't look very nice and it wouldn't smell very good. So what do we do instead of that is we get all of this rubbish, and we give it to somebody else to process and, of course, what they do with it is they dig great big holes and fill them full. They finish up becoming toxic, and finish up going back into our own water supply that we're drinking in many cases. And all sorts of things happen as a result of us not taking responsibility.

Now if we were living in a way that was just based on raw food, we probably wouldn't even need to have any waste, that couldn't be processed in our own home. So that would be me taking more responsibility for my own creations.

So, in the end we've got to say well, what do I want? What I want – if what I want is harmonious with love and truth – is to take complete responsibility for everything I produce. All of my waste, all of my food, my shelter, everything, I'd want to take responsibility for it. Not blame anyone else for it when it goes wrong.

If you can imagine a life like that, do you think there would be plastic bottles strewn on the side of the highway? Of course not, because everyone's taking responsibility for the environment and they're taking responsibility for their creations. There might not even be plastic bottles, but if there were, those plastic bottles would be used for a purpose that could easily be recycled, and all these other things, and it would all be able to be done harmonious with love. And what we would do, in the end, is we'd be living our entire life in complete personal responsibility.

12.3. Change results from taking personal responsibility

Jesus:

What I'm suggesting to you is part of becoming at-one with God, if you really want to become at-one with God, in the end you are going to need to take personal responsibility for your entire life and all its creations, and your spirituality, your emotions, your physical creations, everything. That's what we're going to need to do – take responsibility for it. That means feeling our stuff about it all and changing it and allowing ourselves to connect with God, Who is communicating with us twenty-four by seven and Who I'm, most of the time, not listening to.

If I can do that, if I can take that complete responsibility, what will happen is things will change markedly in my life. So, what will happen is, instead of, maybe, coming along to so many of these sessions that we're coming along to listen to truths, what you'll finish up doing is wanting to put the truth into practice in your life.

So, a lot of time we come along and hear the truth, but then we go, well, AJ's saying we're going to have to actually tell the truth to every single person, at every single moment. That's a part of taking responsibility for my life. Wow, I tried that for an hour last week and it was devastating. You know, my husband wanted to leave me, and my children hated my guts for that hour. I wanted to stop after that.

Once we take responsibility for our emotions, we will continue that process of wanting to live in that harmony with truth.

Now Joy, you have done that yourself, and you've seen how, bang, your life changes. When you want to take things in harmony with truth, bang, bang, bang there's a whole series of changes, and I know for yourself there has been this whole series of personal changes that happened in the space of a couple of months, that you would never have contemplated would happen in twenty years. It's just like, floodgates of change, just by you taking personal responsibility for your life and wanting to live in harmony with truth and love in your life, and all these changes automatically began happening.

If every single person on the planet did that, or even just every single person in the room did it, you imagine the power that creates around you. It's like, all of a sudden, every single person around you is triggered in some manner, every single person around you comes face-to-face with some emotions and inside of yourself there's a lot of releasing going on of all sorts of things as you personally have experienced. And that's the beauty of doing this, it's such a powerful process.

12.4. Jesus' progression due to taking personal responsibility

Jesus:

For me, I haven't ever wanted anyone else to take personal responsibility for how I'm feeling. And what that's meant in the last five or six years is that I can progress, and get more and more connected with God, and have more and more of those truths flow through me as a result of being connected with God, just by allowing this connection of me taking responsibility for everything that's out of harmony.

So there have been many times in my progression in the last five years or six years where I've not known what to do or something very damaging to me physically has happened, and I've taken personal responsibility for how I felt about that every single time, and not tried to project it on the Universe and blame everybody, and get into this state where I'm angry and resentful and walk away from God as a result.

Instead, I just see everything as God's personal message to me. There's a personal message here to me that's going to help me get closer to God, and as long as I take personal responsibility for what's happening with me, I'm going to get there. And I don't need anybody else to help me get there because, in the end, God's already doing it. I don't need anybody more than God to do it with me, really, and the problem for many of us is that we think we do. We think we do.

12.5. Growing towards God brings us closer together, through learning Divine Truth

Jesus:

Many of you still think that you need to be here to do it, and you don't really. Now, it's lovely having some shortcuts, and if you recognise somebody's ahead of you in the process, listening to them is a great shortcut to get through a lot of different things that you would have to, otherwise, get through in maybe more slower manner, but it's not the whole answer.

The whole answer is that at the end I want to be connected with God so I can do everything God's way through myself. And that will automatically draw us all together, ironically, because we'll all be connected with God, and at-one

with God, and therefore all in harmony with Divine Truth, therefore all acting in harmony with God on these certain issues.

And we'll all know the truth on these certain issues, and we won't have to go and say, "Oh, but AJ, what would we do in this situation? What would I do in that situation? How would I act here? How would I act there?"

Because our own connection with God would already be telling us how to do all of those things, and act in those ways, and so forth.

13. Working through emotional blockages with God

Participant Female:

I find myself being more God-reliant, but I often notice myself going back to being self-reliant, trying to figure things out in my head. How do you stay God-reliant twenty-four by seven?

Jesus:

Well, every time you get back into your head, it's because you're not allowing yourself to feel what's in your emotions, generally, isn't it? Like, we get into our head because we can't work out what's going on emotionally.

So, what I try to do in that moment, is rather than trying to get into my head and try to work it all out, I try to settle back into my heart again, and feel what it's all about. And also feel my feelings towards God of wanting; do I really want to know the answer of what this is about.

Most of the time I find out, no I didn't want the answer. You know, most of the time I wanted to completely reject the answer and push it away from me and not know it. And then I start looking at the reasons why and I ask God to actually show me, through my Law of Attraction, and through these events that are happening in my life, why it is that I want to reject it. And in almost every case I come up with a fear of some kind that I have to first process through, which I've termed to you, a block; a blocking emotion. And then I've worked my way through that blocking emotion emotionally, and then as soon as I do that, the underlying emotion comes through and it's released.

But in all that process, I find if I ask somebody else, often I get a whole convoluted thing of happening where lots of people give me different advice, and different things, and most of them don't resonate with me, and each one of them has a tendency to get me out of the process of working the way through the block itself and then working my way through the emotion.

So, my feelings are you know the principles involved with the layers of emotions, and you've been taught them in terms of intellectually. Now give them a try emotionally, like put them into practice emotionally. See how it goes in your day-to-day life. See how you go practicing it – put it into practice,

see what happens. What you'll find will happen is that you will come to the emotional truth of what you intellectually know and not only that, you will quickly resolve problems that you're facing in your day-to-day life.

So it's not a process of having to trust somebody else, now, to tell me what's going on. I don't have to go to somebody and say, "Can you tell me what's going on, I can't work it out again?" Because I'm always going to God and saying, "Actually I know, God, You're trying to already tell me what's going on. Like, You love me all the time, and You're already trying to tell me what's going on, and the problem I have is that I'm not listening. So can You show me the area in which I'm not listening, what's going on here?" And then over the next week you'll find all sorts of events occur showing you exactly what the problem is. And if you're taking personal responsibility for every one of those events, it will soon be exposed to you what's really going on inside of yourself and that's the power of the Divine Love Path in the end.

The power of the path is that it makes you totally reliant on God, and totally in a place of self-responsibility and it takes away the middleman, the middleman being the teacher, the guru, the avatar, the Indian fellow you visit three, four times a year, or whatever it is that you do. It takes away that because you don't need that person. All you need is this connection with God to learn truth.

So that's the only way I've learned truth my entire life, and every single person on the planet and in the spirit world can practice exactly the same thing. It just depends totally on how passionate your desire is to find out the truth about a matter, as to how rapidly that truth will come to you and that's the beauty of it.

14. Closing words

Jesus:

So, I would just like to encourage everyone to take personal responsibility in their life, and in particular for your relationship with God. Desire the truth passionately, and take responsibility for that, your desire for truth. Want God in your face twenty-four by seven telling you truth. Want that and when you've got an opportunity to get that from somebody else, get that as well. Desire this truth in your face, being confronted with it all the time, because if you stay in this space, what will happen is you'll progress as rapidly as you can working your way through different issues.

Of course, you can see that you're going to have to be very, very humble to do that. Can you see that? You're going to have to be so humble that you're willing to listen to a little child reflecting an emotion at you to see what you're actually getting stuck on. You have to be so humble that if you've got a little baby, like one year of age, you're going to have to feel what it's crying about, and know what's going on inside of yourself that's creating it.

You have to be so humble that when your little three year old comes up and yells and screams at you, you don't give it a tap on the backside anymore, you actually feel your own emotional response to what's going on. And when your teenager comes up and tells you they hate your guts, and you're a terrible mother, you actually go through all of the emotion of that, and you have to be so humble that you allow yourself to go through all that.

And when your husband comes along and tells you that he's sick and tired of coming home to a dirty house, you have to actually own your emotion there, and go through and own, and take personal responsibility for this creation that you've got there as well.

And when you get fired from work, instead of ranting and raving at them, you need to look at your own emotion and Law of Attraction regarding abundance and money and all these other factors that are still unhealed within yourself.

And when somebody comes along and steals fifty thousand dollars from you, in a bank roort or some kind of credit union scam or whatever, instead of yelling and screaming at them and blaming them and trying to take them to court, own your own emotions about that and what happened inside of you, and how you created that.

And then when you break your leg through the car accident, you're going to have to do the same. And then when you also are driving along in a bus that somebody else owns, and all of a sudden, he swerves and crosses the road and hits another vehicle, and all of a sudden you get thrown into the seat in front, and break your back, you're going to have to own that as well.

And then on top of that, if that's not enough, (laughter) you're going to have to own every single thing that blocks you from receiving God's Love because God is just there, right next to you, waiting to give you Love, and the only thing stopping it from happening is your own self, your own will in some way, and you'll have to own all of that as well.

When you're prepared to own everything that much, you'll find your life also becomes, ironically, a joy to live, because now, everything that happens in your life is your creation. Now that means every really good thing that happens in your life, you feel really proud about because that's also something that was created because of what you did bringing yourself into harmony with God's Laws and Love.

So while God's Love entering you transforms you, you have got to be a participant in the process, you've got to take personal responsibility for whether you have a pure longing for that Love or not and if you don't take personal responsibility for it, what will happen is God's Love will not flow into you until you do. And it's as simple as that in our own progression.

So hopefully that's given you some ideas.

14.1. Taking personal responsibility at Mary's workshops

Jesus:

The reason why I talked about this subject is very shortly Mary will be starting a course of workshops and many of you have enrolled in some of those workshops and one of the things that you'll find that Mary talks about, well, Mary will be talking about a lot of different things but the three primary things that we've discussed in all of our discussions with you, Mary will be demonstrating to you as far as she can in practice, a whole set of principles to help you access those three things, which are humility, a longing for truth, and a longing for love.

And, of course, if you don't take personal responsibility when you go along to one of these workshops, you can go through all the things that Mary takes you through, and the group of helpers that are with her take you through, and come out the other end none the wiser.

Or you can take personal responsibility for what you're about to receive, and look at what's going on and really look at this as an opportunity to spend fifteen hours of time with six or seven people in your face, trying to give you truth, which is really what they're trying to do – to help you come to the state of seeing that God is actually in your face twenty-four by seven, trying to give you truth – and you can feel all of your resistance to it.

And you can feel all the times you don't want to take personal responsibility, and you want to weasel out of it, and you want to get out of it and give it to somebody else, all this personal responsibility. You want to make someone else responsible or nothing's happening for me, nothing's happening for me in the course. Well, if nothing's happening for you, where's the personal responsibility there? Nothing's happening for you, what have you created there. Allow yourself to actually go through those things emotionally.

So, I thought if I could talk to you about personal responsibility that may assist you in this process of opening up more and more to God, and seeing this as your personal relationship with God, not AJ's cult that he's trying to create as what other people might think.

This is your personal relationship with God, and all I'm trying to do is help you have it by telling you some truths about it, that's all. And my personal responsibility is only for my relationship with God and I am not responsible for anyone else's relationship with God. But I do have a passion to show you how to have one with God if you want to know. That's why I'm here.

So, thanks for your time again tonight.

(Applause)

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