

DIVINE TRUTH

God's Laws

Laws Governing Love of Others & Love of Self

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 the God's Laws series focusing on *Laws Governing Love of Others* which was presented by Jesus on 19th July 2009 in Eudlo, Australia and *Laws Governing Love of Self* which was presented by Jesus on the 1st of August 2009 in Brisbane, Australia.

In the *Laws Governing Love of Others* seminar Jesus describes how God's Laws affect our love for others, what drives us to break these laws, and what happens when we live in harmony or disharmony with these laws.

In the *Laws Governing Love of Self* seminar Jesus describes how God's Laws affect our love for our selves, what drives us to break these laws, and what happens when we live in harmony or disharmony with these laws.

The seminars used for this compilation are:

- Laws Governing Love of Others P1 – July 19, 2009
- Laws Governing Love of Others P2 – July 19, 2009
- Laws Governing Love of Self P1 – August 1, 2009
- Laws Governing Love of Self P2 – August 1, 2009

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

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

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

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Laws Governing Love of Others: Part 1

1. Introduction

Jesus:

The talk today is about Laws Governing our Love of Others. The reason why I wanted to discuss this subject with you is that what we're finding is a lot of people are doing some emotional processing work, and once they start getting into this emotional processing work, they seem to have these feelings that they can pretty much project any emotion at anybody and get away with it. And they justify it through the fact that they are processing their feelings, which is actually releasing something. The reason why we're covering a lot of these subjects now is that we'd like to illustrate to you that this is actually not the case. If you process emotions and in the process of dealing with different emotions you purposely or even unintentionally harm others in the process, what you're actually doing is also degrading your own soul condition. So we want to have a look at how we can process our emotions in such a way where we don't harm anybody or ourselves further.

What I've found is that many started processing their emotions on the Divine Love Path and then when they get to an emotion that is covered with a lot of rage or anger and is quite intense in terms of its feelings underneath, they may have quite a lot of fear about that emotion. And so then they start projecting their anger and their fear around, but then justifying it as everybody else's Law of Attraction, like, "I'm angry with you and it's your Law of Attraction". Now when we justify our own unloving behaviour, we're actually in quite a poor soul condition and we are degrading our soul condition quite rapidly. And this is why I wanted to discuss this subject with you today; how to actually work your way through different emotions, bearing in mind the different laws.

1.1. If we have humility, we are automatically loving to others

Jesus:

There is just one thing you need to remember out of all of this and that is if you are humble, none of this would happen. If we were really humble we wouldn't need to be having this conversation. Remember the definition of humility is a burning desire or passion to feel and experience all of my own emotions. That's how I define humility. Now remember that your emotion is a part of your soul so when you have a burning desire or passion to feel and experience all of your emotion, you're actually having a passion or burning desire to experience your own self. Or you could say you're actually having a burning desire or passion to love yourself when you're in this state of humility. So what you call this state is humility.

HUMILITY
 A BURNING DESIRE
 OR PASSION
 TO FEEL & EXPERIENCE
ALL
 OF MY OWN EMOTION

Now if I'm in a state of humility, I really don't need to know any laws governing my conduct with others. Can you see why? Because if I'm in this state, I'm always going to be owning all of my own emotions at every moment and I'm never going to be projecting emotions on to other people and so therefore I'm in a state of love when it comes to my relationship with others. So it's quite simple isn't it? Remember with the Divine Truth the highest laws are very, very simple to understand and grasp intellectually, though it's not so easy sometimes to understand and grasp them emotionally. Intellectually they are very simple to understand but they are not easy to apply, and so most of us have a large degree of difficulty doing that. So while that's a very simple statement of what humility is and what humility means, to actually do it in practice is often so difficult and we get caught up in so many difficult and dark emotions that we finish up not practicing humility. And so we need to be reminded at times about the laws that involve our love of others.

1.1.1. There is a hierarchy of God's Laws

Jesus:

Now remember yesterday in the presentation "God's Laws - An Introduction", one of the things I said was that the lowest laws were the ones to do with the physical and metaphysical. They are the things like the Law of Gravity, the Law of Aerodynamics, a lot of things about your own body and how it works and all of these other things are all part of the Laws of the Physical or the Laws of the Metaphysical. Now remember I said to you while many of you have a 'wow' factor with them when somebody can manipulate them, in the end from God's perspective, they are not important. Then remember I said that the next level of laws were the laws the involving morality, or the Laws of Natural Love. The Laws of Natural Love are far more important in your own practice, in your own life, than understanding the Laws of Metaphysics for example. And in fact once you perfect the Laws of Natural Love, ironically the metaphysics of your own body all become perfect as a part of the process. So in other words once you perfect all the Laws of Natural Love all of the chakras in your body will remain completely open at all times and your body will be able to regenerate and heal at any time, and you won't ever get sick again. That automatically happens when you understand and practice all of the Laws of Natural Love.

Now remember I also said that there are the laws above that, which are the Laws of Divine Love. These are the highest possible Laws. But the process that we often follow when we start progressing is that we are coming from this place where we don't really understand love at all. We start off from this place of not really knowing love at all to this place where I'll be able to understand love completely; firstly understanding Natural Love completely and then understanding Divine Love completely. When we starting off not really understanding love at all and we're working towards understanding love completely, obviously we're going to make mistakes. So we need to see how these mistakes affect us.

So the purpose of today's discussion is to help you understand how the mistakes you make in practicing love actually affect you and what you can do to circumvent these things from occurring by basically practising humility. So although it's not set in the outline, I wanted to say right at the beginning that if you practice humility, you will not need to understand the rest of our discussion today. But for the majority of us we can't practice humility completely because the time when we do that is when we're at-one with God. Until that time we're learning humility, which is this burning desire or passion to feel all of our own emotions, and how to practice that.

So even the Laws of Divine Love (and humility is one of the Laws of Divine Love) encompass so much in terms of natural love because that one law effectively throws out the need to understand hundreds of natural love laws. But today what we'll be doing is going through some of these natural love laws so that you can see the effect in your life. Also, sometimes understanding these natural love laws helps you a lot in seeing where you are out of harmony with God, because a lot of times what we're doing is progressing towards God a bit and then we get to this place where we are in a stuck emotion and feeling quite stuck and in that place we don't often know why we're stuck, we don't often know why our relationship with God isn't improving. And it's often because we are breaking some kind of Law and not necessarily being aware of it that causes us to be in this state of stagnation. So it's sometimes good for us to understand what that law is and why we're breaking it, and how it relates to our relationship with God. So hopefully our discussion today will help with that as well.

So while today we're going to be discussing the laws that govern your interrelationships, and particularly your relationship with others, the next time we get together we'll be discussing "God's Laws - Laws that Govern Love of Self". And you'll find that the two sets of laws that govern love of self and love of others are the same; they're just applied differently because one is the object of our love of somebody else, whereas the other is the object of our self love, which is obviously ourselves.

So what we want to do is illustrate both of them to you and then what we'll do is we'll put it all together in the following discussions when we discuss the "Human Relationship" series of talks. So when we discuss romantic relationships and what to do in relationships when things are going wrong, you'll see these laws all just come out quite easily when you start examining relationships. However even with all of these discussions, if you remind yourself of humility, you'll never need to know or understand all of these other laws, and that's something to just keep in mind.

So that being said, what we're going to do first is to briefly describe the laws. Now I could spend four or five hours discussing each one of these laws with you, so obviously we're not going to do that. We're going to have a brief description of each of the laws where we'll have a look at how it can be put into practice; how it affects yourself and others when you break it and then we'll look at examples of what goes on with each one of these laws. And feel free to ask any questions about the laws as we go through. Now I don't think we'll be able to cover them all because of the time constraints that we have today but there's quite a few pages of information that I've typed up in the seminar outline this morning; it's all there for your information anyway.

2. The Law of Free Will

Jesus:

So let's look at the first law. The first law is The Law of Free Will.

Now this is a very important law and it applies to all the laws of God in fact. It is one of the highest set of laws but it does govern the interaction we have with other people. What it means is that God has given you this gift, this gift of free will, which he has also given your neighbour and your enemy as well. And that is this gift to do anything you want, whether it's harmonious with love or not. Now many of us, with this gift of free will, go down this track of saying, "This isn't a very wise thing for God to do, what if I want to do something bad or what if my neighbour wants to kill me? Are you saying God is going to allow that?" And the answer is yes, because we have this Law of Free Will. But remember there are consequences that we learnt about in "God's Laws - An Introduction" if they do it. But they do have the free will to make the choice to do it.

2.1. Love of others always allows their free will and helps them express their free will

2.1.1. Example one: a child with a messy bedroom

Jesus:

Now how does this law affect us in our relationship with others? How will we treat others if we understand this law? Well one of the first things we will do is that we will always enable the other person's free will in all of our interactions with them. We will never attempt to curtail another person's free will, we will never attempt to manipulate them or control them to do what we want. It sounds good in theory, but in practice this means that when your five year old child doesn't want to clean their room, you need to enable their free will. What do we do normally instead? What we would normally do is we would say, "Clean your room or else," and the "or else" is usually some kind of punishment where something is taken away from them. Is that then allowing their free will? No.

So how do we handle this situation? If we understand the Law of Free Will can you see that we wouldn't be manipulating our children into cleaning their room? May I state why? Because the reason why your child doesn't care for its environment is due to a lack of self love, and in you asking them to clean their room, you're not addressing the underlying cause of the reason why their room's untidy. Their room's untidy because they don't have enough care of themselves or enough care of their environment, and it's a damaged emotion that actually came from you that they are actually triggering in you.

Now it could be that you are so ultra clean and so stressed out about being clean and that is the reason why they're being unclean. Or it could be that you were heavily manipulated by your parents and belted by your parents into making your room clean, so now you feel driven to behave in the same manner with your child. Or when we get down to the real basis of it, it could be this issue that we do not love ourselves enough, and therefore our child has not learnt to love itself enough and because of that it maintains a dirty environment. But can you see that if I don't address the cause (and we talk about cause and effect more in the discussion "God's Laws - The Law of Cause and Effect"), and instead want to manipulate their free will, I've now broken a law in my love of my child. Can you see there are a lot of fine points in this?

2.1.2. Example two: a husband who makes a mess of the house

Jesus:

So what we'll do to enable another person's free will is firstly we won't attempt to curtail their free will and secondly we'll always try to help them to express their free will. So in a relationship for example, if you know your husband or wife is stopping doing something they want to do because you want them to

stop doing it, you are straight away out of harmony with the Law of Free Will. And that applies to any situation in a relationship.

Now that's a fairly big ask, isn't it? How many times do we get upset with our partner for not doing exactly what we wanted them to do? So for example; we are the woman and our partner is the male, we go away for a weekend and our partner decides to get takeouts for the whole weekend, and he just leaves all the stuff all over the place. And then on Sunday night we come home from a lovely weekend away and there's mess everywhere. And he's just sitting in front of the telly drinking his beer and eating the last of the Chinese that he just polished off.

Now that's his free will in action. I'm not agreeing with his free will, I'm just agreeing with his right to express it like that. He is allowed to express that. Now your free will is that you don't have to tidy it up if you're the woman coming home but you certainly may want to deal with some issues about his lack of love for you in the process. But you wouldn't be trying to force him not to do things that he's already chosen to do, and you wouldn't even get upset with him doing it if you're in a space of love. Mind you, you might not stick around for very long if he continued doing it, and we'll talk about your own self love as a part of that process in the discussion "God's Laws - Laws Governing Love of Self". But it's an expression of his free will and he's allowed to do this.

2.1.3. Example three: a soldier murdering a child

Jesus:

Let's take it even further. Let's say you lived in a war-torn country and some soldiers came into your house, took your children away and shot them. That's their free will in action and you would not curtail their free will if you applied this law. Now that's a pretty big ask, isn't it?

Participant:

Are there any exceptions?

Jesus:

No! Why would there be any exceptions?

Participant:

Wouldn't it be your free will to protect your children in this case?

Jesus:

Of course but you'd be breaking a law by harming their free will, so what do you do? Can you see how love in action is very, very different to love in speak? We talk about it but it's very different to our actions.

Participant:

AJ, in that situation could you not plead with them to change their minds?

Jesus:

Certainly that would be appropriate. It would be appropriate to plead with them to change their minds but it wouldn't be appropriate to get out a knife or a gun and shoot them to prevent them from doing it because you'll be breaking their free will. When I say things like that, most people would feel that's pretty hard to put into practice but this is the truth of what I'm talking to you about. Now if you really trusted God and you really trusted all of God's Laws you would have very little fear about the event. Why is that? Because in the end you'd know that there is no such thing as death and your children would have experienced very little pain in dying in the case that I've given you. And so you would get to the point where you would actually feel compassion for the people who are doing it, but that is going to require a lot of love from you and a lot of practicing forgiveness and those kinds of qualities.

Now that's how far God takes free will because some of God's children die because of the free will being exercised by others of God's children. God feels the same about that just like you would if one of your children attacked another of your children; God feels even more loving than you do about that situation. And that's how far God wants us to take this Law of Free Will and practice it. Can you see that if everyone did it, we would have a utopian existence on this planet, wouldn't we? If everyone did it that would mean that the man who came in to murder the children wouldn't be able to murder them either. He wouldn't even be able to walk in the door without knocking first and asking to come in. If he was practising it and if everybody on the planet practiced it then there would be utopia on this earth in terms of a peaceful relationship between every country and every individual, just with the Law of Free Will and nothing else. That's how powerful the law is if it's actually practiced. But unfortunately it requires, on the earth, a group of people practicing it first and that's where most of us come unstuck because we want justice. So in the situation we have talked about just now, most of us would want justice, we would want to go into their house and kill their children and see how they feel about that perhaps; that's what happens in war in the end. And it's all because we don't respect each other's free will. If I respect your free will completely, I will do so even if you kill me. So that's a fairly big ask but this is one of the laws of loving others.

That also means that I wouldn't be projecting anger or rage at another person for anything that they had done because if I'm in a state where I respect their free will, I would respect the fact that they are allowed to do that whatever they have done. I need to own my emotions. I don't have to be around them of course but if I own my own emotions and feel all of my own emotions, I won't even have the feeling of rage towards them; I feel a feeling of forgiveness. Forgiveness is a very powerful emotion.

Have you heard of that man in Hawaii, Dr Hew Len? He was forgiving patients in the psychiatry ward and actually unbeknown to him he was actually forgiving spirits with these patients. And just the act of forgiving these spirits who were driving the patient to do things that were evil in nature, which he was doing even unknowingly, caused the spirits and the patient to disconnect from each other and the spirits to be able to move on. So the patient could move on and in fact he cleared out most of the wards from their patients, just by the act of forgiving. The process is actually clearing your own thoughts, in other words it starts from your own thoughts and then forgiving the thing within yourself. When we talk about forgiveness, which is another discussion, we'll talk about that principle.

2.2. It is loving to allow, but not support, a person who uses their free will unlovingly

Jesus:

But if we talk about it from a purely sort of action point of view here, the Law of Free Will is a very, very powerful law in that it allows you to act in harmony with everyone else's free will around you; in fact you will enable everyone's free will. The only time when you will not actively support their free will is when they are doing things that harm other people's free will. So let's say Ken decided to harm Hiroko, what I would do? I wouldn't support your harming of Hiroko, I would support your right to harm her if that's what you want to do but I would plead with you to not do it. Because I also support her right to have her free will. So that's why it's appropriate to plead with the person who's harming or wanting to kill our children for example. It's rare that it actually has any effect on the person if they're in a terrible condition but there are results to that in terms of the Law of Compensation for that person. And when we understand the law, even the Law of Compensation, we'll start to see in fact that everything that God does is perfectly organised to correct that person who's harming another's free will. And I would do whatever I can to assist that process.

So can you see how the love of others here is influenced? You think of all the times in the past where you have tried to manipulate somebody else's free will; you knew they didn't want to do something and yet you got them to do it through coercion, for example through punishment or withdrawal of love if it's a child. Every time we did that, we actually broke a law of love.

Participant:

Is it breaking a law of love to do things short of harming a person? Say in a hostage situation, trying to get people out? Because I'm struggling with this. A hostage situation where somebody was able to distract the people's attention away or even manipulate them in a way that allowed other people to get out short of shooting them or harming them. I understand that's breaking a law but I'm thinking of situations where somebody is impacting

on other people's free will where pleading may not change the situation but there may be ways that you can assist people to get out or to change that action that's impacting on their free will.

Jesus:

Certainly, let me give you an example of that. In the book "Through the Mists", the way that Aphraar (or Frederick as he was known when he was on earth) entered the spirit world, was that he developed in himself his desire to help others so much that when he saw a galloping horse and carriage going to run over a child, he ran and without thinking about it picked up the child to get it out of harm's way. So that was certainly an act where he exercised his free will in harmony with love. They both died. He died as well as the child and they both arrived in the spirit world in fairly good condition; he because the last act of his life was actually trying to save another person.

But you wouldn't try to save another person by breaking a law of God. He didn't try to save the person by breaking a law of God. He just, without thought, wanted to get the person out of harm's way. He didn't try to put himself in harm's way; he didn't even think about it, he just felt this feeling of love which motivated him to do what he did. And certainly we can do that at anytime. The key is to feel your emotions in each case and feel whether your emotions are driven by fear or by love. Remember every time they are driven by fear, there's an emotion inside of you that's disharmonious with love. So if I'm driven by fear, for example one fear is that in a hostage situation we'll all die and we've got to get out, then obviously I'm now out of harmony with love anyway. If I'm driven by love then it's a different matter altogether.

The key is that if love becomes such a close part into your heart, you won't even need to make a decision in the situation; you will just automatically be drawn into action based on love. Just like Aphraar was automatically drawn into the action of saving the child without thinking. That's how we will be.

You hear a lot of things, like a person walking down the street and then somebody mugging them or somebody beating them. And nobody ever steps in, they will just watch. Well would that be loving? Would it be loving to say, "That's their free will, that's their Law of Attraction. I'll sit back and watch." Because it's not validating the free will of the person being harmed, is it? So I would certainly go up and muddy my nose in the situation, even if it meant the person actually started attacking me. I wouldn't try to defend myself or defend the person but I would certainly go up to them and try to appeal to them in some way to stop what they're doing. Of course if everyone practiced it, none of those events would ever occur, so that's the other consideration we need to make.

2.3. *Emotions that drive us to break the Law of Free Will*

Jesus:

So can you see how the Law of Free Will affects our relationships? So in your love of others ask yourself the question, “Do I enable their free will or am I actually trying to curtail their free will or control their free will? Am I trying to manipulate them because of a fear that I have or because of some emotions that I’m denying within myself?” Ask yourself those questions and if you ask yourself those questions the emotions that drive you to not respect another person’s free will, will be exposed. Now what might some of those emotions be? What would some of the emotions be that you would have inside of yourself that would cause you to not to respect another person’s free will? For example if you’re a parent what would one of the feelings be inside of you if the child has a dirty room? What is the emotion that would want to make the child clean the room, what would that be?

Participant:

The emotion within me as a parent is I just feel really dirty and unclean, because I just went through this whole experience with my eldest daughter.

Jesus:

Did you feel you were a bad mum as well? For example when visitors come?

Participant:

No I knew it was my emotion and I just felt like I wanted it to be clean so that I would feel better myself, so that I would feel clean. And I realised it was just an issue of no self love and no self worth that I had that my daughter was showing me.

Jesus:

So you connected with some unworthy emotions inside of yourself?

Participant:

Yes and it didn’t help, she didn’t clean her room. It took about six weeks and it was building up and building up and I felt a lot of sorrow and grief.

Jesus:

So did she get to a point where she cleaned it by herself?

Participant:

I gently encouraged her to and I offered to help her a little bit. She did clean it, but I still had to encourage her. Although I wasn’t angry; it was more just encouragement.

2.3.1. *An example of an untidy house guest*

Jesus:

Can I illustrate something that I've done with a person with this issue? There was a friend of mine who never washed very often and he never used any deodorant or anything like that either. He never really washed his clothes very often either so when you went up to him he smelt of bad odour quite a lot. So you go up to him and you go to hug him and the smell is just so powerful it brings tears to your eyes. And so it was very hard to have an expression of love towards him. He would stay at somebody's house or my house sometimes when he was travelling from overseas and the room would always be a mess; you would open the door and there would be all of his clothes strewn over the floor. And the bed would be really untidy and when you walked into the room it smelt really bad with all the bad odour.

Now most people would not know what to do under those circumstances; "Do we put up with him staying for another week or do ask him to move? What do we do? This is really uncomfortable." I realised the big problem that he was having was this personal issue of love of self. Because if you don't love yourself, you don't care about what you smell like you don't care about what you eat, you don't care about your environment, you don't care about your room, you don't care about your clothes. So we sat down and had a discussion about how much he felt unworthy and unworthy to love himself, how much lack of love of self he had. For the next two days, in between occasional eating, he cried about it and then the day after that he just went and just cleaned his room, he got all of his clothes put them in disinfectant and put them in the washing machine and got rid of all the bad odour smells. And then he went and bought some deodorant that was actually good for his body, not the aluminium spray things but the actual stuff that doesn't harm you, and started using it straight away. The transformation was amazing after he had a good cry about how unworthy and how bad he felt about himself.

He realised in the end that he was using it to keep people away from him; that he was actually using it to prevent closeness because he felt he was too unworthy to have people close to him. And the best way to prevent closeness without saying a word would be to smell bad so that nobody wants to come near you. That's the emotion that he eventually worked through. But in the end we could have actually harmed his free will. We could have said, "You're not staying here another day until you clean up this room." That's one thing we could have done, and we might have felt justified in doing that. We could have said, "I'm never giving you a hug again. You just smell too bad to hug." We could have done that too. But notice if we'd have done that it would never have addressed the emotion and it also would have been harming his free will, which also meant that my own soul condition would have degraded. But we had to be brave enough to say the truth to him.

Participant:

I know you said you had to be brave enough to tell the truth, but how did you actually start the conversation off?

Jesus:

I just said to him, “One thing that I’ve noticed is that you don’t have very much love of yourself.” And he goes, “Oh okay.” And I said, “Can I tell you why, or how I’ve noticed that?” And then I listed all of the things; and I was very specific about how bad he smelt and about how bad his clothes smelt and about how untidy his room was. And then I focussed him back on the fact that it wasn’t anything to do with that but it was to do with his love of self. If you’re loving with others you’ll actually help other people address the cause; you won’t ever deal with the effects (and we’ll talk about the Law of Cause and Effect in a minute). So this applies with your own interaction with a child who’s got an untidy room; dealing with the effect is the untidy room, dealing with the cause is addressing why this person has an untidy room; what is the underlying emotional condition or reason why this person acts in the manner they do? And you will help them find that emotion if you love them.

Participant:

Are there any times when treating the effect rather than the cause can help the cause?

Jesus:

No, never. And God never, ever, ever addresses the effect of issues and we’ll talk about that in a minute when we deal with the law itself.

So getting back to free will, we are often very tempted to harm other people’s free will in our interactions with them and most of us even have no consideration that we’re doing it many times. If you allow yourself to analyse your life a bit, you will actually see a whole group of emotions in you that cause you to do it. Now it even gets so fine as to do this – let’s say you feel anger inside of yourself whenever a person does something that you don’t like, but you never express it and you never yell at them. You might withdraw from them a little but the other person, from an intellectual perspective, knows nothing at all that you feel the way you feel. Now if they were sensitive at a soul level they would feel this bombardment of anger and rage from you and if they are sensitive at the soul level, they will actually change what they do. Now this is how many parents control children unknowingly. By actually feeling this anger and rage coming up inside of you, a very, very sensitive child will automatically change their behaviour, even though you have not expressed verbally any of that anger or rage that’s inside of you. They will automatically change their behaviour and you are curtailing their free will. That’s the whole purpose of anger and rage in fact. Isn’t the purpose of anger and rage a way to get away from or to control the other person to give you back what you want from them? It’s all to do with what you’re expecting.

So can you see that there are a lot of examples? I've listed some examples in the seminar outline. For example with our friends, "I feel lonely or sick or desperate so I need my friend to come to me. It doesn't matter what my friend's doing in their life, they've got to come to me. If they don't come to me, they're not my friend any more." And that is not respecting the other person's free will. There are so many things we do like that in our day to day situations and we need to bear in mind what is actually happening.

3. The Law of Passion and Desire

Jesus:

Right so what's the next Law? The Law of Passion and Desire.

Now this is linked to the Law of Free Will; I am allowed to desire or want anything I want and in fact when I do have this desire it instantly creates everything around me. If my desire is disharmonious with love, it will create a heap of disharmonious results of which I will feel the painful experience. If my desire is harmonious with love it will create a heap of harmonious results. With this creation of mine my heart will leap with joy. Every single one of you and me of course, needs to learn how to practice the Law of Desire, to learn how to live in our desires and passions.

So what do we do here in our relationship with others? We enable other people to live in their passions and desires. So imagine I am now a parent again and I've got my teenage son. I want my teenage son to go to university, but my teenage son wants to drive around in a car for two or three years and surf. What will I do? If I obey the Law of Desire and the Law of Free Will, I will actually enable him to do that; he's not harming himself or anyone else, is he? Well we'll often think he's harming himself, that he's got no other time to go to university, "What's he going to do with the rest of his life?" And what are we all expressing? We are expressing all of our fears, so we're imposing all of our fears upon him. And what do you think he's going to do with his desire? It gets shut down.

Now how many of you when you're asked what your passions and desires are, you don't even know them yet? Why? Because when we were little this happened to us; we were shut down by our environment and our upbringing so that now we have no idea what we really want at all. And it's such a sad thing because the Law of Desire is about creation. Everything around you gets created by what you are passionately desiring.

LAW OF DESIRE
CREATION

I had this experience overseas where I was living with a family for a couple of days. It's interesting travelling around and staying with people because often what happens is that we have interactions and they start learning the principles of Divine Truth in practice. What happened was the daughter, I think she was about twelve at the time, wanted to have a horse. She lives in the middle of Dallas, Texas, but the girl wanted to have a horse. She exercised her desire and she longed for this horse, and she found a friend whose parents had horse stables. So she went along to that and groomed the horses every weekend. She wanted somebody to give her a horse, she'd pester her dad to give her a horse and he'd say, "No, no you're not having a horse, we've got to buy food for it, we've got to do this for it or buy that for it." Anyway she was given a horse and the people who she was working for wanted her to actually keep the horse there. All she had to do was earn enough money to actually pay for its food. So she went to her mum and dad for approval and they told her she couldn't have it and yet her Law of Desire, her creation, was that she'd already created that, she'd got it. And yet the whole process got shut down because of the fears of the parents about what the situation might create.

3.1. Love enables others' desires and passions

Jesus:

So it's really interesting what happens with this Law of Desire if we don't enable it in other people - particularly in our children - but in everyone around us. Every time you try to stop somebody from doing what they really want, you are breaking the law. So that means that every time your child has been suppressed a little with their desires, you've broken the law. Every time your partner wanted to play golf and you didn't want him to go, you suppressed his desire and broke the law. Every time your wife wanted to go off for a little holiday for a couple of days and you wanted her to stay home and look after you, you broke the law. You could actually enable the desire of your partner or your children or in fact your friends or anyone around you. And the opposite is also true; when you realise the person is not acting in harmony with their true desire, you will actually talk to them about it and if they are doing something for you, you would actually refuse to accept it.

3.1.1. An example of paying for dinner at a restaurant

Jesus:

I'll give you another example. I went out to dinner with three women and myself. This was overseas again and I had paid for the previous two or three meals in a row where we'd all gone out together. The feeling in all of the women that were with me was that one of them had to pay for the meal. So one of them nominated she was going to pay for the meal and I said, "No I'm sorry but I'm going to pay for the meal," and I got up there and then paid for the meal; I didn't ask for her approval. Then I came back and sat down and she was very angry with me and said, "Why did you do that? Didn't you

just harm my free will?" I said, "I'm sorry, I didn't just harm your free will actually, your free will was that you didn't want to pay for the meal. The feeling I got from you and everyone else here was that none of you wanted to pay for the meal that's why none of you got up and did it. The only person who actually wanted to do it was myself so I got up and did it. So I didn't harm your free will at all."

You see free will happens at the soul level, or the emotional level, not with what you think.

SOUL

Often we think we want to do something when really we don't want to. How many times have you sat down with a group of people who have invited you out to dinner and then you realise three quarters of the way through the meal that they actually invited you but you're going to have to pay for yourself because none of them want to exercise their free will to give you the gift of paying for your meal? Has that ever happened to you when you've gone out? You often see these couples go out and one couple pays for one half and the other couple pays for their half, but how much of it is because of their fears? No one wants to desire to actually do something as a gift for someone else. Often that happens.

All desire and free will, and all of these other things that I'm talking about, they all operate at the soul level; that is why they affect your soul condition. Remember we've talked a lot about soul condition. Your soul condition is what attracts everything, so when you break this Law of Desire and Law of Free Will it affects your own soul condition. When you live by them, it actually enables everyone around you and your own soul condition to grow. That's the beauty of it.

So if you're out for a meal and you're afraid to pay, what's the best the thing for you to do? Exercise the desire and pay and let this emotion of the lack of abundance be triggered in you. Just do it. You will find the desire and free will will release that emotion and 'bang' all of a sudden you'll start having some abundance. And you'll be able to do it more often. Everything operates upon the soul so that's the Law of Desire.

You notice some other examples I've given there of our children not wanting to do what we want them to do for us.

Participant:

I would just like to ask the question about when people constantly like to give but sometimes just can't receive. So they feel the need to be able to give because that's where they're at?

Jesus:

Their action is quite selfish actually. The reason why they're giving is that they want to get an emotion in return and so their motive for giving if they can't receive is actually quite distorted. It's not a loving motive and they need to have a look at that. We'll talk about that when we talk about the Laws of Natural Love. There's a section in there that covers that particular scenario, where a person is always giving but it's not coming from a sincere desire or a passion, it's actually coming from an emotional injury of what they get in return when they do give. So that is certainly not loving.

3.1.2. *Enabling desire in a relationship***Participant:**

If there's a partner who desires to follow his or her dream, would supporting or encouraging your partner be loving?

Jesus:

Certainly, unless you're suppressing your own desires in order to do it. So if Mary wants to do something I will totally support her desire to do it. However, if what she wants to do means that I've got to suppress my own desire in order to please her, then I wouldn't be able to do that. And that's why we have the next talk on "God's Laws - Laws Governing Love of Self", because that's about the love of self issue.

In fact what happens with all of these laws is that you will have the exact balance; that you treat the other person in the exact manner you wish to be treated yourself. And I called this the "Golden Rule" in the first century. You have balance if you treat other people in the way you wish to be treated; not the way you get treated. Quite often we get treated in a certain way, but it's the way we wish to be treated ourselves that is loving. So just like you wish to have your own desires fulfilled, you would also wish for your partner to have all of their own desires fulfilled. Now a lot of people worry about that because if the two desires are totally opposite to each other they will grow apart. Well if they grow apart then it's highly unlikely they are soulmates in doing what they desire because when you do what you desire generally what happens is that soulmates get drawn together. As long as they deal with their emotional injuries in the process, they feel drawn together by their desire, not pulled apart by their desire.

Another truth is that if everyone is loving in a relationship, you can't be pulled apart by one of you exercising desire. And when I say exercise a desire, I mean by exercising a desire in a pure manner you can't ever be pulled apart in terms of being unloving with somebody. What I mean by that is: let's say that one of the partners realises that they don't desire the person they're with anymore, that they actually desire Joe Bloggs down the road; that's who they desire to live with from now on. Now that's a pretty hard situation in which to enable

their desire, isn't it? You might love them and yet the loving thing to do would be to actually enable their desire.

Now it would be unloving for them to go and have an affair and not tell you; certainly that would be an unloving act. But even then they have the free will to do that and if I'm angry about that, I've got some emotions to deal with. But if they come and say, "The truth is I don't love you anymore and the truth is I feel like I'm falling in love with this person here," you would actually enable their desire. That's pretty confronting, isn't it? Instead of spitting and complaining and going and having sessions with girlfriends and boyfriends where we complain about our partner and so forth, we will actually enable their desire because love will do that. And love would also, if I were humble, deal with all of the emotions which that creates in me, like being rejected and not wanted anymore, and all of these other feelings that I need to deal with in order to be loving to the person.

Participant:

I've had this situation where the person I am around is the giver constantly. They hate receiving and I go, "Damn it, you're going to receive," and I push it on them. I can feel the imposition of it and I don't know what I'm really doing.

Jesus:

No that's out of harmony with love too. If the person doesn't want to receive the best thing to do would be firstly talk to them about why they don't wish to receive, and whether they want to confront the emotion. If they do then you might enter into some giving and seeing how they go confronting the emotion. But you wouldn't force them into receiving.

Participant:

Yes and I feel it's a cop-out and I feel this need to force this on this person.

Jesus:

Well yes it is a cop-out on their behalf but why do you feel you can control their cop-out? That's the issue you have, so the key is to work your way through that issue but it's a good point.

Alright, so does everyone understand how the Law of Desire works in our relationships? We enable the desires in others and we let them do what they desire. In fact we encourage them to do what they desire. "If you really desire it please do it. If you really desire to leave me and go with that man, go for it. I'm going to own all my emotions about that." It's fairly hard in some situations to do, owning the emotions. But remember there are emotions in you that if you're acting angrily or whatever that would be being suppressed by you in that situation.

4. The Law of Cause and Effect

Jesus:

Right what law is next? The Law of Cause and Effect.

This is basically the law of, “What you sow you reap”. In other words everything that you create has a cause within your own soul condition that created it. And any action you take has a cause within itself, and that action will actually create other effects even. Can you see how that works? That’s a pretty basic explanation, but we will talk about it in more detail in the talk “God’s Laws - The Law of Cause and Effect”.

4.1. Love helps others find the cause of events, and not deal with the effects

Jesus:

So how does this affect our love relationships? You see if I understand that everything that happens to another person or every effect of their life is driven by some cause within themselves, then what will I help them address? The cause; I won’t help them address the effect. In fact it would be highly unloving for me to help them address the effect because if I address the effect then I’m not actually helping them deal with the cause. The cause is still in them and it’s going to create the effect again and again and again and again and I’m going to be bailing them out each time because they are not dealing with the cause.

So this happens a lot with our friendships and our family relationships, and even our partnerships generally. We are often trying to bail out our partner or bail out particularly our children; where we are bailing them out of the effects of their life rather than dealing with the underlying causes.

4.1.1. An example of a daughter splitting up with her boyfriend

Participant:

I’ve got a 17 year old daughter who finished a relationship with her boyfriend. When she was bawling her head off, what I automatically did when she was crying was say, “You’ll be alright.” But should I leave her to start dealing with the cause? Because otherwise I don’t know how I can just withdraw and say, “You cry over there,” when I love my daughter.

Jesus:

You’re asking what’s the loving way in which to enact this law? It’s highly appropriate to hug a person while they’re crying if the person is owning their causal emotion; it’s highly inappropriate to hug while they’re crying while they’re projecting an emotion of self denial or self deception upon you. So what are you feeling from them; are they actually owning the emotion? This

is where you need to be sensitive to your own feelings. Are they actually owning their emotion or are they actually denying an emotion? It's obviously going to be very difficult, if you're denying your emotions, to actually understand as to whether they are denying their emotions or not, and this is why it's so important to work through your own emotional issues first when you're helping others.

However in the example you gave, your daughter's crying about her boyfriend and the break-up, is that the causal emotion? No. It's not the causal emotion. Why isn't it the causal emotion? The causal emotion is probably an emotion about being rejected or something like that. If she had a good sense of self worth she would be enabling her boyfriend's desire to go off with somebody else. So therefore she is actually crying about something, but she's not connecting with the causal emotion. So let her cry for however long she wants to cry. She might want to cry for two days, so let her cry for two days, give her the hug she needs but also say to her at some point, "What you're actually crying about isn't the real problem and I'd be happy to talk to you about the real problem when you're ready."

Now if she continued crying for another month about this problem, would you now cook for her, clean for her, wash her clothes, get her off to school, get her off to university if she's going to university, if you're addressing the cause? Most of us would be tempted to do that saying, "She's really upset and I need to do that". I would not do that. What I would say to her is, "You are not actually addressing the cause and I'm not going to help you address the effect. I'm perfectly happy for you to address the effect yourself if that's what you want but I'm not going to make changes to my life to help you address the effect because it's totally out of harmony with love of myself. I can only love myself in this situation if I help you address the cause."

I'm not saying don't hug her, but if you're hugging her for a month and you're only dealing with effects, then you're actually enabling her to stay where she is. This happens all the time. How many times has one of you had a friend who's maybe been abused by their husband and yet they stay in that situation for years? And you are the one they call every time a big blow up occurs? It's very damaging for you to support that all the time because they are not addressing the cause; they don't want to address the cause. The cause is their lack of self love. They need to look at that cause and if you help them address the effect you're not helping them address the cause, which is very damaging to them.

All of man's laws are mostly about effects, aren't they? We get these law bibles, but no lawyer has ever read them because they read them by case history, or applied to each case, but no one really knows what the whole lot of them say because they are made by a large group of people. There are literally rows and rows and rows of taxation law, common law, and all these different laws. This

country has this group of laws and I have no idea of what they are, and I don't feel that many of you would know what they are either. And so what are those laws mostly created to do? They are mostly created to deal with the effect, so they are totally useless. Understand from God's point of view anything that's from effect is totally useless.

Participant:

Can you go through a causal emotion without actually knowing it, unconsciously?

Jesus:

You can process many emotions without really understanding that you've just processed an emotion. You see the key is when you process causal emotions, your life changes automatically without you having to try to do anything different. So that's often what happens; you feel the need to change your life and you do it. But it's not something you have to write down, it's not like affirmations like, "I must lose weight. I must lose weight." That kind of thing is not dealing with the cause; that's dealing with the effect. An affirmation doesn't affect causal issues but when you allow yourself to deal with causes, sometimes the causal has been dealt with and you didn't realise it's been dealt with and now your actions have changed. And you don't really know why but it's great when it happens. You will at some point in your own soul development know what's actually happening in each case.

4.1.2. *Consequences of breaking the Law of Cause and Effect in our relationships with others*

Jesus:

Now what happens when we break this law in our relationships? Well if you look at the list I've given you in the seminar outline, you'll notice one of the results is that we end up doing things for other people so much that we become tired and exhausted; depleted emotionally and depleted spiritually and depleted energetically. So if that's what's happening in your life, you're getting tired and exhausted by helping somebody or helping somebody else or other people, then you are not helping other people deal with the causes of their problems. You are actually addressing their effects of their problems and that is a very tiring and thankless proposition, which is the penalty for not addressing the cause.

So the penalty for not addressing causal issues in other people in terms of the effect on your soul is that you will actually finish up feeling tired and depleted and exhausted, and you'll probably get physically sick as well. It's been a major problem for me in my life because I used to get sick once a month every month on the average for a week; that happened for nearly fifteen years of my life from the time I was twenty until I was thirty three. The instant I stopped doing it, I didn't get sick for seven years; that's how different it was for my

body just by trying to fix the effects of problems all around me, rather than addressing the causes. So it's very powerful when you change that for yourself.

Notice also in the list in the seminar outline, we have the effect that others we want to help or seem to help never change. So how many of you have had this kind of friend for twenty years or so where twenty years ago they had this problem and they still have this same problem today and we're still helping them out in the same way we did twenty years ago? That's a fair indication to us that we're not dealing with the cause. Most of the time we don't deal with the cause because we're afraid, for example, we're afraid that we're going to lose a friendship.

So an example of that: let's say I've got a very strained relationship with my parents. If I deal with the effect, whenever I'm with my parents, I'll just make it easy for them by dodging this emotion inside of myself and dodging that emotion inside of myself, not bringing up anything and what I'll do is not address anything with my parents directly. Why? Because I'm afraid that if I address them directly and actually tell them how I really feel about this situation, they are going to hate my guts and not give me the love that I'm seeking from them. But the truth is that if I were dealing with the cause, I would actually want to deal with the cause within them that causes them to not love me, and the only thing we can do is me telling the truth about the cause within me, about how I feel.

Participant:

My cousin is like the example you gave of the friend who doesn't change for twenty years. So does that mean she's actually giving me permission to say, "Well actually this is what I think," or are you breaking the Law of Free Will by saying what the causes are?

Jesus:

Most of the time, people who are doing this are just using you to escape their own emotions and whether they want you to or not, you're allowed to say that you are not going to do it anymore because of your own free will. And when you do that it will certainly trigger whatever that emotion is that they are trying to get from you. So my suggestion is to be very firm about what you feel and when you do that you'll even do it in a loving way. You'll say, "I just can't do this anymore with you because I'm not loving myself doing this when I'm with you and I can't not love myself anymore. We've been in this cycle for twenty years, and I don't want to continue this cycle another day. I'm not going to do this another day with you. Now if that means losing our friendship if that's what you want then I'm going to lose your friendship; that's the way it's going to be. But unfortunately, or fortunately for me, I am not going to do this unloving thing to you anymore or this unloving thing to myself." You see you're being unloving to them as well as yourself by just addressing the effect.

In fact what you are often doing when you're address the effect is you're enabling their own unloving conduct, you're actually helping them.

4.1.3. An example of a father buying a car for his son

Jesus:

You'll understand it when we use an example of a teenage child. Let's say dad bought a teenager a new car, paid for the insurance, pays for the tyres, pays for everything, he gets in the car with a few mates, off he goes and then dad finds out he's being doing burns around the main highway. This happens a lot in the country still. He's ripped up half the tyres and now he wants new tyres. Dad says, "Alright I'll buy you new tyres," so he buys him new tyres. So what does the son do again with those tyres? He does it again then his dad buys him new tyres. What's dad doing? He's just feeding the issue. This is what we're often doing with others; we're actually feeding or enabling their unlovingness towards themselves or others, we're often doing that and we often continue doing that for years and years and years without saying anything because we're too afraid to say anything.

Participant:

So should we actually say something as well?

Jesus:

Always! But work through your own emotions first. If you're not saying something in that situation, you do not love yourself and we'll talk about more in "God's Laws - Laws Governing Love of Self".

4.1.4. An example of a child taking drugs

Jesus:

I've got another good example in the seminar outlines I'd just like to read it out. If a child is taking drugs we would firstly address the emotions within ourselves about low self worth that have been passed down to the child. In other words we would first look at our own feelings of self worth or how we have treated the child for them to have such terrible self worth and we'd work through all those emotions. Secondly we would talk to the child about the emotions we have just worked through. So we're not telling the child, "You've got this emotion, you've got that emotion." What we're doing instead is we're saying, "I've got this emotion, I've got that emotion and I can see that all of these emotions in me have created this in you."

Then we would never intervene with the effects happening within the child unless they were willing to address the cause. So the child gets picked up for drug selling, gets taken to court, gets put into jail for three months. Would you pay for his court fees? A lot of parents would but it wouldn't be loving because it would be addressing the effect. The child really needs to pay for the effect, not you. And dealing with the effect, bailing the child out, is actually an

unloving act unless the person truly desires to change. Can you see that all I'd be doing in that situation is enabling more drug taking behaviour if I did anything else other than those things?

And so often we get so embroiled in the situation that we don't look at the cause. It's a loving act for you to look at the causal emotion within another person and, in love, talk to them about what that causal emotion may be. It's a loving act to do that. It's not a loving act for you to actually talk about the effect and berate them for the effect they've created, and judge them for the effects that they've created in their life because of what they've done. That's not loving but it is often what we finish up doing rather than addressing the cause. There's a lot of love in addressing a cause, and if you can help any single person address just one emotional cause there's a beautiful effect for them in their life and also a very positive effect inside of you in your own soul as well.

4.1.5. An example of a mother daughter relationship

Participant:

AJ, my older daughter is 29, and she sometimes gets hysterical about things. I listen but I feel quite dumped on because I feel guilty that I haven't given her enough love in her life.

Jesus:

So she gets hysterical?

Participant:

Well, yeah.

Jesus:

She talks to you and you feel guilty?

Participant:

I kind of feed that because I feel guilty because I haven't given her enough in her life.

Jesus:

Every situation can't be said to be the same for every single person because there's different sets of emotions going on. So in some cases, and I'm not saying this is your situation now, I'm just talking about situations generally, if the daughter gets hysterical and you feel tired of listening to it then there's only two reasons why you feel tired. One is that you actually do feel like you are to blame and you're not allowing yourself to be repentant for that, in other words to feel the sorrow you feel about that, and you're trying to suppress that emotion. The other option is that her hysteria is trying to get an emotion from you and that you feel that you have to give it and in the process you feel depleted in your energy. Either way there is an emotion inside of yourself to deal with, with regards to the relationship. But can you see it might be different depending upon what's going on inside of yourself?

Participant:

Would addressing the cause be encouraging her to talk with me about how she feels about our relationship?

Jesus:

No, addressing the cause would firstly be you going away privately and working through your issues about what that felt like for you; working through repentance, remorse and about things you've done as a parent and so forth. That's firstly addressing the cause. When you do that then the second thing will start occurring. Nina you've had an experience of this with your daughter haven't you? Both of you have had that experience?

Participant:

On many occasions now. My daughter has been going through a very challenging time and I wanted to fix her I guess and I wanted to help her.

Jesus:

So you had all this projected emotion of fear towards her of trying to fix her and help her?

Participant:

I think it was also guilt. I related to what the other lady was saying and it got to a point where I had this feeling of, "Oh God I just don't want to fix her anymore. I just want to love her." I just wanted to love her, there was nothing that I wanted to do; I just wanted to love her in this way that I hadn't quite felt before. That happened to me on a Monday and I didn't express it to anyone but my daughter and I are very, very close and connected and she's incredibly intuitive. And she rang me up on the Wednesday and she said, "Mum what are you doing now?" because she knows I've been doing this type of work and she said, "What are you doing now? Are you praying for me or something?" And I said, "No love, I'm doing exactly the opposite - I've just completely given up." And I'd given her to God, which was really beautiful. And over the period of months that I've been doing this work on myself, I have felt a lot of repentance and our relationship is just blossoming and it's the most precious beautiful...

Jesus:

So what's happening is that it's drawing her to you and she is expressing herself automatically to you now because she hasn't got that huge projection coming from you that she has to anymore.

Participant:

Yeah, and I'm starting to feel she cares for me, which is something I've never felt from her before. It's just so precious. If I could, somehow convey for any parent to walk this road, because it's very, very special...

Jesus:

So does that give you an illustration? Oftentimes as parents, what we're trying to do is fix the child but actually we don't understand if we're trying to do that, that all the child's problems are the result of something that's inside of me that I need to fix. And when I fix that, the child will be drawn back to me and will also be drawn back into the relationship and become closer and closer in relationship. That will happen automatically if I deal with what's going on inside of me.

So in your case, Nina, there's a projection of harming her free will but she's allowed to choose what she wants to choose. There was also a projection in terms of your desire not matching her desire, and there's also a projection of not addressing the cause within yourself, which now you've started to address, you can see now the effects of that. And when you did all this automatically, when you let go of the whole process and then said, "I'm just going to love her no matter what goes on," she's not getting all those projections any more.

Participant:

That was the other really profound thing. She said that the reason that she was ringing me up and asking me what I was doing is that she has been suffering from anxiety and she said, "Mum for the last two days I've been feeling less anxious." So here's me thinking, "Oh, I'd like to help, I want to be there for her, I want to fix her," when I was just making her anxious, as well as myself.

Jesus:

Exactly, so your own anxiety was being projected on her, which was making her feel more anxious. And so it's very, very powerful when you actually change at the soul level what's going on towards the children.

4.1.6. *An example of receiving a gift***Participant:**

I was wondering what your suggestion would be if you're reliant on someone giving to you? I find a lot of the time an emotion will come up when confronting the person but I'm also afraid of projecting at them in that situation. So just say someone is giving a lot of things to you all the time and you can see that it's coming from some sort of erroneous place, but you're relying on that?

Jesus:

Then you are in disharmony with love. I would instantly say to them, "I'm sorry but I can see that you're giving it and it's not coming from love so I can't receive it, even though I need it."

Participant:

And so if there's a lot of anger tied in with that and you can't refrain from the person, it's like you have to run away before you even say anything?

Jesus:

If you're getting anger from the other person then address that too. "Why are you angry with me now for knocking back something that's a gift? If it were a gift you wouldn't be angry with me." That would actually confront the underlying emotion as to what you were feeling in the first place anyway. So the truth is that if somebody is giving something to you and you know they are not doing it out of love, they are doing it out of guilt or shame or whatever it is, you accepting it is actually breaking a law of love, whether you need that thing or not. And then the question you need to ask yourself is, "I'm obviously accepting it thinking I'm not going to get it from any other location so therefore my issue is lack of abundance; an emotion that I need to work through." So allow yourself to see that whenever you notice another person doing something that they don't really desire to do then you are actually harming them by accepting them doing it to you. If you address the issue then you'll find that everything will become more harmonious with love.

I can feel Mary's projecting at me about our own situation on this one. Do you want to say something about it?

Mary:

I was just marvelling at my soulmate because you actually really do this. When we first started a relationship it was really challenging for me because I had a lot of pleasing emotions, so I was doing a lot of things that I thought would be pleasing AJ. But because he was so sensitive he would be saying to me, "You don't actually want to do this. We're not doing this."

Jesus:

And what has that helped you do?

Mary:

Well, to look at what my own desires are, because I was someone who was completely out of touch with what my true passions and desires were. If it was in any way impinging on anyone else, or what I felt other people wanted, I wouldn't allow myself to do it.

Jesus:

You would automatically do what they wanted. And Mary was so sensitive that she could feel what I wanted and automatically try to do it and then I would feel, "She's trying to do it but she doesn't really want to." Yeah, so that just helps confront what was happening with the desire. So let yourself do that if somebody is trying to give something to you and you feel the desire to do it is not based on love. A lot of times, people will give to you because they want something from you. This happens to Mary and me quite often actually where

people do give us things but they want our time in return. So it's not a gift anymore, we have to pay for it. And so usually what we try to do is reject those kinds of transactions because obviously that's not a gift, that's an expectation, and that's not a loving thing even if we need the thing that we're being given.

4.1.7. An example of being attacked

Participant:

I had an experience in my sleep state last night and some people were telling me I wasn't allowed to talk to God. Now obviously that's a fear of mine that I'm not supposed to be talking to God but they kept on and on and I got very, very angry. I noticed there was a broomstick in the corner, and they wouldn't leave and they said, "We're not leaving until you say you're not going to talk to God anymore," so I started whacking them with this broomstick. Is that going to affect my soul condition by whacking these people? I felt that I was really being attacked.

Jesus:

So there are a few emotions for you to work through. When you're being attacked, the feeling of you being attacked, you wish to attack in return. So if you wish to attack in return when you're being attacked, then you need to look at the underlying emotion that's there; what's driving that? And often it's an emotion of feeling like not being listened to and not being heard sometimes, an emotion of feeling controlled and wanting to burst out of that control. And there are other types of emotions. Your better option would be to go into those emotions and feel them so that you don't feel like attacking the other person. And the irony is that when you deal with the causal emotion, you will be attacked less or not at all because the Law of Attraction changes and nobody feels they can attack you and get away with it. And so they no longer attack you as much.

So I've said to you in the past I've often had large groups of people who are attacking me, some being very threatening and some even threatening to kill me. And once I've dealt with my own emotions, they are still there and they still have the same anger towards me but they don't do that to me anymore just by my dealing with my own emotions that attracted that. We'll talk about the Law of Attraction in a minute as another law.

4.1.8. The cause of Jesus' crucifixion in the first century

Participant:

Why in the first century did you still get crucified?

Jesus:

I've answered that question before so I don't want to answer it again because it's in one of the DVDs. Basically it's about choices that I made that were caused by my desire to teach truth and the choices of other people that I

allowed to occur. So I made the choice of allowing them to occur. I could have got out of them but I allowed them to occur in an act of love to help them see what they were doing. And it involved many people. It involved many of our friends who were following me in terms of their real soul condition, what was going on inside of themselves, which I tried to address on many occasions, and it also involved the soul condition of the Pharisees and the soul condition of the Sanhedrin and the soul condition of certain Romans; Pilate and other Romans, and the soul condition of some of the soldiers who were people who I actually knew. So it involved quite a lot of different things and as a result of that I wanted to address all of those things emotionally with all of them.

Do you understand that? There are a lot of things that went on in my death in the first century that are not documented now, and there's this constant viewpoint that I died for the world in some way. The truth is that I made a lot of choices in a very short period of time. In a period of one or two hours, I made a lot of choices based around all of the different things that were going on and I based all of those choices that I made on my love for them. And the result was that I died. I knew that I would in making those choices because I knew their condition but I didn't see any other way to teach them the truth of love I was trying to teach them. We'll talk much more about that at another time perhaps when Mary and I answer some questions about our own life together.

Participant:

I was just feeling the effect of your loving decision at that time has been resonated over two thousand years and affected literally billions of people since that time.

Jesus:

Yes, and I had a sense that that would probably be the case too because by this stage I also had the sense of what you were doing when you were growing your own soul condition, you were creating universal spaces, you were creating new dimensions and so forth. I already had the experience of entering three or four of those so I understood the feelings involved and what changes would occur to the entire human race through the actions I was taking. So there were a lot of things that were factored into the decisions that I was making at the time.

5. The Law of Attraction

Jesus:

Alright what's the next one? Now we've talked a lot about the Law of Attraction, haven't we?

We've done a few presentations about it. Remember I said to you in the talk about the Law of Attraction that the Law of Attraction is God's messenger to you of what the truth is about your own soul condition? Because remember

the Law of Attraction works upon your soul condition, it works upon the real condition of your soul. So if that's the case then it is God's messenger of truth to you, through all the other laws in operation, of what the true condition of your soul is.

SOUL

Now if I'm living in harmony with this with my relationship with others what would I do with others? Firstly, if I'm attracting a series of events where other people are treating me in a hurtful manner, I will not blame all of them for their stupid and erroneous conditions, I will instead see that the Law of Attraction is based on my soul condition and I will focus on the emotions inside of myself that created this attraction.

5.1. An example of a cab driver being conned

Jesus:

Now Graham, you had a very good example of this last week with your cab fares. Do you just want to relate some of that?

Participant:

I'm a cab driver and I had two people con me into thinking that they were going to pay me. I've never had that happen in the two and a half years I've been cab driving.

Jesus:

And were they quite substantial fares?

Participant:

Yeah, one was a twenty dollar fare and the other was forty five. I felt they were coming back; that she would give me a ring and organise it and he would come back out again.

Jesus:

So it was a male and a female?

Participant:

Yes a male and a female. And I was really surprised with myself firstly that I hadn't seen it and secondly the fact that it happened two nights in a row. It had never happened before and it brought up all sorts of emotions with respect to trusting people.

Jesus:

So what triggered in you emotionally was this issue of trust of others, and you owned those emotions. So initially did you get angry with them?

Participant:

No I was just so amazed really that that I hadn't seen it. There was no anger - I was just stunned.

Jesus:

So you were amazed that your Law of Attraction had brought to you two events in a row that you had never had before, that all of a sudden you had an emotion that you had to work through about it.

Participant:

Yeah and the way the cab company organises things is that when somebody does a runner, the cab driver effectively has to pay the company their share of the fare.

Jesus:

Which feels really unfair doesn't it?

Participant:

Yeah and in the past I've actually brought it up with the general manager of the company and he was nice about it but said, "No this is the policy and we're going to stick with that." I've asked other cab drivers and they have said, "Oh we just do cashies because we get people offering to do cashies all the time, so we give them a bit of a discount."

Jesus:

Can we define a cashie? A cashie is when you do the fare but you don't declare it to the cab company and so they don't get their share.

Participant:

Yeah, that's it; it doesn't run through the computer system, it doesn't run on the meter. So the other cab driver said, "Just do a few cashies to make it up." But I've done it a couple of times and I've never felt comfortable doing that and so after the first con act I thought I'll see if I can organise some cashies.

Jesus:

Was the first one twenty dollars?

Participant:

The first one was twenty dollars. I thought I'd do the next cashie that came up if someone offered. And in fact I offered some people some cashies and that turned into a disaster, and then the very next night I had the forty five dollar one!

Jesus:

So notice the emotion not dealt with, the bigger the Law of Attraction event.

Participant:

Yeah, so that night it took me a few days because she promised to ring me and she gave me her address and her phone number. And so it took me a few days to figure out that she wasn't going to pay; that she'd given me a bogus address and a bogus phone number. So eventually it just was a sort of a feeling of relief

that came over me where I just went, “Okay, well the money is not important, I don’t feel like I need to get recompense on it,” and I’d felt like I’d worked through a whole lot of stuff on it. So I felt like, “Wow this has actually been a good thing for me.”

Jesus:

But you also worked through this issue with your bosses too, where you realised that there was this unfair feeling that had come up in you as well that you also had to deal with?

Participant:

Yeah, I’d emailed the General Manager about it so I tried to address the injustice but it couldn’t be addressed by pleading. So now it just feels like when anybody does that to me, that’s just my Law of Attraction and I’ll see what I feel. So I don’t feel like I have any need now to try to do cashies to make it up. And when I realised that I’d had that change in myself, it was just such a feeling of relief.

Jesus:

And there’s also an issue of trusting God here as well; you actually you came to trust God more that everything that was happening for you to deal with, emotions that would bring you closer to God as well.

Participant:

Yeah well I came to see those two events were very beneficial things to me.

Jesus:

So can you see how Graham owned his own Law of Attraction? Most of the time, we don’t own our own Law of Attraction. What we do generally is we blame everyone around us for our own Law of Attraction, so we get angry with them, upset with them, blame them, want to punish them want to make them pay and do all the other things that we do because of our own Law of Attraction. And that’s not a very fair thing for us to do but it’s actually what we do most of the time.

5.2. Love helps others to see the emotional cause of their Law of Attraction

Jesus:

So my suggestion is, look at the Law of Attraction and live in harmony with it. You notice some of the examples I’ve given in the seminar outline. Let’s say you have this huge desire to punish men because of all the hurt they’ve given you in their life. What that’s doing is that’s skipping over your own Law of Attraction in that actually there is some causal emotion in you that’s caused these men to do this that needs to be addressed. And while you harbour all this anger and resentment towards men, you’re not dealing with the underlying causal emotions that created the Law of Attraction.

So remember I've said to you very often, notice your Law of Attraction and if it's not changing, it means you're not addressing causal emotion. Also with your Law of Attraction notice other people's Law of Attraction and if you love them you would encourage them to see that it's actually an emotion in them that created the event. Now I've had this happen so many times. Most people would cringe at some of the discussions I've had with some people.

An example was that I was talking to a couple who lost their child. Their child died from an accident and I told them that it was their Law of Attraction. That's a pretty big thing to say to somebody whose grieving isn't it? But it's also the truth. There was a Law of Attraction of emotions in the parents. And we discussed those emotions and everything and they were open to that discussion and they could eventually see that it was their Law of Attraction that created the passing of their child and that there was some causal emotion in them that they needed to work through. Now the majority of people in that situation would have got very angry with me and I've had lots of people get angry with me about that situation in the past and that's my Law of Attraction. A fear of telling the truth no matter what the cost; you see in the first century the cost was my life so you think I'm a bit afraid of telling the truth sometimes? Yes I am and I've had to deal with that emotion. Mary gets afraid of me telling the truth sometimes because she had to deal with the emotion of losing her soulmate for thirty or forty years as a result of me being in truth so there's been emotions that we've had to work through.

Can you see that if we really love another person we will always tell them the truth about their Law of Attraction, even if in the end they don't love us anymore because we said that thing? So that requires courage to actually do that and a lot of love for people to be able to do that. So when things happen to people, encourage them to see that it's the Law of Attraction that's created that.

Participant:

I have a question about Graham and the taxi? At first I felt it was unfair and then I felt that the taxi company is just in a way allowing individuals to have their own Law of Attraction in terms of whether they get pay or with whether they don't. So what do you think?

Jesus:

Well, if it was me, and I'm not saying by the way that Graham needs to do this, but if it was me I would address the issue with the company. It doesn't worry me what policy they decide to continue to do with the other drivers, but if they decide to continue the same policy with me, because I'm an honest man, I would I tell them, "Someone has reneged on a fare and I didn't get paid. That's very unfair and we should share in the loss because we share in the gain." And I would say to them that if they are not going to do that then I wasn't going to work for them anymore. So I'd be prepared to lose my job over

the issue and then deal with all that emotion as well that it brings up in me, like lack of abundance and whatever else.

5.3. An example of a scientist changing her job

Jesus:

Is Luli here today? Louise Faber is one of the girls who comes along to our group and she has done this in her job recently. She's a doctor of neuroscience and what she had been doing was being very involved in experimenting on animals for neuroscientific research and that's the only thing that the organisation she works for does. It's a governmental organisation I think. So what she realised was that she felt she was out of harmony with love, so she trotted off to the director of the organisation and said she can't do this job anymore and that she's going to have to leave because she couldn't work on animals anymore. They thought about it for a day or so and then got her back in and said, "We're going to create a new position for you, we're going to create a position where you don't have to work on animals." But the new position was that she had to get funding and had to prepare papers of research justifying the use of animals. So she goes away and feels all about that again and then she trots back up to the director and says, "You know this new position you've created for me? Well I can't do that position either and the reasons why I can't do that position is that I'd be actually supporting others doing this damage that I don't want to do to animals."

She fully expected again to lose her job and have to go somewhere else. Anyway she goes off and they invite her back up again and they've created a new position for her. This new position is the investigation into neuroscientific research and spirituality, which is right up her alley! So isn't that wonderful? Her confronting the emotions, and I must say she did a lot of emotional processing in between each phase of working through issues of lack of abundance, working through why she was compromising to get this money and all of these kinds of other things, working through all of that and then in the end she got to this point where she was actually offered her dream job. And she can see now also, by following through with all the truth, that it exposed to her what her passion was, which is a combination of neuroscientific research with emotional and spiritual development and linking the two together. You think how powerful that's going to be for the future, having some really strong evidence presented to the scientific world that there is a relationship between those things and that's her passion. That's a very good example I thought.

5.4. *Emotions about abundance*

Participant:

This is to do with Graham's story, something that's been going on inside me for years. If I were to add up all the money that I've handed out and never had back... In the past I've not been anxious or worried because I know what goes out comes back.

Jesus:

Can I just address that emotion? You don't know that because otherwise you wouldn't be talking about it right now, but let's keep going.

Participant:

You've confused me now.

Jesus:

Sorry! You have a hope of it happening but the feeling that you have in your own life is that it hasn't happened. And so there's this feeling inside of you that doesn't agree with your intellectual thought that it does happen.

Participant:

Yes because it's not happening!

Jesus:

Exactly!

Participant:

Which has led me to having to change my attitude, about helping people financially.

Jesus:

Exactly! Because that's your Law of Attraction. Your Law of Attraction is that you are giving, giving, giving at your own expense all the time. Because what you are doing is focussing on the effect in other people's lives, and trying to cure their effects and not the cause. You weren't addressing the causes so you're breaking quite a few of the laws of God. The Law of Abundance only works when you're actually not breaking these other laws generally, so that's the other thing to bear in mind. So yes, you are dead right you have this emotion in you where you don't actually believe what you thought you believed. And there is an emotion in you of wanting to help others by dealing with the effects rather than the actual causes. And the emotion, which is an addiction in you, is the thing you've got to look at. Do you know what it might be?

Participant:

Fear of rejection.

Jesus:

Okay so if you're doing things for people all the time and you're never going to get rejected, they're always going to want you, particularly if there's a little payment along with it. I'm paying you to like me, I'm paying you to like me; in the end everyone's going to like you! Until the money runs out!

Participant:

I kind of feel hard and callous about not helping because there's another situation.

Jesus:

And now you're starting to get into some underlying emotions that are really there, which is this emotion that if you don't help a person in need, that there's something bad about yourself. So there are some very strong beliefs about love that you have that are actually not true.

Participant:

Loving with a condition? So there is a condition behind why I hand it out?

Jesus:

Yes, there's a condition inside of yourself that there's something that you get back and that's the addiction; that's why you do it. The key is to go underneath it because you are starting to touch on the emotion from your previous comment so if you allow yourself just to feel that emotion of what happens if you don't give out, the emotion that you're starting to feel was, "I must be a bad person because I don't want to give anymore'. There's that emotion in there; allow yourself to start really settling into that emotion.

Participant:

So feel all those then hopefully the money will come back?

Jesus:

The money will definitely come back when you deal also with the Laws of Abundance. There's a whole series of laws about abundance that need to be worked through for most of us to actually have money or to have wealth, and I use wealth very loosely in the sense that it's not just financial; it's in all sorts of areas of our life.

Participant:

Thank you.

Laws Governing Love of Others: Part 2

6. Laws Governing Love of Others

Jesus:

The key with love is to see everything in terms of what's going on within you, always to see it like that. As soon as you externalise everything and start blaming others, you have no control anymore, and the truth is that everything that is coming into your life is your creation. So we need to start seeing it as that. Now I'm not talking about our children because what comes in our children's life is our creation as an adult, so as adults we still need to see it as our creation. Our children are creators in training. By the way we act with our own Law of Attraction and all of these laws that we are putting into place, we are teaching our child to create in their life as well.

6.1. Creating a loving and harmonious work environment

Participant:

Just before we go on to the next segment I just want to say that I have a healing centre at Cooroy and it's been going for seven and a half years now. Just lately there's been disharmony in the Centre.

Jesus:

You mean between the different people providing the healing?

Participant:

Yes and I want to know what my role is.

Jesus:

Well, with anything that happens in our lives, the first thing we need to always do, which is what I've just said, is to look at what emotion inside of me is being triggered by this event. Then the next thing to do, if we are in a place where we are actually facilitating something, is to get everyone together and ask them to do the same about their stuff. "What emotions are inside of you?" Ask these things, "All of you, at some point, need to see the emotion inside of you creating this event." Focus them on their Law of Attraction and focus them on the fact that it's their life that's creating this stuff going on.

I feel it's actually a good thing because a lot of the seeming harmony that you had before was actually just fake harmony where everyone was overlooking everyone else's injuries and emotions. Now there's less inclination to do that. I would suggest that what's probably happening is that in their sleep state some of them are starting to understand the importance of emotions and now in the awake state they are beginning to feel these upset feelings, which they are starting to project. The key is whenever you're helping anyone else; help them through the process of doing everything in a loving way. So you can deal

with your emotion of anger for example in a loving way, you can deal with your emotions of sadness in a loving way, if you feel hurt you can deal with that in a loving way by firstly being humble and feeling all of your emotions.

So focus them on the laws away from the situation itself and on the emotions that are created inside of themselves. Ask them to work their way through those emotions and then I'd be tempted to say to them, "Anyone that doesn't do that, well, I'll be asking you to leave and we'll keep the ones here who do work their way through their emotions." And you will actually find that a lot of times with a practice, or a company or a business or a healing centre, where we're providing a healing for others for free, we're so emotionally invested in keeping it as it is or making it grow, that we don't actually recognise the emotions in each individual that are preventing its growth. And the beauty of these changes that occur is that the people who can't handle the potential for growth will leave and the people who are in the space where they can grow will stay with you and they will grow with you. So understand that a lot of things need to be destroyed before they can be created in the manner in which is in harmony with God's Laws because a lot of our creations are in fact creations that are based on disharmony with love rather than in harmony with love.

It doesn't mean it's all going to finish in the end, what it means is that it's going to go through this change and there's going to be some teething problems and there's going to be some emotions come up. But if we can help as many of them get through this process emotionally, in the end you will have a team of people who are able to heal people with far more power and that will actually attract far more people in the end.

And by the way if you have a company or a business or any of those kinds of things, the same things apply. Don't be afraid of change; don't be afraid of it going small again because you're working through emotions of truth. What often happens is that we have created these mansions but they are based on the foundation of sand, and in the end a storm is going to come along and just blow it all over. Unless we start considering to build things on a foundation of rock, it's not going to come good in the end. So what you're going through is this process of changing it so that it's on a good foundation, a solid firm foundation, connecting with all of God's Laws and particularly with the Laws of Divine Love, and that means that it is going to grow in the end.

And this example that I gave of Luli with her neuroscience job was that she went through this process of, "I can't do that and I can't do that so I've got to..." and eventually in the end what did she end up with? Something that's even more like what she was imagining herself to be doing and getting paid for it. And this is what will often happen with regards to our own life when we focus on the truth. So many of us believe that if we focus on the truth and focus on the principles that everything will be destroyed around us and we'll

never get it back. But the truth is actually, yes, everything that you have constructed that is based on falsehood and based on error will all be destroyed. But what you'll get in the end is everything constructed on truth, which will be far more powerful and far more everlasting than anything you could have considered any other way.

7. The Law of Forgiveness

Jesus:

Let's now move onto the next law that I want to discuss, the Law of Forgiveness.

Now the Law of Forgiveness is a law that I want to spend a lot more time on later; it's an essential part of your spiritual journey and there are a lot of emotions involved in forgiveness. But the reason why I'd like to raise it right now is that when we put this law into practice, we are actually being loving toward others. Now you'll notice in the seminar outline that I've written that the definition of forgiveness is freely forgiving others, just as God has already forgiven us. Absolutely everything that you've already done that was disharmonious with love, God has already forgiven you for. And God in fact forgives you even if you did it on purpose. God does that every single time you do it. So if yesterday, the day before, the day before, once we learn some of these Divine Truths and realise then, "Gee most of the day we've got something that we need to be forgiven for," God has already forgiven you for it. Do we understand that? God has already forgiven us.

Participant:

You were talking about penalty yesterday in the talk "God's Laws - An Introduction". So even though there's God's Forgiveness does the penalty still apply?

Jesus:

Of course. Because remember it's not God that applies penalties, the laws have an automatic penalty. Remember we talked about consequence? So the laws have an automatic consequence on our soul but God already has forgiven us for what we've done. However that doesn't mean that God has taken away the consequence from our soul. There are two different feelings here and it's very important to understand the difference between forgiveness and grace or mercy. But we're talking about the quality of forgiveness here and in a minute we'll talk about the quality of mercy as it comes from you and not from God, so in other words as you display it to other people.

Participant:

So once we do our own homework are those penalties eventually released?

Jesus:

Well, no. I've already discussed how penalties are released. There are two ways, remember, that I've mentioned; one was the Law of Repentance and the other way is the Law of Compensation. So we'll talk more about those laws another time in detail but there's only two ways that the consequences of our actions can ever be released from our soul. Both of them are very emotional, one takes a very long time; the Law of Compensation is very emotional and takes a very long time, the Law of Repentance, which is a Divine Love law, is very short period of time but very emotional as well and it's a matter of using one of those laws emotionally in order to work your way through the issues.

What we're talking about here though is the Law of Forgiveness with regards to others; my personal forgiving of other people. One of the main reasons why I would do it is that I know that every single day I do lots of things for which God needs to forgive me. So how many of us feel like we have done the perfect job with our children after listening to the parenting talk? Or even before? Even before we may have been having trouble and then after the parenting talk, "Oh dear". Can you see straight away there are many things that we feel God would need to forgive us for as a parent? So then when we see a parent doing a damaging thing to a child, can we see that we can automatically forgive that parent? Just by reminding ourselves that we ourselves have also done many things to harm our own children.

7.1. *Forgiveness involves feeling and releasing all of our own emotions*

Jesus:

Now the act of forgiveness is a very, very powerful act, but what it involves is you actually feeling, in a humble state, all of your emotions about the action of another. So if you're a parent and you notice another parent damaging their child, the initial emotions in you might be one of outrage, sadness; lots of different emotions might come up with you. To be truly forgiving you need to feel and release every single one of those emotions, so that all that comes up in you is a feeling of compassion for the child and compassion for the parent, and a desire to assist the situation using what you now know to be God's Laws on the subject.

So I don't mean I'll just stand back and watch it all happen, but I mean firstly what I need to do before I can help the situation at all, is that I need to go through this process of forgiving the person who is doing the act of harm. I need to get to the process where I can forgive them before I can actually help them. Can you see why? Because if you go in there "boots and all" in a fighting spirit because you're all upset about what they are doing, can you see straight away that you've judged them? You've just condemned them and what are they going to feel from you? Judgement! Condemnation! And do you think that makes their rage stronger or less? Stronger of course!

Can you see if I actually forgive the person by actually feeling all of my own emotions and releasing them - when I say releasing them it may take you a week, it may take you five weeks; it may take you ten weeks to get through this process of releasing them - but if I can now go to them and talk to them about that subject, I'm no longer in this space of judging them for their actions. I can actually make very clear suggestions to them. I can actually help them and their child in that state because I'm in a loving space towards both of them. But if I'm coming from this really angry, upset place projecting that at them, obviously I am now in a state of disharmony with love. So I'm now doing exactly the same to that parent as what the parent's doing to the child and from God's perspective, I am in just as much error as that parent is now.

So to truly forgive that parent, I need to work through the issue of forgiveness, which means being humble enough to allow all of these emotions to come up in me as a result of their actions, and actually work through those feelings myself. Now when I do that, I can actually now forgive the other person. And getting back to our discussion we had earlier about Dr Hew Len in the psychiatry ward in Hawaii, that's really what he was doing; by forgiving himself he was actually releasing the emotion within himself that would cause him to be similar to that person or that was being triggered by that person. And in the process of this example, that releases the spirit who was with the person causing him to do certain actions. Forgiveness is a very, very powerful mechanism by which you can help others.

Participant:

On that point, when you read the Padgett Messages there's a lot of messages where people went into the hells and they stayed there for a long, long time until they suddenly realised that if they forgave the people who hurt them, then all of a sudden they instantly improved their condition. And they went into a completely different place almost immediately after being stuck there for hundreds of years, or even longer, and that lesson was perhaps the most important lesson.

Jesus:

That's right. I've talked to groups of slave spirits who have this terrible anger and rage and feelings of hurt that they want to harm the people who harmed them. In other words they weren't forgiving the other person and the reason why they couldn't was that they had all these hurt emotions inside of themselves that they weren't willing to personally experience. But then when they did that, within a few moments, they went to another location in the spirit world, they just progressed straight away from that one location to a new location. Forgiveness is a very, very powerful emotion.

7.2. *Ways that the Law of Forgiveness is broken*

Jesus:

Now when it comes to breaking the law, we often have very strong feelings of justice, you know the “eye for an eye” teaching that makes the whole world blind. You know that’s a very biblical thing that most of us have grown up with because we have these deep feelings within ourselves of, “I want to have revenge for all the hurt that other people have done to me.” And we can even take that to a fuller extent and that is we go down this track of saying, “I want to hurt every person because I had this one person hurt me.” You think about it in terms of the inter-gender problems that we have on earth today. How many men or how many women feel hatred towards the opposite gender because of just their mother or father harming them? So they are not happy with just harming their mother in return, they want to now harm every woman in the whole earth or they are not happy harming their father in return, they want to harm every person.

And this is the problem with this kind of lack of forgiveness is that we often become so embroiled in the rageful emotions because we don’t forgive. What happens is that we finish up projecting not just at the person who created the emotion within us, but we project it at every single person that we can who fits the bill.

So, how many of you as an older woman, let’s say, have had a younger man some time in your life just seemingly get angry with you? Now what’s happening there? Besides your Law of Attraction, which we talked about before, this man obviously has issues with women and he’s willing to project them at you. Why? You didn’t do the thing that he’s upset about years ago that he’s held on to all of this life. But because this emotion is still within him and he can’t forgive, he can’t let it go, he can’t feel the emotion and release it from him, he now wants to project it at any person who comes into his sphere of operation in his life so that he can actually feel this justified feeling that he really only has towards one or two people.

You see this happening all of the time with inter-race rivalry. One person from my past happened to be a Chinese person who ripped me off so now every time I see a Chinese person I just believe they are going to rip me off. This is what we do. And we even take it to the full extent, where we are willing to actually kill a person or feel so much hatred for them that we’d like them to be killed just because of what we feel they did to us. There’s a really good movie I suggest you watch it’s called “Twelve and Holding”. It’s about a group of four twelve year old children who have huge amounts of projected emotions coming at them from their parents and what they do with those emotions. It’s a really powerful movie. And another really good movie to watch about this subject in particular on forgiveness, but also the effects of emotions, is “The Merchant of Venice”.

The recent one we've got has Jeremy Irons and Al Pacino in it and it's very well done a really good story. It's a Shakespeare story obviously and the way it's depicted is really well done but it illustrates a lot of these issues of repentance and forgiveness and why a person can't give it up, what's going on within themselves that they can't give up certain emotions. Allow yourselves to connect to those emotionally. They're good movies to watch in order to connect to some of those feelings.

The problem with us most of the time is that we are so willing to project anger at other people and all of us, before we even came to one of these sessions, knew that anger from somebody else hurts us. How many of you, before you came to one of these sessions, have thought that if someone was angry with you, it was okay? And yet how many of us in the course of a day will we still get angry with someone else?

Participant:

Could you please just explain projection?

Jesus:

If I'm not feeling my own causal emotions, I am projecting those emotions to the universe. So in other words every single person around me is going to be feeling those emotions.

7.2.1. Owning vs. projecting anger

Participant:

But if you're angry shouldn't you be allowing yourself to feel that anger?

Jesus:

That's a better place than actually not feeling the anger and being in a rage yes, but it's still not owning the causal emotion. Remember I said it's the causal emotion we need to own.

Participant:

But if you're allowing yourself to feel the anger but not actually being angry at anyone, is that projecting?

Jesus:

If you allow yourself to feel the anger and you're punching a bag and you're really connecting with the anger, now you're not projecting the anger, you are actually owning the anger and letting it pass through you.

Participant:

What if you're just sitting there and allowing yourself to see it and feel it, you're not projecting it at anyone, there's no one in mind, you're just angry and you're feeling it....

Jesus:

That's doing it less but it's still projecting because you're not actually in the rage itself. You're not actually feeling and experiencing it completely. It's a bit like; people often say to me, "When you're sad must you cry? I don't cry when I get sad, I just sit down and I feel sad and I don't cry." Well I'm saying to you if you're not crying when you're sad, then you're not feeling sad, you are actually sitting in your sadness. So you are not feeling and experiencing the sadness. You know, that's why God gave us tear ducts to actually experience the sadness; well that's one operation of them anyway. The truth is that if you're not experiencing the emotion completely, there is always some projection coming from you. So the key with all of our emotions is to experience it completely through total ownership, and so my suggestion is that if we are angry and we're just sitting there seething, we are not fully experiencing the underlying causal emotion yet so we are actually in a state where we want to sit in it and so we are still projecting at other people.

So quite a lot on the Divine Love Path Internet forum lately Mary has pointed out to me examples of people justifying their projections. If you justify your projections you are out of harmony with love because a loving person doesn't want to harm anyone around them. You are automatically harming a person around you if you decide that you can be angry with everyone around you. You are, yes, allowed to experience that and yes, you are allowed to be angry with everyone around you because it's the Law of Free Will. So I'm not saying you are not allowed to do it, what I'm saying is that you damage your own soul by doing it and also of course potentially the soul of many others. And we've got to look at the underlying reasons why we turn to anger. There's always an underlying reason which is capped by a fear and we need to access it and we need to go deeper into our emotions, so allow ourselves to do that.

Now the forgiveness of others is so important in our life and it's so important for them as well because you'll notice that any person that you truly forgive in your heart will change in their interaction with you without you having to say a word. Now some of you have already experienced that in your life where you have actually gone through the process of owning all of your emotions to such an extent that you have no more emotion about that person who's negative and have a feeling of love towards them. And now all of a sudden they interact with you quite differently. Or alternatively they leave you alone; but in either case they will interact with you differently.

7.2.2. *Forgiveness benefits spirits as well as people on earth*

Participant:

Does that apply to spirits? For me the person who harmed me has passed, so can I forgive them even though I'm still alive and they're in the spirit world?

Jesus:

Yes, and in fact it's even more powerful to them than it is perhaps for a person on earth because a person on earth is often very distracted emotionally from your process of forgiveness. But a person in the spirit world is often very attracted to you when you go through the process of forgiveness, so it actually has an even more powerful effect on a spirit than it does on a person on earth. So remember that with all of these interactions with people who are passed, with your fathers or mothers or whoever who have passed who have harmed you, the process of forgiveness just assists them so much.

7.3. *When we truly forgive, the Law of Attraction changes*

Participant:

How will I know if I've forgiven or become passive? I'm quite a passive person but could that possibly be because I deny my anger?

Jesus:

That's a good question because a lot of times in the world today people say, "I've forgiven that person" but actually all they've done is suppressed and buried their real emotions. The way you know is the same way that you know about everything that's changing in your life; the Law of Attraction changes. So your Law of Attraction with the person who you have the aggro with, or the anger with, will change; when you truly forgive they will feel something different from you that they haven't felt before, and often they will feel motivated to talk to you about that. But even if they don't, you will also notice the Law of Attraction change with them you might meet them again and you'll notice your own feelings, "I don't feel angry with them anymore. I feel like I can love them now," and you'll feel that with your parents or any other person towards whom you feel those angry feelings.

But if you have a feeling of wanting to block them out of your life, and they keep popping into your life; you keep seeing them down the street and you walk around the other way, you see them when you're in the movie theatre and go and sit in the corner, whatever it is that happens, that's you denying some really deep emotions of resentment. So allow yourself to work through these, let yourself bring them up and work your way through them because when you forgive them you won't feel like you need to avoid them. Your Law of Attraction may be that they still avoid you if they have been harmful to you in the past, so I'm not suggesting that you put yourself in harm's way knowing

they are going to bop you on the nose every time. So if you know that that they have been harmful in the past, then the question I have to deal with the underlying emotion of is, “Why you would put yourself in a position where you are getting harmed all the time?”

That’s a bit like when a woman is being abused by a man and doesn’t want to leave him; she keeps getting abused, getting abused, getting abused. She is not forgiving him or herself in that situation by the way. All that’s happening is her anger and other emotions are just building and building and sooner or later they are going to get to a powder keg and this is why there’s a lot of domestic violence because in the end it gets to a powder keg and one or the other person finishes up doing some harm to each other because the emotions are not getting dealt with.

I’m suggesting that when you go through the process of forgiveness, it does not automatically mean that you will remain with the person who’s harming you. We’ll talk about that in a minute because that’s a process of mercy.

7.3.1. *Forgiveness happens instantly when we are truly humble*

Mary:

Can I reiterate that that if you’re truly humble then this whole process happens very naturally; if you’re just feeling all of your emotions then you’ll naturally forgive.

Jesus:

Yes. If you are really humble, which remember we said is a burning desire for you to experience all of your own emotions, the instant somebody does something to harm you will be the instant you also forgive them. Because all the emotions that would have passed through you from their act won’t pass through you because they are all cleared. They’ve all passed through you but you’ve chosen to experience them all, so you are automatically in the space of forgiveness.

So this happened when I was with Cornelius and was getting nailed to the stake. I just looked at him and felt the feelings of forgiveness while he was doing the act. So while he was hammering the nail into my wrist, I was looking at him with a feeling of forgiveness and he reacted to that; he immediately put down the mallet and walked off. Somebody else picked it up but my act of forgiveness toward the other person didn’t have the same effect. So can you see how the process of forgiveness can affect people greatly?

Participant:

Can you truly have compassion for a person and go through the process of forgiving but still have residual anger?

Jesus:

No. All of the emotions of love are pure in all of their expression and once you fully experience forgiveness you will always feel a sense of compassion. You will never feel any anger or rage or even slight annoyance. So once all of those emotions pass through us and are released from us, we don't ever experience those things. Obviously God doesn't ever feel anger towards anything so when you become at-one with God you will also never feel anger towards anyone or anything, no matter what they do. And all of you are totally capable of getting into that state with the reception of Divine Love because these are Divine qualities now we are starting to talk about, not just the qualities of natural love. So the natural love qualities are very much, you could say, toned down versions of the real thing, whereas Divine Love qualities are the real things that you'll eventually develop as you receive more and more and more Divine Love.

7.3.2. *The emotional reasons for judgement***Participant:**

Judgement - that's something I'm really good at.

Jesus:

Yep, most of us are!

Participant:

But I feel I'm really, really good because it keeps me stuck....

Jesus:

Keeps you stuck, yeah certainly....

Participant:

So how do I get off it?

Jesus:

There's always an emotional reason why we judge others and usually it's a combination of different things. Sometimes it's something that we see in ourselves that we don't like reflected in them, and so we feel that we need to judge them. That's a very common thing; we are trying to deny this part of ourselves that we're actually seeing reflected to us and so we immediately judge them. Another reason that we judge is that we view ourselves as greater than the other person and we need to look at ourselves as to what is going on inside of me that would cause me to view myself as better than them. Another thing is that we are often harbouring deep hurt about childhood experiences around which that particular person is actually carrying out right at this moment, and because they are carrying it out they are triggering an emotion in us as a reflection of what happened in our childhood. And so we immediately judge the person as being like our dad, or our mother or our brother, who was a mongrel, and so you start projecting all of those emotions at the person who's doing the same thing.

You can even get down to the person just looking the same way as someone who has hurt you. Some people have come up to me and said, “I just don’t like the way you look, you look like this person and I hated that person.” So sometimes we even have those kinds of interactions. How many of you have noticed how somebody dresses and really had a big negative emotional reaction to how somebody dresses? It’s because of our judgements that are in us all being due to the suppression of emotions that we don’t want to access within ourselves. So the key for us is to understand that every time I’m judging I am actually projecting an emotion that I have the right to determine whether they have the right to live or die basically. Actually not even God does that so we are setting ourselves up into a very dangerous position. So the key is to allow ourselves to re-tune back into the emotion that causes us to judge; there is always an emotion that causes us to judge.

7.4. Feeling the causal emotion creates forgiveness

Participant:

Through a soul condition that’s in error I’ve come into conflict with various people in my life where I think I need to forgive them but, in a way, I’ve created that situation. Do I need to deal with that causal emotion first before going into forgiveness?

Jesus:

Definitely, it’s the causal emotion that causes you not to be able to forgive. So allow the thing that you can’t forgive to trigger you, really feel the causal emotion, and when it’s passed through you completely you will feel entirely different towards that person. So then you won’t feel any resentment or any harm or any of those kinds of things.

In the spirit world it is a little easier sometimes to forgive because what happens is that you see a much bigger picture. Here on earth it’s very hard for you to see the other person’s life, it’s very hard for you to see their childhood, and how they grew up. It’s very hard for you to see their current circumstances, it’s very hard to see the emotions within them of how hurt they feel and how painful their life really is to them, and so we often don’t forgive the other person. In the spirit world because you can actually read what’s going on in each person’s soul quite easily; you can feel the emotions coming from them and you can read the record of their life. And because you can feel all of that, you can have a lot more compassion for them and also because of your distance you now realise that, “Wow that \$5,000 they stole from me on earth, well up here it didn’t really matter very much.” So there’s a blessing in distance in that we see things quite easily that we wouldn’t have been able to normally see, so it’s easier to forgive. So part of this process is actually seeing the truth of their life as well as a part of this process of allowing the forgiveness to take place.

Participant:

And in that situation, say I'm in conflict with a few people in a similar way, by forgiving one does that allow me to then easily flow to the others?

Jesus:

Yes, because if you deal with the actual causal emotion, which is the reason why you couldn't forgive the first one, there's a high likelihood that your soul condition will change and therefore your Law of Attraction will change. Then all of them will feel the feeling of forgiveness from you.

Mary:

I just wanted to point out that understanding is different from forgiving though. You can understand and a lot of us do that and say, "Oh I understand why they did that and so I forgive them," but unless we've experienced the emotion causally, we haven't reached the space of forgiveness. A lot of people who say they have forgiven haven't actually forgiven.

Jesus:

That's a very valid point that Mary brings up, do you understand that point? It's really important to understand that unless you experience the causal emotion, you have not forgiven, even when you convince yourself you have.

Participant:

Can hurt be a causal emotion?

Jesus:

Hurt is usually not a causal emotion but the feeling of hurt will lead you into causal emotions. So for example if somebody does something to me as an adult, I might feel hurt but underneath that there's a childhood causal emotion that's unreleased.

Participant:

What if the emotion's from childhood, this feeling of hurt?

Jesus:

Then it may be a causal emotion and there's lots of that in most people.

Participant:

I'm just wondering can you forgive on an emotion by emotion basis, if that makes sense. For example I've a lot of anger with my mum, so if I'm experiencing an emotion about rejection and I get to the causal of that and I can find forgiveness because there's a very deep understanding and a release of that, does that mean I forgive her completely, or do I need to go through that with every emotion?

Jesus:

No you will need to go through that with every emotion. The truth is though that a lot of the emotions combine. So what we can often end up doing is forgive the person through this process that we work through and feeling a

causal emotion towards the person. So a lot of the reasons why we can't forgive are that we are projecting anger, rage and other emotions at the person. We are not fully owning the emotions ourselves, and once we get into that state we learn a lot of things about forgiveness and one of those things is that everything that I feel is my own feeling – it's not your fault that I feel this. Even if you kill me it's not your fault that I feel what I feel from what you did.

So the key thing is that we come to that understanding at the soul level and when we come to that understanding at the soul level, we will automatically be able to be forgiving in every situation. But coming to that understanding at a soul level is a big process emotionally which many of us will work through over time. And to do it over time we release one emotion, we release another emotion, release another emotion we start getting into this place where now we are in this space where anything that any person does to me, I'm automatically forgiving. But obviously it takes a lot of emotional processing to get to that place.

Participant:

And also does forgiveness itself come into that then?

Jesus:

Very much so!

Participant:

And would we do that before or after because I always feel as if that's blocking me from...I feel so ashamed that I have certain feelings that it's almost getting in the way of forgiving?

Jesus:

Almost all of our inability to forgive another person comes from our inability to forgive ourselves. And that's why we need to have a long talk about forgiveness at some point, which we will do. If you want to do some reading about forgiveness, there's some very good material in "The Way of the Heart". I forget what lessons it is but it's a channelling I did through a man called JM, John Mark Hammer, and there's three books "The Way of the Heart", "The Way of Transformation" and "The Way of Knowing". There's a whole thing called "The Way of Mastery" but they are quite expensive unfortunately. I'm meeting the guys who actually do it next week and one of the things I want to talk to them about is making them less expensive for them to read because it's really, really important material, I feel, although it does contain a lot of New Age concepts that got mixed in amongst the mediumship. But there are some lovely sections in there about forgiveness that are really worth reading. We will be having a talk about forgiveness, not just God's forgiveness of yourself but also forgiveness of your own self and forgiveness of others.

7.4.1. *Working through emotions with God also helps deal with emotions with other people*

Participant:

If I feel a bunch of emotions towards God, like rejection and all the rest of it and they are released, does that mean I don't have to do it for all the people in my life?

Jesus:

The truth is that most of your emotions towards God are created by your emotions that you have towards other people. So if you deal causally with most of the emotions you have towards God, then certainly you will also be dealing causally with the emotions you have towards the other people. But there may be emotions that you don't have towards God that you still harbour towards other people and so you will need to work your way through those separately. But certainly you can work through a lot of emotions by actually just concentrating on the feelings you have towards God; such as God doesn't love me, God doesn't care for me, God doesn't want me, God doesn't look after me, God doesn't protect me. There are all these different emotions we may have towards God, which all actually come from our belief systems of what's happened in our childhood and a life that occurred through interactions with other people.

Participant:

Is it true through honesty there's instant forgiveness?

Jesus:

No, I think Mary just really pointed out that forgiveness is not just about understanding. The truth is when you forgive you will understand. I feel forgiveness comes before understanding. When you fully forgive, you're going through these emotional processes that cause you to no longer have emotions within you, and it's these emotions within you that cause you not to forgive. When you clear those emotions, now you will have understanding and that's the time when you have fully forgiven. So I feel forgiveness really comes before understanding in a lot of ways.

Mary:

I was also going to offer to email everyone the section on forgiveness from "The Way of the Heart" if they would like that.

Jesus:

Would you like that? No worries, we'll send that out. Better ask whether that's possible though, it's not copywrited material, is it? I'll ask.

Mary:

I don't think so. I was just going to type out a couple of pages and send it out by email. We'll reference it.

7.4.2. *The example of a parent forgiving a child*

Participant:

AJ, it seems like there's a lot of forgiveness that we need to focus on. Where does one start? Do you look at what is present at the time or...?

Jesus:

In your Law of Attraction.

Participant:

In my Law of Attraction I have a son that at one stage I thought came from a different galaxy and after doing a lot of emotional work on this, I've realised that he's a reflection of me.

Jesus:

That means you came from a different galaxy!

Participant:

But after listening to your great works for five months now I realise that I'm from here and he's been diagnosed by the physical world as having ADHD and I'm just wondering, what is it that I've got to work on in my soul condition? I'm sort of trying to grab onto a hook because there's a lot of forgiveness but I don't know which one is more apparent that I've got to be clear on.

Jesus:

Everything that your son does is a reflection of what you deny, so allow yourself to be triggered by him and then just go into the emotion, "What is it I am actually feeling from what he just did?" So you might be feeling controlled or you might be feeling manipulated, so allow yourself to start connecting with a lot of these emotions. A lot of parents feel emotions of being controlled and being manipulated particularly, and a child can easily tell when they can control or manipulate their parents. And many of you get quite controlled and manipulated by your children and the reason why is that you still have an emotion in you that allows the manipulation. The key isn't to stop the manipulation, the key is to feel that emotion, release it and ironically when you do that the manipulation from them will automatically cease generally.

Now it depends on how old they are as to whether it will automatically cease or whether you might need to have some talks with them about it ceasing after you've dealt with the emotion because the older they become, the more ingrained the behaviour is and the more the injury exists within them. But when they're quite young, like under seven, eight, nine or whatever, you'll find that those children will, a lot of times, automatically change in their behaviour towards you. And in fact many of them will no longer be ADHD or whatever other term we put on them because a lot of times all they are doing is reflecting to us our unhealed emotional injuries of lack of self worth, which

they can easily control and manipulate and they use it through tantrums and all these other ways in order to control us.

Participant:

AJ, one of the things I found was not so easy for myself was shame; shame that I had these feelings towards my children that I was projecting on them. I'm just saying it because I know it was one thing that I found as a parent.

Jesus:

It's very difficult to feel. Shame is a very difficult emotion by the way and a very powerful emotion if you allow it to be felt. Shame is the main reason why you kick into defence so shame is a major cause of anger and rage, so allow yourself to feel your shame. Some of you are finding that you are having trouble with anger and rage; a lot of times you will find it's related to the fact you don't want to feel your shame so it's a very, very important point.

So now let's move on because there's quite a bit more to do.

8. The Law of Mercy

Jesus:

The next law that I want to talk about is the Law of Mercy.

Now a lot of people think that the Law of Forgiveness and the Law of Mercy are the same thing really but they are quite different to each other. Forgiveness will become automatic in you, particularly once you've become at-one with God. You will get to a point where you will automatically forgive any single action that is done against you; that's what will happen with the forgiveness issue.

But you will not always demonstrate mercy to the person who has harmed you even when you are at-one with God and the reason why is that God doesn't automatically demonstrate mercy to people. That's a pretty big comment right? The reason why God doesn't do that is that mercy is a different quality. A lot of dictionaries will put mercy and forgiveness as the same meaning but mercy has this quality of lenience. You see what happens with God, is that God automatically forgives every single action that you ever do; anything that you do that's a sin against His Laws is automatically forgiven in the sense that God harbours nothing against you for those things that you've done. In fact God has huge compassion for you with everything that you've done because He knows there's going to be lots of pain you're going to need to experience because you did it. So God has the feeling of huge compassion towards you. But this process of mercy only occurs when you come to recognise what you have done in all its gory detail, and then God demonstrates lenience; and this is where grace comes in. So grace is this process that God actually does with us in that when we enter into this state of repentance or a deep heartfelt sorrow about the things we have done, God can

now reach in to us and take away the reason why we did it. This is a process of God's Love.

Now let's look at our relationships with others and see the interplay of these qualities in our relationships with others. Let's say your partner cheats on you. I am saying to you that you will need to get to a point of forgiveness if you want to grow spiritually from the event. So that will mean experiencing all of your own emotions about what that's created in you, the feelings of rejection and the feelings of sexual rejection and all these other feelings, and you get to the point where you actually feel love again for your partner. Now it might not be the same kind of erotic love but you will feel love for your partner. And you may not ever get back together with them until they demonstrate that they are repentant for their action. Now the reason why you would wait until they're repentant is that if they are not sorry, a deep heartfelt feeling of sorrow for their action, they are probably going to do it again because they have not dealt with their causal emotion within themselves that caused them to take the action they took.

So this act of forgiveness is something you do for yourself. The act of mercy is what you do for the other person. The act of forgiveness is this feeling where you release all of your emotions towards the event involving the other person, the act of mercy is how you are actually doing something for them. Now if you break the Law of Mercy, you will feel a lot of pain. For example, let's say the woman who was cheated upon decides to take back her husband and he has not demonstrated any repentance, she just decides that she has forgiven him and she's going to take him back. What's the high likelihood of what's happening? The same again and what's she going to have to experience again? Forgiveness again, she's going to have to work through the feelings that she feels about that again and then he might do it again.

Now a person who's truly forgiven would be okay with him doing it again and again and again but at some point you can see that there's this law of self love that kicks in; at some point I am going to have to love myself in this relationship. Do I really want a relationship with a person who wants relationships with other persons? What kind of relationship do I want? I am going to have to work through those issues and if that person is repentant, I can easily display mercy towards them by not asking them to go through the whole process of the Law of Compensation. You see what often happens in these kinds of situations is the husband cheats on the wife, the wife gets really angry, the only way she feels she can make it better is to cheat on the husband. Then we're even, now we've got justice. Lots of people feel that way. You don't know what you've done to me until I do it back to you and then you'll know what you've done to me. But that just harms both people.

So my suggestion is that what we need to do is to always forgive but mercy will be displayed when the person actually starts seeing or wants to see what they've done. Do you understand the difference between the two qualities?

Mary:

I just want to point out why that's actually loving; because the reason why God isn't lenient with us when we're not repentant is that He/She wants us to experience all of our causal emotions. She wants us to grow spiritually towards Her and actually if we display mercy at an inappropriate time, if we look at it in the same way as we look at our relationship with God, we're actually assisting someone to avoid their causal emotion. It's actually far more loving for us to display mercy only when someone is repentant.

Jesus:

Most of us attempt to display mercy before people are repentant and we do it for our own emotional reasons. Most of the time because we can't bear the thought of living without them, so in the example that I've given, we can't bear acting in truth in a situation. Now when we do that what actually happens is we enable and actually reinforce their unloving behaviour of which we now have partaken, and there are Law of Compensation issues surrounding that for us. So that's something to bear in mind.

8.1. Entering a state of repentance

Participant:

How do we get into a state of repentance?

Jesus:

The state of repentance is having an overwhelming emotional feeling of deep sorrow about the things we have done or about the specific thing we have done. And part of that is understanding the effects on all the people involved in the thing that we have done and we actually take that to God and actually feel that with God. But you can also, if you are talking about the relationship with another person, feel that with the other person.

So for example, if I was the man in that relationship who cheated on his wife, if I cheated on Mary and I would have to do a number of things. Firstly I would have to feel my emotions about what feelings I have created in Mary as a result of that action; all of the mistrust she has to deal with now, all of these other feelings that she might have to deal with, I would need to feel about that. I would also need to focus on feeling the causal reason why I actually finished up doing what I did and I would need to work through that emotionally. Now I can do all of that with God, I can talk to God about all of those things, but I would need to do it all emotionally. Once I have done it emotionally, I will change. I will no longer have the same reasons inside of me as to why I did what I did towards Mary then you could say I'm really repentant, I've worked through all of those issues.

Now you can encourage someone to be repentant but you can never be repentant for them, and this is why it's a very individual process between you and God. God can encourage you to be repentant for the sort of things that you've done but He can't be repentant for you, only you can do that and no one else can do that for you. Only you can do it. So if I were the man who cheated on my wife, what would happen is inside of myself I would need to go through those feelings. Now I can go through them with God but does that fix my relationship with Mary? Not really. Mary would need to see my feelings of repentance if there was going to be some mercy from Mary, in the sense that even though I've done that I might badly want to be with her but she may not want to be with me until I have demonstrated to her that I've done all the things and dealt with the reason why I did it so it will never happen again.

Participant:

So if I don't know the reason, I just need to pray?

Jesus:

You need to pray about the reason. So if we're feeling that there are things that we've done that we have yet to have an emotional feeling or an emotional response about that we know we've been harmful to others, then pray about getting into a state of repentance. Trust me it's far faster than having to do the Law of Compensation with the issue. So it's far better to go into a state of repentance but it's one of the most difficult things to do because very few of us want to actually see the things we have done to harm other people. We're happy to see all the things that others have done to harm us and we're sometimes quite happy to see the things we do to harm ourselves but when it comes to seeing the things we've actually done to harm others, that's usually the thing we are most resistive about. So let yourself feel about those. And in fact that group of emotions, which are all the Law of Compensation group of emotions, are the most powerful emotions to release in you and in the end are the emotions that can actually heal you so much and also make you much closer to God in the process.

8.2. The Law of Repentance and the Law of Compensation

Participant:

So AJ, in a roundabout way is it almost easier to go via the compensation route?

Jesus:

The Law of Compensation operates in the moment that you do the sin, whatever the sin is. So remember I talked yesterday about what sin is in the talk "God's Laws - An Introduction". Sin is missing the mark of love. So the moment you miss the mark of love, the Law of Compensation is immediately imposed from that moment on; you are already experiencing the Law of

Compensation from that moment on. Now you may experience it over one issue for a hundred years before its actually forgiven. And when it's forgiven is when you've forgotten it; when you've actually no longer got any emotion left within you about the event that happened. You remember the event in your mind but the soul has no more emotion about the event any more. So there's a memory of the event in your soul but no emotion of the memory of the event in the soul. When you are at that point, you have now been forgiven. Until that point you're going to feel feelings of agitation whenever that issue comes up, whenever you're reminded of it you'll feel defensive of it initially and after a while you'll work through different emotions and eventually you'll get to the point where you'll realise, "I can think about that event in its complete detail and not feel any feeling in me that is harmful to me, I just feel joy and compassion for myself now." When you get to that point you're forgiven as well ironically. That's how it happens with the Law of Compensation.

With the Law of Repentance what happens is that you can feel the deep sorrow and feelings of remorse, direct them towards God and God can actually take away from you the reason why that event happened in you. And immediately after that, or usually a few days after because you've been crying for a few days usually before that, you actually get to the point where you realise that the emotion and the causal reason why you did it has left you and you also realise that you can think about the event now without any guilt or shame or any of those emotions. That can happen within a very short period of time. The Law of Compensation often happens within a very long spread of time about these events.

So the way to test it is to look back on all the things that you're ashamed of in your own life and when you think about them how do you feel? Because if you feel something, you have yet to be forgiven or you've yet to be repentant; one of the two, because remember one of those two processes is what needs to happen before you're completely forgiven. So the repentance process is a Law of Divine Love, the Law of Compensation process is a Law of Natural Love. We'll talk a lot more about these two processes at a later time because they are very, very important for your own spiritual progression.

9. The Laws of Natural Love

Jesus:

Alright, there are a couple more laws to cover. The next group are not really a single law; they are a combination of natural love laws that demonstrate how to love oneself and others. So what are some basic laws of love that we want to focus on here?

9.1. *Love is a gift and has no expectations or demands on others*

Jesus:

Love cannot be demanded without being unloving. So whenever you demand that another person love you, whenever you say to them, “You’re not loving to me, I’m going to reject you now because you’re not loving to me”, or any of those things you are demanding love from them, and you are now, right at that moment, being unloving yourself. Because all of these laws are based on one fact and that is that love is a gift. So any love that you have for another person is a gift to that another person. In fact the greatest gift you can ever give is your love for another person. And whenever another person loves you, that is the greatest gift that you could ever receive from that person. It’s more important than anything else that you could receive from that person. And of course the greatest gift in the universe is God’s Love for you.

Can you see how they are related, these gifts that we can give? And in fact God Herself does not demand from you your Love because God respects the fact that your love is your personal gift. So God doesn’t expect you to love Her, God desires with all of Her heart your love, and you can choose with your free will to give Her your love. But you don’t have to and neither do you have to love anyone else; you don’t have to love anyone. You would be quite unhappy if you don’t; that’s part of breaking the law of love, but you don’t have to love anyone.

Now when you think about those particular principles, can you see in your own life where you sometimes demand love from others and what’s going on there? Can you see the actual act of expecting someone even to love me is being unloving towards them? And yet how many times do we get upset because, “I expected you to love me”? We often have all of these expectations surrounding love but love doesn’t expect anything from another person. Love is a gift so therefore it cannot be expected. And in fact if we believe it can be expected, we have a totally distorted viewpoint of love, because love is a gift and it is given with a free will from your heart.

Now when you look at that quality with love and then apply that to all of your relationships, can you see how it can change a lot of relationships automatically? Because a lot of the times we’re doing something for another person in order to get a feeling of love back from them. And that in itself is an expectation being placed on the person. We’re certainly not loving them as a gift that we’re giving, we’re wanting something in return before we will love them. We’re going in with this expectation, but expectation creates so much anger. You imagine going into anything with an expectation, what’s going to happen when it doesn’t happen? You’re going to feel disappointed at least, and if we take that disappointment even further, annoyed, frustrated, angry,

rageful. Can you see that it doesn't take long to get from one to the other? Because a lot of times we have these deep expectations.

So my having an expectation that you're going to treat my house well when you come to visit is an actual unloving expectation. Now of course if you love me you would treat my house well, that is very true, but me expecting you to do it is an unloving expectation. So we walk out of the shopping centre, walk up to our car and there's a big long scratch along the side; what do we feel? Angry, particularly if it's a new car and there's a big long scratch along the side. We have an expectation that other people treat our property in a loving way. We need to release that expectation from our souls. It's a good Law of Attraction event to release that expectation.

You want to be able to come out, look at the scratch on the side and not mind. If we got to that point we probably wouldn't get the scratch on the car in the first place because of the Law of Attraction. Even when we're at-one with God we might get a scratch on the car, but the truth is that the important thing will be what our emotional response is to it; our emotional response is that we will actually feel nothing negative from the event whatsoever. Now if I'm feeling something from the event, then there's a good access for me to get down deeper into the emotion. And this is part of the law of love; the law of love doesn't expect someone else to treat me well. Ironically when I get into that state, everyone will treat me well because, can you see, most of the time before then we were getting triggered with the expectation.

9.1.1. The difference between desire and expectation

Participant:

What's the difference between desire and expectation?

Jesus:

Desire is a passionate feeling within yourself to create; an expectation is something you are wanting from someone else to get for yourself or from the universe to give for yourself. Desire is all about you creating something for yourself; expectation is all about other people creating something for you. Very, very different group of emotions. So when I am in my desire, I will be in this state where I am creating; I'll be wondrous about my own creation. I'll look at this creation that I've created, this scratch down the car and say, "Aren't I a wonderful creator, boo hoo!" And I'll just connect with that emotion. And once I release that causally, then obviously I will create some different things. The Law of Desire creates. Expectation doesn't create anything; it expects other people to create for you.

Now you look at the world today, how many people in the world expect something from someone else to be created for them? Very, very, very unloving. So allow yourself to feel when you are doing that inside of yourself. When am I doing this, expecting from someone else? Really allow yourself to

connect to the causal emotion within yourself that actually causes you to believe that you are allowed to expect from someone else.

It was a couple of years ago that I started working through these groups of emotions of expectation and I realised early in the time when I met Mary that I had so many expectations about people loving me. I sat down one day and I cried for a couple of days straight on this one and I realised that actually I had to get to the point where I expected nobody at all to ever love me, but that it would not be a sad place. For most of us if we thought about that, it would be a very sad place, and when I first thought about that it was a very sad place. And what we need to do is get to this place where we do not even feel like we need absolutely anyone to love us, except for God of course, but even then it wouldn't be an expectation. It would be a gift that God has given us not because we expected it but because He did it before we were even conscious of it.

So the truth is that we can actually get to this point of dealing with it emotionally - where we get to this point of feeling like we have an expectation from nobody to love us, no matter what we do, no matter what we give them, no matter how we help them, no matter what we do for them, no matter whether they are our partner, our son, our daughter, our father, our mother, our sister, our brother; we don't expect anything at all from them and we certainly don't expect them to love us. Now when I first contemplated that I thought, "Oh my goodness I've got a lot of work to do." It overwhelmed me when I thought of how much work I had to do; I just realised this huge amount of work I had to do about expectations and how unloving it was to have these expectations. Even the expectation that anybody listens to me, the expectation that anybody understands me, the expectation that people want to be with me, the expectation that somebody buys me a Christmas present or a birthday present; all of those expectations are all unloving.

Now when you get to this place it's really interesting because when you don't expect anybody to do anything, then absolutely everything that you get is a gift. When you get to that place emotionally, it's amazing. I'm not there yet but I have a memory of being there and it's an amazing place.

So allow yourself to deal with all of your expectations, because all of your expectations and all of your demands are all unloving. You see even in a relationship we're often asking ourselves, "What can they do for me? What are they doing for me? You're not treating me lovingly, you don't care about me, you haven't done this for me, and you haven't done that for me." We very rarely ask ourselves, "Why do I expect them to do that for me?" Most of us justify it by saying, "But isn't love like that? If they love me they'd do it for me." Well that's true; if they loved you they might do it for you. But the fact is that because you expect it you are actually being unloving, and there's an emotion in you that you need to work through with that.

9.2. Any pain that we experience is a result of a lack of love within ourselves

Jesus:

I want to go into the laws of love a lot over the coming months because they are just so interesting. I find them really interesting with all the interpersonal relationships. When you are truly practising love, there is no pain in any relationship. So any time you feel pain in any relationship, there's an issue of love inside of yourself that is yet to be resolved. That is one of the major things that I'm relearning in this process of coming from a condition of sin; one of the things that I believe now that I didn't believe in the first century. Through this process I'm starting to realise something I realised and remember right at the beginning of the last process; that in the end almost everything that I can learn is a lesson of love for myself; a lesson of love that I need to learn inside of myself. Any hurt that I'm experiencing is something inside of me that isn't right, any pain that I'm experiencing, any suffering I'm experiencing, any physical ailment I am experiencing is something inside of me that isn't harmonious with love. And I need to allow myself to feel it and once I feel it and release it, I will become harmonious with love and whatever that pain is, whether emotional or physical pain, it will leave me. This has a huge effect on us in terms of our life.

10. The Law of Divine Truth

Jesus:

I haven't talked about the laws of natural love very much but my suggestion is to read a bit more about those things in the seminar outline because I want to cover the Law of Truth as well. The Law of Truth, and particularly the Law of Divine Truth, is basically that we always live in harmony with Divine Truth as we know it emotionally. I actually feel that the Laws of Truth are perhaps the most powerful laws of love in the universe, in that the truth leads you to love. It's the truth that sets you free because it's the truth that actually leads you to perfected love; without the truth you can't ever get there. The truth is such an essential part of what you will become. In fact you'll get to a point in your own progression that the truth is so essential to you, you cannot live without it or out of it ever.

Imagine that in your relationships. What that means in your relationship is that every single emotion passing through you is going to be reflected in all of your relationships. So let's say you're staying with your mum and dad right now and you have a feeling on condescension from your dad. You say, "Dad I have a feeling you are treating me condescendingly now and that makes me feel..." and then off you go and have a cry right in front of him. Now that would be in a state of truth with your father. Now that has a huge power, a power you cannot imagine because his heart will just be drawn into this. Every single

person's heart at some level has this little connector to truth. Sometimes it's tiny but sometimes it's quite a big connection to truth. You look at every child. Most children have this connection with truth and it gets brow-beaten out of us at a very young age because they are so afraid of us as adults, and so they learn that to lie here and there prevents pain.

But if you took away the pain from every truth experience that they had, do you think they would want truth or lies? What do you want? When are the times when you've been hurt the most? Isn't it when someone has lied to you? Or when you've worked out that you've been lied to? A lot of times they're the most painful experiences that you've ever had. The truth is the thing that sets you free but the lies actually bind you up into a terrible stagnated place. Lies are so soul destroying. The truth when it hits you, when you hear the truth, how are you feeling inside of you? You feel so buoyant, encouraged, and uplifted; isn't that how you feel when you feel this truth resonating in you? So if you are actually truthful in all of your interactions with people around you, what's that going to do? Isn't it going to uplift them as well? It's going to connect to their soul.

Now if you're withholding Divine Truth from a person because of an emotional reason within yourself, can you see that there must be a law that you're breaking there? Because you're actually preventing the other person from experiencing bliss by your own decision and your decision might be, "They'll never listen to that," or the decision might be, "I don't think they're ready." Who gave you the right to decide whether they're ready?

The truth is this thing of beauty. The truth is something that everyone in the world needs to know whether they want to hear it or not. Take every opportunity you can to speak the truth to others; you are demonstrating love to them. Take every opportunity to feel the truth of your own emotions; you are demonstrating love of yourself and love to the other persons in all of your relationships when you do that. When you avoid the truth emotionally inside of yourself, you are avoiding relating to every single person around you emotionally on a truthful level. So allow yourself to see the power of the truth in your life.

It's such an important lesson on the Divine Love Path to understand and feel the truth right down deep inside of you. It's such an important lesson to which the majority of us have such resistance because we are in these levels of fear; this fear that just dominates us and prevents us from actually acting in truth. I am still afraid of all sorts of things and I'm working through these fears because in the end they just prevent me from living in truth. Just this week Mary and I have been working through the issue of my potential death. In the first century I died from speaking the truth. My feelings are that it's probably not going to happen this time but I don't know. I've had lots and lots of emotions to deal with about that through my life. But if you feel that

something bad is going to happen from speaking the truth, feel the emotion, work through the emotion because the truth itself has this huge power to create beautiful things around you and without it, the earth is not going to change. Nothing on earth is going to change without the truth. Nothing at all.

11. Closing Words

Jesus:

So what I'm hoping you see from these laws including the laws of love and the Law of Truth is that there are just so many powerful lessons to be learned in there with your reaction and interaction with other people. Instead of just coming to these groups and being encouraged, allow yourself to reflect upon your own life and how you can put into practice these laws, and allow yourself to feel the benefits of them. Nothing that is said in any of these sessions will benefit you unless you are actually starting to feel it and actually put it into practice in your own life. You're better off not coming if you don't want to put it into practice because in the end do you know what's going to happen? This happens all the time with everyone; the more truth you hear, the more discrepancy there's going to be between the truth you hear and what you are practicing. And the more that happens, the more hurt you're going to feel. So you're better off stopping hearing the truth right now if you're never going to practice it. You are far better off, if you hear the truth, to put what you've learnt into practice over the coming weeks. You're far better off doing that for your own soul and for your own sanity.

I've found lots and lots of people have gotten to a point where they heard more truth, heard more truth, and what's happening there's huge amounts of pain about every single truth they hear because of the discrepancy between their soul condition and the truth that they're hearing. Don't do that; don't put off releasing the emotion and bringing the emotion up in you. The more you listen to truth without actually doing anything about it, the more harm you are going to feel inside of yourself because there's a law governing that too believe it or not; there is a law actually governing when you are not acting upon the truth you've learned and there will be pain in your soul if you don't do that.

Often we are focussed on preventing pain and you know when we do that we are not focussed on the pleasure we can receive from actually living in harmony by what we learn. There's so much pleasure you can get from that. There's so much joy and power that you can get from that so you won't worry about fear of your pain, the pain is nothing. Let's get through that and let's focus on the feelings of truth and love that we are totally capable of demonstrating because when we do that, we get ourselves closer and closer to God, and not just intellectually. At the moment many of us are still understanding things from an intellectual point of view, and many of you feel very attracted to the truth but my suggestion is to let the truth now influence

your life. Develop your relationship with God and others using these truths and see what happens; be like a scientist with the truth, experiment with it and see whether it works. That's the best thing to do. Allow yourself to do that.

We'd like to thank you for hearing us this weekend again. We've enjoyed your company again. Mary and I are working through some quite difficult emotions at this time so we've both had a fairly heavy weekend ourselves. So we're sorry if we haven't been as present as we normally are with you.

Thanks for your time. (Applause)

Appendix: God's Laws: Laws Governing Our Love of Others Seminar Outline

Laws Governing Our Love Of Others – An Introduction

Today's discussion is about some of the Laws involving our treatment of others

We will discuss each law in the following manner:

- Brief description of the Law

- How this law affects our Love for Others

- What happens when we break this law in our treatment of others

- What soul condition within us prevents us from being in harmony with this Law

- Examples of living in harmony/disharmony with this law in our relationship with others

The next talk is about Love of Self, and you will find the principles are similar in each situation

Law of Free Will

Brief description of the Law

Free Will is the gift from God that allows us to choose anything we desire

We are allowed to act in harmony with anything that is truthful (loving) or in error (unloving)

How this law affects our Love for Others

When we love another, we ALWAYS enable their free will whether we agree with their decisions or not

I support & encourage other's use of their own Free Will even at my own expense

I support & encourage others to experience their emotions

They are allowed to see what they see, hear what they hear, feel what they feel, know what they know, think what they think, even if it is all in complete disharmony with the Truth

What happens when we break this law in our treatment of others

Others automatically feel they are being controlled by us, and will automatically be tempted to rebel

Others feel that they are not allowed to have their own emotional experience

Others feel obliged to us, that they "have to" please us (like many children do with their parents)

We feel annoyed or frustrated that others are not doing/feeling/saying/thinking what we want

We feel annoyed or frustrated that others want to experience emotions that we do not agree with

We feel better than others, or condescending towards others because “they do not understand”

What soul condition within us prevents us from being in harmony with this Law

Emotions surrounding controlling others for our personal gain or benefit (emotionally or otherwise)

Emotions surrounding wishing to avoid feeling out of control or “unloved”

Eg. Childhood belief; when others love me they do what I want, or; love = sacrifice

Examples of living in harmony/disharmony with this law

We are in harmony with the law when:

Eg. Parent sees child use drugs, allows the child to make that choice without emotional pressure

Eg. My partner does not want to do something, I don’t pressure them even if I want them with me

Eg. A parent will not use guilt to get the child to have contact with the parent

Eg. If I respect the free will of my friends, I will not be upset when they do not contact me

Eg. If I am feeling lonely/sick/desperate, and my friend comes to “support me”, but wants to be elsewhere, I encourage them to be elsewhere without being upset or angry with them

Eg. Our child does not want to clean their room. We don’t punish them for their action or get angry

Law of Passion & Desire

Brief description of the Law

Ask and you shall receive! Develop and allow a passionate longing for anything, whether that thing is harmonious or disharmonious with Love, and we will receive it. The results of this Law create either pleasurable or painful experiences in your life (due to the Law of Cause & Effect).

How this law affects our Love for Others

If I love others, if it is in my power, I will assist them to develop their passions and desires in harmony with Love, even if this takes their time/resources/focus away from myself

If I love others, I will not assist others to develop their passions and desires in error (but I will still allow their free will without judgement), even if this means I loose their love

What happens when we break this law in our treatment of others

We feel the results of a sin of omission (having the power to do something loving that we refuse to do)

We feel the results/pain of assisting another person to harm him or herself

What soul condition within us prevents us from being in harmony with this Law

We have emotions where our own passions and desires have not been fulfilled so we have beliefs that passions and desires are dangerous, frivolous, idealistic, or unsupportable

We have a deep feeling of selfishness, where we want others to be focused on us (this comes from deep childhood injuries where others have not given us any attention)

We have deep feelings of envy or competition with others

We have deep feelings of sadness about the lack of fulfilment in our own lives

Examples of living in harmony/disharmony with this law

We break the law when:

Eg. We have heard and know the Divine Truth, and yet do not tell others about it (will feel guilt)

Eg. Our children do not desire what we want for them, so we get angry and demanding

Eg. We want our friends to join us in our passions even if we know they are not really interested

Eg. We discourage others by using our own “logic” from following their own passions

Law of Cause & Effect

Brief description of the Law

What I sow, I will reap. Everything that happens has a soul based cause within myself. Attempting to change your life by changing effects never addresses the cause, and will result in the effects continuing.

How this law affects our Love for Others

I never take away the effect of a persons emotions or actions

I always attempt to help the person address the deep inner **CAUSE** that created the effect they experience

What happens when we break this law in our treatment of others

We finish up doing many things for others that seem never ending, tiring, and personally unfulfilling

Other that we “help” never seem to change, and we feel the feelings of disappointment

Others take advantage of our assistance without gratitude

We assist others to stay in their error

What soul condition within us prevents us from being in harmony with this Law

We are addicted to the feelings we get (be important, essential etc) from “helping” others

We have a deep desire to avoid our own causal emotions and feelings because of fear of our own pain

We do not fully believe in the Law of Cause and Effect in its operation ie. We do not fully emotionally understand the importance of this law and the soul condition being the creator of a persons life

We believe that “love” sacrifices self in order to please/help another

Examples of living in harmony/disharmony with this law

If we live in harmony with the Law:

Eg. If child is taking drugs we would 1. address emotions within ourselves of low self-worth that have been passed down to the child, 2. talk to the child about those emotions, 3. never intervene with the effects happening to the child unless they are willing to address the causes, 4. dealing with the effects (bailing the person out) is actually an unloving act unless the person truly desires change

Eg. If the child does not clean their room, you would not pressure them to do so, nor do it for them. However you would firstly deal with the emotions it triggers within yourself, and then talk to the child about their emotions of lack of self-worth and cleanliness. When you child cares for itself, it will automatically care for its environment.

Eg. I would not support my friends’ storytelling in order to avoid their causal emotions

Eg. I would not cook meals/wash clothes/iron for family members that never do for themselves

Law of Attraction

Brief description of the Law

My soul condition (the soul's attributes, qualities, desires, passions, condition spiritually, emotionally and morally) attracts all the events in my life. If I want to change the events, then I need to change my soul condition.

How this law affects our Love for Others

If others treat me unlovingly, rather than treating them in like manner, I deal with the emotions within me

I do not hate, blame, seek vengeance, dismiss or desire to punish others no matter how they treat me

I encourage others to see that everything that happens to them is also the result of their Law of Attraction

I encourage others to see when they have created positive experience from their soul condition

What happens when we break this law in our treatment of others

We stunt our own soul growth because we don't deal with any causal emotion (because we blame others)

We stay in emotions of self-denial which are emotionally damaging to ourselves and others

We punish others rather than feeling the deeper causal emotions they are triggering within ourselves

We are unjust in our actions towards those who trigger us

What soul condition within us prevents us from being in harmony with this Law

I don't really have a soul belief in the Law of Attraction

I want to remain a victim in my life and do not wish to take self-responsibility for my own creations

I do not wish to feel the deeper emotional pain within myself that created the Law of Attraction

We feel a feeling of envy towards those who have a positive Law of Attraction

Examples of living in harmony/disharmony with this law

Eg. Graham with Law of Attraction regarding his work situation with cab fare evaders and cab company

Eg. I choose to stop punishing all men, and feel the causal grief I feel about how my father treated me

Eg. I do not get angry with people who seem to have more financial security than I do

Law of Forgiveness

Brief description of the Law

We freely forgive one-another just as God has freely forgiven us. (We no longer feel emotions of hatred, envy, revenge, resentment, dislike, contempt, condescension etc towards a person who we feel has harmed us or others we love because we have released all those emotions about the events)

How this law affects our Love for Others

We are able to love freely without anger, resentment, or reserve

We never reject a person or judge them, but we continue to feel emotions of love towards them

Forgiveness is one of the greatest gifts we can give to ourselves and everyone else around us

What happens when we break this law in our treatment of others

“An eye for an eye makes the whole world blind” – Huge pain is perpetrated in the name of justice

We damage ourselves by holding onto anger or resentment

We prevent our own soul progression and growth

We prevent our growth in the connection with God (never be at-one in this condition)

We damage others and our environment by projecting our denial emotions at them

We damage our own body and cause illness and suffering towards ourselves

What soul condition within us prevents us from being in harmony with this Law

Lack of forgiveness always comes from our wishing to avoid our own causal emotion

We would rather punish another than actually feel the pain within ourselves from what has happened

Examples of living in harmony with this law

Eg. We do not avoid people, places or events that have previously caused harm unless they continue to want to harm us

Eg. We do not have anger and resentment towards persons who have harmed us in the past

Eg. We are repentant for and ask for the forgiveness of others that we have harmed

Eg. We never want justice for one self or our “loved” ones at any cost

Law of Mercy

Brief description of the Law

Mercy or Grace is our choice to demonstrate leniency (or remove the effects of their sin) towards a person who has sinned against God, others or ourselves. The implications of this Law surround the timing of displaying mercy.

How this law affects our Love for Others

We ALWAYS forgive others for their actions whether they are repentant or sorry or not

We never “hold a grudge” nor become angry or resentful towards others for past actions

We display mercy towards others when they are repentant or feel heartfelt sorrow for their actions

We never display mercy when the person continues to harm others or ourselves (continues to sin) since to do so creates more hardheartedness inside the person, and does not display self-love

What happens when we break this law in our treatment of others

When we display mercy at the wrong time (lack of self-love):

It always results in more harm to ourselves and to others

We place ourselves in the position where others can continually treat us badly

We enable a person’s unloving behaviour, thus perpetuating their error

When we do not display mercy at all, we:

Demonstrate we have not already forgiven

Demonstrate that we actually do not love

Demonstrate we have a desire to punish, blame and hold onto resentment

What soul condition within us prevents us from being in harmony with this Law

We feel that we have the right to enforce justice

We do not see the importance of compassion and love, and how love does not demand justice

We are unwilling to feel our emotions through the process of forgiveness

We have deep hurt and sadness within ourselves about painful events that others have done towards us

We demonstrate that we have very poor self-worth (if we display mercy when no repentance is present)

We demonstrate that we feel we are better than others (if we never are merciful)

Examples of living in harmony/disharmony with this law

If we live in disharmony with the Law:

Eg. Every time I see my parents they always berate me, but I continue to see them

Eg. Every time my partner gets angry with me, I take it, and keep allowing it to happen

If we live in harmony with the Law:

Eg. If someone has murdered my child, and feels deep sorrow, I'm willing to spend time with them

Eg. If I really love a person, I want to see them feel the causal reasons why they harmed me, and I am willing to spend time with them when they demonstrate they have done this

Eg. If my husband cheats on me, I forgive immediately, but show mercy when he has demonstrated a desire to change and feel deep sorrow about the harm he has caused

Laws of Natural Love

Brief description of the Law

These are a combination of Laws that demonstrate how to love oneself and others.

How these laws affect our Love for Others

Love cannot be demanded without being unloving

Love cannot be expected without being unloving

Love cannot be manipulated or controlled without being unloving

Eg. To expect another person to love us is an unloving expectation

Eg. To expect another person to give me their time is an unloving expectation

Eg. To expect another person to do what I want them to do is an unloving expectation

I do not expect others to treat themselves unlovingly in order to "love" me

I do not expect sacrifice themselves to demonstrate their love for me

I am sensitive to when others are treating themselves unlovingly (especially for "my" benefit)

I do not expect others to give to me more than they would give themselves

What happens when we break this law in our treatment of others

We feel annoyed or angry with others for being “unloving” to us (the expectation causes anger)

We feel hurt from others not doing/saying/feeling what we expect them to (the expectation causes pain)

We feel the personal pain of sacrificing our self and our desires for the “benefit” of other people

We feel that love is painful, rather than seeing love as the greatest gift we or others can give

Others feel that our “love” is demanding, and withdraw from us

Others feel that they are being controlled, manipulated, “guilted” into doing things for us

Others do not generally enjoy our company because they feel drained emotionally

What soul condition within us prevents us from being in harmony with this Laws

Huge distortions about what we believe love to be

Childhood pain about not getting what we wanted or needed with respect to love

Beliefs about love having to sacrifice one self for others, seeing love as a chore or demand

Deep feelings of wanting to take what you can get from others

Deep personal feelings of lack regarding love and emotional fulfillment

Examples of living in harmony/disharmony with this law

If we live in disharmony with the Law:

Eg. We only serve others when we get something emotionally from it ourselves

Eg. We have different standards for others treating us than we have for our treating others

Eg. Using guilt or obligation to persuade family/friends to do what you want

Eg. Being untruthful with others – withholding the truth or lying for emotional reasons

Eg. Whenever we are angry with others

Eg. Expecting others to serve you or do things for you (others services are a gift)

Eg. Manipulating the injuries of others to get what we want (in business and private life)

Eg. To pressure someone to do what you know they do not want to do

Eg. To expect authorities to give to me because “they owe me” or “I paid my taxes”

Eg. Business dealings with people in poverty or with less than ourselves to lower prices to suit us

Eg. Expecting persons in a position to help me without concern for their own welfare

Eg. Expecting a certain person to perform tasks deemed unclean by ourselves or society

Eg. Helping people to harm themselves (supplying them with drugs, alcohol, cigarettes etc)

Law of Divine Truth

Brief description of the Law

We always live in harmony with God’s Truth as we know it emotionally.

How this law affects our Love for Others

We live in emotional truth towards all people since loving others means to be emotionally real with them

We tell the truth, and never withhold the truth, no matter what the cost because it is loving

I understand and feel deeply emotional about the truth being ALWAYS loving to myself and others

I understand and feel deeply that I cannot become closer to God without accepting His Divine Truth

What happens when we break this law in our treatment of others

People feel the pain of being lied to, & how much their lives could be different if they knew the truth

We feel the guilt and shame of having prevented another from experiencing the blessings of truth

What soul condition within us prevents us from being in harmony with this Law

Fear of experiencing our own emotions, no matter how painful

A desire to feel we are better than or know more than others

A lack of personal humility

Examples of living in harmony with this law

Eg. If I have cheated on my partner, I will always tell them no matter what the “cost”

Eg. I always state how I feel to everyone around me, even if they look down upon me or punish me for it

Eg. If I know a Divine Truth I would never refuse to speak it in any situation

Eg. I love God and God’s Truth more than anything else, no matter what seeming “price” must be paid

References, Music and Movies

Movie: “The Merchant Of Venice” 2004. Jeremy Irons, Al Pacino

Reference: Divine Love “The True Gospel” Padgett Messages. All Volumes.

Laws Governing Our Love of Self: Part 1

1. Introduction

Jesus:

Today's talk is part of the God's Laws series of talks, and it is called Laws Governing Love of Self. Now last weekend I introduced the subject of God's Laws in the talk "God's Laws - An Introduction", and it was more like a scientific discussion of those laws rather than what we would classify as a religious discussion of those laws. For example I described how the Law of Gravity and the Law of Aerodynamics are physical laws, and then we went through some of the moral laws, and then we went through some of the spiritual laws and how they all come together to actually govern your soul.

Now remember in that introductory talk we covered how these laws operate governing what happens to your soul and then the following day we talked about "Laws Governing your Love of Others"; in other words how you love other people. So for those of you who were present, we learnt a lot of things about how love is actually expressed. And you'll notice in that discussion many of us probably felt quite surprised about some of the subjects we covered. I feel that most of you felt, "Wow, there's a lot in loving somebody and there are a lot of different parts to love; it's not just the feeling that we say we have but there are actually a lot of parts to this feeling of love." Love has a lot of attributes and qualities of which the majority of us are often not aware, and often not aware for many years after we pass into the spirit world either. So we covered those laws covering relationship to others.

Today's session is about covering the Laws of Love in terms of how it impacts upon our own treatment of ourself. Now one of the biggest problems we have in the universe today is that we don't really know how to love ourselves. As a result of that, what happens a lot of the time is that because we don't how to love ourselves, we finish up getting into this situation where we treat ourselves quite badly in our interactions with other people but we don't even know it. And then because we treat ourselves quite badly in our interactions, there are laws that are broken at the soul level that then mean we experience pain. So the majority of us end up feeling like love equals pain.

Now you think about that in your own life, how many times have you thought yourself to be in love and yet has it has this terrible painful feeling that you felt maybe with a breakup of a relationship? Well love in its purest state does not feel that pain, so if I'm feeling some pain, then it means that I'm breaking some kind of Law of Love and there's an emotional reason inside of myself that causes me to feel the pain. Now when you get to a condition of atonement with God, all pain about love disappears so it means that any relationship you have in the future, no matter who it's with, family, parents, children, husband or a wife or partner or a business relationship or a work

relationship, all these different types of relationships you can experience, none of them will cause you pain. But the basis of that is about how you display love towards yourself as well as towards others.

Now the reason why we covered others first is that most of the time most of us have little problem recognising our treatment of others, and that we often have a lot of difficulty with our treatment of ourselves. Oftentimes what happens with our treatment of ourselves is that we are either treating ourselves in a place where we feel we're better or higher than or more important than others, which is actually an unloving way to treat yourself as well as others, or we believe ourselves to be lower and less than others and so we have a lot of really strong emotions about being less than and unworthy of others. Now either one of those states, feeling that we're more than others or feeling that we are less than others is going to be a space where we are not loving to our selves or others. And there is one particular principle that we need to remember and that's this principle.

1.1. Sacrificing ourselves is not loving to ourselves or others

Jesus:

Sacrificing myself to "love" another person (and I'll put love in quotation marks because it's not real love here) is not loving to myself and because it's not loving to myself it is also not loving to the other person. Now if you think about how much in your life you have sacrificed yourself in order to love another; most of us have done that at some time. Sacrificed our desire, sacrificed our passions, we've not done the work we've wanted, we've not done the schooling we've wanted, the education we've wanted, we've not done the art we wanted, or the music we wanted or all of those things in order to please somebody else. Every time we did that we weren't loving to ourselves or to the other person. And that's a basic principle we need to remember in all of our dealings with our self.

As soon as you enter this process of sacrifice, you immediately create pain in your own life and in the lives of other people too, believe it or not. Because can you see as soon as you sacrifice yourself, the other person's not getting you; they are getting a fictitious you, they are getting a you that's been modified to suit them. Now some people will like that if they are not loving to themselves or to you but other people, if they really want a close and truthful relationship with you, will be deeply saddened by that. Now the kind of person you will want a relationship with in the end is the kind of person who wants to know the real you, but for many of us we don't even want to know the real self, we don't even want to know the real me because we have these feelings of deep shame or other feelings that we have from our childhood about the real self. And so what we finish up doing is we modify ourselves in our presentation to others.

So what we want to do today is have a look at these laws, the same kind of laws that we talked about in the session on “Laws Governing the Love of Others”. These are the same laws; in fact you’ll find if you look through the two seminar outlines that I have prepared they are the same headings pretty much but this time we are looking at it from the point of view of ourselves.

Now there’s a lot of spirits with us here today as well and some of those spirits are in a state where they are actually feeling quite angry and upset with me, so you’ll have to just bear with them for a bit as well. There are other spirits here who have a deep feeling that it’s impossible to love themselves and that’s why they are here too. Many of us have brought these spirits along with us and what I’d like to do is just acknowledge their presence and also ask that they can stop projecting neediness emotions at yourselves so that you can feel your own emotions about the discussion. So that’s hopefully what they’ll do.

2. The Law of Free Will

Jesus:

So let’s get started. The first law is the Law of Free Will. So the Law of Free Will is that I’m allowed to do anything I want whether what I want to do is actually harmonious with love and actually building up other people or if it’s disharmonious with love and even destroying other people, I’m allowed to do whatever I want. So this is a primary law that God gave us, the gift of free will that God gave to every single person in the entire universe, not just to people on this earth.

So how does that affect our Love of Self? Well if I’m in a state where I respect the Law of Free Will within myself, every single time another person tries to get me to do what they want to do and I don’t want to do it, I would respect the fact that I don’t want to do it. So mum comes home from a hard day’s work and the family wants her to cook a meal. She doesn’t want to cook a meal but she does it anyway because she feels like she has to and she’s the only one who can cook well in the family; she’s just broken the Law of Free Will towards herself, just by doing that one thing. Now people would justify that and say, “That’s a loving thing to do”, but remember we said right at the beginning if I am sacrificing myself in order to love another; I am not loving to myself or the other. So in this case if the woman comes home and she doesn’t want to make dinner, there doesn’t even have to be any reason for it; it might be that she is tired or it might be that she feels something else but she doesn’t even have to have a single reason to do this, she can just say, “I don’t want to make a meal tonight.” And if everyone in the family projected anger at her for not making a meal for them that night, they are also out of harmony with the Law of Free Will.

You see when we're on the receiving end of other people's anger, what do we normally try to do? We try to appease them; we try to make them feel better. So anger is actually a way that people use to control us. If I'm angry at somebody, I am actually wanting to control that person; I want them to do whatever I expect. So let's say I decide I don't want to cook a meal tonight. Of course, according to God's other Laws that would also mean that I probably don't want to eat the meal tonight and if I expected somebody else to cook for me that would also be unloving, wouldn't it? So if I were the woman coming home from work saying, "I don't want to cook a meal tonight", and I don't cook a meal and nobody else cooks a meal for me and I get angry, now I'm out of harmony with the Law of Free Will. But if I'm feeling Free Will as a paramount law within the love of myself, what that will mean then is that I feel allowed to do whatever I wish.

Now most people around you do not let you do whatever you wish; in fact most of us were taught at a very young age that we are not allowed to do whatever we wish. Not only are we not allowed, "It's not practical, you can't live that way, its selfish" and we get all of these other emotions pummelled into us from a very young age about actually doing what you're allowed to do. But from God's perspective, God never does that. God never is going to punish you in the future for anything you chose to do; nothing is a punishment. That doesn't mean that there aren't consequences because there are certainly consequences when we break different laws, including the Law of Free Will. The consequence if I break the Law of Free Will towards myself is that I will feel the pain of devaluing myself in all of my relationships.

2.1. Bringing our free will into harmony with love emotionally

Jesus:

Now remember all of this discussion today is not about using your intellect to get out of the situation but you can certainly use the intellect if you want to act more loving to yourself. In other words, every single time a decision comes to you, you could say, "Is this in harmony with Free Will?" or, "Is this not in harmony with Free Will?" Now every time you made a decision that would be pretty complex, wouldn't it? Particularly with how many decisions you make in a day, having to ask that question on every single decision. "Should I go via Sandgate Road or should I go...? Is this in harmony with my free will?" Things start getting very complicated when you start asking yourself these questions at an intellectual level.

What I am saying is that every single thing that you do is a choice and you're allowed to make any choice you want, however if you really want to deal with this bringing your soul in harmony with free will, if you're following the Divine Path, what you would do is you would look at all of the emotions that you have inside of yourself that cause you to not follow your free will. And you

would also look at all of the desires that you have or passions that you have inside of yourself that cause you to actually use your free will in a way that damages another person's free will.

FREE WILL EMOTIONS DESIRES/PASSIONS

So what I would do is not start looking at this from an intellectual point of view, what I need to do is allow myself to settle into the emotions.

2.1.1. The example of being controlled by another person

Jesus:

So every time I feel like I'm being controlled by another person, I am out of harmony with the Law of Free Will. Every time I feel like another person is controlling me, I am out of harmony with the Law of Free Will. There's an emotional belief in me that I've got to do what they are attempting to control me to do and I'm reacting to that emotion. What I need to do if I really want to be closer to God is release that emotion.

So the emotion might be that if I don't do what they want they won't love me and I'm avoiding the feeling of being not loved. That might be the emotion and all I really need to do is feel the emotion that nobody loves me, experience and release that emotionally, and all of a sudden I am now automatically not listening to a person who is trying to control me. You see a person can try to control you but if you are uncontrollable then it doesn't affect you. And the Law of Free Will is that you are uncontrollable; that's the Law of Free Will. The Law of Free Will is that I'm allowed to do anything that I want, so doesn't that make you uncontrollable? Totally! So you're allowed to be uncontrollable. Of course every time you're uncontrollable in an unloving way, there's a consequence from one of God's Laws, which will help correct you. But every time you are uncontrollable in a loving way, what will happen is you will have more joy, more satisfaction and more beautiful things happening in your life. So this is why we need to be uncontrollable more of the time.

Now what has the world taught us to do with the Law of Free Will? The world has taught us that we've got to suppress our desires and passions even if they are loving. And the world has also taught us that if we have emotions that actually cause us to not value our own free will, we've got to fight for ourselves and so what do we end up doing in that situation? What we finish up doing is we are in a situation where somebody is trying to control us and instead of feeling, "He can't control me, I'm fine," we feel like, "Grrr this person's trying to control me." We starting getting angry with them and want to control them back and sometimes we may even get violent with them to try to prevent them

from controlling me. Either way, I'm breaking the Law of Free Will in my treatment firstly of myself and then of others.

2.2. Free will and parenting

Mary:

I just wondered if we could maybe talk about a question that was posted to me this week and it was about a mum wanting to follow her free will and desire, but one of her children wanting their free will in opposition with mum. So she was very conscious of enabling the free will of her child as well as her own.

2.2.1. An example of a mother and son having opposing desires about moving location

Jesus:

So let's look at what's happening. So mum wants to, hypothetically, move to a new location. The child who just hypothetically happens to be a male, wants to stay where he is.

MUM : WANTS TO MOVE TO
A NEW LOCATION

MALE : WANTS TO STAY
WHERE HE IS

Now remember the Law of Attraction Law, which is particularly for parents; the child is actually mirroring my denied emotions. So the first thing is this male child has the appearance of trying to control his mother; he wants to stay where he is but she wants to move, so what emotion does mum need to deal with firstly? She needs to deal with the fact that the men in her life, and it's probably related to her father or some other men in her life, have projected to her all through her life that men get to get what they want and girls or women have to toe the line. Now if mum deals with that emotion, then the son will no longer reflect that emotion at her because of the Law of Attraction. Remember that's what happens with children. The children reflect an emotion to the parent because it's an emotion that the parent is denying. Now once the mum deals with that emotion, there's a high likelihood that the child will be happy to move for a start. So that's one part of the decision.

If we look at the issue of free will with regards to this, mum's allowed to do what she wants and the child's allowed to do what he wants, so what do we do? We seem to have a conflict in free will. The child's allowed to stay where it wants to stay and the mum's allowed to move to a new location if that's what she wants. And by the way it doesn't matter what age the child is. Even if the child is five, the child is allowed to stay where it wants. And if the child is ten, fifteen or twenty, it doesn't matter; the child is allowed to stay where it wants.

Remember it's a Law of Free Will and there's also other laws all applied to the soul at the moment of its incarnation so therefore it's allowed to do what it wants.

So mum could decide to actually talk to the son about creating through his own Law of Attraction; to stay where he wants because he's allowed to do that. But if he can't create through his own Law of Attraction to stay where he wants, then he might feel that he needs to go with mum because mum's definitely going. Now for many parents that would be hugely challenging, would it not? Because, many parents would say, "but they're six years old or eight years old or nine years old, I can't do that." Yes you can. Society doesn't perhaps agree with you doing that but we're not talking about what society agrees with or doesn't agree with here, we're talking about what God's Laws are all about.

So God's Laws are that this child is allowed to do what it wants but also, if it's learnt God's Laws, it will have to understand too that it is going to have to create what it wants through its own soul condition. So if the child wants to really stay by itself at the soul level and, just like every adult, the child is in this space of creation, the child will automatically create friends or other family members or whatever with whom it can stay, so that it can stay in its current location. And the mum would be totally comfortable with that because she has released all her emotions of responsibility and so forth about the child's creations.

Now of course if mum releases all those emotions, she may find that the child actually wants to move with mum anyway, which is often the case. Or mum might move and then the child two weeks later says, "No I don't want to stay where I am now, I want to come with mum," and that would be a decision that the child then makes. All of those things are harmonious with love, but it's not harmonious with love for mum to demand the child to travel with her.

Participant:

What if the child then wants some bus money to get home?

Jesus:

Well, that wouldn't be harmonious with love to give the money either except perhaps if you realise the child had worked through different emotions about the issue. So let's say mum moves and the child two weeks later says, "I want to come," and then mum might decide to go and pick him up and says, "What have you learnt from that son? What have you learnt through this whole process?" And one of the things he might have learnt was that actually he didn't want to go just because mum wanted to go; that might have been one of the things he learnt. He might have learnt too that things are pretty good at home with mum compared to what they could have been somewhere else. He might have learnt that too. So it's not something the mother had to brow beat into him or pressure him into coming to believe.

So whether he is given money to stay would be a different matter altogether. So let's say he wants to stay with such and such and mum says, "It's going to be really hard to create that; it just depends on whether they are generous or not." But let's say nobody wants him to stay and he expects mum to create that for him; now he is out of harmony with the Law of Free Will. Mum doesn't want to create that for him; mum wants to create this for herself. And so mum doesn't have to create that for him; his own Law of Attraction can create that for him if he knows how to use it through his desire. If it's a pure desire for him to stay where he is, he will create it and then mum would need to allow it. The problem with most people on earth is that the mums and dads in this situation would very rarely allow it, and you see how their emotions would be getting triggered in the process. So oftentimes the child will learn the lesson very rapidly involved in the transaction but often we as the parents take the longest to learn the lesson.

Participant:

I'm having trouble with a child who's not mature and I feel is not able to make mature decisions. I would imagine a child feeling very abandoned as well and I just don't understand the practicalities and the realities.

Jesus:

Well, remember I said in the first discussion about God's Laws that every one of God's Laws is completely practical in every situation; it's just that we have certain emotional injuries that cause us to believe that it's not practical. So that's the thing to remember. So the Law of Free Will is a completely practical law in every situation, even with a child who we believe is making unwise decisions. For most of us who have been parents, at some time in our life we believe our child was making an unwise decision, if not once then probably many times. So what do we do in those situations when we believe our child doesn't have the capacity to make the decisions? Well straight away we are in an unloving state ourselves if we believe that, can you see why? Because God is basically saying to that child, "You are allowed to make any decision you want. Even if it hurts you, you're allowed to make that decision." That's what God's saying to the child and we're saying to the child, "You're allowed to make any decision you want as long as it doesn't hurt you." And who's the judge of whether it hurts you? Me. So can you see how that's quite out of harmony with love even in a practical way? If I'm the judge of what hurts you, I am straight away out of harmony with love of you.

2.2.2. An example of a child sticking a metal object in a power socket

Participant:

I'm thinking of a two year old who chooses to stick a metal object into a power point. Now I judge that as a parent to be unloving and unwise, and I don't want to go through electrocution, so how can that be unloving to prevent their free will if they choose to do that?

Jesus:

So why does a child choose to poke a knife or a fork into a power point?

Participant:

Curiosity perhaps, a lack of awareness.

Jesus:

What is the child triggering in the parent? What's the emotion? The child is triggering an emotion of fear.

Now I've been exactly in your situation by the way. When a child is sticking a knife in the power socket, what's the emotion you feel?

Participant:

Fear.

Jesus:

Fear! Any others?

Participant:

Anxiety.

Jesus:

So they are all terror based and fear based emotions. Okay, so what's the child triggering? Remember I said in the past that everything the child does is a reflection of the parent's denied emotion, so what's the first thing to deal with?

Participant:

Well, my fear.

Jesus:

Exactly! Your fear.

Participant:

My fear of loss.

Jesus:

Yes, that's it. That's the feeling and you feel it in you just there. When you deal with that feeling, there's a high likelihood the child will not take that action and in fact all you might need to say to the child is, "That's going to hurt you, that's hot", or some kind of thing like that and often they will automatically

respond because the emotion coming from you now is not one of fear but of love.

You see a lot of times when we are bringing up children; we are judging things from the error all the time. We often don't know what is going to happen once we get into a state of truth because we are continually judging things from the error. Many of us assume that it's not practical to do it this way because we're saying, I'm full of this fear and they are now sticking the thing in the socket and this is a practical situation and it's dangerous for them. Well obviously you could choose to go and get those little plugs to plug into the sockets or you could choose to put the sockets up out of reach of a two year old child, and it's interesting that hardly any houses are designed that way; why would that be the case? Well obviously there are some emotions that the designers have about not caring about children. All of these things can be achieved but at the end of the day, the fear in me is going to generate a situation where the child confronts that fear through an action, and that action might be that they pull out the safety socket and push in their knife or they go outside and walk across the road or any kind of a number of things can happen to trigger this fear that's inside of myself.

If I deal with that fear inside of myself, the Law of Attraction is such that firstly if I deal with the fear, there's a high likelihood that the event will never occur. Secondly if the event does occur I am not afraid of it anyway, I'm not actually afraid of my child passing. I know in fact that the child is not my child, the child is God's child and I have just created the two bodies for the child to incarnate into. So when I understand that at the emotional level, I won't be so afraid of what might happen to this child because I know that God is actually a far better parent than I am and can care for the child in any location. So all I'm afraid of really is my own fear of feeling the feeling of loss, and what I need to do is feel it. And ironically when I feel it, it's a high likelihood my child will no longer trigger it. And this is practical, this will work but most of the time we feel it's not practical because we are right in the situation.

And I've been in the situation. There was a time in my oldest son Tristan's childhood, where I belted him 21 times in a row for putting a knife in the socket. So what emotion was in me? Lots of fear in me, lots of fear of dying, and of loss and all these other feelings that I've since released. What damage has that done to him? A huge amount of damage. Now he often feels he can't do whatever he wants because of that one act of being punished for doing what he did. And the only reason why I did it was that I was avoiding my own emotion, I was avoiding my own emotional response to what he was triggering in me and he was just being this perfect little reflector. He was two and a half years old when he did it.

2.2.3. *False beliefs surrounding parenting*

Jesus:

So when you allow the feeling side of you and connect to that fear of, “I’m afraid of losing my child”, you will find there are a lot of beliefs in there that are untrue. There’s a belief that firstly if they die they’re dead. There’s a feeling inside of you that that’s the case even though intellectually you know it not to be true. Spiritually you’ve had all this spiritual work where you know there’s life after death and all these things but when your child confronts death, ‘bang’ I’m feeling a different emotion here, “Whoa, this is a bad situation.” Straight away so obviously there’s an emotion inside of me causing me to still believe the untruth. So firstly I believe the untruth that God doesn’t care for my child. Secondly I believe the untruth that it’s my child and not God’s. Thirdly I believe the untruth that the child’s not safe - because the child’s soul is always safe; it’s got an everlasting existence, and it’s always safe. And finally I believe an untruth that actually the child is not triggering an emotion in me; however the child is doing what they are doing to trigger an emotion in me.

So can you see I believe so many untruths right in that one act? And I have been in the same situation where I had a long list of untruths I had to work my way all through. Then I got to the stage by the time my sons were teenagers, where I could allow them to do anything they wanted - anything at all. So naturally we had no arguments after my children were about eleven because by then I had worked through all of these emotions about trying to control them, fear of what they’d do, fear of how I’d feel about what they’d do, fear about them pulling me down in some way, fear of about how I would look as a parent to other people, fear about all sorts of things that I had to work my way through. And once I had worked my way through that I allowed my children their free will right across the board. So I never told them when to come home, I never told them what girl to stay away from, or what boy to stay away from or all those kind of things. I never told them how they should drive their car or any of those things because they have free will and ironically because of that lack of projection coming from myself, the majority of times they actually made the wisest possible choice for themselves. Now if there was this projection coming from myself, the majority of the time they would have made a choice to trigger my emotions which would often be quite the opposite.

So it’s very important to understand the Law of Attraction when we’ve got children. This is the Law of Free Will we’re still discussing but you can see how it impacts on our day to day life a lot.

Participant:

So could I talk to the child about the consequences? Say to them, “Now if you stick that in the power point it’s really, really going to hurt,” but also at the same time realise that I have a fear that I need to process? But what if the

child goes straight back and does it again because I haven't dealt with it completely?

Jesus:

Yes always. Don't do what I did, which is give them pain for a potential consequence that may never happen, because all that does is create lots of fear in them. So that's a very damaging thing to do to the child. But certainly discuss with the child. But remember that at this age too; the child is just reflecting your denied emotions and even you just understanding that's it's actually my fear that's creating this particular issue, my fear of loss, is going to actually probably change the event, even just me getting into this place of understanding. The problem for most of us is that when our child is in a dangerous situation, we generally don't allow ourselves to feel our own terror or fear, we go straight away and change the situation and so the event that is triggering the emotion in me gets overlooked and so that event that has triggered an emotion in me is going to have to happen again in order for me to actually truly deal with the underlying cause.

2.2.4. *An example of a daughter breaking a window*

Participant:

My daughter was kicking a ball around the window and I said to her, "Don't kick it because you could break a window," and I explained quite a lot and she said, "No I'll be okay." And I said, "If you break the window, you'll have to pay for it." She broke the window and I said, "You have to pay for it," which she did. And then I thought the reason why she broke the window was that I was in fear of paying for the window myself so I said to her, "Okay it's my Law of Attraction because I'm the one worried about the broken window, so I'll pay for the window." But I'm not sure if that's correct now I was always wondering should I ask her to pay for it or should I be paying for it?

Jesus:

Right the way up to when you paid for the window everything was running fine but when you paid for the window you took away the consequences of her creation away from her.

Participant:

Well that's why I asked her to pay for the window because I knew it would be quite a lot for her to pay but then I thought that I hadn't dealt with this fear of not having money and losing some more money on a window.

Jesus:

Well that's the causal emotion you were avoiding when you asked her to not kick the ball around, and you need to still deal with that causal emotion. So you told the child that they were perhaps going to break the window and they say, "No, no, I'm alright," and then they broke it. But then when we take away the consequence of that action, we are not allowing them to see the results of

their own creation; they were warned and they still have the results of their own creation. But ironically at the same time we are not seeing the results of our own creation, and that is that there was an emotion in you at the time of the fear of a lack of money that caused you to worry about the act. Now if you'd dealt with the fear of lack of money, the window may not have been broken. I say may not because the child still has an emotion that it feels it can thwart law and that particular emotion might create the thing about window breaking. And you would need to deal with that particular issue as you attempted to do, but without buying the window for the child.

Participant:

So at this stage it's like she should really be responsible for paying for the window and I should be responsible for the causal feeling of it?

Jesus:

Yeah, so you might make a deal with her.

Participant:

Fifty/fifty.

Jesus:

Yeah, about fifty/fifty because we both created that particular problem. So this is where it's about taking responsibility for our own part in the creation. So be fair about that as well, understand that if you don't deal with the underlying causal emotions, then you are certainly going to create a Law of Attraction with your child that brings out that emotion to you that you need to experience. But your child has the free will of their own; what we are trying to do is teach them free will.

What is free will? I am allowed to do anything I want that's harmonious or disharmonious with love but there is a consequence to everything I do; that's the Law of Compensation. So I'm trying to teach them the Law of Free Will, the Law of Compensation and all these laws of God. And in fact the truth is that our only role as parents is to actually teach our children what we have learned about God's Laws; that's the only thing we ever need to do, we don't need to do anything else with our children; we don't even need to be responsible for what they do with that. We just need to do it as best as we can with what we've learned about those Laws.

2.2.5. *An example of a mother having arguments with her son*

Participant:

I'm wondering about my son Callum and I. This week we have been having lots of arguments showing me all my male anger but I have grounded him for his actions and for the way he's spoken. I'm still trying to deal with my anger but am I being unloving by giving him consequences for his actions? I took

off a phone that he so loves, so instead of hitting or smacking or whatever I have actually taken things that I have given him.

Jesus:

Did you punish yourself for the consequence of your action?

Participant:

I felt guilty for it because he called me an Indian giver. I'm starting to see that everything they're saying they're honestly telling me exactly what I'm doing wrong so I don't challenge them on it.

Jesus:

Let's look at the interaction. The child's a male again, and mum's saying that the male is treating me disrespectfully. My causal emotion is that I'm disrespected by men, and so what does the child do? The male child reflects that straight back. Now if I punish the male child for that, who actually created it?

Participant:

Me.

Jesus:

You, so can you see that's quite an unjust action?

Participant:

It is but...

Jesus:

But you still want to punish the child for being disrespectful.

DISRESPECTED BY MEN

Participant:

So what's his compensation for treating me?

Jesus:

Well, if you get rid of the cause within yourself and just see whether he's still treating you disrespectfully, then you will notice that it's actually inside of him and you'll need to correct it, but at the moment you're not dealing with the cause so how can you expect him to? It's like I'm punishing my son for not dealing with the cause within himself but I'm not dealing with the cause within me. Does that sound very fair to you?

Participant:

No it doesn't.

Jesus:

Because I'm really punishing the son for doing what I am actually personally doing and this is something that we do as parents. I've done this hundreds of times; we do this as parents all of the time; we punish our child for the

reflection of the emotion towards ourselves as a parent, but the child is just reflecting your own denied emotion. It's a very important thing to understand that if I start punishing the child for reflecting my creation, I've now damaged their free will. They're allowed to do that. Remember I said right at the start, the Law of Free Will is that I'm allowed to do anything that's harmonious or disharmonious with love. My child being disrespectful to me is disharmonious with love I agree but my child's allowed to do that; from God's perspective they're allowed to. What I need to do first is deal with the emotion that created it in the child and once I deal with that, then you might firstly find they no longer do that but, secondly if I deal with that I will never feel disrespected by my child, even if my child attempts to treat me disrespectfully. And every time they attempt to treat me disrespectfully I will do something about it inside of myself and I'll do something in my environment about it. In other words I can't be controlled by my child treating me disrespectfully, I can only believe I'm being controlled by my child treating me disrespectfully from an emotional perspective.

Mary:

I was just going to say the most loving thing I can do for myself in that situation is actually to deal with my causal emotion.

Jesus:

Exactly, and that is also ironically the most loving thing you're going to be doing for your child. But when I punish my child for an emotion that I myself am not releasing, I am actually also being quite damaging to my child because when you think about it, how unfair is that? I've created the reflection of the emotion in my child and I now go ahead and punish them for it.

2.2.6. Trusting God's Laws in parenting

Jesus:

Now many of you still feel with regards to the stuff between parents and children that what I'm saying is not practical at all but I can guarantee you that if you put it into practice, you'll find that every single causal emotion that's still in you is being reflected in every single moment by your child. And you will find that once you own that, your relationship not only with your child will just change remarkably but you will also be greatly assisted to actually feel your own causal emotions. At the moment many of us feel to blame our child for their response to us when in reality it's our own personal denied emotion that creates this response.

Now when we let the emotion pass right through us, you will notice a big difference; you will notice it. And this is like I said with my own sons, I've done both things; I've done it the normal way, the way that we're taught to bring up children nowadays, although I was probably excessive in the smacking part of it. I've gone right from one extreme, from corporal punishment, right to another extreme of doing anything they want and not

valuing myself in the process. And then I've come back to this mid point where I value and love myself and my own free will but I also value and love my sons and their free will. And in that point you cannot be manipulated and your children will not even feel an emotion from you that you can be manipulated. And so they will not manipulate you because they will not feel that emotion that needs to be reflected by them.

God created it like this so that you can learn through this pain you feel in your relationship with your children; that you can learn when you are breaking the law. Remember I said in "God's Laws - An Introduction" that any time I'm in pain, I am breaking the law; it's not somebody else that's breaking the law, I am. So that's a very important thing to remember. When you understand that emotionally, you will find things around you change very rapidly. I've done both and all of these things in between in my life and so I understand how it must feel confusing to hear some of these things at times but trust me, when you start actually doing it this way, you'll find things will change very rapidly in your relationship with your children.

Participant:

What was your wife doing in that situation? If one parent is dealing with it and one parent isn't, what is the impact on the children?

Jesus:

The parent who has the interaction with the child is what the child is reflecting in return. So if I'm the mother and my male child is yelling at me but never yells at his father then it's the mother that has the issue with the child. If I'm a male child and I'm feeling really surly and abusive towards my father, then it's the father who's got an issue with masculinity or with himself or with me. So in every single interaction, a child will reflect exactly towards the person they are dealing with, towards the parent that they are connecting with at any one time. That's what happens with a child. And obviously it gets a bit more complicated if there are grandparents in the home. So if there's a grandparent in the home and the child's yelling at the granddad, but not yelling at dad, then there's a specific emotion that granddad has towards the child that the child is reflecting back to granddad. If grandma has an emotion with the child but mum doesn't and the child is reflecting something at grandma, then it's grandma that has the issue with the child and the child is just reflecting that issue.

So it just depends on which person specifically. In a lot of cases it will be more than one person so if there's two males in the household and the child's reflecting emotions to both of those males, then I've got to look at the fact that as a father what emotions do I have towards men and about myself, and the mother would have to look at what emotions she has towards men that might create this particular interaction.

Participant:

So if you dealt with the emotion of putting the knife into the socket and your wife hadn't, is there still that opportunity for the child to hurt itself?

Jesus:

Certainly, and instead of doing it with me around, the child will do it with my wife around. This is why sometimes you'll notice that if we're in a family situation, sometimes the child seems to really play up with one parent but not with the other. Sometimes the child plays up with mum or dad under certain circumstances and even the circumstance matters because in that circumstance there's an emotion that I'm denying. Let's say I'm the mum who has a son who always plays up when I've got a female visitor around. I need to look at what emotions might be happening inside of me towards men causing trouble with me and my relationships with other women, or I might have to look at an emotion that's to do with men controlling me in my relationships with other women. Do you see where it's leading? Looking inside of myself what emotions might be there that might be causing this interaction to occur. Every single situation is a Law of Attraction event and with our children they are perfectly reflecting every single thing within ourselves.

Now I don't want to cover too much more with the family situation things because there are a lot of laws that we want to cover. Does everyone understand that if I'm on the Divine Love Path, I will deal with these issues emotionally? I won't try and act differently without dealing with the emotion emotionally. I won't try to make myself do something; I will deal with the underlying reason why I'm not doing it. When I deal with the underlying reason, that's when everything starts to change.

Participant:

I've always assumed that if something is happening, if I don't have an emotional reaction to it then it's somebody else's issue but is it possible that I'm numbing myself to an emotional reaction?

Jesus:

Yes, very much so. So let's say an event is happening around me and it seems to continually happen around me but I don't seem to have any emotional response to it. If this event continues to happen around me, then there's a high likelihood I'm in an intellectual space where I'm not even acknowledging that I have an emotional reaction about it, when in reality I do have an emotion about it that I'm covering over quite strongly. So that's also a possibility and so it's important for you to always look at that possibility; to ask yourself, "What am I suppressing even intellectually in this situation?"

So let's get back to the laws; the Law of Free Will. Does everyone understand with all of these Laws, I've got two options of dealing with them; I can go down the path of not breaking them in an intellectual way or I can go down the path

of getting to the causal emotion and desire that created it; I can do either. Now one way is called the natural love way and with the natural love way I would use my intellect to actually strive to make my life better. And to be frank with you, you will always be striving if you do that because your soul is still creating something quite different. Or I can get to my soul's emotions and desires and release the ones that are disharmonious with love and you will find the instant that you do that, your life will change in that particular situation. And if you can do that at the causal and release the causal emotion completely, you will find your life will never be the same again and you won't have to intellectually try to do things one after the other all the time. So it's really important to understand that difference.

3. The Law of Passion and Desire

Jesus:

The next law is connected; it's the Law of Passion and Desire.

What this law says is that, "I am the most powerful creator when I am operating in my desires completely." That's the Law of Desire and desire is about asking. Remember we talked about asking; asking isn't something that occurs in your head, it occurs in your emotions; what do I feel I want, not what do I think I want. This is why for many people when they hear about the Law of Attraction, "The Secret" style Law of Attraction, they try doing all these intellectual things and then they still can't create what they want because at the soul level there's a whole different emotion creating what they want. But the Law of Desire is that I'm allowed to create and I can create anything I want; ask and you shall receive.

3.1. Ways that we break the Law of Passion and Desire

Jesus:

Now how many times do we break that? Well quite a lot. Every single time you ask for something and don't believe you're going to get it, you break the law because the emotion in you is, "I'm not going to get that, it's not going to happen for me," and off it goes; straight away you're breaking the law. But also every single time you allow another person in your life to stop you from doing what you desire, you break the law. Many people break the law this way. How many of us work in a place that we don't like? We are breaking the Law of Desire; remember every time I break the law, the consequence is pain, so you will feel a painful emotion inside yourself when you do not allow yourself to follow your passions and desires.

Now remember for the Law of Free Will, you're allowed to have any desires you want and they can even be out of harmony with love if that's what you want. But if they were out of harmony with love you would prevent yourself

from actually acting upon that desire. So if my desires were out of harmony with love, I would look at the underlying emotional reason inside of myself as to why it's out of harmony with love, and I would deal with that emotion. Once I'd dealt with that emotion, what would I feel? I would feel only feelings that are harmonious with love, and then I could have any desire I want in those feelings.

So this is a very powerful law with which to experiment. Every time you deny this law for yourself, you will harm yourself. Ironically, every time you deny this law for yourself, you also harm everyone around you because even with your children, every time you don't act in your desire, you are teaching your child to not act in their desire, so they grow up thinking that desires can't be acted upon either, thinking that it's not practical in the environment we live in and so forth, and that creates their reality. So they'll grow up and at age fifteen or sixteen when they badly want a horse they'll think, "No it's not going to happen, my desires never come true." But if the child is allowed to have its desires, they'll find that if they badly want a horse, then the universe will conspire to bring them exactly what they desire, just like the universe will conspire to bring you exactly what you desire.

3.2. What we desire in our souls, we create

Jesus:

But remember that the Law of Desire always operates upon the soul; it doesn't act upon what you think you want, it acts upon what is going on inside of yourself.

SOUL

So if the emotion inside of me is, "I'm totally unworthy to get anything I want," what's my Law of Desire? How's that going to work? I am going to get nothing that I want. The Law of Attraction will trigger that soul based emotion and when I release that emotion, I will then get exactly what I want. Everything is based upon the soul, which is the emotions, passions and desires that are operating within you. Now you can put that into practice and experiment with that; every time you experiment with that, you'll find that desire is one of the most powerful things you can develop.

3.3. Discovering our desires

Jesus:

So the Divine Love Path is not just about dealing with negative emotions. It's also about learning to exercise your positive desires and really follow them completely. You'll be surprised when you start doing it; oftentimes you have no idea what desires you actually have. I went through this period in my own life where I sat down and went along to a guy who was helping me work

through my emotions and he asked me to do an exercise where I had to list all of my passions. I went back the next week with a blank page because I didn't really know what they were, and there was a heap of emotions in that.

I was talking last week at a seminar that I did at Armidale to a man who was in his sixties after the group and he came up to me and said, "I've been seeking to know what my life's purpose is for the last sixty years and I still don't know what it is." And I said to him, "Actually your problem is not that you don't know what your life's purpose is, the problem is that you were never allowed to have a desire when you were little." And as soon as I said that he just started crying and he could feel that immediate emotion of never being able to have a desire. Now this man had spent all of his money for the last sixty years looking for what his passion was and ended up really, really frustrated. But actually he couldn't find his passion because there was this emotion in his soul of, "You're not allowed to have your passions." And if that emotion's in your soul, unless that comes out of your soul, you're going to live the rest of your life thinking you don't know what you feel and you don't know what you desire. Just that one emotion that would have entered him when he was very little, when his mum or dad told him that he's not allowed to do those things.

4. The Law of Cause and Effect

Jesus:

What's the next Law? The Law of Cause and Effect is basically, "What I sow I reap".

In other words I am responsible for every single thing that's happening in my life right now. Every single thing! Now there's a huge emotional rejection of that for most people. Most people believe that, "Other people are responsible for these negative things that other people say and do towards me." So if I'm having anger projected at me, "That's their problem." It's not actually, it's your issue. Now that doesn't mean that you have anger in you, what it might mean is that you have fear in you that attracts their anger, or you have a feeling of being controlled by people's anger that you need to release, or you have a feeling that you're willing to be manipulated because you're afraid of their violence. But the Law of Cause and Effect is always saying, "I am responsible for everything that's going on in my life," as an adult, "I am responsible for all of these different things that I am creating and causing."

4.1. Dealing with effects is futile and not loving to ourselves

Jesus:

Now when I feel love towards myself, I will honour that law. Now the way that I honour it is by understanding that it's pointless for me to try to change an effect when I've got an emotional cause still happening inside of me; I'm on a wild goose chase doing that. You've seen a dog chasing its tail, and it's quite

amusing, but our lives don't feel really amusing when we feel like we're chasing our tail; it's like going round and round and round. And that's because oftentimes we are not respecting this law. What we're doing is we're trying to change the effect of what our soul's creating and we're not changing the cause, and so our soul goes on creating exactly the thing that we are trying to change. And many of us feel exhausted in our life because we still feel like we're trying to change things to make things better; things might slowly get better but it just seems like, "Wow how much effort to make this one little change in my life?" And the reason why that's happening is that I don't understand that there's the emotional soul-based cause within me that's creating my life and unless I'm willing to deal with that soul-based cause in me, I'm not loving myself.

So what we do instead of that is we focus on the effect. How do we focus on the effect? Somebody gets angry and upset with me so what do I do? I get angry and upset back with them, trying to prevent them or control them from getting angry with me. All I'm doing is addressing the effect so what's going to happen? I'm going to have an argument next week, an argument next month and an argument next year in the same way.

This happens a lot in our family with our children. One of the children always wants to argue with me, why? Because I'm not dealing with the cause; as soon as I deal with the cause, that child's going to stop arguing with me. But instead we try to punish the child for arguing with me, we give them little demerit things that they have to do and in the end we are just dealing with the effect, and we are already re-creating the cause as we are doing that. Now when I stop doing that, what happens? All of a sudden my life changes because once I deal with the cause, once I focus on the cause and even just to focus on the cause and say, "Yes I created it"; that's a start of focussing on the cause. That's the first point you've got to get to, focussing on the cause. Just an acknowledgement, "Yes I've created everything in my life." Every single disease I've got in my body, that's my creation; that's the suppressed emotion in me that I'm not releasing. There's something going on inside of me that I'm not dealing with that's the cause. Every time I deny that one truth I am going to be left dealing with the effects of these causes over and over and over again. And you're going to get very exhausted until you understand what the creator of them is. So it's far better to understand what is creating them than it is to deal with the effect.

4.1.1. Manmade laws all deal with effects

Jesus:

Now you look at every law that mankind creates, generally what does it do? It deals with effect. So we've got all these speeding laws, we've got all these fines for breaking the law, which is just dealing with the effect; it doesn't deal with the emotional reason. You look at the drunk driver laws, how many people

still drive with alcohol? There's millions in Australia doing it every week but there's a whole group of laws that are meant to stop us. Are they stopping us? No. Why? Because, the laws only deal with the effects. What's the cause? Why does a person want to get drunk for a start? And then why do they want to get drunk and then drive, which is another set of emotional conditions within them? If you start addressing the emotional cause, if the law addressed the cause, we'd have far fewer drunk drivers on the road and far fewer accidents, injuries and deaths due to drunk driving. But that doesn't happen. What we do generally in the world today is make another law; we just deal with the effects.

So you see law after law after law being created, one after the other after the other. None of us even know how many there are any more; I can't even remember twenty of them in this country. I don't know how you'd go remembering them, particularly how they're stated. "I'm not allowed to drive on the wrong side of the road"; that's a fairly obvious one for me, I know that one. But then there's a sign there saying 100, so that means I go 100, but nobody in Queensland seems to obey that one. Its funny when we were driving in New South Wales last week, everyone in New South Wales seems to obey that one. It's all because of the fear of the effect because in New South Wales the fines are a bit higher; there's more speed cameras checking you all the time, the police all have speed cameras going back and forward all the time and so there's a lot more presence that causes people to slow down. So we notice when we went into New South Wales, all of a sudden everyone was doing the speed limit rather than having people whoosh past while you were doing the speed limit.

In the end though, none of these laws really deal with the cause. What's the reason why I want to speed? And what would be the reason why I would do it in a manner that's dangerous to other people; there's got to be something going on there inside of me emotionally. So let's address the emotion. If I address the emotion, then I'm loving myself. If I love myself then I will always focus on the emotional cause within myself of this creation. If I don't love myself, I'll try to plan and schedule my life to get around it. And when we do that all we finish up doing is getting around our fears and avoiding our fears, but our fears are in us and so they're going to create another situation that creates this fear.

This is why we have lots of accidents in our life. There's one lady I knew who had 22 accidents in the space of three years, every time avoiding an emotion that created the accident for her. I asked her to put herself for a moment in one of those accidents in her imagination and then allow whatever feelings to come up. And she felt absolutely terrified and it was this terror of personal hurt that was creating every accident that she was still avoiding. So she kept creating more accidents, creating another accident, creating another accident. And once she deals with that emotion, she'll find that those events

will not occur anymore; it's just that simple. So what does she do instead? She gets a bigger car so it's safer, puts a bull bar on the front so somebody else gets hurt instead of her and so forth. But in the end if you don't deal with the underlying cause, another accident will happen, and in her case it will keep happening and happening and happening until she deals with the cause.

Can you see how that relates to love of self? Because if I'm dealing with just the effect of any of my actions can you see that I'm only going to get tired and exhausted, and that's not loving to myself. You can see this happening all the time too when other people want you to deal with effects rather than causes. If you love yourself, you won't get drawn into that.

So let's give you an example, let's say you've got a son, you're maybe in your 50's or 60's and you've got a son in his 20's or 30's, and he is pretty reckless with money. And every time he spends the last of his funds, he comes to you for a bail out. Now if I really loved myself, would I do that? No I wouldn't, and remember that to sacrifice myself in order to love another is not loving to myself or the other either. So if I bailed him out and sacrificed my feeling in the process then that's not loving either. So what do I need to do? I need to look at the cause within me of why he keeps asking and why I keep giving him the money because there's an emotional cause that's probably related to guilt; guilt that I've somehow damaged their childhood through their upbringing or something like that. If I deal with that emotion, he may or may not deal with the cause within him but I've at least dealt with the cause within me. So then when he comes to me for the funds, I can focus on, "Son why are you creating this? You create this, time after time after time; if I just give you the funds what am I doing? Besides being unloving to myself, I'm actually being unloving to you. I'm actually letting you keep create the same thing without feeling the effects of your creation. Does God do that? No. God always has you feel the effects what you create. All of God's Laws are loving and this is why the cause is very important to deal with."

4.1.2. An example of having a house flood

Participant:

AJ, twice this year I've had hoses burst inside my house and my house flood. So what am I possibly doing to attract that? I really don't want my furniture under water for a third time.

Jesus:

With any events that happen to us through our Law of Attraction, we've got to look at the emotions that are created from the event because the emotions created from the event are usually entirely connected to the causal emotion within us. So what do you feel when that event occurs?

Participant:

Barry said, "Wet behind the ears"! (Laughter) A huge amount of emotion...

Jesus:

So rather than let yourself listen to them here, write down all the emotions you feel from that event. When you let yourself release those emotions and experience them properly you'll find you won't cause that event anymore. A lot of times we feel so stressed out by the event that we don't think to feel our emotions about the event. What we do instead is we rapidly go around cleaning up our house, feeling all these emotions which we try to shove down while we're cleaning up our house.

So I'm not saying don't clean up your house, I'm saying feel your emotions while you're doing it. So have a good bawl while you doing it, and all of these emotions will come up. Let yourself feel all of them. And then always try to ask yourself the question, and this is where prayer is really important, pray to God for the answer as to what inside of you is a childhood emotion that causes whatever it is that's being created. There'll always be some denied childhood emotion that created the event and allow yourself to get there. The fastest way to get there is to just feel the emotion in the present situation. Oftentimes, what we do instead of doing that, instead of feeling that emotion in the present situation, we try to fix that emotion in the present situation. We don't like our house looking dirty and untidy so we fix that up, we want the plumber to come straight away so we ring him up straight away and get him to do the work, and if he can't come straight away we get angry with him, "Don't you realise this is emergency?" And off we go with that and all of the time what we're doing is trying to fix things that are effects rather than deal with the underlying emotional reason inside of ourselves.

Now I've given you plenty examples in the past when I've done that and all of a sudden everything around me has got fixed without me having to do anything physically for it; that will happen every single time you deal with the causal emotion. If you don't deal with the causal emotion then you will always be dealing with the effects, every time. So allow yourself to make a list, so every time an event happens and you don't know what the cause is, make a list of what you feel about that; what do you feel about your house being flooded? What particular areas of your house got flooded even? So sometimes your precious painting got wet and the other thing that you didn't really care for was dry.

We were recently with a couple who own a sheep and cattle property down south and they breed these stud bulls to give to other breeders. The bull that's the best bull is always the bull who plays up and they couldn't understand why. "Why is it only ever the best bull that I want to be the show bull that I've got to put aside because as soon as a show bull demonstrates any aggressiveness, it's automatically disqualified from a show?" So what's causing this particular bull to do these particular things? And we talked all about the emotional interplay that was actually making the bull play up that was happening between the husband and wife and between the husband and

one of the workers. And he's been experimenting with that now, working through his emotions about it because all the bull's doing is just reflecting his emotions. You try this with your own cat, your own dog; it'll happen all the time too.

So look at every event inside that happens, if you don't know what the emotion is, and then probably you're not feeling right at that moment because usually when a trigger event occurs if you're not in an emotion, you're in a denial state anyway. So allow yourself to sit down and start writing down at least a little bit about what you feel. Start trying to dig a bit deeper into the emotions and you'll find in this case, that they'll be quite a list of emotions that you'll feel about it, particularly about a flood happening a second time. So let yourself feel those emotions now instead of trying to skip out of them and go back to fixing the problem.

4.2. Causes are within our souls

4.2.1. An example of multigenerational emotions

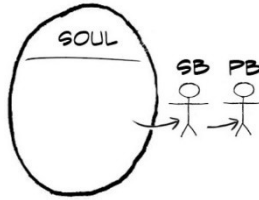
Participant:

Thank you, AJ. I feel this is genetic, carried on down the lines in the cellular structure, so if it's not healed or released in this generation it can be in the other. I consistently see it in aboriginal community from past traumas, it is actually within the cellular structure so it can actually go back further than even if they were treated very well in this lifetime. What's your feelings on that?

Jesus:

I don't believe it's a cellular structure but let me show you what it is. Now our soul has an emotion in it; these emotions came from the soul of our parent where they had an emotion and their denial of that emotion created a subsequent emotion in myself. It doesn't mean it's the same emotion because an emotion that is a denial of something in the parent can create the opposite emotion. So what happens, as soon as I incarnate, as soon as I become present in the physical, all of my parents' denied emotions are now imposed upon me, which now means my soul has all of those emotions inside of him. Now on top of that my grandparents' soul probably had similar emotions that they passed down by their parents and so forth and so forth back generationally. Now what's happening is that sometimes a grandparent might have passed. Now if my grandparent's passed and they still feel an affinity to me, they are a spirit who's surrounding me, so they might have that same emotion and their grandparent might have that same emotion if they haven't moved on, and their grandparent might have the same emotion and so forth right the way back generationally. So not only do I now have my own emotions, but I have all of my emotions created by the events in my life that were denied in my environment, created all the way back generationally. And that imposes

itself upon my soul and because my soul is connected to my spirit body and my physical body, every single emotion that I have that's unhealed within myself creates a physical problem in both of those bodies, which then becomes cellular. So the key with cellular memory is to understand where it's coming from; it's coming from the soul's denied emotion that creates damages in these bodies.

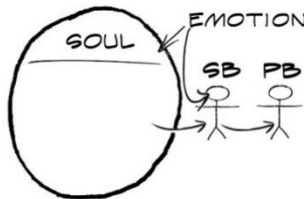


Denied emotions in our souls create damage in our spirit body (SB) and physical body (PB)

4.2.2. An example of spirit interactions

Jesus:

Now unfortunately we have another part of this and that is that there might be a spirit who's our friend, or who thinks they're our friend, who's connected to me through my spirit body. They might have some emotions projecting at me that are very similar to my emotions. And so their emotions, projected through these bodies, will create different errors in these bodies. So this is why sometimes you can actually expel a spirit from a person's body and instantly their physical body heals. And when I say instantly I mean instantly in many cases. Instantly they disconnect from the person on the earth, their physical body straight away has function but there is still the emotion, which can create another attraction of a spirit there that I'd need to deal with, so it's the emotion that causes those attractions.



Spirits can project emotions through our spirit body that affect our physical health

So can you see that cellular memory types of ideas are a simplification? Really everything's happening through the soul affecting the spirit bodies, whether that soul is the multi-generations of our parents or friends in the spirit world who are connecting to us.

Participant:

The spirit can affect the soul as well the actual spirit? So if we're alive we have a spirit?

Jesus:

I'm talking about the spirit friends in the spirit world; all of them are always affecting our soul. The reason why is that they are like any other person on earth. Every one of you here today is affecting each other's soul in some way. So your denied emotion is getting reflected out into the audience, which other people are feeling, and all of your felt emotion, while you are owning it, it's not getting reflected out, but it does have an impact on others. When you follow your desire it has an impact on others; it's impossible for any of us, if we are really loving, to not be affected in some way by others; it's our response emotion to it that determines how clear we are inside of ourselves.

So I said to a group last week, what I do is I allow myself to feel all of my emotions about what's getting passed into me. So the last few weeks I've been getting lots and lots of rage from people on earth and in the spirit world and I'm just letting it wash through me. The emotion that is inside of me is an emotion of fear that gets triggered, so I go into trembling about it. And once I release that emotion it's gone. People can project that emotion at me and I will no longer feel that emotional response of fear inside of me.

Participant:

So what you're actually saying is even if you clear the spirit you need to clear the soul of the emotion and vice versa?

Jesus:

No not vice versa because by clearing the emotion in the soul your spirit and material bodies will automatically clear. Remember the condition of your soul is what drives and controls your whole physiological structure. There are some spirits who are also prompting your questions so what I'd like to do is address some of their questions because they're asking some additional questions. The additional questions they are asking are, "What about in the spirit world? How does it work there?"

The way that it works there is exactly the same as it works here on earth in that our soul's emotion guides the condition of our spirit body. So many of the spirits who are asking these questions have a very poor spirit body; they're very sickly looking spirit bodies. They thought when they passed over into the spirit world that they'd actually have good looking spirit bodies and they're finding actually that they've got bad looking spirit bodies, even worse looking bodies than they had when they were on earth, and so they need to understand that's it's because of an emotional reason within themselves. When they release the causal emotions within their soul, their spirit body's look will automatically get better.

Participant:

So because I'm working so closely with some of these spirits, if I work on myself to clear my soul, will I be clearing their spirit through the soul of their spirit?

Jesus:

You can't clear an emotion for another person. However what you can do is be in an open enough state where they feel they are allowed to clear their emotion. So for example if I have an emotion inside of myself where I'm angry with men, if a woman comes to me and she's also angry with men she'll let herself feel angry with men around me. But if I'm angry with men and I'm denying the underlying grief I feel about men, and the woman who's angry with men comes to me and she starts crying in front of me about how she feels hurt by men, I am going to automatically try to shut her down. That will happen before I even open my mouth; there will be an emotion coming from me of, "No you're not allowed to feel this grief, I don't want to feel my grief and you're not allowed to feel yours," and I'll do everything in my power right up to giving her a big hug and saying, "There, there you don't have to feel this," in order to stop the process from occurring.

The same applies when we're helping spirits. If I'm in a state where I'm shutting down an emotion inside of myself then I'm automatically preventing any person who's with me from experiencing that emotion. Whether I see them or not is immaterial. So if I'm shutting down an emotion of grief within me, any spirit with me is going to feel they're not allowed to feel their grief. If I'm shutting down an emotion of sexual shame within me, any spirit who's around me will not be able to feel their sexual shame; they will feel they can't talk about their own sexual shame because of the emotion in me. So my getting rid of the emotions inside of me has a very powerful effect to everyone around me because everyone around me feels like they're allowed to do what they're allowed to do. This is why many of you in the past have come up to me and started telling me a story that you told yourself ten times before but cried when you're telling me because I feel like you're allowed to cry, whereas you don't feel like you're allowed to cry. So when you're around somebody who feels like you're allowed to cry you cry, but if you're around somebody who feels like you're not allowed to, what do you do then? You'd bury it, push it down, suppress it, all the things you learnt to do when you were little. So hopefully that explains what's going on.

5. The Law of Attraction

Jesus:

The next Law we want to cover to do with the laws that govern the love of self is the Law of Attraction. The Law of Attraction is that everything that comes to me is a result of my soul condition. I'm automatically creating, through my soul condition, everything in my life. Now the majority of people don't even

want to acknowledge that so straight away they're not loving themselves if they don't acknowledge that. You see if you don't acknowledge inside of yourself that one of the laws of God is true, then straight away you're in a state of denying your own creation, which is a state of denying yourself and every time you deny yourself, you're not loving yourself. So the Law of Attraction is a real law; it's a tangible law and it is in action every single moment of your life.

So what would I do with the Law of Attraction if I loved myself? Well if I loved myself I won't try to intellectually avoid the Law of Attraction. So in other words, I'm driving along in the car, someone cuts me off I swear at him and tell him he's a bastard or whatever and then I don't own the emotion inside of myself. I've just projected emotions at him and then I just have a bit of a breathe to calm myself down and get myself back into 'happy' and then away I go. What have I just done? I've not loved myself because if I loved myself I would honour this Law of Attraction. This beautiful event happened to trigger an emotion inside of me, which was covered by my anger and rage initially. And I need to get beyond my anger and rage down into this other emotion I felt. So I start feeling this other emotion of, "Gee that was dangerous. Gee I could have lost my life there if I didn't have my wits about me. Gee he didn't respect me very much at all, he didn't even care if I was there or not. In fact now that I feel about it, it was like I wasn't there at all to him." So what's that? "I'm nothing. I'm useless." All these kinds of feelings start coming up just from this one little event.

Now the beauty of the Law of Attraction is that it exposes every single emotion inside of myself right at that particular instance that I'm denying; it's a fantastic Law because it gives me this beautiful power to change. It gives me this power to identify everything within myself that needs to be changed and I can change it right in that instant.

So someone who I love is sick; I need to deal with my Law of Attraction; "What's going on inside of me? What feelings and emotions does it create inside of me?" And I need to allow myself to work through those feelings and emotions. Someone I cared about died, "What do I feel inside of myself?" Work your way through those feelings. There's always a causal emotion associated with all of these events. What happens when my child reflects anger at me? Then there's my Law of Attraction, "What's going on inside of me?" I need to look at those things. What if my child is uncontrollably crying? "What am I denying inside of me that has created this Law of Attraction?"

Can you see that if everything goes back to this, how much power it gives you to change, and isn't that the most loving thing for you? So if I really love myself, I will love my own Law of Attraction. I will just think it's beautiful and I won't try to get around it. I used to govern my life by spending at least an hour or two every night before I went to bed writing down everything that I

thought I was going to do tomorrow. And then I would write down everything that I thought might go wrong with what I wanted to do tomorrow. And then I'd write down what I would do to fix those things that would go wrong tomorrow as well. And this was almost a religious practice that I had. I was in a major state of terror and fear.

So every time I did that what was I doing? I was just trying to avoid my own Law of Attraction; I could have chucked that all out of the window and just said, "What happens tomorrow happens and I'll just feel whatever is the result of what happens." And my life would have worked a lot better, because many of the things that I wrote down did eventually occur; they actually finished up happening and I did have to fix them up. And most of the time I tried to fix them up and I still couldn't because like many of us I was just dealing with the effects.

All I was doing was dealing with the effects, trying to work around and plan and schedule my life in order to avoid my Law of Attraction. When you start doing it different to that, what happens as you love your Law of Attraction, you think, "I'm a powerful creator, everything that's happening to me is a result of my Law of Attraction; it needs to happen to me in order to have something inside of me dealt with." So I would actually start dealing with that. Now once I'm at a state where I've really loved that, my Law of Attraction will get me into the point where I've released all of my causal emotion and then no matter what happens to me, there will be no emotional effect on me aside from love coming out of me. That's what will happen and when that happens we are at-one with God. If you pray for Divine Love and receive Divine Love through the process then you'll be at-one with God in that state.

5.1. The Law of Attraction is God's messenger of truth that gives us the power to change

Jesus:

You see the Law of Attraction is God's messenger of truth to you; it happens moment by moment in your life. In every single thing that you attract into your life, God is giving you a message, "There's this little emotion here, do you notice that? See that little emotion there, you see that? Well that needs to come out of you in order to have a closer relationship with me. That emotion, you see that emotion, oh that happened again! That emotion happened again, you see that? That emotion's still keeps happening. Oh you've been going like that for twenty five years have you? That's how long you've wanted to hold on to that emotion." That's God's Law of Attraction, God's messenger of truth to you, telling you each little emotion that you're holding onto at any point in time. It's just so wonderful because this law actually gives you the power to change your life quite remarkably. And yet many of you are petrified of your Law of Attraction. Can you see that being afraid of your own Law of Attraction

just creates more Law of Attraction events? So learn to love your Law of Attraction; it's a really powerful thing.

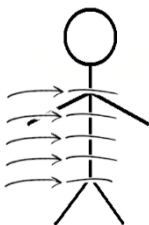
5.2. Allowing stored emotions to flow through and out of us

Participant:

I was just wondering, say you're in some causal emotion you just started connecting to and you're crying. I've just been wondering for the last couple of weeks because there's this Law of Repentance, but you said before you'd be crying for four hours in a day, so what's happening there? I can't understand why if you're connecting with the causal emotion why isn't that dealt with in an instant? If God has the power to do that, why wouldn't He do that and why would you need to be crying for four hours? Because I'm finding with myself when I'm in those emotions, it's like there's different facets. You don't know whether it is a causal emotion or not but you'll be moving from one thing and then your intellect will be saying, "I'm no good, I've never been good," and then suddenly there'll be three seconds of emotion coming out, and then you go to the next thing and you'll be slightly different.

Jesus:

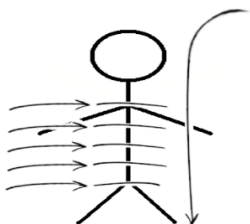
So if you can think of emotions passing through you initially. When you were a child, emotions should have been allowed to pass through you and then what happened with your parents and interactions with your environment, school and all these other things, different emotions weren't allowed to pass through you. So they were blocked at different places, and those different places often mirror different places in your own body. So you've got all of these blockages to the flow of the emotions.



We have blocked emotions within us from our childhood that create blockages in our body

Now if I can allow my emotions to flow as they are being created, then all emotion will never be stored inside of me. I will always be reflecting the emotion and feeling the emotion but it will all just pass through me naturally. The problem with these stored emotions is that we've got hundreds of them, because in our childhood we learnt to store them. And even one event can store, as we've illustrated in the past, lots and lots of different emotions. So we might have hundreds of these blockages in us; now every one of those

blockages is like a barbed arrow sticking in you at the soul level. Now to pull out a barb requires the experience of emotion because remember the thing that created this blocked emotion was that we weren't allowed to have the flow of emotion. So what needs to happen is that all of these emotions need to flow. It's the flowing of the emotion that allows God to actually come in and pull it out.



We need to allow emotions to flow through us

Now as you pointed out in one particular event, there maybe be ten, twenty, or thirty different emotions created that we didn't allow to flow because it wasn't allowed at the time. Because of that it's stored in our soul condition and then other events got triggered from that, which then created their own stored emotion on top of that. And then other events got triggered that created another stored emotion on top of that. So instead of just having one emotion now of unworthiness from one event, I now have a great big pile of these emotions inside of me, all different events that happened that I stored that couldn't flow because I couldn't allow myself, and usually it's because of my parents or my environment, couldn't allow myself from experiencing them.

So now let's say we're in a condition where they start to flow which is the condition you're in, right? So these emotions start to flow and what can happen? You've now got this pile of emotions inside of yourself; your soul is like this pile of emotions. And there's this pile of emotions reflecting the one type of emotion like unworthiness or whatever it is. Now if all of those emotions just flow out of you at the same moment, then you would have a lot of difficulty coping or living through the experience. So what's got to happen is your soul's got to expand from this shrivelled up place where it can't feel any of those emotions into this place where it can grow enough so that it can actually feel and cope with those emotions.

5.2.1. God can only take emotions away from us that we are willing to fully experience

Jesus:

Now that is going to mean this process of letting some of the emotion out and your soul expands. Now your soul can't expand without these emotions flowing from you, and this is very dependent upon your will. So while I have the will and these emotions flow out of me, God can come and help me

through that process. The reason why God can't just come and grab all of those emotions and take them away from me is that my soul needs to expand in order to experience them. So there's going to be a time process where my soul is expanding, I'm feeling a bit more, my soul's expanding a bit more, I'm feeling a bit more, I'm feeling a bit more of that same emotion.

Now in my case I've had really, really deep hurt that needed to be healed and a great big mountain of emotions, and so often I'd be crying for four hours. But it would be about one or two or three or five or ten different emotions in that one experience. But it's not all of the emotions that I feel about that particular thing. Now if we're younger, like yourself, you'll find that you'll get through those emotions a lot more rapidly and you'll have all these facets come up one after the other after the other even in a few minutes. That doesn't happen as much for myself because there's a huge pile of them and there's a lot more of them for me to experience. It's just a matter of allowing yourself to actually go through that process.

Participant:

So when you get to the emotion that has caused this event, you're going through these layers, is there a need for you to be crying for much time? Or do I go, hey you're at the causal thing now let's take it away?

Jesus:

God can take away any emotion as long as you're prepared to feel it in its full amount. The problem is that most of us aren't prepared to feel it in its full amount, and so God can't take it away. He can only take it away to the degree we're prepared to feel it. So it's based on our will. If our will is allowing all of our emotions and we are prepared to be overwhelmed by them then God can take away more of it in that first process if you like.

So in my case I have a big pile of emotions, one after the other after the other, and I also have a long set of memories that are piled into emotions of a longer life than the average person. So what's happened is there's much more for me to experience as a result of that. But when you allow the emotions to start flowing, what you are doing now is you are letting them out. It's our free will, where we love our self that causes us to allow these emotions to flow out of us. As soon as we exercise our free will, God can work with us; if we are not exercising our free will to feel those emotions, God is using external things to try and trigger those emotions, of which the main one is the Law of Attraction; in order to trigger those emotions inside of us.

So the key for yourself is to understand that God can certainly grab hold of these emotions and take them away from you very rapidly. Your question is also prompted by some spirits who have the same feeling that if they start this process of emotions, why is it that God can't grab them and deal with them? God is already doing that but God is dependent upon your exercising your own free will, and your own free will is dependent upon how much you are willing to expand emotionally.

5.2.2. Working through anger into deeper emotions

Participant:

The other thing that's happening is that I'm feeling some rage and I'm saying, "Okay I'm angry. Something has caused this great rage in me. I want to get to what's causing this." But it doesn't come up. So you get more angry and more rage and then you go into self judgement of, "I don't like who I am now because I want to deal with what's causing this," and then I get frustrated. It's like sometimes there's things inside of you that just won't budge no matter what.

Jesus:

Think of your anger like a door. Here's your grief or your fear or other emotions like shame that your anger might be covering.

GRIEF
FEAR
SHAME

Anger is a doorway to deeper emotions of grief, fear or shame

These are the causal emotions, the anger is the capping emotion, and the fastest way to get to your grief is to walk through the door. Now what most people do is they have a lot of judgement emotions about anger, such as anger is not spiritual, God doesn't like me if I'm angry, I'll get punished if I'm angry - how many of us do that one from our childhood? We were punished every time we were angry so of course we believe that if I'm angry I'll be punished.

So you could say there's a heap of blocking emotions about the anger itself. What's happening in your case, Josh, is that there's a heap of blocking emotions about the anger itself and so rather than trying to get to the grief or even for yourself trying to get to the anger in a full experience, the key is to feel the blockages. So pray about what are the belief systems that you have about anger? And you'll find they'll come from your childhood, about anger being an emotion that you weren't allowed to experience very much in your childhood at all. Allow yourself to work your way through those blocks. Then the anger will be present, allow yourself to feel your anger like a doorway into your grief. Once you're in that state you can go out, start punching the bag, feel the rage and anger inside of you and then when you feel that, usually if there's no blocks to your anger and there's no blocks to your grief, within 20 – 30 seconds, you will go from your anger into the deeper emotions.

Now many of you have seen recently how people who have been projecting anger at me have been angry at me for weeks or months. They're not allowing this to occur, they're not allowing themselves to get through the door of their anger and into their grief. So there are some blockages occurring and they will

be beliefs about anger, beliefs about grief and so forth that we also need to work our way through.

Now God can't help us with our beliefs about feeling our anger specifically except by exposing them through our Law of Attraction. God's Laws are already helping us to expose them but God can't take them away from us because they are our choice to retain; that's why they block, they're actually the things we do to retain and not deal with the underlying causes. So the key is to look at the area of our blocks. If we're in the state where we know we've got grief and we're in the state where we know we've got anger but we're not really experiencing it, then we've got a set of beliefs inside of us that are blocking that process from occurring. Ask God about those beliefs.

5.2.3. *The Law of Attraction changes with each facet of causal emotion that we release*

Participant:

I just want to go back to when Josh was saying about feeling the same emotion and you saying your soul has to expand to feel it some more. So if you're feeling the same emotion all of the time, how do you know that it's your soul expanding rather than you feeling self deception emotions?

Jesus:

Well, if you're feeling self deception emotion, your Law of Attraction won't change so you'll know straight away when you're feeling self deception emotions. So if I feel an emotion today, my Law of Attraction doesn't change, I feel that emotion tomorrow, my Law of Attraction doesn't change then obviously I'm still in the self deception place. When I feel even one little part of my causal emotion, the Law of Attraction will change and it will only change in the way I've dealt with it. So you might deal with the emotion of unworthiness in a particular situation that you are dealing with, and you'll find that situation is no longer attracted to you anymore.

So for instance you might have a feeling of unworthiness that's attracted while you're driving a car where people treat you as if they haven't seen you all the time. If you deal with emotion and then when you drive the car everybody seems to notice where you are and nobody drives you off the road or anything, it shows you that you've dealt with that particular facet of that unworthiness. But let's say your unworthiness is about being a woman sexually, then that is still going to be triggered even though you've dealt with the other emotion. And so every emotion has its own particular nuance, it has its own particular flavour that was created by its own particular set of events, and we need to be patient with ourselves when we're dealing with emotions but understand that our Law of Attraction will automatically change every single time I deal with a facet of the emotion. The key is to notice what's happening in our lives.

Now what I've found myself is that I've had my Law of Attraction change in a little area here but not in that area there, a little area here but not in that area there. And I've had to take notice of that to see what I'm denying and to see what I'm actually trying to shut down inside of myself. And every single time what I've found is that I'm shutting something down, something about that flavour of that emotion that I'm still not willing to experience. In other words there was something about the flavour of the emotion that I was blocking. So I felt one part of it because I allowed it but not feeling the other part of it because I didn't allow it, and you need to be patient with that.

Many of you still expect to be able to get to an unworthy emotion for example and it just pops out of you like a baby and it's all gone. It's not like that because the unworthy emotion inside of you is created by so many different events and so many different situations. Every situation has a suppressed emotion attached to it and it also happened with different genders and so many different ages of people; there are all these different creations you see and so your unworthy emotion might in itself have lots and lots of facets. But if you're humble and appreciate your Law of Attraction and love your Law of Attraction, love yourself in other words, you'll find all of them will be exposed in time and part of loving yourself is being patient with yourself. So be patient with the process.

You see many of us have a causal emotion of, "You've got to fix things today." If you haven't fixed it today, "You're no good, you're useless." How many times have you had that emotion dumped on you in your life? And we are often dumping that emotion on ourselves when we're on the Divine Love Path. So what we need to do is have more love of ourselves and allow ourselves to feel all these beautiful things happening as accessing our causal emotion but be patient with yourself.

5.2.4. The example of AJ's allergy to kiwi fruit

Jesus:

I'll give you another example. For the last five or six years, I've had an allergic reaction to kiwi fruit. Before five or six years ago I could eat kiwi fruit to my delight as much as I wanted, one after the other. In fact I used to cut ten or so of them up, have them for brekkie. But as soon as I found out who I was, for some reason I couldn't eat kiwi fruit anymore. And I'll be blowed if I can find out the reason why! I've got no idea why this kiwi fruit thing is going on. I used to love kiwi fruit but what happens in me now is that I just have to have one piece of kiwi fruit and I get this air compression thing happening inside of my gullet that feels like my gullet's going to burst open. All this wind just gets trapped in there, my throat constricts, all the muscles in my throat constrict. I imagine it's how a lot of people must feel when they eat nuts or something like that. This never happened to me before and there's this terrible pressure in my throat and it feels like I'm going to burst in half here;

it's a very, very painful experience. Every single time I accidentally eat a kiwi fruit this happens. On our trip away it happened because I had some fruit salad and there were little pieces of kiwi fruit and I thought, "She'll be right; I would have dealt with this emotion by now," and away I go and within about two minutes I was in this state, which I stayed in for nearly two hours.

Now I haven't found the causal emotion for that so if anybody has got any suggestions I would be very happy to hear them. I've got no idea why this has happened and it's only happened with kiwi fruit. There must be some connection emotionally that's happened, something that's changed in the last six years and I've got no idea what it is. It's something related to an emotion about who I am and it's being reflected there and I don't know why it's connected to kiwi fruit and nothing else. But kiwi fruit, guaranteed, causes this. Mind you, other food causes this when I'm talking about my life in the first century or anything like that while I'm eating and I automatically get the same problem and I understand that linkage but kiwi fruit causes it immediately. What's the first linkage? Well with kiwi fruit there's no, what I would call, conscious linkage.

And this is the thing that you'll find at times with your own processing, you just get so frustrated; what's the conscious linkage here? I've just got no idea what it is so what I've had to do myself is I've had to be patient about the issue, I've had to just allow myself to just keep pondering about it, I'm praying about it quite a lot and pondering about it and sooner or later I know I'll get to the result. But you know what the problem really is? The problem really is that I must have a pretty big block to finding out what it's all about because it's been happening for six years and I still haven't found out what it's about. So the issue is actually that I have an emotional blockage towards really finding out about it and I probably don't really want to know what it's about.

Participant:

A little earlier you said, "When I first realised who I was I got this reaction." So there's a linkage maybe that you were overindulging or that there was something about the kiwi fruit that may have made you choke or whatever at the same time because you said you got the same pain about the first century. So what at the same time occurred to do with kiwi fruit?

Jesus:

I don't know.

Participant:

Those two are definitely linked.

Jesus:

Definitely. I know that for certain.

Participant:

And they are obviously linked from that very early state, it will be one day early in that state that they are linked surely.

Jesus:

Exactly, but I don't know what it is.

Participant:

But it doesn't have to be anger, fear, terror or whatever. It may be just be that time and that connection between the first century and when you got the pain. Not because of the kiwi fruit; you blamed the kiwi fruit and it keeps happening with the kiwi fruit, would you agree that may be the case?

Jesus:

I believe anything may be the case. I just don't know what it is. The issue with all of these things is that it's all emotional. So I can do all of this intellectual stuff, like what you've just done with me, which I've done with myself over and over again trying to work out what it's all about. I've had chats with Mary with what it's all about and whatever else but at the end of the day, I still haven't found the answer. So do I want the answer? No. So this is the thing I've got to realise; that I'm not loving myself here because I don't want the answer, and I've got to work my way through this issue until I love myself enough to know what this answer is. And when you do that you will find the answer and the emotion will flow shortly after. I know it's a fairly big emotion because this constriction of my jaw and throat region is all about holding on to grief. When you go to a funeral of a friend or a best friend or a child or a parent or something like that, when you try to suppress your grief, you get all this terrible pain all through your jaw when you try to keep it down; that's the kind of pain that I get when I eat kiwi fruit. So I know it's to do with some big grief somehow but I still haven't discovered what it's all about. There must be some deep thing in me about being frightened about what's it's all about, which I need to deal with.

Laws Governing Love of Self: Part 2

6. AJ's emotions relating to lack of self love

Jesus:

These sessions are really important for me because they expose a lot of my own emotions while I'm speaking. So what I try to do when I'm in the break is to feel what I'm feeling from the audience and also what's going on inside of myself. It's really important for me to be able to do that and to stay connected with myself and then do the second half of the session.

The emotions that I've felt so far from the audience are this deep resistance to loving yourselves. Many of the spirits around us also have a deep resistance to loving themselves. If I can talk about some of the justifications as to why we have so much resistance to loving ourselves. One of the main ones is this justification of, "I'm helping someone." So obviously the reason why I come and do these talks is that I want to help people so then there's this thing going on inside of me that says, "Alright, these people need help and I want to help them." And then I get more people coming up wanting help, more people coming up wanting help and everyone wants personal help. Everyone thinks that I've not heard of their situation before, and if you can just imagine two thousand years of existence, you've heard a lot about a person's groups of emotions. So it's highly unlikely that I've not heard about your specific problem and all of the truths that are being taught all apply to all of these issues. They are global truths in the sense that they suit every situation but of course most people don't believe that; they believe there's some kind of unique thing with their situation where that particular law and this particular idea and that particular concept does not actually apply to them. And the truth is that God's Truths apply right across the board; that's the thing we need to bear in mind.

But my issue is that I feel like I want to help. So I start helping and I help the next person, and then I help the next person and to be frank with you I'm not going to be able to do that with six and a half billion people. And to be frank with myself I need to stop doing it soon otherwise I'm just going to exhaust myself. So this emotion of, "I'm helping someone" causes me to step away from loving myself. That happens with yourselves a lot too, right? When you think about how many times you get drawn into helping someone, it's exhausting you and you're feeling depleted and then you realise, "Gee, it's because I'm not loving myself again, I'm trying to do too much for somebody else." So we often justify that love is helping someone so then we go down the track of, "Alright, I'm being loving to them," but in the process we sacrifice ourselves. And remember I said that if you sacrifice yourself you are not being loving to yourself or to the other person.

Then there's other things that go on for myself too; I'm working through unworthiness that I was talking about before and one facet of this feeling of unworthiness is this facet of feeling like I'm not anywhere near as good as I used to be. A lot of people as they get older feel this emotion. For many of us as we get older and older; when we're 60 we're not the 20 year old guy who can do all of those things and jump hurdles. We are now the 60 year old person with limits in our physical body, and so we feel like we are not the person we used to be. So there's a lot of emotions that come up about that and a lot of childhood emotions too about, "You're not the person that your mum and dad wanted you to be." And so I've got a lot of projections aimed at me at the moment from the spirit world and also from here that I'm not the person that other people want me to be. The best way to put it is probably to say that they meet Jesus and they are highly disappointed.

The week before last we were staying with Monica, and Monica decided to do a channelling session one morning. So we did a bit of channelling and a group of four spirits from the first century came. They were four spirits who used to be my friends in the first century who called themselves my disciples, and in the channelling they called me "Master", as they did in the first century. These four spirits have actually been in the hells for the last two thousand years. What happened was that when I began a relationship with Mary in the first century, a lot of people around me had a lot of projections about how I should have been, and having a relationship with a woman was something that in their eyes was demeaning myself. And as their view was that Mary wasn't a good enough woman for myself; they actually had a lot of projections at Mary as well. And in their anger and rage, they eventually stopped following me in the first century and they've been in this state of anger and rage every since. In their anger and rage they also did a lot of things to Mary that were quite damaging, and also instigated a lot of things towards Mary that were quite damaging as well, including involving some the events of her death. So there was quite a lot of rage from these spirits and one of the biggest emotions they had was this emotion was that I was not sufficient for them because I didn't do what they expected.

Many of you have had that emotion already with me where I'm not doing or being what you expect and so therefore that creates doubt and other emotions in you. I also have the emotion myself that I'm nowhere as good as I used to be, so that triggers that emotion. And it's an emotion that I need to work my way through and I'm still working my way through. And so what happens with that emotion a lot of times is that I'm not loving towards myself, I try and give too much and as a result of that I feel quite depleted. Then I go home and think I've sorted through it and do quite a lot of emotional work generally, and I'm slowly improving with the emotion but the degree of my unworthiness is quite extreme.

If you can imagine in a 22nd sphere state (and to be frank with you, none of you can imagine at this point what that means), and if you can imagine having the contrast between being in that state and actually coming to earth and being in this state, you would understand my degree of unworthiness, which is the contrast between the two states. So it's been quite overpowering for me at times, and I find it quite difficult to deal with emotionally. I have a lot of grief about what I've lost, not just what I've lost external to myself but what I've lost inside of myself, and so I've been trying to work my way through those emotions quite a lot. But the problem is that oftentimes then I put myself in situations that are quite unloving and get bombarded with a lot of unloving actions. And then I have to go home and have some good cries about the fact that I did that to myself. So there's quite a lot of emotions still within me about this group of emotions of unworthiness and I'm finding it quite good now because I'm getting at them whereas for many years I wasn't getting at them.

6.1. Angry projections at AJ from spirits in the hells

Jesus:

If you can imagine too there's millions and millions and millions of Christian spirits who are actually in the hells of the spirit world. They are in the hells, not because intellectually they didn't know the truth, but because emotionally they didn't practice the truth. So for instance they had emotions of rage in them, which they projected at other people. Many, many Christians went to war and justified the war through the Bible for example. Many Christians were in heavy religious practices, dogmatic for their faith but in the process of being firm and dogmatic to their faith damaged a lot of people in their environment right the way down to condemning them and even burning them. And if you can imagine all these different things happening history, from the third century right through to now, you can imagine how many Christians there must be who have been involved in these kind of actions for nearly a period of two thousand years.

So many of them pass into the spirit world in a place that's quite sad and quite dark, not because they're Christians but because of the actions they perpetrated that were unloving towards others. Now when they pass, they expect to be next to Jesus, near God, in heaven. Can you imagine that? You perpetuated these different actions, justifying them by saying that you're actually doing it for God, and then you pass into the spirit world and find yourself in the hells. And you're not next to God as you expected, you've never seen Jesus all the time you've been in the spirit world, and then all of a sudden Jesus rocks up on earth and you know it's him. Can you see how much anger there might be towards me?

So there's quite a lot of anger getting directed towards Mary and me, but particularly towards myself, because of the feeling that I'm to blame for their predicament. The feeling they have is that I did things and said things that never came true and of course it could never come true for them because they weren't practising them; they believed them in their mind but they didn't feel them in their heart. And so because they believed it in their mind but didn't feel it in their heart they didn't practise them. They actually practiced many things that were quite damaging, and as a result of that arrived in the spirit world in quite a dark place. But they have a lot of feelings of blame and anger towards me specifically and so if you could, imagine millions and millions and millions of spirits in that space.

On top of that these Christians have done a lot of damage to other faiths through historically, and this started shortly after my passing. There started being wars between people who claimed to be following myself and the people who claimed to be pagan faith. Now as a result of that, a lot of the religious factions of other types of religions who were willing to be involved in violence felt that Christians were the perpetrators of violence towards themselves and of course they then feel that I have a degree of responsibility for that.

So not only do I have groups of Christian spirits who are very much in a rage and angry with me, I also have a group of spirits who are non Christian historically who are also in a state of rage and anger with me. Then on top of that, if that's not enough emotionally to deal with from the projection of anger, there is a whole group of other people who were a part of our first century existence who, due to their emotional blockages, didn't ever deal with the emotions that we've been talking about and as a result of that they got into this space where they became quite angry and resentful and purposely tried to make my life and that of anybody associated with me quite difficult. So, these ones have been around for many hundreds, the last two thousand years, trying to damage any person who basically is associated with me; so I'm sorry about that if you've started to receive some of that projection.

6.2. Negative spirit influence towards people practicing Divine Truth

Jesus:

The issue is that there are huge numbers of spirits in the spirit world who have a vested interest in you not following the truth or practising it. Their vested interest is that if you practise the truth and your light shines to others, what will happen is that they will lose their level of influence and control over the earth, and lessen the damage that they are doing to the earth and to people on it. They feel they get enjoyment from it, and because of that any person who starts standing up for truth and love is going to start to receive some kind of attack from the spirit world. Now if we can remember that in all of our interactions with each other and with others, if we will own our emotions

about it, we will actually feel our own emotions about this feeling of attack. If we don't do that we will feel like attacking in return. So when somebody attacks you, often you will feel like you want to attack in return, and my suggestion is to really own your emotions because if you don't own your emotions in that particular situation, you are placing yourself in a position where these groups of spirits who are still in the spirit world in these very dark places can now influence you greatly in your own progression towards God.

And remember here on earth we can actually degrade our condition quite rapidly (and by the way you can degrade your condition in the spirit world as well). If you could imagine, you arrive in the spirit world in the state where you are angry and resentful towards others and all of a sudden you've got carte blanche to do something to somebody on earth that they don't even know about, you're going to be highly driven to harm that person on earth and do whatever is at your disposal to harm them. Obviously that is going to degrade your condition even further. So there are a whole group of spirits in the spirit world who have not yet stopped their evil acts.

6.2.1. *Love, Truth and humility protect us from negative spirit influence*

Jesus:

Now if you can understand that from a spiritual perspective, that all we need do is act in harmony with truth and love and feel all of our own emotions, so those three things: humility, truth and love, if you focus on those three things that I keep saying all of the time, these spirits cannot influence you negatively in any way long term. But as soon as you deny the expression of any of those things, truth, love or owning all of your emotions, humility, you are now leaving yourself open to external control. And by the way, this includes external control of anyone on earth as well as in the spirit world.

I am aware right at this moment many of you are in a lot of external pressure, that external pressure is not just because of your own emotional condition, the external pressure is because there is a group of spirits in the spirit world who are very, very opposed to anything like this occurring on the earth and they will do anything they possibly can to influence you or others to harm you. Now understand that this is also okay because you will work through your emotions through this process. It's not going to be a harmful thing to you in the long run but if you can understand that every time you skip into this place of anger and resentment, you are now just harming yourself and attracting anyone else in that same state straight to you.

Now the reason why I bring this up is that my spirit friends from two thousand years ago have done this for two thousand years. We can easily do this for a long period of time if we're not careful, where we do not own our own emotions and justify our anger, resentment and other types of emotions towards another person for whatever they have done. It doesn't matter

whether they did it in error or in truth, as soon as I get into this space; I am now leaving myself wide open.

Now one of the things that affects Mary and me is that we worry a lot about our personal safety when we are in these situations, which is an emotion we need to work our way through, because we do get a lot of this projected anger and some of it does become quite violent in nature. Even though the person may not be physically violent, they certainly would prefer to be if they could get away with it. And so what is happening for us is that we have to deal with fears and other emotions within us that these things trigger. But for yourselves if you can do the same thing you don't need to attack the person in return. You just need to own your own emotions. Remember I said that with the Law of Desire and Free Will, the Law of Cause and Effect and the Law of Attraction, owning your own emotions is an act of love towards yourself. It is almost the best way, aside from receiving Divine Love, to love yourself. Now obviously longing to God for Divine Love is ultimately the best way to love yourself and that is going to actually help you with every other thing, but you can't feel God's Love entering you unless you are actually owning and feeling all of your own emotions, so that's why it's such an important factor.

Now what I've been trying to do myself is to work my way through these groups of emotions of unworthiness and the groups of emotions that surround this issue of self love. I'm trying to be more and more loving with myself. The operative word is trying for myself and the reason why is that I'm not yet getting all of the causal emotion inside of myself as to why I still feel unloving about myself, and this is the same issue many of you are facing. Many of you are facing this issue of self love; we know intellectually that we need to love ourselves more but there's still this emotion in me that says, "I'm not worth it or I'm not valuable or nobody cares about me," all of those kinds of emotions that are still inside me and it's those emotions that have to come out of me before I will actually be in a space where I can fully love myself.

Now because of that it's very, very difficult to progress from a condition of sin to a condition of at-onement because one of the biggest things we have to deal with is the next thing I want to discuss, and that is the Law of Forgiveness.

7. The Law of Forgiveness

7.1. Forgiving ourselves as God already has done

Jesus:

One of the things I have had to learn myself, and I'm still in the process of doing it, is learning to forgive myself for not being the person that I wanted to be or that I feel I should be. Many of you need to do the same for yourself; to forgive yourself for all the things in the past that have happened where you were not happy with what you did. You see, part of forgiving yourself is to feel

all of your own emotions about the past. With most of these emotions we haven't felt, we've denied them, suppressed them, controlled them and pushed them all down. What we need to do is to feel the feelings, which is a process of forgiving ourselves.

Now most of us on the path learn how to forgive another person before we learn how to forgive ourselves but the reality is that until we forgive ourselves we can't really forgive anyone. So what I would suggest for you, and this is something that I'm trying to practice myself, is to make a list of all of those things that disappoint you about yourself, all of those things in your life that you're really unhappy about and you feel ashamed of doing, and all of those things in your life where you feel like you've just been a bad person or been terrible towards other people; just gather them together and allow yourself to talk to God about all of those things. Allow yourself to go through this process of forgiving yourself for those things.

Now when you do that you'll feel a lot of emotion, and often the biggest emotions that I've had to process for myself have been these groups of emotions about how bad I feel I am. And for many of you it's the same. For many of you the thing that's actually stopping Divine Love from entering you as much as it could enter you is that you are unable to do what God has already done for you. What God has already done for you is forgiven you. God did that the moment you did any of these things. But you have been unable to forgive yourself, and so you hold onto shame. And when you hold on to something like shame, all it needs is a little pin prick where somebody puts a little pin in you and says, "Here feel this shame here," and you react violently because they've just exposed your shame. But if you'd forgiven yourself for your own shame would you react violently anymore? No. So if you loved yourself, would you still get upset because somebody has exposed an emotion in you and would you still blame yourself because of your Law of Attraction is still bringing you crap into your life? No. Can you see how the act of forgiving yourself is just going to be such a powerful, powerful thing that happens?

Now most of us avoid forgiving ourselves for lots of different reasons but one of the primary ones is very deep childhood harm that's been dumped on us emotionally from our environment about how bad we are; "You're never going to amount to anything," that kind of emotion. "You're never going to be as good as that person over there." Almost every single thing in this life is about competition. Remember the school sports days? How many of you actually won an event? The rest of you, how did you feel when they won that event? Did you feel as good as somebody or worse than somebody? For many of us we felt worse. The whole idea of competition is about creating someone who's worse than the other; setting up who is the best automatically means that there is someone who mustn't be the best. And so we finish up carrying around these whole groups of feelings inside of ourselves where we are just not as good as what we wanted to be, and then we punish ourselves every time

we don't achieve what we believe we should have achieved. And as a result of that we get into this state where we can't forgive ourselves. So, we're carrying around this burden of what we should have been that constantly affects us in every single thing that we do. And then of course the Law of Attraction is there to expose that emotion and so we get a lot of events saying, "No, you're not good enough. No, you're not good enough again," and so forth because we just don't want to feel the emotion, we don't want to go through the process of forgiving ourselves for not being as good as what we thought we should be. Or when it really gets down to it for not being as good as what our environment or our parents thought we should be; that's really where it came from. So like yourselves I'm working my way through this Law of Forgiveness; this forgiveness of myself for not being the person that I once was.

8. The Law of Mercy

Jesus:

Now that brings up the next part of this law of love and that is the Law of Mercy.

Now forgiveness and mercy are very much tied into each other and I might just read the definition that I've written in the seminar outline: mercy or grace is my choice to understand, by letting go of the emotions, that I'm forgiven even though I've sinned against God, others and myself, as long as I have demonstrated repentance through it. So you can be merciful towards yourself. A person who's merciful towards themselves doesn't judge themselves for taking twenty five years to get to a space that could have taken them three months. They don't judge themselves about that but they might have some emotions about that; they might need to cry about that and when they cry about that and release that, then they will have a feeling of mercy towards themselves. You can't be merciful with others very well if you're not merciful towards yourself either, can you see why? If I'm holding onto emotions within myself where I can't forgive myself and then I know I've done these things in the past but I can't ever let them go because I feel like I'm constantly judging myself because of them, then do you think I can easily let it go when somebody else does something to me? It's going to be pretty hard because I can't even let go of what I've done to myself. So these two qualities are really core issues to allow yourself to feel in terms of loving yourself.

Participant:

It's probably a stupid question but I mean intellectually if you're going through stuff how do you emotionally forgive yourself?

Jesus:

You emotionally forgive yourself by feeling the emotions about these things. For example if I feel a deep sense of personal shame about when I was seven years old and I got caught touching a little girl's vagina; there was a little bit

of sexual play between myself and another girl and I got caught doing it when I was seven years of age and then I got all these terrible projections of shame and anger from both of our parents, and what they've done is they've locked up the emotion in me. To forgive myself, what I need to do is feel that emotion; when I allow myself to feel that emotion, then I can pray to God for the clearing of that emotion and I can allow myself to feel that I am forgiving myself.

In fact in the Padgett Messages it says that forgiveness is forgetfulness; what that means is that you'll actually be able to remember every event in your life and not feel a sense of personal shame about it because you've forgiven yourself for it. Now every one of us have done things that we're not happy about, that we're ashamed of doing, and when we forgive ourselves, we feel the emotion of that. And when the emotion of that is gone you'll be in a state when you can remember the event but not have the emotion associated with the event still inside of you. That is when you've forgiven yourself.

8.1. Repentance and Grace

Jesus:

Now of course God can help you so much through this process of forgiveness. When you desire God's Love to enter you, and are also willing to feel the emotions of anything you've done, you're in a state of repentance, and repentance is a part of this process in terms of receiving grace. So you can actually forget the emotion very rapidly on the Divine Love Path. On the natural love path, you can't forget the emotion rapidly. You will need to get to the point of forgetfulness of anything that you've created and that may take hundreds or even thousands of years for some things.

Imagine if you murdered somebody, how much that would play on your mind and on your emotions for a long period of time. It would play on your mind and emotions for a long period, wouldn't it? So that being the case, if you went through this process on the natural love path you would have to get to the point where you can still remember the event but no longer feel the emotion of it anymore and I don't just mean your emotion of it, I mean the emotions of the people who you harmed as well; that's the Law of Compensation.

But on the Divine Love Path, you can actually feel about the event and talk to God about the feelings you have about the event and allow yourself to feel the emotions. And then God's Love can come and take away the emotional memory of the event. So you can actually get to a point where in one week's time, you will no longer feel a sense of shame about many of these things you are ashamed of and in fact you will be able to speak of them openly when you're helping others.

8.1.1. *The example of Luther*

Jesus:

If I can give you some illustrations about that. Many of you have heard of the founder of the Lutheran faith, Luther? Well when Luther was on earth he had lots of emotions towards women that were very, very damaging. Not quite as damaging as perhaps some of the Catholic Church teachings, but still very damaging. When he passed, obviously he realised at some point that he had all of these projections that he'd done to thousands and thousands of women that had read his material. So you imagine that you'd actually spoken about one gender in a terribly derogatory way and taught thousands and thousands of men to feel the same way about their women, and taught thousands and thousands of women that they were lesser than the man. Imagine how you'd feel with that emotion weighing on you?

So what Luther did was he got into a state of repentance about it where he felt that emotion and talked to God about that and so God could help him through the process of releasing that emotion. Now he is one of my spirit friends in the spirit world in the Celestial Kingdom, and he knows I'm talking about him and he's saying, "Everything he says is true about me. That's what I was like," but he has no emotional hurt about that inside of himself anymore.

So in the end I can talk about any one of you and you can talk about me to your heart's content and you can say all these terrible things about me (which people are starting to do), and in the end if I'm in a state of forgiveness of myself, what you say about me, even if it's true, will no longer feel hurtful towards me. It's a very powerful place to be, to be in a state where anybody can say anything about you, true or false, and it has no emotional effect on you. And if it's true you can say, "That's true, I did do that," just like I said earlier. I said I smacked my son 21 times; I actually counted how many times; that's how I know, I can remember counting how many times. And I just thought it was his stubbornness. I thought, "There's my little son two and half years of age, he's just a stubborn person and he doesn't get it." That was my emotion. And I can talk about that emotion and if I still have a feeling about it, I haven't forgiven myself for what I did. When I forgive myself for what I did, I will no longer have a feeling about that. And I'm not saying it's a denial of your emotional state because it's impossible for you to deny your emotional state if you are truthful. What I'm talking about is it's a real state once you can actually feel about these things that have happened.

8.2. Feeling remorse automatically activates grace from God

Participant:

Say you're getting into grief over an issue and you're feeling remorse for it. Do mercy and forgiveness automatically come in? You don't have to think, "I'd better focus on forgiving myself now"? Is it an automatic thing where you don't have to focus on it?

Jesus:

Yes, that's right. If you talk to God through the process it is an automatic thing. The reason why it's an automatic thing is that our soul is built in such a way and God's Laws are built in such a way that when we get into a state of repentance we automatically activate different parts of God's Soul. We automatically activate grace just by the action of feeling of remorse within ourselves; we automatically activate these emotions from God.

It's a bit like if you had a child and your child has gone along and kicked another child; now you would really like your child to be sorry for what it's done and to understand all the things that it's done and why, wouldn't you? And you would like your child to never do it again as well. Now you imagine if your child came to that conclusion and actually worked through the issues all by itself and was willing to do that, how would you feel about that child? It would just be amazing, wouldn't it? It would just be this fantastic feeling of pride and love for that child. Well that's how God feels about you when you do the same thing; God's heart leaps when you do that. You see the way God has created all of Her Laws is so that you can do that and when you do that there is an instant reward for doing it that way. That's the way God has created all of Her Laws. So it's a beautiful thing.

8.2.1. We experience peace when we finish repentance

Participant:

Sort of like a peaceful feeling?

Jesus:

Yes. And so you'll get these feelings of peace that will overwhelm you after you've gone through the process and you'll also be able then to speak openly about what you've done in the past without feeling resentful that other people are still bringing it up, without feeling resentful of your own shame and without punishing yourself or others because of them bringing it up; you will just feel a sense of peace about it. If you don't feel a sense of peace about it then you've yet to forgive yourself and you're yet to be forgiven. So it's an easy way to tell that we haven't yet dealt with the issue.

So for me I'm yet to forgive myself for what I currently am and I still need to go through that process because there's this huge judgement inside of me about what I used to be and what I currently am. And of course the irony is

that I will never be how I used to be while I hold on to this emotion. So it's sort of one of those Catch-22 emotions isn't it? Where I'll never be what I used to be because I'm still punishing myself for what I am, and it just gets into that cycle. And we need to stop those kinds of cycles happening within ourselves where we can never be the best we can be because we're still punishing ourselves for what we did five, ten, fifteen, twenty, twenty five years ago. All we need do is feel the emotion of it and release the emotion of it and as we do that and we feel those feelings of wanting God's Love to enter us, God's Love just enters us and helps us work through all of that emotionally and we come out the other end feeling peaceful.

Paul talked about it in the Bible. He said, "The peace of God that excels all thought." There is no thought you can do, nothing you can think, that is ever going to get you to this state of peace. The peace of God excels all thought; and it comes from this desire and passion and emotion within yourself to feel all of these things and to forgive yourself.

It's such a powerful thing you can do, not only for yourself but for everyone else, and this is why forgiving of yourself changes people around you. It changes your Law of Attraction completely. If I have an emotion inside of myself where I feel shame about what I have done then my Law of Attraction is going to be triggering the shame, triggering the shame, triggering the shame, everyone is going to expose the shame in me and that will be my Law of Attraction. But as soon as I'm open about what I've done and put it out there on the table for everyone to see and actually start feeling my emotions about what I've done and actually go through the process of feeling them to completion and feeling sorry and remorseful for what I've done, what happens now? That causal emotion inside of me, that shame, no longer exists. So what's going to happen to my Law of Attraction? I am no longer going to attract people triggering shame. I am no longer going to attract it because there's no shame left in me to be triggered and I can then actually be completely happy within myself about myself. It's such a powerful; powerful tool this act of forgiveness of yourself and having mercy with yourself.

That doesn't mean though that we actually go down the track of saying, "I automatically forgive myself for everything I've ever done," and that all happens just in a day and I'm all happy now; everything's fine. Because obviously if I feel that, then I don't see the importance of the things I've done. Just like the example I gave of the child kicking the other child, the child at some point needs to see the importance of what they've done; the fact that the act of hurting the other child has actually harmed the other child. It has actually caused emotional damage as well as physical damage to them, and the child needs to feel that. When the child feels that, the father or the mother can feel this beautiful feeling of love for the child quite easily. If the child refuses to do that then the father or mother might have love for them but

they've also got a lot of hope in them at the same time that the child will eventually see the truth that they've actually taken an action to harm another.

And so we also need to remember with these things, only let yourself off the hook for the things that you know you've dealt with completely emotionally. If you know you haven't dealt with it completely emotionally then focus on dealing with it completely emotionally, not punishing yourself, because you don't need to do that. The laws of God are already in action and you are already experiencing the consequences of every time you break one of them, you don't need to do more than that. God's Laws are automatically correcting you; there's no need to punish yourself but there is a need to feel the results of what we've done. We need to let ourselves off the hook, through the act of forgiveness and mercy towards ourselves, when we feel these deep feelings of repentance within ourselves. Now that will automatically happen when you feel repentance or remorse; you'll feel this peace that comes from God enter you, and if you're not feeling it yet then the process of forgiveness and mercy is not complete in you so just allow it to occur until it's complete in you.

They are two really important laws that demonstrate your love of self. Can you see that the whole world has an issue with this problem? And if we can be leaders in demonstrating these emotions towards ourselves, we will go a long way to curing every ill of the world. You will also go a long way to curing the fact that you want to respond to their pain or to other people's projection of pain. How many of you have felt this emotion? I know there's been times when I felt over the last six years of getting this barrage of crap from somebody – anger, resentment, rage – and how many of you have felt this thing of, “I just wish they'd get the truth, they don't see it my way,” or whatever it is and you have all these feelings of, “I just wish they'd stop. I just want them to stop”?

And how many of you have even been in a situation where you have been walking away from the person and they're still yelling and screaming at you, not wanting to stop, and how does that feel to you? Well you see when you forgive yourself that will all stop, the whole lot of that will stop. Can you see why? Because they are only doing it because there's these feelings inside of yourself that are still feeling like there's something wrong with you, and they're just triggering that. So allow yourself to feel those emotions of forgiveness towards yourself and being merciful with yourself when you know you are sorry and repentant. When you do that, you are becoming like God because that's how God feels about you when you get into that state. Just like if you had a child who kicked another child and the child then went through these feelings of remorse about what it had done, saying sorry to the other child, you would be so proud of that child. You would know that they're never going to do it again, wouldn't you? And that's how God feels about you when you do the same thing.

9. The Laws of Natural Love

Jesus:

So what's next? There are the Laws of Natural Love.

Now there are a few things in this section that I'd like to read out to you, trying to put these things into practical situations, if you like. Because in the end that's what we want to do; demonstrate love to our self in practical situations. So one thing we also need to do is recognise inside of ourselves when we're not demonstrating love to our self in a practical situation so at least we can begin to identify the emotional reason why we're not, because a lot of times we finish up skipping over it. So something happens where there is an unloving situation to ourselves and we just fall straight into the mould that we've been in since childhood, and then we come out of it thinking, "What did I just do?" Now what we want to do is at least start having some intellectual awareness of what's happening.

9.1. The three aspects of the Laws of Natural Love that affect our love of self

9.1.1. Spiritually: our relationship with God

Jesus:

There are three things to remember with how these laws affect the love of myself. The love of myself spiritually means that I care for my connection with God. So every time you love yourself on a spiritual level, you're caring about your relationship with God. In other words you don't say, "Ah stuff it this week, I've just had enough. This spiritual stuff is driving me nuts. I'm going to just give up for a couple of weeks and see what happens." You won't feel like that when you've dealt with the emotions that cause you to not love yourself spiritually. Now you can certainly feel like that before then and you need to deal with something about it if you feel like that, but understand that when you love yourself completely spiritually, you won't do that; your love of God and God's Love for you is going to be the most precious relationship in your life. It won't matter what anybody else thinks about you, it won't matter what your family does with you, it won't matter what your friends do with you or think about you, your relationship with God will be more important. It won't matter what your religion says, it won't matter what your politics say, it won't matter how you even feel sexually, you will still be focussed on your relationship with God as your number one thing, if you love yourself spiritually.

9.1.2. *Emotionally: caring for and allowing all of our emotions*

Jesus:

The second thing is that if you love yourself emotionally you will care for and allow yourself to experience all of your own emotions in every single possible situation. That means if I'm at work and I'm triggered emotionally, I'm going to feel my emotion at work. So let's say it's rage, what do I do with that? Work might have a series of phone books, and so if that's the case you get your rubber hose at work and away you go. And it all looks really bad to everyone else. "What's wrong with this woman? Gee whizz!" Or, "What's wrong with that crazy man again, he's off again," and yet we won't even worry about that when we're in this state of pure love of self. Now your boss will, your friends will, your family will everybody will if they are not in that state themselves but can you see in the end what we're targeting is a world like this. We want a world where we can feel our emotions when we're at work, we can feel our emotions when we're at home; we feel our emotions when we're at school. We want a world where we can just be ourselves wherever we are. It begins with loving of yourself, which means feeling all of your own emotions.

9.1.3. *Physically: caring for and taking responsibility for our own physical wellbeing*

Jesus:

The third thing you notice is caring for yourself physically. So I go, "Yeah right at the moment there's a bit of tubbiness starting around here, slowly growing, I can feel it there, something's going on." And then when it gets bigger and a bit bigger (and I have been a bit bigger in my life) and I'm feeling more of that and I go, "Yeah I mustn't be loving myself too much". Or I'm puffing away on a cigarette, or I'm sitting down in front of the telly watching a video every single day rather than being able to create things around me, and I'm trying to live my life through other people's lives. Can you see when I start caring for myself physically I'll start realising that, and in the end when I care for myself completely physically, I'll get to the stage where I'll never do anything that would damage my body, either my physical body or spirit body.

So that means all those lotions and potions that you put on your face that have got all these poisons in them, you won't do that anymore. You'll go and get some lotions and potions perhaps that have got no poison in them and maybe use them, but you certainly won't do it with ones that have got poison in them. That means that you won't wash your hair with all these poisons either just because you like the brand. You won't do that anymore, it will be automatic because you'll feel "There's something wrong with this, it's not loving to me". And when you go and take that alcoholic drink and you smell the alcohol and you think, "Yep a few million brain cells there just gone, just if I take this drink." Do you think you'll want to take it then if you really loved yourself?

“AJ’s now saying I’ve got to give up this drink as well!” (Laughter) “Enough; it’s just too much!” No what I’m saying is that you will want to do that.

So if you don’t want to do that yet, it’s because you don’t love yourself yet, and I’m not suggesting you do it to make out you love yourself and stop drinking. If you want to drink, drink, that’s up to you, but don’t make out that you love yourself doing it because that alcohol in there, it’s killing your brain cells. You wouldn’t choose to do that purposefully. Unknowingly perhaps, but purposefully, if you loved yourself would you choose that? No. But that’s okay if you’re doing it now, I’m not judging that. What I’m saying is that if you loved yourself, you wouldn’t do it.

So ask yourself, “Why am I having this alcohol when I’m killing a few million brain cells every time I do? What’s going on inside of me that causes me to do this? Ah, it’s the stress that I’m under right now, I need this to relax. Why do I need this to relax? Ah my life is too stressful, I need to do something about my life rather than have this alcoholic drink. I need to put this drink down over there for a moment and go over here and fix up what it is that’s creating all of this stress inside of me. Ah no, it’s my relationship with my husband or my wife that’s causing all this stress.” So go and do something about your relationship with your husband or wife. Follow through with these things. Can you see even a little sip of alcohol is often covering over a whole series of emotions; I can just relax with it and all of a sudden my partner looks a lot better than she looked five minutes before. Mary always looks good but anyway!

But then, “Ah this situation looks better now, I’ll have another drink. Oh it looks really good now!” And what we’re doing is just avoiding the underlying stress and pressure. And then the next night, “Wow I feel the heaviness again of all my life, crouching in on me. What did I do last night? Oh yes I had a drink. That’s a good idea.” So I have another one and we do that until we get to the stage where we become addicted to something just because we need to avoid our life. If you love yourself, you don’t avoid your life, you actually embrace your life. And if you can’t embrace your life then get rid of the things you can’t embrace. That’s what you would do if you loved yourself, isn’t it?

9.2. Examining the reasons as to why we don’t love ourselves

Jesus:

You see if I think of those three things with love of self, I will stop doing a whole heap of things provided I feel the underlying emotional reasons why I do it. So I’m not suggesting that you just all go out now and say, “I’m not doing this anymore, I’m not doing that anymore?” Many of you still feel like doing it, so don’t stop doing it if that’s what you feel like doing because that’s your Law of Desire; you’re allowed to desire what you have even if it’s in

disharmony with love. What I'm suggesting is, allow yourself to look at the emotional reasons inside of yourself as to why you would want to treat yourself badly, and you know most of the time it's because we are avoiding a whole group of emotions or situations. We're avoiding the fact that I'm not as close to my wife as I want to be, or to my husband as I want to be, I'm avoiding the fact that actually I feel quite sad about my job; that my job is really stressing me and getting me down. I'm not doing anything about it because I don't love myself. Why don't I love myself? Let myself feel about why I don't love myself enough to do something about that.

See why I don't love myself enough to tell the truth to everyone around me. So I go home and visit mum and mum's saying, "Do this, do that, do this, do that," like she has for the last forty years of my life and all I do is fit in and I say to myself, "It's only a week, it'll be okay, once I get home I'll be fine." But you're not loving yourself in that situation. So stop doing that and look at the emotional reason why. "Wow, the emotion inside of myself is that I actually feel that mum's going to punish me if I don't do what I want." You might be a grown man forty years of age, solid build you know, four or six inches higher than I am and you're still being led by mummy because you're afraid that mummy will disapprove of you. Where does that come from? That's not a forty year old man's emotion, that's a four year old boy's emotion that needs to be released. And if I love myself I'll allow myself to see that happening. But I can't do that unless I'm in this space of truth and love with myself. It's so powerful once you get into this space inside of yourself of a space of truth and love towards yourself.

So you notice in many of these examples that I've given in the seminar outline how these laws affect you - I don't respond to other's demands for my love, I don't respond to others expecting my love, I don't allow others to manipulate and control my actions, if others question me with the emotions in them of rage, anger, jealousy, resentment, goading, or judgement then I'm not loving to myself if I respond.

A number of people have been confused in the last few hours before I passed in the first century, because I stood before different people, Herod and Pilate and the Sanhedrin, in total silence. And I did that because I loved myself. Because what was being projected at me were huge amounts of emotions not wanting to know truth; they didn't want to know the truth, they wanted to condemn me to death. And they had already decided in their hearts and in their minds what they were going to do; nothing I could say in that situation could change anything. And if I allowed myself to be goaded into replying or even violently abused into a reply, I wouldn't be loving myself. So I didn't.

And you will do the same in the future, where you'll be in situations where people are trying to pressure you and push you around and get you to do things that are unloving to yourself. And you'll be in enough space of love of

yourself that no matter what damage they bring to bear towards you, you will not break your love of self. So you will not break your love of God but you will also not break your love of self; if you broke your love of self you'd automatically break your relationship with God. So you won't do either. And even if you die in that state, you still won't do it. Even if you're threatened with death you won't do it because that's how much you love yourself, and that's how I felt then. And I feel quite judgemental about myself that it's not how I feel now at times. So what we need to do is work through these groups of emotions that allow ourselves to do these things; to actually love yourself completely. Allow yourself to ponder upon loving yourself completely.

And so my suggestion before our next seminar is to have some feelings about how you haven't been loving to yourself in your life and have some feelings about why you haven't demonstrated that love for yourself. You may find that the reason is that you're afraid of something. You may find the reason is that you've got this sadness in you that you can't seem to release, or you may find that the reason is that you're so ashamed of yourself and you need to forgive yourself more. You may find that the reason why is to do with all sorts of issues regarding your life that you're not allowing yourself to address. For instance, these issues of truth where you can't be truthful with another because you're afraid of what that will do to your own life. And often what we do is prevent our own progression just by shutting down what we really feel about our situation and not loving ourselves. So have a really good look at what's going on inside of yourself.

10. The Law of Divine Truth

Jesus:

The whole issue of Divine Truth, which is the last issue of the laws of truth that we want to discuss, is about us getting into this state inside of ourselves where we understand emotionally that it's the truth that's going to set our entire life free. So what we need to do to have the truth set our lives free is to actually feel everything inside of ourselves truthfully. That means no longer ignoring anymore about how we truly feel about every situation in our lives.

So if I'm not happy in my marriage I need to stop ignoring that fact and I need to stop saying to myself, "My Law of Attraction here is wonderful, my Law of Attraction there is wonderful and I'm actually having quite a good life. But my marriage, yeah, well that doesn't feel good." I need to stop doing that and I need to start addressing the issue in truth. Why doesn't it feel that good, what is going on inside of me emotionally, what's going on inside my partner emotionally? Can we deal with these things together? Do we really want to split up? Do we even really want be together? Or are we just living with each other because it's too hard to do anything else? What am I afraid of? Am I afraid of splitting half of my wealth? Am I afraid of my children judging me because I want to leave my wife?

And I need to work through all of those things emotionally and stop avoiding them if I want to be in truth. And if I have this deep love for truth, if I respect this Law of Truth in my life, then I will start being truthful in all of my relationships. And I'm not talking about the truth just intellectually, I'm talking about feeling my emotions about what I feel is the truth. Even coming down to the fact of looking at it and saying, "Is this God's Truth or is this just my truth?" Because a lot of times they are two very, very different things, God's Truth and my truth. I've had times when my truth has totally been the opposite of God's Truth on a matter; there have been hundreds of times when that's been the case in the last forty six years.

So allow yourself to look at how the truth is affecting your life, whether you want to live it, and what emotions inside of you are preventing you from living the truth. If you love yourself you will at least give yourself that gift. Can you see just how much love of self is so all-encompassing in a lot of areas in our life?

11. The benefits of coming to love ourselves

Jesus:

So if you can, over the coming months, start looking at this issue of love of self in a much deeper way. The biggest hurt in the human race is this lack of love of self and this inability to even forgive yourself, let alone anyone else. And if you can allow yourself to work through that emotionally by feeling the emotions that you have about yourself, the shame you feel about yourself, the guilt you have towards yourself. All of these different emotions you have about yourself, the sadness that you have about yourself, how you haven't realised your potential and how you feel about that inside of yourself. And if you forgive yourself for all of these things by feeling those emotions and releasing them and talking to God and feeling Divine Love flow through into you, what will happen is in the end you'll not remember those emotions anymore. You'll be able to remember every single thing, every single event in your life and you'll not have any judgement of yourself about it. And you will not think, but you will feel that you are the same as every other person; you will actually feel that you are the same as the persons who are right now living up in the twenty second sphere state in an at-onement condition; you will feel that you're equal to them. Imagine that. How many times today on earth do you feel you are not equal to somebody? Why do we glorify people on earth, why do we treat them differently? Because we feel we are not equal to them. Imagine if you released all of those emotions in yourself and forgave yourself for every single thing that you've been ashamed about in your life, you'll get to a point where you'll actually now feel inside of yourself as an emotion that you are the same as anyone else.

And then somebody comes along and says, “When you were on earth a few years ago, you did this and you did that, and you killed this and you...” and you’ll say, “Yes I did,” and not feel any more guilt or shame or any of those emotions about it because you’ve released all of that through a process of forgiving yourself. I’m not saying you ignore it all, I’m saying you’ve released it all.

And so you’ll be able to get to a state where I can talk about you and you can talk about me to all and sundry and we will never ever fight because of it and I can say, “You know that guy over there he did this and he did that,” and that guy over there will say, “Yep I did that,” and not feel bad about himself. And you can say, “When AJ belted his son when he was little twenty one times in a row, that’s abuse,” and I can say, “Yes I did that,” and not feel bad about myself anymore because I’ve worked through the emotion of that and forgiven myself. It’s a pretty powerful place isn’t it if you love yourself that much?

Now if you love yourself that much, then you know what? You’ve now caught up to how much God loves you. Because right now, when it comes to how God loves you and you love yourself, you’re playing a lot of catch up. God loves you far more than you can even conceive at the moment and until you love yourself the same amount, you won’t understand how much God loves you. So this whole process is about getting to the point of where we feel like God can love us to the degree that He can.

Can you see how this impacts upon the prayer of Divine Love? Do you remember in the prayer, if you read the words of the prayer, it talks about the issue of worthiness and it raises this issue of worthiness with you? The issue of worthiness is the main reason why no one, since I was on earth in the first century, has been in a state of at-onement with God while they were on earth. I am now feeling the power of that emotion myself. I’m feeling how much it affects every aspect of my life, my relationship with Mary, my relationship with other people, how much Law of Attraction is going on, my relationship with spirits who want to be angry with me. Most of them will just go away once they realise that they can’t make me feel ashamed of myself anymore because I’ve forgiven myself. But at the moment they are going to keep coming and coming and coming until I’ve worked through that emotion, and I need to understand that inside of myself and spend this time emotionally working my way through these groups of emotions.

12. Closing Words

Jesus:

So hopefully this discussion we have today and the previous sessions on “God’s Laws - An Introduction” and “God’s Laws - Laws Governing Love of Others” have opened up a whole group of areas for you that you can actually look at yourself. And instead of looking at yourself with judgement, criticism or punishment, you can start looking at yourself in terms of feeling the underlying emotions and working your way through to a place of forgiveness and repentance with them.

You see remember we said right at the beginning of this series of discussions that when I break God’s Laws at the soul level, I am actually going to experience the pain and suffering of that. So I can say to myself I am not going to change anything if that’s what I want, I have the free will to do that. But then I also need to ask myself and there are spirit friends with us who also need to ask themselves if they are sitting in the hells of the first sphere still, “Why would I want that for myself? Why would I want to continue to experience pain and suffering? Why would I want to actually not change when I’ve got this beautiful opportunity to change and be supported by a group of people who want to change with me?” It doesn’t really make much sense does it, if we’re really loving ourselves to do that?

So what I would like you to do perhaps over the coming weeks, if you want to, is allow yourself to ponder about those things and Mary and I will hopefully do the same as both of us have quite a lot of self love issues to work our way through as well. And over the coming months we should notice a fairly big change in ourselves and in the others that are coming along as well to groups such as these and I think it will also have such a positive effect in the spirit world as well.

So hopefully you’ve enjoyed today’s discussion and thank you for your time again. Mary and I would like to thank you for your donations and would also like to thank you too for a lot of the expressions that you are giving us as well, of support and love and encouragement, because we really do appreciate those as well. Both of us are personally going through some difficult times, mostly because of projections of anger from others that are triggering these unworthy emotions that we feel inside of ourselves, and so we want to work through those things over the coming weeks.

Appendix: God's Laws - Laws Governing Our Love of Self Seminar Outline

Laws Governing Our Love Of Self – An Introduction

Today's discussion is about some of the Laws involving our treatment of one self

We will discuss each law in the following manner:

Brief description of the Law

How this law affects our Love for one self

What happens when we break this law in our treatment of one self

What soul condition within us prevents us from being in harmony with this Law

Examples of living in harmony/disharmony with this law in our relationship with one self

The principles are similar in each situation as the talk regarding laws governing love of others

Law of Free Will

Brief description of the Law

Free Will is the gift from God that allows us to choose anything we desire

We are allowed to act in harmony with anything that is truthful (loving) or in error (unloving)

How this law affects my love for myself

When we love our self, we ALWAYS enable our free will whether others agree with our decisions or not

I never suppress exercising my own free will harmonious with Divine Love even if others want me to

I never suppress feeling & experiencing my own emotions:

I am allowed to see what I see, hear what I hear, feel what I feel, know what I know, think what I think, even if it is all in complete disharmony with the Truth

I recognize if free will is exercised in disharmony with Divine Love & Divine Truth, then I will experience the consequence of pain (or suffering if I do this continuously)

What happens when I break this law in my treatment of myself

I feel others are controlling me when this is NEVER actually the case

I feel I am not allowed to have my own emotional experience (but this is NEVER true either)

I feel obliged to others; that I “have to” please them (like many children do with their parents)

Others feel I am a “pushover”, and will bend to suit what they want me to do/say/think

Others feel that I am “easy” to be around, because I always do what they want me to do

Others feel I should bend to suit their emotions

Others feel better than me, or condescending towards me thinking I “do not understand”

What soul condition within me prevents me from being in harmony with this Law

Emotions surrounding trying to prevent my own feelings of hurt through my treatment of others

An addiction to “being loved” caused by a painful emotion I refuse to feel of not being loved

An addiction to “being safe” caused by painful emotions I refuse to feel of always feeling unsafe

Allowing others to control & manipulate me because I feel that is all I deserve

A distorted viewpoint of what “love” is; i.e. love sacrifices self to please others

Deep feelings of unworthiness

A desire to control others anger/rage towards me by being conciliatory

Emotions surrounding wishing to avoid feeling out of control

Examples of living in harmony/disharmony with this law

I am in harmony with the law when:

E.g. If my child demands things, I feel my emotions about it rather than “giving in” for peace

E.g. I do not allow my partner to pressure me into doing things that I feel I do not want to do

E.g. I never respond to guilt trips from other persons (emotional or verbal)

E.g. I understand that if someone really loves me, they will always honour and support my free will

E.g. I never suppress my desire because of feelings of obligations placed on me by others

E.g. I never change my loving behaviour even when others get angry with me

I am in disharmony with the law when:

E.g. I feel I must sacrifice my own emotions for the sake of pleasing others

E.g. I refuse to speak my personal truth because of what others may feel/say/do about it

E.g. I treat myself worse than I treat others & allow others doing things I do not do when with them

Law of Passion & Desire

Brief description of the Law

Ask and I shall receive! Develop and allow a passionate longing for anything, whether that thing is harmonious or disharmonious with Love, and I will receive it. The results of this Law create either pleasurable or painful experiences in my life (due to the Law of Cause & Effect).

How this law affects my love for my self

If I love myself, I will always develop my passions and desires in harmony with Love, even if this takes my time/resources/focus away from others

I will follow my passions & desires even if NO other person agrees with or supports me

I will follow my passions & desires even if it seems like I am unsuccessful (in the eyes of self or others)

I will follow my passions & desires even with outright opposition, judgement or disapproval from others

I will not develop my passions and desires in error because I understand I will just be damaging myself

What happens when I break this law in my treatment of my self

I feel the results of a sin of omission (having the power to do something loving that I refuse to do)

I feel the results/pain of a personal choice that finishes up harming my self

I prevent my own understanding of my self, and never become the "best I can be"

I will never become at-one with God

I experience the pain of "missed opportunities"

What soul condition within me prevents me from being in harmony with this Law

I have deep emotional beliefs that I will never be able to fully satisfy my own desires & passions

I have deep childhood hurt from others controlling me into doing what they wanted for me

I have deep feelings that my desires are evil, bad, selfish, harmful, shameful, frivolous, idealistic

I have feelings that other people are more important, better, more superior than my self

Examples of living in harmony/disharmony with this law

I break the law when:

E.g. I join our friends/family in their passions even when I do not want to (e.g. Christmas)

E.g. I constantly seek the agreement of others before I follow my passions

E.g. I seek approval for my emotions by trying to get others to agree with those emotions

E.g. I do not follow my desires because of financial reasons, or time constraints

Law of Cause & Effect

Brief description of the Law

What I sow, I will reap. Everything that happens has a soul-based cause within myself. Attempting to change my life by changing effects never addresses the cause, and will result in the effects continuing.

How this law affects my love for my self

I never blame another person for events/situations in my own life

I never try to avoid the emotions created by events/situations I get into in my day-to-day life

I always attempt to address the deep inner **CAUSE** within me that created the effects I am experiencing

I understand that dealing with effects will not change my Law of Attraction or my relationship with God

I do not try to avoid effects by planning or structuring my life (these are fear-based actions)

What happens when I break this law in my treatment of myself

I am caught in an endless (and pointless) cycle of planning, scheduling, structuring my life

I become controlling verbally and emotionally of others to avoid my own emotional/physical pain

I get sicknesses or long-term diseases which I cannot seem to cure no matter what action I take

I feel tired about what seems to be never ending effort to make my life successful or pleasurable

I always feel I need “help” from others but help never seems to correct anything in my life

I have a tendency to take advantage of others without feeling gratitude

I expect other people to help me stay away from my emotions or soul condition (expect commiseration)

What soul condition within me prevents me from being in harmony with this Law

Refusing to take personal responsibility for my own creations

Refusing to see or feel the Divine Truth that my own emotions are the creator of painful effects

A lack of personal humility in feeling my own soul condition

Staying away from emotions relating to others blaming me for their own life experiences

Deep fear or terror in my childhood emotional experience

A desire to avoid the emotional truth that I am preventing the healing of my own life

I am addicted to feeling “loved” by getting others to help or assist me all the time

I refuse to emotionally accept the Law of Cause & Effect (i.e. I do not believe it is a Divine Truth)

I believe that others should sacrifice themselves in order to satisfy my own emotions

Examples of living in harmony/disharmony with this law

If I live in harmony with the Law:

E.g. I would never expect others to “bail me out” of my own creations

E.g. I would never accept others “bailing me out” if I have not dealt with the causal emotion

E.g. I would not ask or expect my friends to lie for me in order to get out of the results of my error

E.g. I would not expect others to do things for me that I refuse to do for myself (e.g. cook, clean)

E.g. I would not waste other's time by telling stories I have no desire to feel causal emotions for

E.g. If a person tells me a "truth" about myself; I look the causal emotion for the creation

If I live in disharmony with the Law:

E.g. I justify doing things to my body that I know damage my body without examining why

E.g. Serial dieting: controlling the diet rather than working through why you desire certain foods

E.g. Repeated medical or spiritual practice in an attempt to heal the same ongoing issues

E.g. Repeated meditation in order to feel calm, happy, content, relaxed or present emotionally

E.g. Berating a child for their words/actions when the event is caused by my own soul condition

Law of Attraction

Brief description of the Law

My soul condition (the soul's attributes, qualities, desires, passions, condition spiritually, emotionally and morally) attracts all the events in my life. If I want to change events, I need to change my soul condition.

How this law affects my love for myself

I welcome and enjoy my own Law of Attraction as God's messenger of Truth rather than fearing it

I always choose to feel my own causal emotions about everything that happens to me

I do not hate myself, blame myself or punish myself for my own painful Law of Attraction

I always honour & love my own Law of Attraction whether it seems "positive" or "negative" to me

I never hate, blame get angry with or punish others for the pain I experience from my Law of Attraction

What happens when I break this law in my treatment of myself

I create and stay in emotions of self-deception and emotionally damage others and myself

I deny my own emotions and soul condition as being the creator of my entire experience

I attempt to avoid the results of my Law of Attraction by organizing my life around my fears

I stunt my own soul growth and my relationship with God by avoiding the underlying causal emotion

I punish, blame or get angry with others or myself when painful events happen

What soul condition within myself prevents me from being in harmony with this Law

I don't really have a soul belief in the Law of Attraction

I still believe I can intellectually overcome the effects of my own soul condition

I want to remain a victim in my life and do not wish to take self-responsibility for my own creations

I do not wish to feel the deeper emotional pain within myself that created the Law of Attraction

I have a feeling of envy towards those who have a positive Law of Attraction

I feel others should pay for how they have harmed my life

Examples of living in harmony/disharmony with this law

If I live in harmony with the Law:

E.g. I do not get angry, frustrated or annoyed with myself when I run out of money

E.g. I do not punish myself for what others have done to me

E.g. I give myself time and space to work through my emotions rather than having deadlines

E.g. I surround myself with people who support my desire to deal with causal emotions

If I live in disharmony with the Law:

E.g. Saying to others they can bring their children as long as the children do/do not say/do certain things that you may attract. I am trying to avoid my own law attraction (avoiding what we fear).

E.g. If I lie in order to prevent another person causing me pain I am avoiding my Law of Attraction

E.g. If I refuse to speak my personal truth in order to avoid pain or anger

E.g. If I choose to break God's Laws in order to "avoid" my own Law of Attraction (really we just delay our own Law of Attraction, since our soul condition drives the Law)

Law of Forgiveness

Brief description of the Law

I freely forgive others just as God has freely forgiven me. This means I forgive **myself** as freely as I forgive others. (i.e. I no longer feel emotions of hatred, blame, resentment, dislike or contempt towards my self because I have released these emotions about my own actions which previously I felt guilt and ashamed about.)

How this law affects my love for myself

I am just as deserving of forgiveness as any other person

I do not hold onto blame, or anger towards myself for the times I broke God's Laws

I never reject myself or judge myself as unworthy or evil no matter what I did in the past

Forgiveness is emotional forgetfulness of the things I have done that I felt emotions about

Forgiveness is **NOT** emotional denial of actions/thoughts/words in disharmony with Love

I try to feel my emotions about my actions/thoughts/words in disharmony with Love

I love my body, mind, spirit body, and emotions without reserve or condemnation

What happens when I break this law in my treatment of myself

I damage myself emotionally, spiritually & physically by holding onto anger, resentment or shame of self

I am prevented from forgiving others (because I have judgement about what I have done that they mirror)

I prevent my own soul progression and growth towards God

I prevent my growth in the connection with God (never be at-one in this condition)

I damage others and my environment by projecting my denial emotions at them

I damage my own body and cause illness and suffering within myself

What soul condition within me prevents me from being in harmony with this Law

Lack of forgiveness always comes from my wishing/attempting to avoid my own causal emotion

I would rather punish my self than actually feel the pain within myself from what has happened

Examples of living in harmony with this law

E.g. I do not avoid people, places or events that I have previously “harmed” (unless they continue to want to harm me) because I am no longer ashamed of my own actions/words etc

E.g. I don’t have anger/resentment towards myself about my own actions that caused others/myself pain

E.g. I am repentant for (felt all of my emotions) all of the times I have harmed myself or others in the past

E.g. I do not treat others as if they are more important than myself because of guilt or shame of myself

E.g. I do not depend on others for positive emotional support (this is an addiction of avoidance)

E.g. I do not continue lifestyle habits that I know harm my body because I deal with the emotional cause

Law of Mercy

Brief description of the Law

Mercy or Grace is my choice to understand (by letting go of the emotions) that I am forgiven even though I have sinned against God, others or myself as long as I have demonstrated a repentant spirit.

How this law affects my love for myself

I do not refuse Divine Love or love from others in an effort to continue to punish myself for past “sins”

I allow my own worthiness to grow, rather than destroying myself with unloving thoughts/actions

I do not punish myself by treating myself badly physically or emotionally

I am as merciful with myself as I am with others

I never allow myself to “get away with” unloving emotions within myself without feeling their cause

What happens when I break this law in my treatment of myself

When I display mercy towards myself at the wrong time (lack of self-responsibility):

I feel I can get away with unloving actions without their being a consequence

I have a tendency to treat others as if they have done worse than myself

E.g. We criticize others for lying; when I have had an abortion/been sexually promiscuous

I place myself in the position where I continually treat others badly

I am not humble enough to see myself truthfully, & I perpetuate my own unloving behaviour

When I do not display mercy towards myself at all:

I feel I am worthless, unworthy, unlovable, nothing and unredeemable

I feel I cannot ever love myself, and refuse to receive the love of others

I punish myself, blame myself, and resent myself even being alive

What soul condition within me prevents me from being in harmony with this Law

I have terrible emotions of self-shame that I am avoiding experiencing

I have emotional beliefs from my childhood that I need to release of:

I will never be good enough

I will always be bad

I am always guilty because I am a born “sinner”

I am always at fault when others feel angry/upset with me

I have been told in my childhood that I was the cause of abusive treatment towards myself

I have childhood beliefs that others are always better than myself

I have childhood spiritual beliefs that God is always disappointed and angry with me

I feel I am more important than others; and so let myself “off-the-hook” with how I damage others

I am unwilling to feel emotions that are the result of the “Law of Compensation”

Examples of living in harmony/disharmony with this law

If I live in disharmony with the Law:

E.g. Every time I see my parents they always berate me, but I continue to see them

E.g. Every time my partner gets angry with me, I take it, and keep allowing it to happen

If I live in harmony with the Law:

E.g. If I have hurt others, I deeply feel the emotion of it, and feel the forgiveness from God

E.g. If I really love a person, I want to feel the causal reasons within myself as to why I harmed them, and I am willing to work through the causal emotions and ask for forgiveness for my actions

E.g. If I have cheated on my partner, I work through the emotions that caused me to do it, I feel sorrow for the pain I have caused my partner, and I forgive myself rather than punishing myself, or allowing my partner to continue to punish me

Laws of Natural Love

Brief description of the Law

These are a combination of Laws that demonstrate how to love myself and others.

How these laws affect my love for myself

Love of self spiritually – caring for my connection with God

Love of self emotionally- caring for and allowing all of my own emotions

Love of self physically – caring for and taking responsibility for my own physical wellbeing

How these laws affect my love for myself

I do not respond to others demands for my love (they are not respecting that my love is a gift)

I do not respond to others expecting my love (they are not respecting my love is a gift)

I do not allow others to manipulate or control my actions

Eg. If others expect me to give them my time at their request, they are being unloving towards me, & if I respond to that request, then I am unloving towards myself

E.g. If others question me with the emotions within them of anger, rage, jealousy, resentment, criticism, goading or judgement, then I am unloving to myself if I respond to their control

I do not sacrifice myself in order to love others

I do not treat myself unlovingly in order to love others

I do not respond when others expect me to treat myself unlovingly in order to please them

I do not expect myself to give more to others than I would give to myself

What happens when I break these laws in my treatment of myself

I feel annoyed or angry with others for being “unloving” to me (the expectation causes anger)

If I love myself already, I will not need others to be loving to me in order for me to be happy

I feel hurt with others not doing/saying/feeling what I expect them to (the expectation causes pain)

I feel the personal pain of sacrificing my self and my desires for the “benefit” of other people

I feel emotionally exhausted and depleted when I spend time with specific people

I feel that love is painful, rather than seeing love as the greatest gift I or others can give

Others feel they can “demand” my love

Others feel they can control, manipulate, or “guilt” me into doing what they want

Others feel they can demand my emotional attention, and get angry with me when we do not give it

What soul condition within me prevents me from being in harmony with these Laws

Huge distortions about what I believe love to be (my beliefs about love come from my environment)

I have emotional beliefs of error from my childhood that I need to release of:

I believe sacrificing myself for others is a loving act

I feel that others emotions are more important than my own

I believe that the only way to receive love is to earn it

I believe that love is a chore or a duty

I feel I will be punished or blamed, or I am selfish if I don’t sacrifice myself for others

I believe that when other people say that I hurt them then I am personally responsible for their pain

I am only responsible if I have broken God’s Laws of Love

I have deep feelings that I am nothing, worthless, or empty of love

These feeling may be towards one gender specifically

Examples of living in harmony/disharmony with this law

If I live in disharmony with the Law:

E.g. I only serve or give to others when others have a positive reaction to the service or gift

E.g. I only give to myself when others have a positive reaction

E.g. I treat myself differently than I allow others to treat me

E.g. I feel guilt or obligation to family/friends when they want me to do thing for them

E.g. I am untruthful with myself or others about my true feelings

E.g. Whenever I am angry with myself

E.g. Others manipulate my emotional injuries to get what they want (in business and private life)

E.g. I sacrifice my physical and emotional needs for others sometimes without them even noticing

E.g. I allow others to pressure me to do what they want when I have told them before how I feel

E.g. I allow people in authority to pressure or control me because I am afraid of what will happen

E.g. I feel I do not deserve good things because other people have terrible lives

E.g. I allow other people to demand things from me without concern for my own welfare

E.g. I do things for others that they refuse to do for themselves

E.g. I allow others to harm myself (supplying me with drugs, alcohol, cigarettes etc)

Law of Divine Truth

Brief description of the Law

I always live in harmony with God's Truth, as I know it emotionally.

How this law affects my love for myself

I live in emotional truth towards all people since loving myself means to be emotionally real with them

I tell the truth, and never withhold the truth, no matter what the cost because it is loving

I understand and feel deeply emotional about the truth being ALWAYS loving to myself

I understand and feel deeply that I cannot become closer to God without accepting His Divine Truth

What happens when I break this law in my treatment of myself

I feel the pain of sacrificing myself by not being myself in all situations in my life

I feel the painful emotions of never being myself or honouring myself in all situations

I prevent my own connection with God, and my eventual at-onement with God

I prevent my soul mate connection from ever being fulfilling

What soul condition within me prevents me from being in harmony with this Law

I have emotional beliefs of error from my childhood or my life that I need to release of:

Fear or terror about being punished for truth

Fear or terror about being punished for how we truly feel inside, or the real person we are

Fear or terror about fully experiencing all of my own emotions no matter what happens

Deep emotional beliefs that truth is always harmful and punishing

Examples of living in harmony with this law

Eg. If I have cheated on my partner, I will always tell them no matter what the “cost”

Eg. I always state how I feel to everyone around me, even if they look down upon me or punish me for it

Eg. If I know a Divine Truth I would never refuse to speak it in any situation

Eg. I love God and God’s Truth more than anything else, no matter what seeming “price” must be paid

Resources

For more information:

Divine Truth Website: divinetruth.com

Donate Divine Truth:

<https://www.divinetruth.com/sites/main/en/index.htm#donate.htm>

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<https://www.youtube.com/@Divinetruthmain>

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Divine Truth Events: <https://events.humanitix.com/host/divinetruth>

Mary's Blog: mary.divinetruth.com

eBooks by Divine Truth including eBooks translated into a variety of different languages:

<https://www.smashwords.com/profile/view/DivineTruth>

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Please remember that due to these limitations, information contained within this document may need to be revised in the future.

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The Written Word (thewrittenword.ca)***

Handbook	Ethics & Morality
Workbook	What Is Your Treasure
Prayer	Passionately Desiring Positive Change & Taking Personal Responsibility
Humility	
Law of Attraction	Qualities of Divine Truth & Desiring Divine Truth
Parenting	
Soulmates	The Power of Your Soul and Denial of the Soul
Solomon's Message	
Positively Responding to Spirit Influence	Laws Governing Love of Others and Love of Self
Secrets of the Universe	Law of Desire & Law of Cause & Effect
What Happens When You Die	Pseudo vs True Spirituality
Understanding Sin	Getting To Know God & The World's Definition of God
The Way including Putting It All Together and Eternal Benefits	Why We Resist God & Emotional Blockages to God
The Truth & Purpose of Jesus' Life	
How the Human Soul Functions	Emotional Processing
Faith & Prayer	Understanding Your Emotional Self
Sincerity	
Sexual Attraction	Laws of Rapport & Spirit Communication and The 'Sleep' State
Fear (Revisited)	
Anger is Your Guide	Emotions & The 'Mother' Taboo and Emotions, Truth & Families
Forgiveness & Repentance	
Addictions	The World's Definition of Love
The Gift of Free Will	
The Three Selves & The Façade	
Deconstructing the Façade & Experiencing the Hurt Self	