DIVINE TRUTH

Anger Is Your Guide

Divine Truth
Discover God's Universal Truth and Receive God's Love
(all information can be found at divinetruth.com)

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Preface

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

Session 1 is from a transcript delivered by Jesus (AJ Miller) on 25th April 2009 in Brisbane, Queensland, Australia. In this seminar Jesus describes how to work through anger and other emotions within us to release anger, how anger can be used to guide us to deeper emotions, and practical ways to work through childhood and adult anger

Session 2 is from a transcript of a seminar delivered by Jesus (AJ Miller) on 26th April 2009 in Brisbane, Queensland, Australia, as part of the Human Soul series. In this seminar Jesus describes the layers of emotions within the soul, including anger, fear and grief, how to access core emotions, and the emotional cause of cancer. Jesus also discusses examples of anger and describes how to release it with Mary Magdalene (Mary Luck) and audience members.

The seminars used for this compilation are:

- The Human Soul - Anger Is Your Guide S1 – Apr 25, 2009
- The Human Soul - Anger Is Your Guide S2 – Apr 26, 2009

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

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Anger Is Your Guide: Session 1 Part 1

1. Introduction

Today our session is going to be about anger being your guide, and already I've had the projection of some people's anger today before the group. So those of you who did that know who it was (Laughter), I'll get you back at some time in the future! (Laughs)

The reason why this subject is such an important subject is that a lot of people don't realise that anger is a key guide for you in your own progression towards God. And the reason why anger is such a key guide is because it's something that we all generally have a habit of falling into at some point in time or we have a habit of suppressing at some point in time. Underneath anger is just like usually this huge iceberg of emotions, so knowing how to work your way through anger and knowing how to feel your way through anger and then getting to an underlying emotion is very, very important.

Now anger is an emotion that most of us feel on a daily basis, to be frank. The problem is that the majority of times we don't recognise it or we just see it as a mild annoyance or a little frustration or a little irritation here and there. So we have a tendency, particularly if we've been on spiritual paths, whether they be Christian or other religious basis or New Age, to actually overlook the anger that we're actually feeling. The reason why that often happens is because we're so ingrained in this idea that anger means you're not spiritual, or anger means that you're not connected with God, or anger is wrong.

Now while it is true that anger is a very damaging emotion and can be a very damaging emotion particularly if it is held on to, the expression of anger is something that's a natural thing based on the deeper things that we choose to suppress. So for that reason anger is a really good guide into your deeper emotions. Every single time you feel angry, frustrated, annoyed or any of these even slight annoyances, slight irritation even, there is usually a huge emotion under it that you are avoiding and you're choosing to avoid it.

What I'd like to do today is illustrate how to actually dig underneath that, start allowing your anger to surface and then start allowing what's underneath to surface because in a lot of ways your anger is almost the gateway into these other emotions. That's particularly the case if you had suppressed your anger when you were a child.

1.1. Reasons for suppressing anger from childhood

Now most of us have heavy suppressed anger from childhood. The reason why is, what normally happened to us when we expressed our anger when we were children? Usually you got a clout over the ear or you got something happen to you that was very painful. You might have got sent to your room, you might have got ostracised, punished. There are lots of things that happen to little children in order to shut down their anger. Often we get ignored when we're angry. So if I'm being angry as a child and then I'm getting ignored, what's that teaching me? I'm not going to get loved while I'm angry, I've got to stop being angry if I'm going to be loved. So there are a lot of hidden messages that come to a little child right from the time that they're very, very young that causes them to suppress their anger and their rage. And unfortunately there is usually a layer placed on top of their anger and their rage.

So for a child for example, let's say we're a three or four year old child. At three or four years of age we are almost the perfect reflection of what our parents are denying. So if our parents are having an emotion, let's say the parents have an emotion where they feel unloved, as a child if I'm three or four years of age I'll be perfectly reflecting that emotion; in other words, the child will be feeling unloved. And then what the child does is they reflect that emotion, through the Law of Attraction, back to the parent. So when the parent denies an emotion, the child acts out the emotion and then what does the parent generally do? They punish the child for acting out the parent's own emotion. Now how frustrating is that? If you got punished every single time and this is what happened during your childhood, you got punished probably every single time you acted out one of your parent's emotions that they were trying to deny, and most of us grew up in this kind of environment.

So here we are as children as the perfect little reflectors. We can't even help ourselves being a perfect reflector when we're so young like that. And instead of being allowed to reflect the emotion back at our parent, the reflection is actually suppressed through punishment, or through the parent's anger, or through the parent's rejection, and that just bottles up huge amounts of emotions in us. And the only way to access those underlying emotions is going to be to go through the bottled up anger that's there as a child and into those other bottled up emotions that were there even before the anger arose. So you can see that knowing how to and dealing with anger is going to be a very essential part of your own progression. [00:06:53.26]

1.2. Anger is used to control others and avoid our own pain

The other issue that we face is that often as an adult, because of these childhood emotions, we start creating a lot of things about ourselves that are not true. We

create these fictitious viewpoints of ourselves that we want to maintain as an adult and we'll do almost anything to defend the castle, and rage or anger is a major way of defending the castle. Like how do you find dealing with someone who's angry with you? Don't you find that it's really difficult? Isn't it difficult because of what are they doing? They're trying to control you or manipulate you generally or they want something from you that you're not giving them and so it's a major way that we can use to actually explore having others do what we want. So anger becomes a way in which we can control others.

For example, you can go to a supermarket, and who's the one who gets the “free” product? Let’s say that they got a bad product and they get the free product as well as the original product, the good one, in return. Who's the one who gets that? Usually it's the one who goes up there and is the irate customer, isn't it? The irate customer gets served and the person who is nice and calm and collected and waiting to be served, they get forgotten. Now why is that? Because anger is what we are so used to responding to. We're so used to responding to anger rather than actually love and that's why these things happen in our daily life. So it's really, really important to look at this issue of anger.

Before we start, what I would like to do, just to connect you emotionally to the subject is play some mediumship that I did around a year and a half ago now when I was in Barbados with a lady called Natalie who was a medium. We actually finished up speaking to a group of slaves who had been in the hells of the spirit world for quite a number of years, and who had a quite a lot of anger within them. What I would like to do is play this recording for you. It takes some time, it's about a forty-five minute recording altogether, where I go through a heap of things explaining to these spirits the condition they're in, why they're in this condition and so forth, and that will just help you connect to how anger can lock you up and prevent you from actually progressing on your journey.

You see while I've said that anger is your guide, suppressed anger or unexperienced anger will be devastating to you. It will wreck your body and wreck your life and in the spirit world do the same thing unless you decide to experience it. And that's why it's so important to begin to look at this issue of anger. Now I've had many discussions about the subject of anger over the years to groups of people. So what I've tried to do in the seminar outline is outline most of the reasons why we get angry and outline what we do to suppress our anger.

To be frank with you, many of you in the audience feel that you're not a very angry person and yet a lot of the times I can feel extreme rage coming from you. So that means that you've become so used to suppressing your anger that now you don't even know that you're angry. And there are a lot of reasons why you do that and what we want to do is start exposing those reasons. [00:10:42.23]

Then later in the session we want to start talking about some practical ways in which we can actually connect to our anger and start actually connecting even to

what's underneath the anger because there are some really practical things that you can do. Ian will come up with his anger kit and he'll show you some of the things that he does with his anger and you'll see that you all have the choice to actually go into these emotions or avoid them. Now if you choose to avoid them you're going to have a pseudo covering of spirituality that has no substance. It's when you connect to them and experience them and release them that you'll have a true spiritual connection with God. So that's why it's such an important subject. So what I'll do first is just play this recording.

2. Mediumship with angry spirits who were slaves while on Earth

Natalie/Joe: I've been asked to speak, to come forth. I have been asked to speak on behalf of a lot of us. There are a lot of us here but only one must speak, so I have agreed. I've been encouraged to say how I'm feeling, to explain my situation because things are the same for many of us here. I am being asked to talk about myself with an understanding that everyone who is around me is feeling the same way but I have been asked to just speak for myself. But I know there are a number of you there and understand that there are several hundred of us here. We are in, I am in a very dark place and I do not like it here, I have never liked it here. In fact I hate it here. In fact I really hate it here and I hate everybody around me and I hate you and I hate me and I have felt like this for a long time.

Natalie/Joe: I do not really understand why I am here and why things are not the way I expected them to be. I know I have entered the spirit world, which is not nice, which is disgusting, quite some time ago; I am not sure how long ago. I'm being told that it was, I cannot tell you how long I was here because it is too long. I do not wish to say out loud exactly how long I have been here because it is too long.

Natalie/Joe: I lived on the island of Barbados where you are and I was treated so very badly by the plantation owner. There were white men who beat me most days, and they beat me because I was not working hard enough, and they beat me when I was not capable of doing anymore. I was treated like a dog and I longed to die, we all longed to die, and when I died, things were no better.

Natalie/Joe: I went from one hell into the next hell and I did believe that there was a God; I did believe that I would be saved, that there would be salvation for us once we died. And there is nothing, there is nothing here and none of us can understand why there is that nothing. Why we are still in such miserable conditions, why we still feel like those down trodden slaves. Why we still feel that those people who treated us so badly are somehow still with us, are somehow still affecting how we are feeling, and why, why was there not some justice? Why do we still feel so bad? Why must we continue to be punished? Why must I carry on like this all the time without ending? Why?

Well I can certainly understand your confusion but perhaps if I could just make a few suggestions where we can try and investigate a few of the things to see whether they're true. Not the things you've said in terms of your life but rather the things you've said about whether what is happening is just, why you're in your current location and all of those kinds of things, if we can investigate some of those things. Have you ever seen any brighter spirits come to you, to try to talk to you? [00:17:36.01]

Natalie/Joe: Just now. I am being corrected. I have not seen much. I have been so angry and miserable and not wanting to see anything worse than I am already experiencing, I do not wish to see anything more than I am seeing. However I would say that for me to be speaking to you now there has been a very kind spirit has come and suggested it, that I have nothing to lose, that I must try this experiment and see what happens and it gives me an opportunity that would be worth taking, so here I am. But as I am talking to you I am getting quite nervous and I am anxious. I have a concern that somehow it is a trick, although I can feel that you are good people.

2.1. Explaining the reason for their location in the spirit world

Well perhaps I can personally explain the reasons why you are in the current location you are in the spirit world. Firstly I would like to suggest to you that there are in fact many thousands of locations in the spirit world where you could be but where you currently are depends upon the feelings that you are feeling inside of yourself. And one of the feelings that are most dominant in you at the moment as you mentioned is the rage that you feel inside of yourself; the anger and hatred that you feel for people generally and also towards yourself. That anger is actually suppressing some bigger emotions within you that you are afraid to feel within yourself and it's that, that is actually creating your current location and it's keeping you in the current location you're in, in the spirit world.

The reason why it's keeping you there is because if you were in a nice happy place you would still have this anger inside of yourself and so you would then be projecting this anger at everyone around you. So one of the things that is going to need to happen is for you to connect to why you are so angry and start feeling all the emotions underneath the anger, which includes the sadness and the terrible despair and emptiness that you felt when you were on Earth, the huge injustices that were done to you while you were on Earth. [00:20:49.05]

Natalie/Joe: I expected justice to be done when I passed. Really I was expecting that somehow things would be put right, but it was one thing to be treated so badly by men of another skin colour when I was alive, it is another thing to still feel like this now. Where is the justice? Why do things not change?

Well what if I prove to you firstly that there is some justice in what's happening at the moment, just by being able to show you the location in the spirit world of where the people are who harmed you. The problem with doing this with you is that you may be tempted to actually visit them and torment them in your current condition.

Natalie/Joe: I am confused now because I'm being told not to trust you.

And who's telling you that?

Natalie/Joe: Someone has come from the side and has said, "Do not trust, do not trust. This is a trick. This is not real..."

And who is the person who has come and told you that? Would you mind telling me who that is?

Natalie/Joe: I do not know who they are. Who are you? They are someone from close by. That's all I know.

Why are they unwilling to give you this information?

Natalie/Joe: I do not know. They are just saying, "Do not trust, do not trust."

Why are they not wanting to trust?

Natalie/Joe: They say it's a trick, they say we should just stay where we are, that we can do no better.

Why do they want you to stay where you are? Do you want to stay where you are?

Natalie/Joe: No I do not want to stay where I am.

So it would seem to me like they are just trying to repress you and keep you in the same place. Isn't that exactly what the slave owners did on Earth? [00:22:52.24]

Natalie/Joe: I understand what you're saying. But this is strong, this is strong! There are more now. There are more around them; they are all saying the same thing. They are saying it to me and they are saying it to the others all around me.

But you do not need to listen to them. You see what the problem is, is...

Natalie/Joe: It is hard to not listen to them. They are here and they are in our ears.

Well we can prevent them if you want. Do you want to stop them from doing this?

Natalie/Joe: What do I do?

You don't need to do anything, we can just ask some of our spirit friends to ask them to move on.

Natalie/Joe: How do I know we can trust you? How do I know I can trust you? Why would they have come and said this if there was not some truth?

Well they want you to stay where you currently are. I as you may know from reading me, I want you to be able to be in a happier place, so myself and they...

Natalie/Joe: They're saying you're lying, they're saying you're lying! They're saying, "Do not trust, stay where you are. Things will get worse." Why would this be happening?

Things won't get worse and I can prove that to you. But to prove that to you we've got to remain talking. So it's up to you. I can prove these things to you that I'm saying. It's just a matter of you keeping an open mind or not.

Natalie/Joe: I will try.

Okay. Do you want the people in your ear telling you not to...

Natalie/Joe: No I do not.

Okay well let's ask some higher spirits who are brighter and more loving to ask those spirits to move on. And we can talk to them later if they want.

Natalie/Joe: They are moving back.

Okay. Alright well let's firstly talk about this issue of justice that you feel. There are some bright spirits around you that haven't shown themselves to you. But what I would like to do, just for a moment, if they can show themselves to you. So that you can see that there are quite a number of bright spirits around you as a group. And these spirits are quite happy spirits aren't they? They look happy? They look content? Can you see that? [00:25:14.22]

Natalie/Joe: This is how I thought it would be. This is how I thought I would be.

Yes. So what we want to do is show you what's going on really because at the moment there are a lot of things going on around you that you're not really aware of and what I'd like to do is just help you become more aware...

Natalie/Joe: It is difficult. There are arguments; there is shouting, "No don't do that."

Why is that? Why don't they want you to do this?

Natalie/Joe: There is fighting. There is arguing, there is...

Well the question I have for all of you is this; do you want to stay where you are?

Natalie/Joe: No.

Would you rather be in a better place?

Natalie/Joe: Yes.

Well the only way to get in a better place is to investigate what I'm saying. You can always go back to where you are if that's what you want. So if after checking out these different things that I suggest to you, you want to go back to where you currently are, that's okay, that's your choice. You're allowed to do that but you'll find that you won't want to after I've shown you some of the things that I want to show you. Do you understand?

Natalie/Joe: I do.

And all of those ones who are arguing in front of you, if you just stop arguing and fighting for a while, haven't you had enough arguments and fights with people who have oppressed you? Why do you want to still be oppressed, why do you want to oppress each other? Do you follow me? [00:26:55.00]

Natalie/Joe: I understand. I am not one of those fighting.

Okay but for all those ones who are fighting if they can just bear that in mind that all you are doing is harming yourself when you do this. If we can just investigate these things that we can look at and then you'll be able to see whether you can trust me or not trust me, that's up to you after we've investigated these things. Does that sound alright?

Natalie/Joe: Yes.

Okay. Well the first thing I'd like to show you is the condition in which the people who harmed you, where the people who harmed you actually live in the spirit world now. Now to do that these bright spirits that are around you will actually help you go to these locations. They will stay with you the entire time and then they will bring you back to your current location. Are you okay with that? Can you trust them enough to do that?

Natalie/Joe: Yep I am curious, I am interested in this.

2.2. Visiting the location in the spirit world of their masters from Earth

Okay, well let's firstly do that then. So we'll just spend a little bit of time where you can go off and have a look at the condition in which these people who harmed you are currently.

Natalie/Joe: I have seen enough. Wow!

What do you see?

Natalie/Joe: I have seen the master who beat me, who gave me so little food, who treated me like a dog, who is now like a dog. He is no better off than me.

No. In fact he is pretty much worse off than you.

Natalie/Joe: At first I did not know it was him. I did not recognise him at first. He does not look as he looked when he was my master on Earth.

He looks pretty ugly now doesn't he?

Natalie/Joe: He is deformed. I still hate him.

I understand that. And what we want to do is talk about that.

Natalie/Joe: I wish he was in a worse condition than he is.

Yes. Well the truth is that he is actually in the condition he is and in the place he is because that's where his condition of his soul places him, that's where he belongs at the moment. And the truth also is that you are in the place you currently are because of a condition of your soul. In particular the condition of your soul is one where you are very, very angry.

Natalie/Joe: Why is he not in a fiery hell?

Because there is no fiery hell.

Natalie/Joe: He should be in a fiery hell and all other men like him.

I know you feel that way. And this is part of the reason why you are where you are. Do you understand what I just said?

Natalie/Joe: No.

You see you're so angry with what he did to you. But now you hate everything around you don't you?

Natalie/Joe: Yes.

And that's the reason why you are where you are, because of that hatred that you're keeping within you that you are not releasing, that you're not allowing yourself to let out of you. And the reason why you're holding on to hatred is because you do not want to cry. You do not want to feel sad. You don't want to feel despair about the things that happened to you.

Natalie/Joe: I want all those masters to burn in hell forever.

And that's the reason why you are where you are.

Natalie/Joe: I want every man who treated us and all other men like us to suffer, to suffer forever.

That's the reason why you are where you are.

Natalie/Joe: Where is the justice?

Well there's complete justice because if you were in a more loving place where you could actually go through the process of letting go of these feelings of hatred and anger inside of yourself and connecting with the sadness inside of yourself, you would find that you would very rapidly get into a beautiful place. The only thing that's keeping you where you are is this anger and resentment that you feel about what happened to you on Earth. That's the only thing that's keeping you here, where you are. There's nothing else keeping you there.
[00:32:00.14]

Natalie/Joe: So what do I do?

Well instead of feeling anger and resentment, all that is doing is covering over how you really feel inside and how you really feel inside is the feeling of sadness about love. You feel all of those injustices and everything but you're not allowing yourself to connect to how much sadness you actually feel in your heart about your life. If you would choose to allow to feel these emotions, these sad emotions that you actually have, you could be taken right now to a new location that would be much more beautiful. But while you choose to stay in this place of anger rather than choosing to connect to the sadness, you are going to remain in your current state and in your current location.

Natalie/Joe: I cannot feel sadness. I can feel anger, I can feel frustration, I can feel that I want revenge, I can feel that it isn't fair, I can feel... I don't know. I cannot feel sadness. It is not fair.

No it is fair. All of these emotions that you have just listed are all covering over the sadness. They are emotions that you use to try to feel powerful when inside yourself you actually feel very vulnerable.

Natalie/Joe: I do not ever want to feel that way again. That's how I felt when I was being treated so badly.

I know. And that is why you are staying where you are because once you choose to be weak and vulnerable and let yourself feel those underlying emotions you will get out of this location and be in a new location that is more happy. The instant you do this you will be able to move.

Natalie/Joe: Why must I feel like that again?

Because in the end if you want to progress towards God, and there is a God, you will become like a child and a child is vulnerable with their emotions, they let themselves feel all of their emotions. The only way for you to progress towards God is to allow yourself to feel all of your emotions. So the reason why you're being kept in your current condition by yourself, which is your choosing keeping you here by the way, is because you are choosing to not be vulnerable because of all of that hurt that happened to you on Earth. You have been so hurt that you now don't want to feel vulnerable ever again and the problem is that if you would like to progress you will need to become softer, more vulnerable, more loving, more considerate, more open, less hateful. All of those things are needed for you to progress to be in a better location. And to do that you're going to have to let yourself cry about all of these things that happened to you.

Now if you choose to let yourself cry about all of these things, our spirit friends will be able to take you to a new location. But if you choose to hold on to your anger and hold on to your resentment and justify it by these things that have happened in the past then you will remain in your current location. [00:35:25.24]

2.3. Viewing a brighter location in the spirit world

Now just to prove to you that there is a new location that you can go to, what I'm going to do is get the spirit friends that are with you, then ones who are brighter, to actually show you a picture of where they live. So for a moment if they could show you a picture of where they live.

Natalie/Joe: Oh! That is real?

Yes, they're real places.

Natalie/Joe: It is not. This is not another trick?

No. Well you can test it for yourself again. You can test it for yourself just by allowing yourself to be vulnerable.

Natalie/Joe: That is real?

That is real.

Natalie/Joe: I can go there?

Yes. You can go.

Natalie/Joe: Me?

Yes. All of you in fact could go to these locations if you choose.

Natalie/Joe: I can go there?

You can. And even better places.

Natalie/Joe: Are you sure?

Yes.

Natalie/Joe: Well why did I not know this before?

Because you were in so much a state of anger that you would not listen to anyone.

Natalie/Joe: I can go there?

Yes.

Natalie/Joe: I can go there? Well can I go now?

Not while you're holding on to your anger and resentment.

Natalie/Joe: Well I want to go now.

The only way you're going to be able to go is to start to allow yourself to feel the sadness that's within you. To start actually tuning into what's really going on inside of your heart. Allowing yourself to be vulnerable and open emotionally. Allowing yourself to not tough everything out of you or to just let yourself feel what you couldn't let yourself feel while you were on Earth because you were being hurt all the time. You won't be hurt all the time now. All you need to do is just let yourself feel the emotions of hurt that happened on Earth that's all you need do. And once you do that you will get to that new location. You can choose to do that right now. [00:37:29.16]

Natalie/Joe: I want to go there.

So what do you want to do? Do you want to connect to some of these feelings that are underneath...

Natalie/Joe: I want to go there.

Okay.

Natalie/Joe: If that is what I must do, I will do it. I want to go there. I do not want to spend another moment here.

2.4. Connecting to sadness under the anger

Well perhaps can I help you then connect to some of that sadness?

Natalie/Joe: Yes please.

Okay. To connect to the sadness all you need to do is to place yourself in your imagination back to when you were getting hurt and instead of getting angry allow yourself to feel the sadness and despair...

Natalie/Joe: Oh! Now that is too much.

If you can do that you will get to these new locations.

Natalie/Joe: That is too much.

Why?

Natalie/Joe: I do not want to do that.

So do you really want to go to this new location?

Natalie/Joe: Yes I want to go there, I want to go there, I know I want to go there!

But which desire is stronger?

Natalie/Joe: I want to go there.

Is your fear stronger or is your desire to go there stronger? Is your fear of feeling your despair and sadness stronger or are you going to now let your desire be stronger? Which one is it? Do you really want to go there enough that you're willing to deal with all of that fear and then deal with what's underneath, the sadness and all of those emotions? Do you really feel that you can deal with those things because you will get help to deal with them? Because if you can deal with that sadness... [00:39:08.25]

Natalie/Joe: How do I get help?

These spirit friends who are with you right now have been in your situation.

Natalie/Joe: They have?

Yes. That's why there are there waiting to help you.

Natalie/Joe: Are you sure?

Yes. Ask them.

Natalie/Joe: They say they were.

How long were they in your situation? Did they tell you?

Natalie/Joe: Some longer than others.

Yeah.

Natalie/Joe: Some a long, long.

Some a long, long time, hey. They have felt the feelings that you need to feel. Can we get them to show you some of the sadness that they had to connect to? Are you willing to do that? [00:39:54.10]

Natalie/Joe: Yes.

What about the ones with you now if they show you some of the sadness that they had to connect to.

Natalie/Joe: Oh, that's like mine. I can see that. That's me. That's how I was. That's how I am. I see that.

And can he tell you what happened when he let himself feel that sadness.

Natalie/Joe: There was more beauty; there was a better place. That slowly got better and better and now he is happy.

Is he on the Divine Path or is he on the Natural Path?

Natalie/Joe: I do not know that I could be happy. Have I ever been happy?

Not really, hey.

Natalie/Joe: So how can I be happy if I have never been happy?

Well you will see that it's possible if you let yourself.

Natalie/Joe: But I have not got that. That is not my luck. I know I cannot be happy because I have never been happy and when I died it's not how I thought it would be.

But what about the spirit who is with you, can he show you that he wasn't happy either, was he?

Natalie/Joe: No.

He had a terrible life on Earth too didn't he?

Natalie/Joe: He had a very similar; he had very similar treatment to me. I was locked in a shed for much of my adult life and just allowed out to work. I felt that God was punishing me for being alive, that I was bad, that black people were somehow bad and that this is why we were being treated in this way.

God actually loves you. Can you tell me your name?

Natalie/Joe: My friends call me Joe.

Well, Joe, God actually loves you very much and God just wants to help you get through this anger and connect with all the sadness so that you can be closer with him. But it's been the anger that's been holding you away from God. Now you can actually even right now long for God's Love to enter your soul, you'll start feeling a sensation as soon as you do that. Just let yourself for a moment just feel with your heart and just have a feeling that you would like to understand about God being a God of Love and you would like to connect to God and you would like to understand more about God.

Natalie/Joe: It will work?

Because God will start talking to you though the emotion....

Natalie/Joe: Well then why has God not done so before?

Because you have rejected God. When you were so angry, you rejected everything. That's the sad part about anger is it causes you to reject everything around you and causes you to stay away from everything around you.

Natalie/Joe: I think I understand.

Yeah. So when we're so angry what we're really doing is we're saying no to everybody and we're saying no to God and we're saying we feel everything is so bad that we just want to stay away from everybody generally. We want to punish, we want to control or resent everything, we don't want to hear anything good. And to actually progress beyond that point means we need to get beyond this point of being so angry and rageful and into a point where you're willing to feel your own vulnerability, where your willing feel your own sadness. Just like the spirit who is with you has shown you the pictures of him having to deal... [00:44:53.18]

Natalie/Joe: I have to feel the pain of the beating and everything that I went through?

Not so much the pain of the beatings because you've already felt that. It's more the more the emotional pain you felt at the time that you didn't allow yourself to experience, the sadness that you felt at the time. The total despair that you felt, that you just wanted to get away from, you need to allow yourself to feel that because that is what you're using your anger to get away from.

Natalie/Joe: That is hard.

It is hard but you'll have lots and lots of help if you're willing.

Natalie/Joe: If I do this, I can go there?

Yes. If you do this you will progress...

2.5. Meeting other spirits who were slaves on Earth and who have progressed

Natalie/Joe: What else is there? What else is there? Are there other things that we will like there?

Well about four months ago, or maybe a bit longer now, we talked to a group of slaves who were in your current position, who were slaves on Earth in Barbados I think too, so can we perhaps ask those group of slaves to come now. They're all there now?

Natalie/Joe: Oh, these were slaves?

Yes, just four months ago on Earth...

Natalie/Joe: You were slaves? You do not look as I look.

So how do they look to you now?

Natalie/Joe: They look so different, they look happy. They look good. They look good! We don't look like that.

No.

Natalie/Joe: They look good. I like that. What else would be there?

They would like to show you a picture of where they live now.

Natalie/Joe: That is different. Why is it different?

Than the first pictures?

Natalie/Joe: Yeah.

How different are they?

Natalie/Joe: It is better; they seem to be somewhere better.

The reason why is that they chose to follow this path called the Divine Path, which is the path of connecting to God. They chose to follow this path of actually connecting to God and longing for God's Love to enter them as they've been progressing and that causes them to progress very much more quickly. So they can get into happier places even than the first group of spirits who came to show you, can get. [00:47:37.24]

Natalie/Joe: I can go there too?

You can go there too.

Natalie/Joe: I can choose?

Yeah, you can choose between one or the other. And also you can go there as fast as those groups of spirits went there. And I think we spoke to them only three or four months ago in Earth time. So it wasn't that long ago that we spoke to them and now they're in those new locations.

2.6. Connecting to emotions to move to a new location in the spirit world

Natalie/Joe: So what do I do?

What you do is you need to do is you need to listen to those ones who have done this progression before you and they will tell you exactly what you need to do and you need to trust them. But it's going to involve you feeling your emotions not just feeling angry. Every time you feel angry you are stopping your progression. Do you understand that?

Natalie/Joe: Oh, I have times when I cry. When I was locked in that shed. I have to do that?

Just let yourself feel those emotions. Yes. If you let yourself feel those emotions then...

Natalie/Joe: I do not understand how that will take me there, to that beautiful place.

Well what happens is when you feel an emotion, the emotion leaves you; it physically leaves you and it leaves your soul. You are actually made up of a soul that you can't see, that is your emotions and your feelings and your passions and your desires. And when those emotions that are negative or sad leave you, you can actually then travel to a happier place. But if the emotions that are sad stay in

you, then you are going to only be able to stay in the place where you currently are. That's the way the universe works. There are many other secrets about the universe that these spirits would like to tell you so it's just a matter of trusting some of these first things and just seeing if what they're saying to you works. In other words experiment with them. They have been slaves just like you. And they are now free men, aren't they. [00:49:54.29]

Natalie/Joe: Yep.

And they feel love now don't they?

Natalie/Joe: Yep.

Can you feel some of the love they have for you?

Natalie/Joe: Yep.

So they feel love now. They don't feel hatred now. So somehow they got from the condition you were in where you're feeling angry and hatred and whatever and sad, and in despair, to this new location. Somehow they got there. And they got their very quickly so if you listen to how they did that, you will obviously be able to also progress to that same location.

Natalie/Joe: I would like that.

It's just a matter of trusting.

Natalie/Joe: I'm going to take a chance. I took a chance talking in this way. I'm going to take another chance.

That would be good. How are the group of spirits feeling with you? Are some of them willing to take a chance too?

Natalie/Joe: Yes, they will take a chance with me.

Well what I would recommend is all of you who are willing to take a chance and work through some of these emotions, when you've done that and you go to these new locations, to come back and tell the others that what I'm saying is actually true. Come back and talk about your experience.

Natalie/Joe: We can do that? We can come back?

You will be able to come back.

Natalie/Joe: We will see, we are not sure. If we can go there, if we can go to those different places, why would I want to come back here? I don't want to.

Just to help the others.

Natalie/Joe: Well they should come now. They should come with us now. We don't want to come back. If we leave, we're not coming back.

Well you may feel differently at some point.

Natalie/Joe: I don't think so. I don't want to come back. If I can get out of here, I am never, ever coming back.

Even if it is just to temporarily help your brothers?

Natalie/Joe: I don't know. Maybe.

Just have a think about it.

Natalie/Joe: So there are quite a few of us now, we are ready.

Alright if you can go with your spirit friends and have a chat with them now about what you need to do and they will talk to you about experiencing your emotions of sadness and how you can connect with those emotions. Let yourself follow what they're saying. They've already done what you're about to do so they know how to do this. So let yourself trust them and connect with what they're saying to you. [00:52:47.23]

Natalie/Joe: How long will it take before there are changes?

Well it depends on how much you let yourself feel your emotions, that's the first thing. And the second thing is it depends on upon whether you also connect to God or not. So if you choose to not to connect to God, it will be a lot slower. If you choose to connect to God it will be a lot faster. So it just depends on what choices you make at this point as to how fast it will be.

Natalie/Joe: I feel bad about connecting to God.

You can feel some anger there too, hey. Has God punished you in the past? That's actually not true. The only reason you are where you are right now is because you chose to hold onto this anger. There have been some people in the past who have experienced exactly what you have experienced but they let go of all their anger and they cried about that and they progressed into other places that are much more happy. But because of the choice you made...

Natalie/Joe: But God's not connected to me; that would be easier. Why can't God connect to me?

God can only connect to you if you allow yourself to feel all of your emotions. The problem that you've had is you've been turning off all of your emotions; you haven't been wanting to feel all of your emotions. You've been wanting to blame others for all the emotions within you. And it's fine, a lot of people did

create these emotions in you but unless you're willing to experience your own emotions you will not be able to experience God's Emotions. How can God's Emotions flow through you when you don't let your emotions flow through you?

Natalie/Joe: This is a lot to deal with.

Well these spirits who have done it before you can help you with every process.

Natalie/Joe: This is changing everything.

That's right. But don't you want to change everything? You don't want to be where you are. Why be where you are one more second if you don't need to be.

Natalie/Joe: I will give it a try.

Now the spirits who were being held back who were telling you not to give it a try, what we'll do is perhaps we'll talk with them after you leave as to why they feel so afraid for you giving these things a try.

Natalie/Joe: They are here, they are still here.

So what if you go off with those spirits now who are ready to help you go, and the group of spirits with you, if they can all go off together and you can all give these things a try and let yourself feel your emotions. You need to bear in mind that you're going to need to feel really sad, you're going to need to release some of this sadness. But if you then also bear in mind that if you involve God, that God's Love will start entering you and you will feel that and things will start to change very rapidly for you if you allow yourself to do that. [00:56:07.08]

Natalie/Joe: I want to go to a nicer place.

Yeah. So let yourself do that and you try those experiments and perhaps we can talk with these spirits who were feeling afraid about you trying these things.

Natalie/Joe: Good. We're ready to go.

It was really nice to meet you Joe.

Natalie/Joe: It's been nice to meet you. It's been quite a new feeling and experience. I'm glad I took a chance.

So am I.

Natalie/Joe: And if what you say is true, I am looking forward to a new, a new... is this a life? I don't know anything. Is this a life I am living?

Still the same life, yes.

Natalie/Joe: A new life then. A new life, I am really looking forward to it.

New experiences.

Natalie/Joe: The others want me to say thank you.

My pleasure.

3. Audience discussion about the channelling

Participant: The ones that came around that were trying to stop them, did they come from a lower location?

Yes.

Participant: Motivated by...

Hatred.

Participant: Hatred.

3.1. Spirit influence of women with AJ following the channelling with the slave spirits

I finished up speaking to the ones in a lower location afterwards and within two days almost every single person who was with me on that trip hated me. Within two days.

Participant: In this physical realm?

Yes.

Participant: As a result of those spirits?

Yep. As a result of those spirits now influencing the people that were on Earth who were in anger and these ones connected to them. Within two days the majority of the people I travelled with were in a rage with me.

Participant: What did they say was the reason for the rage?

Because they couldn't trust me anymore. Exactly the words that the spirits spoke, it was exactly the words that they told me.

Participant: How long ago was this?

This was about just over year ago. Since that one afternoon session three of the women that I was travelling with have never spoken to me. From that one afternoon session of those spirits, the ones who were trying to influence the slave

spirits finished up influencing quite a number of our group. So last night we had a mediumship session, it just shows you some of the things that can happen in the mediumship session if you choose to deny your own emotion. [00:58:57.20]

Participant: AJ some people did work through their emotions.

Yes some people did work through their emotions. Angela, where are you Angela? Do you want to come up for a second? Ange was there with me. She was actually in Barbados at the time this happened.

Participant: I'm not comfortable enough.

Breathe. This is impromptu by the way so Ange doesn't know this was going to happen. Ange was one of those persons who were quite angry in this session that we had that afternoon, and the whole discussion in fact that I had besides the discussion with the spirits, was a discussion about anger. And the reason why I had a discussion about anger was because Ange and another one of my sisters were quite angry and so that triggered off the discussion. Now Angela has since worked through a lot of that anger she was feeling. So Angela has spoken to me the entire time since, actually whereas quite a number of the others who were there now don't speak to me at all. Could you describe what you felt when those other spirits came to talk?

Participant: The one's at the end?

The one's at the end.

Participant: Oh they were awful. They were sinister. It was just eerie and quite awful. They were in a really, really bad condition, worse than me! (Laughs)

Worse than you. (Laughs)

Participant: I could notice that.

Yeah. And what were they trying to do to those slave spirits?

Participant: Well they were just trying to cause any damage that they could trying to stop them and they were just horrible. I mean not the sort of people you want to meet in a dark alley.

So evil.

Participant: Yeah, evil, exactly.

Now do you remember what happened a few days later when we went from Barbados to Miami?

Participant: Yes.

And what were the people who were upset with me saying? Can you remember?

Participant: Yeah, exactly. I came down for breakfast one morning and can I mention names or not? I didn't know what was going on but I came down and they were sitting in the foyer and two of the women who were travelling with us were just having a discussion about that we can't trust AJ anymore. And AJ had done nothing different, at all. The only thing different was that we'd picked up these spirits. Both of the ladies were quite mediumistic, lucky I wasn't (laughs). So they were going through a lot of stuff of mistrusting and actually feeling as though they wanted to actually stop the trip and go home. It was that bad for them.

Yeah. So that was just from the influence of these spirits. So what emotions must be in the persons being influenced then? You see how it all works? There's this Law of Attraction happening.

3.2. An example of one of AJ's friends dealing with her anger after the channelling

Now in the case of Angela, Angela wanted to deal with the emotion of anger that she felt. So what did you do after that, with the emotion of anger that you felt that we discussed that afternoon? [01:02:38.01]

Participant: Well I started crying actually when Joe was talking about never wanting to be vulnerable again and never wanting to be hurt again because I'd realised that my anger was triggered by a man. I was triggered into exactly that feeling, I didn't want to be vulnerable around a man, who was a big man too. He wasn't actually projecting anger at me but he wasn't actually having an argument with me, he was having an argument with his wife when it happened. I was actually living there with him for two weeks and I felt really uncomfortable and I didn't want to feel vulnerable so I just got angry. I wasn't abusing him angry, I was just angry in my heart and projecting that at him.

Participant: So AJ was addressing that and I was like, "Oh I don't think I'm angry, I think you're wrong." But when the slave started saying about how he'd been treated on Earth and that he'd never been happy and all of the emotions then I connected with them again. I just felt okay I get that now, that's why I'm here. So I actually started to be vulnerable. I realised I didn't want to be vulnerable, that's why I got angry, but immediately after, or during the session I went into the toilet and had a big bawl.

So instantly you chose to actually feel the underlying emotion rather than the anger itself. Although for two weeks almost you'd been feeling the anger.

Participant: Yeah.

Can you see the relationship between anger and what's underneath the anger? You can see that in that example with those spirits. So you travelled a bit further along with me, to England as well, and you felt the deterioration of the relationship with the other ladies in the group. So there was a huge difference between the choice to deal with the emotion and what the avoidance of the emotion is. [01:04:35.25]

Participant: Yeah, exactly.

And what were your feelings about my treatment of those people?

Participant: It was quite loving. It was quite loving and you were treating them just the same as everyone else. You hadn't treated them any worse.

And did I treat them the same as what I had been treating them before that event occurred?

Participant: Oh yeah. See nothing had changed. You hadn't changed at all. She did that channelling and from then on things started to get bad. And that's the thing, you hadn't changed.

And ironically even now these people are using exactly the same words that those spirits were using about me. So can you see how easy it is just to be influenced if you hold on to an emotion, just how easy it is to be influenced down a certain road? If you choose, like Angela chose to, to deal with the emotion, there's hardly any influence then that can affect you with going down that road. So it's still an emotion that you're working through isn't it, this emotion of anger.

Participant: Every day.

Yep and you're getting now to the bottom of these emotions?

Participant: Yes.

So now Angela's been working with that since then about fourteen months ago, and Angela's now really sinking into the bottom of what is the cause of her wanting to get into anger and starting to feel those emotions. So can you describe that? It's a lot of grief you've had to work your way through wasn't there? [01:06:06.28]

Participant: Yeah a lot of grief, feeling like I wanted to die. But a lot of what Joe was saying, that my life had never been happy, how would I even know happiness. Yeah just despair really.

Okay.

Participant: And I would of said two years ago that I was quite happy.

Exactly. And did you feel very angry two years ago?

Participant: I knew I was angry. There was film I watched years ago, I think it was Terms of Endearment or something with Shirley McLaine where she cracked off at this kid for being on the lawn or something and someone said something about her being angry and she said, "Yeah, well I've been angry for twenty something years." And that line in that movie, I went, "Oh, I relate to that." So I knew I was angry.

But not that it sort of mattered to you.

Participant: No it was just like that state that you said before, mild irritation constantly.

Yep. Okay well thank you Ange for sharing that with us. (Applause).

3.3. The relationship between anger, trust and confusion

So what have you learnt from all of that? (Laughs.) Don't suppress your emotions.

Participant: I just have a question.

What was your name?

Participant: Lisa.

Lisa. So what was your question Lisa?

Participant: Yeah okay. I just thought that the spirits started switching into anger at that moment when they lost trust. So what's that thing when you lose trust, what's going on there? Are you confused or are you in fear? Like I don't understand trust.

No worries, I'll explain it. Good question. The reason why we get into anger when we lose trust is because we're actually covering over a deep fear of the emotion of confusion. What we need to do instead is just allow ourselves to sink into the emotion of confusion and feel it; to feel confused and to feel the lack of trust that we have and to actually voice it and express it. You'll notice all the way through the discussion I had with those spirits that I was always encouraging them to voice their true emotions. And after a while they got so used to it right from the beginning that they were now expressing their true emotions. So he said he hated me. And I could feel when he said that this slave spirit’s hatred towards me. He hated me because I was white. He hated me because I was in Barbados in a nice apartment talking to him when he was in a terrible place. There were lots

and lots of reasons why he hated me in that particular moment and it just encouraged him to express his emotion.

When we start getting into emotions of confusion, usually there's a lot of fear associated with it and we don't want to feel those emotions. Confusion is an emotion, just like all these other emotions, and as soon as we suppress any emotion that's when you'll be tempted to get into anger instead, that's when you'll be tempted again to push things away from you. So allow yourself to get into every emotion. Now obviously that takes a fair bit of courage, courage that many of us feel that we don't have. But courage is another emotion and it's one that God can give you. So pray to God for courage to deal with your emotions, that's a major thing that we can always do.

You see if you choose to not feel an emotion you will get angry. Now there may be a large variety of ways as to how you deal with that anger. There have been so many examples that I can bring up. There's a way of going into calmness, the Zen Buddhist type style of dealing with the anger. Meditate, breathe, get yourself out of the anger. You can do that but you'll need to do that every day for the rest of your life. And when you pass into the spirit world you still won't have forgotten your anger. The anger will still be inside of you and you will still need to actually connect to it at some point to release it. Remember that every time that an emotion passes through you, it's released. Every time you store an emotion, the moment you store the emotion, now it's not released and it defines you then. So the key is to let every emotion pass through you. [01:11:09.12]

4. Working through anger and layers of emotions within us

Participant: Why do I create so much pain in my body when I'm in such a state of confusion? Last night going home in the car, there was so much anger and rage come up because I got lost. Put me in a car, even with a map, even with a GPS, it still took me an hour to get home when it could have taken fifteen minutes. So then this morning my friend on the computer did a printout, so I had a printout, I had a GPS and I had my map and it still took me an hour.

Okay. So lots of anger.

Participant: Yep and I did some screaming. But what it does to my stomach, it just creates so much pain.

Turmoil inside of you. So the question is why do I get into so much pain when I get into this angry state?

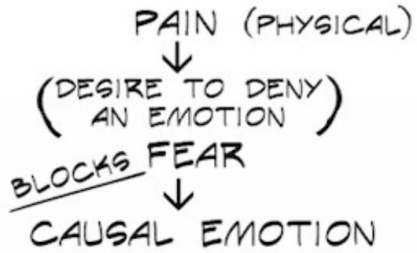
Participant: Yes.

I'll answer that. You'll be finding over the coming months I'll be getting very specific with stories. We have desires to tell stories because we have a desire to get away from the emotion generally and we'll talk about that maybe in another session.

This is what's happening when we get into pain. We have pain; in this case I'm talking about physical pain, that's inside of your body. Underneath the pain is the desire to deny an emotion. Every single time you exercise your desire to deny an emotional experience, you will experience a physical pain, every single time. Now why is it then when I'm in anger that I'm feeling more pain? It's because when I'm in anger I'm in the desire to deny an underlying emotion. And that's what is creating the pain. So yes when you experience your anger you will have some very strong physical pain symptoms in your body because that is the result of denying the underlying emotion.

So what is the underlying emotion? Well firstly the desire to deny an emotion comes from a fear about the emotion. In other words I will only not choose to feel an emotion because I'm afraid of what might happen if I feel that emotion. So what might happen to me if I do feel my anger? What do I feel might happen? Well if I was a child and feeling anger, what normally occurred? Punishment. So most of us have that emotion in us. Or if we weren't punished physically with a slap or some kind of physical pain, what other types of punishment did we receive if we felt anger? Being ignored, rejected, emotional rejection. So if I'm getting into anger and then denying my anger, I'm afraid of those things occurring so I need to deal with that fear, they're the blockages that are there. [01:15:54.04]

Underneath the fear will generally be some more causal or base emotions. I'll write them as causal emotions but usually what happens is there is a layer of emotions that get down to the causal emotion. So pain is the result of my desire to suppress an emotion, and I only ever desire to suppress an emotion because I'm afraid of it. If I'm afraid of it then I need to allow myself to experience why I'm afraid of it and usually that will also be a childhood experience of some kind. And I call that dealing with your blocks. You will not be able to access your causal emotion until you deal with your blocks. And to be frank, anger is one of those blocks. So every time you get into an angry state, you are in a blocked state.



Now I'm not saying don't experience your anger. I'm saying don't stay in your anger. I don't mean get out of it by actually tuning out of it, I mean get out of your anger by fully experiencing your anger and then realising that it's a choice you're making to get away from an underlying emotion. Make the choice to get into that emotion now, rather than keeping on choosing to get away from it. So if you choose to live in your fear about emotion, you will get angry very often. If you choose to start getting into your emotion, the actual causal emotion itself, and start allowing that emotion and deal with the blockages to experiencing that emotion, which are all fear-based blockages, then you will rarely get angry during this process. But it's your choice.

Now please bear in mind with all of that discussion that I've just done that I'm not talking about the childhood anger, I'm talking about the anger that you get into as an adult and what you experience as an adult. When you get into the childhood anger and allow yourself to experience the childhood anger you will often be like a child when you experience it. So you'll lie on the floor kicking and screaming. Or you'll go outside and bash something yelling and screaming, just like a child would experience their anger. Then the key is still to drop underneath that and get into the causal emotion. Why was the child angry? Most times because it was punished for something else that happened that was sad or for lots of different reasons.

4.1. An example of a participant having difficulty getting beneath anger

Participant: I just recently started touching on some anger stuff and you might notice I've got a bit of a thrashed voice from doing some screaming. So I've just touched on some of the adult anger and my issue is like you said, you can make the choice to not feel the adult anger. It just feels impossible to go straight underneath that. How do you make that choice? Because I've been in this state of being totally angry as an adult but it just seems impossible to drop in. I'm aware that there's some sort of block about not being able to do this work and...

Are you sure it's the adult anger that you're actually feeling?

Participant: Well actually, maybe not, because of the situation happened yesterday.

Can you describe the situation?

Participant: It's a lot to do with this anger I feel for my mother and the feminine. It was triggered yesterday and it was almost irresistible to just direct that at her. I just had to like fight that and just run to the room. I was probably directing it as I was going because that's what you do.

So you were almost got into the trap of just giving her a barrage, whoever the trigger was.

Participant: Yeah.

So instead of doing that you…?

Participant: I just went into the room and got the pillow out. She had raised something that happened when I was younger, that is not the cause, I know that. But I don't want to have to go through this anger and I don't know if I'm meant to feel that anger.

Well when you allowed yourself to feel the anger, was there an emotion underneath that started coming up?

Participant: Yeah I could feel that, but I don't know how you make the jump emotionally. I go my emotions are the real me and my mind isn't the real me and I know I'm thinking but this big dilemma that since I've been doing this work is how in the hell do I have control over my soul? I just don't seem to have any serious control over it.

Yep. And can you describe the emotion you felt underneath the anger? You would of felt it quite briefly while you were bashing the pillow.

Participant: Yeah it would have been grief.

What was it about, can you remember?

Participant: Being blamed for her problem.

Okay. So being blamed for somebody else's problem.

Participant: Yeah. Because it was something that was being done to me but I was being blamed for it.

So now just let yourself step into that, into that emotion. So what I do is I breathe and just go into the fact that I've been blamed all of my life for somebody else's problem, and allow yourself to just step into that. So what I do is I feel my anger, beat the pillow or whatever it is with a tennis racket or whatever but then as soon as I can feel what the underlying emotion is, I just jump into that like jumping into a pool. Just allow myself to be immersed in the underlying emotion. Now I can feel that underlying emotion just bubbling just under the surface for you. [01:22:54.11]

Participant: I can feel that but because I'm visual I just keep thinking, okay there's the pool, I'm happy to jump in if I could.

Okay. So the fact that you're not feeling that emotion, even though we can feel it inside of you, means that there must be another block to feeling it. So what would you like to do to your mum instead of feeling this emotion? So the instant that she blames you...

Participant: I would just want to scream at her for it.

You would like to yell and scream. What else would you like to do? Be honest.

Participant: That's the thing that came up yesterday. Naturally I would just say what's wrong with directing it directly at her when I'm directing it at her anyway? I felt that would connect me more because the times that I've got to some grief is when I've been talking to her through these things.

Okay, so step back into your room and then say the thing you didn't say to her. Yell and scream it if you want. What would you yell and scream at her?

Participant: I'd be just like...

Just go with it, go with it.

Participant: And this is what happens - I'll get into the state where it's just bubbling but there are no tears. Am I doing this right?

Yeah you're getting close. What would you say? Just go with it.

Participant: I'd say, “It's not fair. Why? Why would you?” I 'm trying to make it happen but it's not coming.

Yeah. But just keep expressing yourself, you don't have to try. Just express it how you feel it.

Participant: It's just not fair. That's the way I feel. I feel the judgement of not being allowed to be childlike.

What's not fair? So let's feel more about why what’s not fair.

Participant: It's not fair that you do all of this for me and you blame that I do nothing. You've done it all for me but...

But you want something back.

Participant: I just want her to get away, get away from me. I'm not connected to it right now.

See now you're judging yourself. You're getting very close to the connection but as soon as you're getting close you're judging yourself and saying, “I'm not connected.”

Participant: I guess there's a fear about all the people being here and being exposed.

Yeah, doing it in front of everyone.

Participant: And being vulnerable.

So that's a fear that you'll be able to work through.

Participant: But the other question is, am I dealing with anything when I'm getting to that stage where I can feel my stomach shaking and I’m breathing rapidly but there's not tears coming?

Well this is what happened in your childhood every time you were blamed for things. You felt all this rage and you felt all this terror and you felt this anger and everything inside of you and it's just all locked up and it's got nowhere to go. So what it does it starts coming out in your body. So you shake and you tremor and your body... [01:25:59.28]

Participant: But is it important for me to feel those things.

Yes.

Participant: I just want to get to the source of the problem.

No, no, you will need to feel this because this is a locked up emotion from your childhood too. This is how it got for you; this is how much anger there is inside because of being blamed for things that are not your fault. Just let your body feel those feelings and when you let your body feel them without judgement you will be able then to get into the deeper emotions. It doesn't matter what it looks like it doesn't matter like anything, just feel the emotion, just let yourself feel the emotion. Let yourself feel what it was like to have to shut yourself down so much just to please your mother because that's what she wants you to do; shut you down so much. She was giving you all of these things but she wants a heap of things in return from you and that feels bad to you. So allow yourself to connect with that (Participant is rapidly shaking), that's it, and as you connect to that you will start really connecting. As you connect, that's how much rage is there, this is the childhood rage now. The childhood rage that's still there, let yourself feel it. And you can feel that even just that little bit of release is better already. And now you'll start connecting to some sadness about that.

That rage, the childhood rage is what's capping the sadness about the situation. (Participant starts crying) That's how it works.

Participant: But even still I just don't feel like that I'm getting right...

You will. At the moment you've got a hundred people out the front that you're conscious of. When you're by yourself, you'll let yourself get into it, just that state you were feeling, that shaking rage, just let yourself get into that state and stay in that state. Stay in that state and even voice the words you feel in that state as there may or may not be words associated with it, depending on how young all these things began to occur, and then when you do that you'll connect with the grief that's under it. So what you did just now is exactly what you'll need to do and it's going to be a lot easier doing it without a hundred people watching obviously.

Participant: Yeah. And I guess maybe it'll be easier if I just put it out there that if something like that happens when everybody's here, that's okay.

Yeah.

Participant: It's like what you were saying with the anger and like I'm thinking, alright, I feel this anger, I'd love to get up there and just go straight into anger but everyone's going to see that and...

Judge that.

Participant: And then the cops will come again. (Laughter).

Last week the cops came and visited us because there were quite a number of people in their anger. And yes there are some ways obviously, as the very angry policemen suggested, that we all go into our room and scream into a pillow. But that's not always possible. The key is to just allow yourself to express it and if a policeman comes along and says what went on, you can say, "I just experienced some anger, am I not allowed to do that?" And just allow yourself to express what's going on still. I know that there is judgement. So even when Josh was feeling that emotion, many of you had some worries and some judgement. Could you feel that judgement inside of you? What were you feeling? [01:29:48.17]

Participant: I was worried he was going to drop the mic.

Yeah, well, who cares about the mic? I don't care. What other judgements? Fear about how bad this might get, how bad this might finish up looking. A lot of you started feeling, "What might happen to Josh?" that's your own fear. That's your own fear about dealing with your own emotions, in fact. These are all these blockages.

So what you've done today is just show how much the rage is and when you start feeling that childhood rage, that's what it will be like. And in your case it was shut down so much from your environment that it's now inside you like this silent shaking and you will go through that emotion in order to get to what the grief is underneath. So allow that to happen and your mum or whoever the woman is triggering you, will trigger you, do that, let yourself go into that. And if they get into a state of judgement about it, leave that house, find another house and do it there. Don't allow anyone to shut you down anymore with these emotions.

4.2. Anger can affect electronic devices and other mechanical objects

When we get angry by the way and feel anger, if you deny emotions you'll find that lots of things around you will start breaking. And I mean electronic things won't work anymore, there will be all sorts of effects you'll find if you start allowing yourself to feel some of these emotions. The key is just to go into them and let yourself feel them right back to the causal level. When you do that, what will happen is everything will start coming back alive again. We've had computers break and all sorts of things and then next day they're fine. All sorts of things happen like that. My own car broke down in a similar sort of an event, with a denial of an emotion. So you can find that there are a lot of things linked in fact to you experiencing your emotions.

4.3. Differences between adult and childhood rage

One thing I'd just like to say, is that most of us have that intensity of unexpressed rage and anger within us that we're not allowing ourselves to connect to and feel. Now at some point you'll need to allow yourself to connect and feel into it and when you do you will drop into what's underneath it. And so could you see initially when Josh wanted to say those things to his mum, like, “How dare you blame me for things that are in your life?” That's the adult in the rage. When he started allowing himself to drop further down into it and became the shaking man, that's the child in its rage that was suppressed.

Can you see the difference between the two? One of them was the projection at the mother, the other one was actually the ownership of this rage within and getting into the rage within, connecting to that. Once he starts dropping even further into that, and you'll notice Josh that even some of the sadness starts to be present then when you start dropping that far down. And you'll find it might take a few attempts but you'll get to the cause quite rapidly. And because you're quite young, you haven't got as many layers of suppression that many of us who are forty or fifty or sixty have. So therefore it's a bit easier for you to do that. For those of us who are a bit older, you may find it takes a bit longer to step into that stage of dropping down into those emotions.

Participant: Seventy-one tomorrow.

Seventy-one tomorrow, yeah, so obviously there's seventy-one years of suppression unfortunately, Ian.

5. Practical ways in which to express anger

Ian has made some shifts obviously and probably this is a good time to invite you up actually, so come up. Bring your bag of goodies can you. Ian's got a bag of goodies and I just want to show you his bag of goodies. So this is what Ian has started to carry around with him now.

Participant: This is my rage pack.

He calls it his rage pack. So if Ian can just show you what's in his rage pack and he can explain how he uses his rage pack.
Participant: This is the centre of it. This rubber hose, you can see it has had quite a lot of use and I think it's got a lot more use to go yet.

So rubber hose for beating things with. Just not your partner.

Participant: No - on this telephone book.

So we'll take this towel out the way, because this is another rage pack thing.

Participant: No, it's all part of it.

This is all part of the rage pack. This is a very practical part of the rage pack. Gloves so that you don't hurt your hands. Trust me you're going to want some gloves.

Participant: I do this on a mattress on the floor.

So he does it on a mattress on the floor.

Participant: And I try to not make too much sound with it.

No, no, make as much sound as you want. We'll be right I think with the police today.

Participant: So I put the rubber gardening gloves on.

So you generally kneel down on the floor do you Ian?

Participant: On a mattress to protect me so I can lie on the mattress, I can writhe on the mattress I can scream on the mattress and those sorts of things.

Now for some of you having the gloves might be a problem if they take too long to put on and take off because generally I find when I get into anger you want to express it straight away.

Participant: And I start beating the rubber hose on the telephone book, and yell the person or whatever I'm angry with into the telephone book and aim it at the telephone book.

You get the idea? Just connect to that.

Participant: If I want to vary it a little I can... oh shit!

What he's doing is he's ripping out the pages of the phone book.

Participant: But sometimes you look at an ad in the phone book (Laughter)

Ian finds the ad that he wants.

Participant: Picture framing, now that's exactly what it was about, picture framing.

So a lot of times his Law of Attraction is exactly what he sees in the phone book, it's exactly what he's angry about.

Participant: And the towel is useful like if you want to wring somebody's neck, you can really screw it up and put all the sound to it. Another tool is a mirror, having a mirror and talk to the person in the mirror, which is a part of the self you're talking to. Another one is a pillow, I put the person, particularly with grief, just put the person in the pillow and talk to the person and that will often bring up grief.

Participant: What about on the road with rage, if you get mad what do you do then?

Participant: I stop the car, take the key out of the ignition and hold the steering wheel and give it to the steering wheel. And cars are very soundproof and if you turn the music up too if you want to particularly deaden the sound, really loud, and at home too turn up the music. It's a good idea if you feel the neighbours are going to hear you.

So when you walk into Ian's home and you hear his music blaring and you hear this thud, thud, thud with a few swear words thrown in, you know what he's doing. (Laughs)

Participant: And I'd like to give thanks to Elizabeth Kubler Ross who gave me all these tools.

There's a lady called Elizabeth Kubler Ross who's since passed by the way, who's now on the Divine Love Path I think. She was very, very interested in helping people deal with emotional processing and she was also very interested in spirit connection as well. And Ian learnt some of these techniques through her.

Participant: Through some of the workshops I did.

And he's feeling her now actually; she's here right at the moment.

Participant: And some of her staff members, Andy Reeves has passed on and David Mullens, some staff members who've helped me a lot.

Yeah. Well thank you very much Ian.

Participant: I'm pleased to share that with you; I hope you can find a new use for your telephone book.

Yeah. Thank you, Ian. (Applause)

Now the key is not to stay in the anger. So remember that; the key is not to stay in the anger, it is to express the anger and drop down. If you stay in the anger you're going to find this a very damaging process rather than a very helpful one. We need to drop down into the underlying causal emotion, that's what the object of this exercise is. We want to get this anger out of us and the only way it's going to come out of us, if it's childhood rage or anger, is experiencing it. I want to talk about in a minute about adult anger and rage. So after the break we have, I'll talk about adult anger and rage and what we need to do with that, what's actually happening there. [01:40:55.21]

So here bear in mind, what we're talking about is this childhood anger and rage and how to connect with it and then how to just allow it to be released in a safe way so you're not damaging other people.

6. Working through blockages to feeling our emotions

Participant: My name's Andrew. What happens if your fear or your emotions are greater than you desire to feel them.

Then you'll never feel them, to be blunt.

Participant: So how would you get around that?

I was in that state for a lot of my life. So the way I had to work through that is, if your fear of emotions is greater than your desire to experience them, the first thing you need to start understanding even at an intellectual level is that the fear is the false expectations that appear real to you, not what is really going to happen. So most of us have some really, really strong false expectations about how bad it's

going to get emotionally. So for example, for many of you if you feel like you allow yourself to get into your anger, what are you afraid of? Now for some would say, “Oh I'm afraid of hurting “someone.

Participant: Judgement.

Or you're afraid of judgement for yourself, so that's the next layer that you need to deal with before you'll get into your anger and before you'll get into your sadness. There's this locking emotion of fear of judgement. So what I would do then is I would pray to God about people judging me - is it right, should I accept it, how do I feel inside about judgement? And connect to some of the feelings inside that you have about others judging you through your life. And you need to connect to it emotionally for it to be released. Now when you allow yourself to feel the fear of judgement and release that, then you'll also allow yourself to feel the childhood anger that's there. So your fear of judgement is the capping emotion over the top of you allowing yourself to experience the anger. [01:43:15.06]

Now for every person here it will be a different fear or multiple ones. For some it will be a fear of punishment, some it's fear of judgement, some it's fear of rejection. It just depends on what emotions we were brought up on through our family life as to what particular dominant emotions they'll be that are blocking us from experiencing our anger. So the key is to allow yourself firstly to hone in on that emotion.

So to revise, all we need do is say, alright I know there's anger and rage within me but I'm afraid of experiencing it and all we need do is ask ourselves is the question, why? And write down all the reasons why you're afraid of experiencing your anger. And then they are the next group of emotions for you to pray about and they're the next group of emotions for you to actually allow yourself to feel about.

So what I do then is I write about it, I'll write something about it every day. Or I'll pray to God about it every single day as well. And I'll talk about it in my conversations with others; I'm really afraid of experiencing my anger because every time I have in the past I've been judged for it, as bad or whatever the emotion was. Or it might be I'm really afraid of experiencing my anger and feeling my anger because I think you're not going to love me if I'm angry. Whatever the block is, talk about that block. And in talking about the block and allowing yourself to begin feeling the block, which in your case is the judgement, the judgement will lower, it will go down. As that judgement goes down inside of yourself you're fear of the judgement releases and as the fear of the judgement releases you'll find the underlying emotion will feel like it's becoming more dominant and you'll start experiencing the underlying emotion. The reality is that the judgement is a bigger emotion inside of you at the moment than the other emotion is. So that's why you need to feel that one first.

So does everybody understand what I just said there? Often there will be layers of capping emotions even on top of an experience of anger. Often what we're dealing with and in fact the most difficult emotions you'll ever have to deal with in your entire life are going to be the emotions that shut down all the other emotions, or what I would call the blockages.

Releasing the blockages is one of the most difficult tasks that you face and it has been my most difficult problem all through my own progression because once I release the capping emotions, the other emotions just flow like a child. So it's quite easy to access the underlying emotions but it's the capping emotions, and judgment is one of them, fear of rejection, fear of punishment and quite a lot of other types of emotions like that, they are the reasons why we shut ourselves down. And we need to start being even honest and truthful about the reasons. Once we feel that, talk about it with each other. You know this how I feel in this situation; this is how I feel in that situation. Start talking about the emotions that are blocking you, then the fear of the blockages will start releasing inside of you and the emotion that you're blocking will feel like it's growing but in reality it's becoming exposed.

6.1. An analogy of digging for treasure

So it's a bit like, let's say you were digging a hole, and there's a bit of treasure under the ground, and this is what your soul is really like - you can think of your soul as a five million dollar treasure in your back yard. The trouble is you don't know where it's buried. This is how we often start with our emotions. Often when we start we do not know where our soul even is, let alone experiencing it. But if you were told there was a five million lump of gold in your back yard, wouldn't you start digging everywhere? Wouldn't you do that? And do you think you'd say, "Oh no there's a good television show today, I'll put it off till tomorrow"? Do you think you'd then go, "Ah no, there's a really good movie I can see down the picture theatre so I'll go there today. Oh no there's some mates coming over, so I'll just stop doing it then"? You wouldn't do this if there were this five million dollar block of gold in your back yard. [01:47:51.19]

Well your soul is more precious than that. So why do you stop digging? So we need to make sure we dig. So when we start digging, what happens? Eventually the treasure starts to show itself, does it not? But it's like just the pinnacle of the treasure. We just see the tip of the iceberg as we dig. And this is also what it's like with your emotions. As you start digging around and probing around inside of you emotionally, initially what you will see is just little bits here and there. But as you dig more and as you dig more, it'll become wider and wider until you see the whole thing.

So when you get a fair way along this journey of allowing your emotions and releasing the blockages, you'll become very conscious of what emotions are within you and you'll be able to see them very clearly. You won't feel judgement

for them anymore and you'll be very free to talk about them with anybody you meet. And you will allow yourself to begin experiencing them. That's what we all need to do but we all need to do it for ourselves, we can't rely on other people to do this for us. And that's where it's so important that you to have that passionate desire, just like you would if you were told there was some treasure in your backyard.

Anger Is Your Guide: Session 1 Part 2

7. AJ addresses the resistance in the audience to the discussion

Now there's one thing I'd like to talk to everyone about first before we do anymore of this anger discussion. I'm feeling a huge amount of resistance about this subject from the audience. And I'm feeling that the majority of you feel that you do not have anger to deal with.

When I discuss subjects with an audience, generally there's a general feel from the audience. In some of the subjects that we've discussed in the past you would have noticed that the audience sort of goes through these feeling phases. You remember when we did the Law of Compensation discussion? You remember how there was a really heavy depressed feeling that the majority of the audience felt during that discussion and many of you went to sleep during it, which says a lot for me. Quite a few of you felt very tired and exhausted and overwhelmed and everything and then when I started to address the spirits who were with us and talk to the spirits about how they were feeling and talk to you about how you were feeling about the Law of Compensation, all of a sudden things started to raise again. I don't know if you remember that, but that was the general feeling in the audience.

What's happening today is that many of you believe inside of your hearts that you do not have an issue with anger. Many of you feel that you're over that, that you don't have any problems with that, that you live a pretty good life and all those kind of things; that your Law of Attraction is pretty good and no I don't have an issue with anger. And I'm telling you bluntly, you do. Now you can disbelieve me all you like, that's fine, that's your call. But I can feel the projections of anger from you so whether you want to do something about it or not is up to you. But I'm telling you categorically if you do not deal with this emotion and if you do not face up to the truth about what you feel inside of yourself you will not get closer to God. Is that what you want?

Do you remember in the discussion with the spirits that I played, how I said to them what they would need to do to get beyond their anger, remember they had to get beyond their anger into their grief and their sadness, remember that? And remember the first thing that they said? "Oh no, I don't want to do it now." Before we were talking about being in the nice place and they said, "Yes, yes, yes I want to be in the nice place." And then as soon as I say what they needed to do to get to the nice place, what did they then say? "No I don't want to do that." And this is the problem we all face. We face this issue inside of ourselves - are we willing to really be honest about what's inside of us? Because if you're not, then you might as well give up the Divine Love Path because you're going to find a lot of

traumatic experiences on that path if you don't want to be honest and truthful about how you really are inside of yourself.

So allow yourself to have a good look at what's inside of yourself rather than just denying it. Now there are so many of you who feel you're not angry and yet I can feel the anger coming from you from just sitting in the audience. But you don't want to know; many of you feel that, that you don't want to know. But that's okay, that's your free will but there's a part of your soul obviously that's saying the opposite, otherwise you wouldn't be here having a discussion about anger. So let yourself start to realise what's going on inside of you. Are you feeling resistive to this discussion? Are you feeling this discussion doesn't apply to you? Because if you are then it applies to you because the resistance is proof of what is inside generally.

8. The importance of acknowledging all emotions within us

Mary: When I first started dealing with my emotions I didn't realise how angry I was. Paula and I wrote up on the board in the break; we have a new motto and it is - always sweat the small stuff because it's actually the small stuff that has led me to really huge emotions inside of myself. So if I get irritated about a phone call or if AJ doesn't, I don't know, do the drying up, there's a huge emotion underneath that but we're very well trained in just skipping over those things. For example, "Oh that's what happens when you live with someone, oh well." Or we're very good at empathising with the other person, and saying, "Oh I understand why they're like that." But in the end we actually skip over what the deep hurt is within us.

You want to give an example of it?

Mary: Can you think of one?

I can think of about a hundred. (Laughter) The trouble is every example I think of you seem to get angry with. (Laughter)

Mary: Test me out; see if I've worked through an emotion.

8.1. An example of minor issues in AJ and Mary's relationship covering large emotions

The very first time we met, it was about a year and a quarter ago or so, and we met in Mary's mother and father's home. We started having a discussion but my problem was I was tongue tied and so she didn't get much out of me in terms of a discussion.

Mary: I didn't know why he wouldn't talk to me.

I was just blown away by this lady so how can I talk then? That's how I felt. But Mary felt quite annoyed at that.

Mary: Did I?

Yeah.

Mary: See, I didn't know.

And it was one of these emotions that were coming up for Mary that she didn't notice at the time but now it's quite large for her, and that is an emotion of this person doesn't want to hear me, doesn't want to interact with me, doesn't want to really know who I am. That was the emotion that was triggered in her right in that instant. But all I felt was a bit of annoyance coming from her and she wouldn't have hardly even noticed that emotion at the time. Then a week or two after that, she was very angry then. What was that about darling? [01:56:18.13]

Mary: I went to another group of AJ's and he was talking about being Jesus and he was talking about some of the Padgett messages written about the Celestial Heavens closing. I thought, "What is going on here? There's some kind of fire and brimstone person lurking in there," and I was very afraid. The emotion I was avoiding was a lot of deep hurt that I have about organised religion and what that has done on the planet for a long time. But I had some fear on top of that, that that's what he was on about and instead of feeling the fear or even feeling the hurt or even the fear, I went straight into anger and projected. (Laughs)

So what we've found in our own relationship is that there are times when we have a very small discussion about something that has huge emotions under it. Another time was when we had a visitor over, a friend of Mary's from Switzerland, and we were just deciding how to set out our lounge room for visitors.

Mary: I can't even remember the exact events but my friend Megan who will probably watch this was just sitting there very bemused because we started out talking about pillow cases and five minutes later I was talking about feeling disempowered as a woman, and AJ was feeling about having his needs never being met. She didn't quite know what was happening. (Laughs)

So what had happened within a few weeks of Mary coming to live with me, I just wanted a certain thing to happen with these pillows. And it's the only thing I'd ever asked in that entire time. And so my feeling was, the one thing I want done my way, it can't be done my way. And Mary's feelings were...

Mary: I'm totally out of control, in a new environment; I want this to be my home too. You know, men never listen to me, I'm completely disempowered.

Yeah. So I spent the rest of the afternoon crying on the roof cleaning out the gutter (laughter) and Mary spent about half an hour or so in her room in an anger state and then we came down and had a chat to poor old Megan who was sitting in our lounge room. (Laughter)

Mary: She's pretty easy going.

Yeah. So can you see how just with a tiny little thing, there can be some really large emotions? The key is to not to overlook anything intellectually. You see what we often do, and this is one thing that is in the seminar, is we often intellectually choose to skip over really, really huge stuff. We go through this process of justification all the time and that's the major problem that we face, this process of justification that we go through. In the case of many of us, we are so used to intellectualising that "it didn't matter", that in reality we just skip over huge emotions.

Now I've seen many people do this over and over and over again, saying to themselves, "Oh that didn't matter, that was just a little issue," and inside of it I just feel like this huge mountain of emotions there in them in that particular issue that they've suppressed with just that one little comment of, "Oh it didn't matter or whatever it was that they're saying."

So the truth is with all this adult anger, you can see it as your guide or you can just make out it's not there - that's your call. But understand when you make that call you are also making the choice to stay alienated from God and also the choice to stay alienated from your own self because you're not allowing yourself to feel what you truly feel. So there's been many times where Mary and I have had just a tiny little thing happen and it's blown into a really large thing in the sense of there's huge emotions around it.

So I don't know if you want me to mention too many of them because you might be embarrassed. Maybe if I can mention a few of mine and that way you won't be so embarrassed.

Mary: You can mention some of mine, like I've had lots of anger.

Mary has had a lot of anger to work her way through, primarily with me.

8.2. An example Mary getting angry at the beginning of AJ and Mary's relationship

Mary: When I first met AJ I really thought I was not an angry person at all, I think my mother used to call me serene. When I met AJ - I was on the later part of the trip that Ange was on for a couple of months - I have never been so angry in my entire life. All of it very quiet and very seething but of course that doesn't stop him feeling the brunt of it. And that was because I was in extreme amounts

of fear about what was happening and I just didn't want to feel it so I was just projecting it all on to AJ, all the while going, "I'm not very angry."

So I would say, "Mary you're angry, what's this about?" and the first comment generally from Mary was, "I'm not angry."

Mary: I didn't feel angry I just felt like, "Oh I want space, I want control." But really if you scratch the surface as soon as we started discussing it, I was suddenly feeling a lot of anger.

Yeah. So if you have an emotion of I want space from somebody, very highly likely there's a lot of anger in there, if you're looking for space from somebody. So the truth is that in reality what will happen when your soul is in a pristine condition, the moment you want space is the moment you'll have space anyway. So you won't even need to project anything to anybody. Secondly why would you want space? Everything's passing through you, there's no resistance so it doesn't matter where you are, you'll enjoy yourself. Whether you have space or whether you're in a thousand people environment you're still going to enjoy yourself. So a lot of these things that we do are just ways to run away from what we're getting triggered in. In particular usually it's running away from the anger we feel but generally even underneath that there is a lot of other emotions. [00:13:54.22]

I should explain for those who have never heard this before, Mary was very angry with me at the beginning. Then I went away overseas and then somebody else told her that I felt that she was my soulmate. By the way I also felt that I would never see her for quite a few years yet to come because of how much there was that anger there and how many other emotions there were. So I didn't feel that there was any point in even saying to Mary, "I feel you're my soulmate" at that point. But then what happened was that she was told by other people that I felt that she was my soulmate and so she then sent me an email asking the details about that which was almost an angry email too wasn't it, in a way.

Mary: Yes.

And then a few months after we sort of start developing a relationship because we start talking, we start getting along pretty well, things develop after that, we haven't been with each other yet, we've just still been talking over the phone from overseas quite a lot and writing emails to each other. And then eventually Mary decides she's going to join me on the trip overseas and just to see what it's all about.

Mary: To sort you out basically.

Yeah. Sort me out. The things that she felt was she wanted to show me that I wasn't Jesus and...

Mary: Oh, I don't know.

Yeah. Pretty much.

Mary: I wanted to show you I wasn't your soulmate basically.

But by this stage we were starting to get along pretty well, so four days after arriving overseas, she has this huge emotional experience. So after four days meeting, for a day we didn't speak to each other because there was just so much anger. So Mary has a lot of anger, which is like your childhood anger specifically about me and what I did in the first century and how she felt about that through the filters of her parents this time round. And so Mary's had a lot of experience in dealing with these same emotions that you'll be working through and working through your anger-based emotions. So she knows what it's like to go through what you're going through. That'd be accurate to say I reckon. [00:16:42.16]

Mary: I guess so. I don't know what everyone else is going through.

The amount of anger we are in generally covers over the depth of the grief that we feel. So if we are in a big rage that demonstrates how big the sadness is underneath. And it's the rage that's covering over the sadness. So if you can allow yourself to start seeing that actually there is a big area here to work your way through, it's very important. [00:17:20.22]

8.3. An example of women's anger with men

Mary: Could I just share one more thing? That is about man anger. Before I started looking at my emotions or started on this path, I didn't think that I was very angry with men. And I meet a lot of women who don't think they're very angry with men but just about 90% of those women I can feel are very angry with men because I'm starting to work through that emotion myself. I think that for a lot of women on the planet today there's been a lot of multi-generational hurt and so we sort of have this attitude that "I'm a women and my needs should be met really and if they're not well it's the man's problem," and that's actually a very angry attitude. Because we're so afraid of being hurt again we actually become quite aggressive. I had more I wanted to say about that but I think that's all.

8.4. Identifying smaller emotions within us that cover large emotions

Participant: Can you give some more examples, like the "I need space" one and those little triggers that we might be able to watch out for because that was a really helpful one for me personally.

So you're looking for the kind of things that Mary has noticed herself doing that are covering over the anger.

Mary: Just any little irritation in the day, just like if AJ doesn't do something that I want. For example, he always makes my cup of tea in the morning and he doesn't make my cup of tea, so it's an irritation. So I would usually go, "Oh I'll make my own cup of tea," but it's skipping over this little feeling inside of me.

One time at an airport I didn't carry her heavy bag.

Mary: Which is so embarrassing because I'm such a liberated woman. Why would someone need to carry my bag? But he did it every other time and he stopped that time. (Laughter)

I did it while we were travelling and this one time I didn't do it and that triggered a lot of anger for Mary. There have been little things even that I've noticed Mary doing as well. Things like trying to change the subject are a big thing. Or trying to intellectualise the subject is another big thing.

Mary: Just justifying my stance on anything. Yeah.

So for instance shortly after myself and Mary met, we went shopping together for some food. We've told the story before but Mary was very, very angry because I was going to buy some basil from Israel and she felt really, really upset with me about that issue. And underneath that was a huge number of emotions for Mary about first century life that you're still working through now, isn't there? So just that one act of being upset with me doing something that she wouldn't normally do.

Mary: I guess whenever I feel like I need to be in control more.

And she'll often not state to me what she wants me to do; she'll often ask me the question. But it's an implied thing that she wants me to do. So I notice many of you women do exactly the same thing where you ask the other person a question but really what you're saying is, "I want you do that please." That happens quite often and instead of coming out and saying, "I want you to do that for me," and then receiving a rejection of no, we often go down this track of saying, "Would you like that?" instead. And nowadays I'm finding that there are lots and lots of layers of emotion that are over the top of our true feelings. What Mary and I have found is by staying in the interaction with each other we stay in that emotion until we find the bottom of the feeling.

Mary: It's very powerful if every person is owning their emotion and not blaming. Like the pillowcase thing, we really got very deep very quickly.

Where we often find these little tiny events blow up into these huge emotions. Not that they blow up in the sense of me and Mary arguing with each other, but they blow up in the sense of me getting into a major causal emotion and crying for quite a few hours, or Mary doing that. And if you choose to own your

emotions in these transactions you'll find you'll rapidly work through issues when you're with a partner. Because remember the Law of Attraction has brought you and your partner together, if you have one, so therefore the Law of Attraction is there to expose these emotions. If you deny the Law of Attraction and say, "You're not doing what I want," or, "I'm not doing what you want," and we walk away from each other then we get away from what's actually drawing us together in the first place and we're not dealing with those emotions. [00:22:55.12]

So let yourself access the emotions that are underneath and that's going to mean working through layers of anger. So in a partnership or a relationship you'll find that there will be issues between each other as a result. So my issue for example is that I have had a lot of issues, although less now, about pleasing women. All a women has to do is just project a need at me for something and I'll instantly fulfil it without even asking her what it is because I know what it is, I can feel it coming from her and I just do it straight away. I've done that all my life. So over the last two years nearly I've been breaking though that and into these emotions of no, is this a loving thing for me to be doing? A lot of times it hasn't been and the reason why I've been trying to do it is because I just want to please the woman. I just want to get a nice emotion from her of her being happy with me. And that's often meant that I've attracted a woman who's not happy with me unless I'm doing exactly what she wants. So then I've had to work through those emotions.

So I've had these feelings sometimes from Mary of annoyance that she wants me to do things for her that she would not be willing to do for me. And I've had to feel that emotion of, wow this is not right, this is unequal. This is not the right thing for me to be doing and then I've had to feel the emotion of what is Mary going to do if I say no. I'm probably going to lose her and I don't want to lose her, I've only just met my soulmate after forty-five years, do you think I want to lose her? Of course not. So I've had to work through all that emotion of staying in truth whether I lose Mary or not, and that's been really, really triggering for me and I've had to work through quite a lot of emotions about that.

8.4.1. Mild irritation or annoyance can cover huge amounts of emotion

So getting back to the anger though, the anger is just amazing. What I find is mild irritation, mild annoyance, mild anything covers a mountain of emotion. So every time you cover over mild annoyance and mild irritation or mild frustration you're actually denying for yourself an opportunity to deal with a mountain of emotion.

Mary: And most people don't even feel mild irritation. We're so trained at skipping over it intellectually, we don't even realise a lot of the time that we are actually irritated or annoyed, or it's very fleeting.
So ask people, "Do you feel I'm angry?" Ask somebody else, "Do you feel anger

from me?" Let yourself ask that question of others. Often we don't want to know what other people feel about us and that's why we project emotions at them because we don't want to know what they've got to say. But often they can tell us a lot of things. So I've had to ask people, “Do you feel I'm angry at this point or do you feel I'm sad or what are you feeling?” And when Mary says you're angry and I know I'm angry, I say, “Yeah I'm angry alright.” [00:26:13.16]

8.5. Working through emotions in a relationship

Can you see how important it is to work through issues emotionally together? Because if Mary and I split up just because of one thing that comes up, what would happen is we are now not dealing with all the other things that could of come up after that.

Now I'm not suggesting to stay in an abusive situation. So for example if I get angry with Mary and I project anger at her and she then addresses that anger with me and I don't want to own that emotion and I just get angry back at Mary, then she tries to address it with me and then I get angry back at Mary again, now the situation's abusive. You don't need to stay in abusive situations, and if you are staying in a situation like that you've got very big emotional injuries that are causing you to stay there because you're not loving you. So allow yourself to feel that.

But if I get angry with Mary, and Mary says you’re angry with me and please go into the emotion and deal with the emotion, and I start getting into the emotion, now she has a good reason to stick in the relationship because I'm actually now dealing with the emotion. And if I deal with the emotion and get to the core, I'm not going to be angry with her about that issue ever again. So that's going to be very, very helpful for our relationship. But obviously none of us are perfect yet. We can't expect each other to never be angry. But if someone's getting angry about the same issue over and over again, then that's abusive and it's time to do something about it; we need to do something about it in those situations.

Participant: AJ in a situation like that, where like your injuries are bounced off each other and it gets a little bit overwhelming, using your example, is it okay at that point to say, “I need space.” I've just had a trigger like that, where it's just coming at me but I've consciously chosen to take space from my friend so that I could process what I was going through, aware that I have anger and so forth.

Sure. That's fine.

Participant: That's a more than okay thing to do rather than...

Yeah but don’t write off the relationship. Don't do that; go back into the relationship to see whether you've dealt with it. There's a nice quote in The Way of The Heart that I talk about and I said there, “You don't get to leave the room

when the shouting begins." So on the Divine Love Path; you don't get to leave the room when the shouting begins. See on the Natural Love Path, you know what you would do? You would just leave the room and make out that now it's diffused, I'll wait a few days and it's going to be gone. No it doesn't go that way; it goes by you feeling all of your emotion and your partner feeling all of their emotion. Don't leave the room when the shouting begins but don't keep shouting or blaming the other person. If you're going to shout feel your anger, feel your anger but don't start projecting it. And that's what I want to talk about with you for the next hour or so is how to actually deal with this adult anger that you're feeling. That's what we'll talk about. [00:29:35.24]

9. Audience questions

9.1. Gaining the courage to experience our pain by connecting to God's Truth

Participant: When you're in ego or you're trying to deal with pain, where do you get the courage from to go into it?

So the question was where do we get the courage from to go into our pain. Because really that's what all anger is about; all anger is about not wanting to go into our pain. So where do we get courage to go into our pain?

The only way I've gotten the courage is by talking to God and actually learning about truth, what's the truth of this situation. Remember it's the truth that sets you free. So a lot of people think it's love that sets you free but love comes to you when truth sets you free. So the truth is a very, very important factor in all of this. The truth is what destroys all fear. Remember, you can think of fear as the false expectations or false emotions appearing real to you. So the truth is everything you're afraid of, including your anger; you have some false beliefs about it.

For instance many of you might believe if you were to experience your anger or your rage that you might hurt somebody. Well you don't have to hurt somebody, but you believe you might. So that's a false expectation you have about getting into your anger. The truth will always destroy false expectations. So allow yourself to feel the truth. When you feel the truth and talk to God about having the courage to face truth, you automatically start facing your emotions as a subsequent result. And God gives us courage through lots of means but one of the greatest means is by exposing truth to us. When we know the truth then fear means nothing.

So for instance many of you may be afraid of death in the sense that if you went along to a funeral of your husband or wife you would cry. If you'd go along to a funeral where you're going to cry, then you're afraid of something. So you need

to face those fears; if it's entered your heart the truth about that will destroy all fear.

9.1.1. Anger indicates we are not in truth

It's the truth about everything that destroys all fear. Therefore since fear or the denial of fear is the creator of anger, obviously the truth will also have the effect of destroying the anger. So in a way the anger is a guide into truth. The anger is telling you when you are not being truthful with yourself. The anger is telling you when you are not being truthful with yourself. The anger is telling you when you're not being humble. Remember we defined humility as the passionate desire to experience all of your own emotions. If I'm angry I don't have a passionate desire to experience all of my own emotions because the anger is there to cover over an emotion.

So as soon as I'm angry I know I'm not being humble. As soon as I'm angry I know I'm not in truth. So anger is fantastic because it tells you straight away when you're in error. Straight away, the instant you feel even the tiny, mildest of annoyances, you are now in error and you know it if you acknowledge that that annoyance was there. But if you don't acknowledge that annoyance was there, you're not going to acknowledge the truth that you're actually covering over a large emotion. So therefore you'll never experience that larger emotion and get closer to God. That's why it's so important to deal with your anger.

9.2. Anger is never justified

Participant: Is there any justification for been angry?

Right, so the question is; is there such a thing as justifiable anger. No.

Participant: So how do you deal with that?

Okay. The same way you as you deal with all other anger. Can I just clarify the "no" to the justifiable anger? Even if you're daughter got raped right in front of your eyes, your anger is not justified. Even if your husband got murdered right in front of your eyes, your anger is not justified. Now they are pretty strong statements, aren't they? But I mean what I say. Your anger is not justified in those circumstances. What is the anger? It is your choice to get away from your true emotion in that particular situation. So what would be your true emotion in the situation where your husband gets murdered right in front of your eyes? Fear, devastation, grief, all sorts of emotions would be there. And you can feel them in that instant. In fact when you become at-one with God, you will feel them in that instant. [00:34:47.07]

9.3. Injustice in society

Participant: Could you give an example about something a bit more removed from us personally?

Mary: So something that's more removed, so about injustice in the world? Yep.

Participant: Like in school about the funding... like all white schools were funded...

All the white schools get funded and the aboriginal school doesn't get funded.

Mary: Yep you've got a lot of grief about it. It's very sad. I relate to this because I have had and still have some anger about injustice in the world. But I've learnt two big things about it. One is that I have massive amounts of grief about it. And when I'm angry I'm actually choosing not to feel the grief because I have some emotions in me about being treated very unjustly in my life and that's probably why I'm so hesitant to feel about the injustice. The other thing is that in the world today we're so hooked on justice; it's all about the justice and a really big important thing that I learnt was something that the slave spirits learnt, and that's about God. If we actually have faith and trust in God as being a loving God and that the Laws of God are actually loving, even though at times we feel like it's not, those things become clear if we build a relationship with God.

When Mahatma Gandhi was on Earth he said, "An eye for an eye makes the whole world blind." And to me that's a huge statement because what it does is it tells you that raw justice as it's portrayed in the world today is not going to work. Because there are so many things that have happened on this Earth today that are unjust and unloving and if we perpetuate the injustice, we just create more injustice.

9.3.1. The “angry activist”

So you're what I would call the angry activist. What I mean by that is the person who feels angry about the external things to themselves going on in the world and as Mary just pointed out to you, Mary feels exactly the same way as this. Now what is driving that is some very deep personal emotions of hurt within yourself and you are using these external events to cover over. And the key for you is to allow yourself to start feeling the personal emotion you feel about your own life that these events are triggering.

So in other words let's say you notice something external to yourself that's unjust; the politicians raised my tax and then went on a holiday. Now that feels unjust. So I'm looking at the political scene I feel there's a deep injustice in that. But in reality that's just connecting to some deep injustice in my own life, in my own childhood, and what I'm doing is externalising my anger. I'm looking for

something outside of myself to blame so that I don't have to feel my own hurt about my own life in that situation. The irony is that when I choose to feel my own hurt in my own life you'll find that that will actually finish up lessening even the external event at the soul level. The reason why is that at the moment if I don't choose to feel my own anger, I am projecting anger on the world and making the world a more angry place, not a less angry place. [00:38:43.13]

Mary: The anger projected like that is actually an aggression, it's actually damaging to the whole planet. Us, me included, being angry about all of this injustice. And the way God has designed it is that if we do deal with this stuff within ourselves, it does have an impact on everything around us. And really, only when we're in a true state of love in harmony with God that's the only way we're going to change any of these things. Because there is injustice in the world for sure, but by being angry we're actually wanting to punish in that emotion.

And if you think about our anger, our anger generally is driven by this desire to blame, a desire to punish. We think it's a desire to make things better but actually because we have this desire within us to blame or punish, we're actually right at that moment making it even worse than it is. Not better than it could be. So that's a major issue that we're facing.

9.3.2. Passive resistance to societal problems

Participant: What about things like the Martin Luther King protests where the passive resistance appeared to have had very positive outcomes in society?

The beauty of passive resistance is that you're stating your case without violence. Now the only problem with passive resistance is passive resistance needs to come from the heart, not just from the action. So we can get a whole group of very angry people together, educate them into intellectually passively resisting something and they can go and passively resist it and maybe even accomplish something out of that but if the passive resistance doesn't come from their heart, they are still damaging the situation.

Remember that every single discussion I've ever had with you, we've talked about the soul. Remember it's the soul that is the real you. So if inside of my soul I have anger towards something external to me but I make out it's not there and I act differently to that anger, that doesn't change the fact that this projection of emotion is coming from me to the universe. Can you see that? It doesn't change that. To actually truly change on the Divine Path, this anger that exists within me needs to be eradicated. The only way to eradicate it is going to be to feel it firstly, then to dig deeper under it to find what the cause is under it and to feel that. When I feel that and release that, that anger will no longer exist inside of me. That's when I have the most power in a passive resistance type thing, in terms of changing the world because there is no anger in me generating it. In fact the irony

is in that point you won't even need to have passive resistance because your own soul condition will be in such a place of love that everything around you will just be attracted to that and change will happen automatically in a positive way rather than in a resistive way.

9.3.3. The power of changing our souls

So while those methods make a lot of sense on the Natural Love Path, they don't make much sense when you're on the Divine Love Path. On the Divine Love Path remember the focus is to change yourself at the heart level first. Change yourself at the heart level first; everything around you will change once you start doing that; everything around you. It will be so rapid you'll notice it on a daily basis, just changes happening.

When I was away with you on Stradbroke Island, I went through quite a lot of emotions, in fact I think pretty much every day I was up in the room at some point crying for some reason, whatever it was. You saw me work through an emotion with regard to money and the world's financial situation. That took me a few hours to process and instantly after that my Law of Attraction regarding money instantly changed after that. That's what happens any time you make a change at the soul level - you have an instant reflection in the changes, every single time. If you haven't had an instant change, then you haven't dealt with the causal emotion because the way God made the universe is the instant you deal with a causal emotion, the instant a change will happen in your life. [00:43:21.14]

So if that's the case, then this passive resistance, which is a slow drawn out opposition sort of thing, would never even need to occur. Imagine if every single one of us changed our attitude towards money, right now. Imagine we've dealt with the emotion, which in my case meant crying for quite a few days. So it might not be right now, it might be three days that I finish dealing with it. But if everyone here did it, imagine the change that would occur just for all of our lives. There would just be huge changes in our lives. We would no longer value money like we value it.

At the moment many of us still value money above almost everything else. And we would no longer do that, we would no longer be in this state where we're needy for funds and ironically that's the time when everything will just start coming to us because we've not got lots of opposition to that occurring in the soul. So imagine that we all just dealt with every issue we're facing at the causal level, then there's no need for us to go out and protest something because we've just dealt with everything inside of us at the causal level.

So something I said in “The Way of The Heart” is, “Just to make sure that you change your heart.” That's why it was called “The Way of The Heart”. It's not the way of the head; it's not the way of the mind. It's “The Way of The Heart”

because this is the truth that we all need to come to face. The fact is that every single thing inside of our lives and every single thing inside our environment is my own creation. And I can release an emotion and create something totally different. And I can also exercise desire in a loving way and create something totally different too.

10. Practical ways to work through adult anger

So let's just talk about for a moment some of the practical things that I've had to do to actually work through my emotions about anger. There was only one time in my entire life I was angry before I was thirty-three years of age.

Participant: This life or last life?

This life. Well I should say one time that I thought I was angry. And what I've had to deal with since I've realised that actually I've been quite angry, dealing with lots of emotions. I've had lots of anger with God, I've had lots of anger with my soulmate, I've had lots of anger with stuff about myself, in fact most of my anger has been directed at myself and so I've had to work through these emotions. In the process of working through these emotions I've found some techniques that work for me. So what I'd like to do for a moment is share with you some of these techniques that work for me.

10.1. Make an anger list

The first thing that worked for me was to make an anger list. Now let me just define anger for you; mild annoyance, mild frustration, mild irritation, annoyance, frustration, irritation, aggravation, disgruntled, displeased, exasperated, impatient, enraged, furious, incensed, outraged, indignant, irate, livid, fuming, belligerent. That's all the things I put into anger.

10.1.1. An example of AJ's anger with the world monetary system

Now what I do is I say anything that even makes me mildly annoyed. Like what happened with this issue that I was dealing with when I was staying with James and Paula on Stradbroke Island was I started having a discussion with them about the world's money system. I started to get really into it, like the world's money system this and the world's money system that, and we don't need money at all and off I went on my soapbox. So with any soapbox issue there is definitely anger driving it. So let yourself feel any soapbox issue. And Mary says to me, "Gee you're quite angry about that, aren't you?" "Yeah I am," and as I said yes I am I said, "Oh I need to get into this." So I went straight away and started allowing myself to get into it. And lots of things come up for me in this processing of this emotion.

So if I made an anger list about that the anger would of been; the world's monetary system. So that's what I'd write on my list - I'm angry about the world's monetary system. Why am I angry about it? It's inequitable, it's unjust, it's unloving, it's okay while you've got money, if you've got none it's not very good. You have to buy your own food. Who here doesn't buy at least some of their food? Where you don't buy any of your food, so in other words you just get it given to you? So nobody here does that. Well I think you should just get given food. I think you should just get given a house to live in. I think you should just get given your clothes, why shouldn't you? They are essentials aren't they? Can you live without food? [00:49:51.09]

I was in an airport in the USA and a bottle of water, just a pint and a half or whatever it was US$5.20 in this airport. You know how much a can of coke was? US$0.80. Same place, same airport. I've got to pay for water. I'm 70% water and I've got to pay for it. Like I've got to pay somebody to get some water in my system. You've got to be joking. These are essentials to life are they not and I've got to pay for them. So can you see my soapbox? You feel my soapbox? Okay. There's anger in it.

So what I was doing is allowed myself to connect to all of this and it started to get really personal. The reason why was that the whole reason why I died in the first century was because of the monetary system. So whatever anybody has told you about why I died in the first century, it's actually about the money; that's why I died. What happened was the things I was saying to people, by just doing what we're doing today, just talking to groups of people, were causing people to question their entire existence. This included questioning their entire religion and questioning why they had to pay for sacrifices and so forth, and why they had to pay taxes and all of these other things were all questioned.

Now if you were a person who got thirty something tonnes of gold every year because of people doing these things, what do you think you would feel about the person who thinks they wanted to stop doing them? Quite upset. And this is exactly what happened to me, I died for that reason. I died because of the world's monetary system at the time. So there were a lot of emotions there for me about that. Just my wife, my child and all the suffering they experienced after my death, was all the result of the world's monetary system. It was a result of how things were in the world at the time with regard to money in the Jewish system of things. So do you think I was pretty upset about it?

Before then I never knew why I got on this soapbox thing about the world's monetary system. But it got personal; it got very personal for me. And so I went through lots of emotions about that while we were together, and as the guys know I didn't even go out to dinner one night because I was crying all that night. So basically stayed in that emotion as long as it took me to stay in it. And there were lots of facets to it, about how it affected my wife's life, my daughter's life,

everything. And how my life was cut short, all the beautiful things that I wanted to accomplish with my life, all the things I wanted to accomplish in telling the truth was all just cut short because of money. So do you think I've got some issues about money? I sure have.

10.1.2. Asking why we are angry about an item on our anger list

So I made an anger list, and the world's monetary system has always been on that anger list by the way. The next step is to ask myself why I am so angry about it. So why should I get angry with that? This gets back to that question about justifiable anger - a lot of times what I'm doing with my life is I'll be justifying why I should be angry about something. The world's monetary system is totally unjust; it's created by a few people for the total suppression of your life. So why should I get angry about it? Yeah I'm angry about how much your life has been suppressed your entire life by this world money system. Now I'm justifying my anger, you got me? Now I'm actually saying I've got a good reason to be angry. From God's perspective do I have a good reason to be angry? No. Okay. So I need to at least admit that this is how I feel. I feel like I've got a good reason to be angry because this is so unjust. The feeling in me was in particular then; we need to destroy this, was the feeling. Remember what I've said anytime we focus on destruction, definitely a lot of anger there.

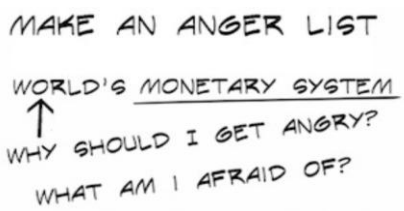
So why should I get angry? I feel that the world's monetary system is so terrible that I want to destroy it. What am I afraid of? It really got down to for me that I was just afraid of dying because of the world's monetary system. Because there are a lot of things I'm teaching you, about soul condition, soul attraction, all these kind of things, that if you follow up on it, your life will change and things will change around you and one of the things that's going to change around you is the politics around you. Do you think you're going to need someone to govern you? When you're in 100% of love, do you think that you'll need anyone to govern you? Never. You'll not need a single governor. So what do you think that's going to do to for the people who are addicted to power? Don't you think they're going to get angry with you? Probably. So why am I afraid? I'm afraid of dying because of their anger with me. And that's what it got down to with me, I was just afraid of feeling that I was just going to die. [00:56:02.25]

So the interesting thing in my life when I look back on it now is that every time I've had to deal with money-based issues, I would get terrified. Even when I had four businesses going in my life and I started dealing with money issues, I started getting terrified. I mean terrified, like I would not do my accounts for long periods on end because I just felt afraid of the money. When I did my accounts it was really easy, you know tap, tap, tap, it was all done for a whole year in a few days. But I would procrastinate and procrastinate rather than dealing with it. What

was I afraid of? This issue of feeling that there's something about my life being threatened and dealing with this issue.

10.1.3. Asking what we are afraid of

You know it's amazing how little tiny things effect your personal life and how it affects you inside of yourself. What else can you do? Write down the emotion that you may be afraid to feel. So what am I afraid of? What's the emotion? The emotions in me are the emotions of loss; loss of my family, loss of my life, loss of all of my goals and desires, and that they won't be fulfilled. Loss of all of those things and I needed to feel all of that which I did a lot of doing. What would you do if you were at-one with God? Do you think you'd care about the world's money system? It wouldn't bother you in the least; it wouldn't affect you in the least. You would have no angry emotions about it. You'd have no sad emotions about it. You'd have no justifiable anger about it. You just won't feel those emotions anymore and ironically you will live your life and you will use the money if you need to use it or not use it, whatever it may be, but it won't bother you.



11. Audience questions

11.1. Physically providing for ourselves and others in the world

Participant: I've just got a question about that and anger, particularly when the ramifications of the world's monetary system is affecting probably a fair few people in the street, loss of jobs, our families, all that kind of stuff. The ramifications on other people's lives are important as well.

Yah, that's right, a lot of people are so worried about it but a lot of these worries are not real. When I say not real, like why are you working? Let's say for a moment that everybody who needed a house in the audience automatically got one because everyone else here helped them build one. And then every person here who needed food automatically got food because everyone else in the room automatically helped them with food. And everyone here who needed any clothes automatically got the clothes they needed because everyone else here helped

them get the clothes they needed. In other words we are constantly looking after each other. What else do you need?

Participant: Love.

Well yeah but now we're starting to talk about emotional needs. Like the real physical things that you feel you're working for, can you see that they wouldn't even matter anymore? If you were assured of getting them, why would you strive for them? You wouldn't anymore would you? Can you see how the fear that; oh if I don't earn this money, if I don't do that, this fear is all being created by the world's money system by the way, in an effort to control you. To make you so embroiled in a life that's about caring for your basic necessities that you no longer care for your real necessities, which are all spiritual and emotional in nature. The truth is that if we had a house to live in and if we had a little plot of land ourselves to work on two hours a day of work, you'd be able to be completely self-sufficient. Two hours a day. Well you don't have to sit and watch a lettuce grow, do you? All you've got to do is plant it and water it occasionally. You don't have to sit and watch a fruit tree grow; all you do is plant it and water it and care for it and it grows automatically. Then one fruit tree produces something like a thousand pieces of fruit. Brian counted how many fruit he got from his tree. What were they? Bananas, on one bunch! That's it. One bunch of bananas was it 890?

Participant: Nine hundred.

He grew nine hundred bananas on one bunch in his backyard. And you had to watch every one of them grow didn't you? (Laughter) Like you just sat there and you just tried so hard and did all this work to make them grow, didn't you? No.

11.2. The power of our soul condition on our environment

In the highest spheres of the spirit world what actually happens is your soul condition automatically looks after everything around you that you want. You'll see this happening on Earth soon with your own soul condition. It's a bit like this; imagine yourself going on a long journey, like you were going overseas for six months and imagine when you came home that your property was even better looking than when you left to go overseas and nobody was there. That's what your soul is capable of doing, of maintaining everything, watering it all, everything. It's capable of doing everything. And in the spirit world in the higher celestial spheres that's what happens.

There are whole planets that you could picture that are just the reflection of your own soul condition. And everything that happens on there is a total reflection of your own desires. And you can have a desire, and not even be there and it will grow. It's like you being on the opposite side of the world and saying, wow I just saw a banana tree, bananas would be great in the backyard and all of a sudden when you get home, bananas are in the backyard. [01:01:57.26]

Participant: Why do we need to eat?

We don't need to eat. But it's fun eating sometimes isn't it?

11.3. The benefits of working through anger

So the truth is that we are powerful creators but we don't create powerfully because we are yet to activate our free will in harmony with love. That's why we're not creating powerfully. And so anger is the key to creation because in a way, when we do this anger list thing, what we'll start doing is identifying all the areas in our life where we are actually feeling powerless, and where we're not acting in harmony with our free will, in harmony with love, where we're using our free will to deny love in fact. This is what anger is all about. So let yourself start working your way through the emotion of anger and digging deeper into it because it's such a powerful change in you. You'll notice it.

Now last weekend, you remember on the Sunday three or four or five or so of the ladies went outside and had a big scream, which attracted the police to come. I don't know if you felt those ladies when they re-entered the room. So those of you who were there, did you feel them when they came back into the room? What did you feel? Did you feel they were harder or softer?

Participant: Softer.

They were a lot softer. And when they came back in the room they were more connected with their own emotion. Did you notice that? Every one of the ladies who went out was more connected with their own emotion when they came back. So the beauty of dealing with your anger is your heart becomes softer. When your heart's softer, you can feel what's underneath better, when you deal with your anger. [01:03:55.03]

11.4. An example of a participant coming to terms with the anger she has created in her sons

Participant: I have two sons in the room, I wanted to ask a question earlier when they were here but I wanted to follow what you said yesterday about resisting speaking up and now they've left, none of what you've been talking about is helpful because the impact of the amount of anger that I've had in my life has destroyed theirs. I had Jeffrey sitting beside me and I turned to him and said, "Are you okay son?" He projected back the anger that he's had from me all of my life and said, “How can I be alright, I just want you to stay away from me?” I'm having problems connecting with what you've said about justice. What you're talking about, anger, I've got it. These two sons are so precious to me; they came into my care in innocence, just like I came into my parents care in innocence. I believe you're Jesus and I'm asking you. (Participant is crying)

Now you're projecting at me.

Participant: I don't care.

I do.

Participant: I'm asking you.

What?

Participant: Please?

Please what?

Participant: You ask everybody here to connect to their anger but the consequences of that is what you see, what happens to the rest of your family, what happens as it snowballs.

But I'm not saying to project the anger. I'm saying to connect to it and own it within yourself.

Participant: I didn't know when they were really little.

I know you didn't know. I know you didn't know. But you're now experiencing the results of the effect of the denial of your underlying emotions.

Participant: I didn't know I was denying.

I know you didn't know. And this is the problem with the awakening is that you need to experience the pain of awakening. Do you understand that?

Participant: The pain's too great.

No it's not.

Participant: You're asking everybody here... (Participant's crying)

I'm asking everyone here to experience the pain that you're now experiencing.

Participant: I don't recommend it. (Laughter)

I know.

Participant: I'm not telling you you're wrong. But this today, my son sitting beside me is the most challenging thing...

Yeah because you're seeing the direct results of your own actions.

Participant: I didn't do it on purpose.

I know you didn't do it on purpose but it was done. Now all you need to do is take this to God now. So what you do is you talk to God and what you're feeling now is the true...

Participant: I don't want people to see, I'm ashamed. (Participant is sobbing)

Turn your head this way; what you're doing now, is you're taking this emotion, this feeling of sorrow to God now.

Participant: I want it to change.

It will change because you're now sorry. Before you weren't sorry. Do you understand the difference? See before when you were saying I want my boys to change, I want my boys to do it, I want my boys to do all of these things you weren't feeling the full responsibility of what you created. Now in this grief you're feeling the full responsibility of what you created.

Participant: But I came innocent to my parents...

It doesn't matter.

Participant: What do you mean it doesn't matter? It all matters because of the impact on them.

I understand the impact on them. Listen what I'm saying is you're feeling that this is not just.

Participant: It's not.

It is.

Participant: Then I don't understand.

I know. The truth is that whether we do things in innocence or whether we do things without knowing or not it still damages our children. It still damages everyone around us. This is the thing that God wants us to come to see, what you're now seeing. That you have damaged your own children even though you didn't know you were doing it at the time.

Participant: I've embraced all of this for nine months to get to this point and I want with all my heart to leave, I want to run away because Geoffrey sat beside me in such pain and I can't leave, I can't because of his pain. It's not my own.

But that's why you want to run. You want to run because you don't want to see the results of your own actions.

Participant: Am I so different to anybody else?

No. Everyone else wants to run too when they see that they've done damaging things. The key is to not run, don't leave the room when the shouting begins, don't run, feel your own emotion. When you feel your own emotion like you're doing now, now you're repentant. Remember we've talked about repentance. Repentance is a true heartfelt feeling that I can see the full results of everything I've done. [01:10:44.27]

Participant: But what about their pain, I can repent for me but what about what happened to them and their pain is now starting?

This is part of your repentance of seeing what you've done. And once you feel this fully that lowers their burden straight away.

Participant: I want to die. There isn't any justice here at all. There's no justice because at every point your free will is impacted. You come into this world, into my parent's life an innocent person and you get compounded with stuff from them, you go through your life and you try so hard, I've tried to survive and I wanted my children, I asked for Geoffrey and Nicholas and you go through your life and you think you're doing the best you can and you get to this point...

But can I ask you Jen, when you were yelling at them, do you feel you were doing the best you could? Right at the moment you were yelling at them, when you were dumping your anger on them, did you really feel you were doing the best you could?

Participant: I don't ever remember yelling at them, I remember being angry within myself and withdrawn from them and not knowing how to love them, not knowing how to reach them or meet their needs. My sins are sins of omission rather that actually physically hurting them in such ways, hitting them or in fact I was probably a lax disciplinarian, that's a funny a way of putting it, I know that's not the right way of putting it. But I didn't actually hit them, I tried my hardest to guide them but my own guidance was skewered, it was already warped.

So these are the key things that all of us need to come to see at some point. And that is that all of the things that have happened to ourselves, we have actually then perpetrated onto others. So how can I have judgement for what you've done, if I've done the same thing? But in the end all I need to do to have all of this forgotten is to connect to God and feel that sorrow that you're now feeling.

Participant: But there isn't a minute in my own life that I haven't felt afflicted in some way, either from the physical people that were in my life or from some

spirit interaction. I mean I'm burning up now, it's not just me here, and there are lots and lots all around and they just don't leave me alone.

But can you see that you still have a feeling of blame towards God even?

Participant: I hate God.

Yeah, you feel that God has done all this damage.

Participant: Why is this whole system like it is because it's just wrong? The system can't be right, there's so much pain.

Who created it? Who created the pain?

Participant: People's errors. My parent's errors and their parent's errors and their parent's errors.

And if I didn't have any personal pain would I bother about your pain? In other words would I care about your pain if I didn't have any personal pain? So if I'm creating your pain and then not feeling the consequences of those actions, then will I ever change? [01:14:34.03]

Participant: I can't hear you. I can't hear you. (Participant is crying).

So you just need to feel. The feeling that you have is it is all unjust. That is the feeling you have.

Participant: I want the pain to stop. (Participant is sobbing)

But darling the pain's going to stop only when you fully feel what pain you've created. It will stop then.

Participant: It's too much.

No it's not too much.

Participant: And then when I watch my kids with all the ramifications of things that I did consciously and unconsciously.

11.4.1. Connecting with God

Yes. And once you let yourself feel all of that you'll feel fully repentant and then that's when God's Love can enter you and just rub out the memories of these things from an emotional perspective, but only once you've reached this state.

Participant: Where do I find the faith to keep going when the pain is so great? Just tell me. I just don't know He's there and I'm angry at Him.

I know you're angry at Him, yes. How many of you feel you're angry with God, just like Jen feels? So quite a lot. So this is a common emotion Jen. I've been really angry with God too.

Participant: I want to die but what's the point of that, you can't go in the spirit world and escape it. We're trapped! (Laughter) You can't get away from it and I'm trapped.

So what are you trying to get away from?

Participant: I just want a little bit of peace, just time enough to find myself, I feel lost in all of this.

So talk to God about this. But you're so angry with God that how can you talk to God?

Participant: I'm talking to you. Isn't that the next best thing? (Laughter)

No.

Participant: Why not?

Because there's no next best thing to God. I'm not the next best thing.

Participant: Why not?

Well because I'm not God. The person you need to heal the relationship with is God. How are you going to heal the relationship with God if you don't talk to God about this issue? You need to talk to God about how you're feeling, how angry you're feeling towards God.

Participant: I'm sitting on my hands in the audience talking to Him all the time.

Awesome. Now all of these emotions that you've now voiced to me, you need to voice to God now.

Participant: Is He not listening now?

Yes He's listening but you're not directing it at Him, you're ignoring Him. You feel emotions of blame towards Him. So start talking to Him about how much you feel that, how much you feel the whole system is unjust and all those things. When you work through this emotion you'll feel entirely differently and in fact the reason why the system has been created the way it has is so you could come to this realisation. This realisation that all the damage that you have done and how bad it's been, that's the reason why you've come to this place.

Participant: I don't want to be putting up my hand and asking questions all the time and taking up people's time for whatever is perceived. People come to me and they say you put your hand up, that's a really great question, and I don't want that anymore. All I want from this situation is to heal my life and have change. Do you understand?

Yes I do but you will need to feel this pain to do that. You do need to feel this pain and talk to God about this pain that you feel. This is what repentance is Jen. This is what repentance is. Repentance isn't some intellectual exercise, it hurts. Repentance hurts.

Participant: You're not helping.

I'm not helping, no, because you don't want to hear this. But I don't want to stop you from feeling repentant; I want you to keep going. If you keep going you'll get to the bottom of this and you'll understand. It's all right you don't have to stay here if you don't want to. [01:19:04.07]

Participant: I don't. (Participant leaves the front of the room still crying).

11.5. Working through feelings of injustice and anger towards God

Can everyone understand why Jen's feeling the way she's feeling? How many of you feel like this whole system of parents passing on emotional damage to children is just like out of whack, it shouldn't be happening, how many of you feel that? The majority of the audience here. Can you see how angry with God we are? Can you have a desire for God's Love if you're angry with God? Can you see how there could be a problem there? Can you see firstly you're going to have to experience some rage with God and let yourself feel that anger with God and really express to him how you feel, the frustration you feel about it? When you do, I can guarantee to you that at the end of it you will come to see that God wasn't the creator of this. But at the moment most of us feel that God is the creator of this. You feel that God should have made you like a robot, instead of like this free will individual. You don't want the other person having free will at the moment because what do they do when they have free will? They just hurt me; that's all they do.

Participant: It's because we're not taking responsibility for our own initiative.

Well yes the reason why we feel so enraged with God is because most of us have a huge amount of personal pain that other people created. Would you agree with that? You think of all the personal pain that you have in your life, how much do you feel you created? Let's face the truth of it; the truth is that the majority of your personal pain was created by the time you were seven years of age. So did you know that you were creating it during that phase of your life? Of course you

didn't. So who created it? The previous generation and then for that generation, the previous generation beyond that created it and for that generation the previous generation beyond that created that pain. Can you see what's happened? This multi-generational passing down of pain.

Most of us hate the system. Like do you like the fact that pretty much most of the pain you have within yourself you believe, and I say this for a reason which you'll see in a minute, other people created? Does that feel fair to you? Do you feel angry about that? When you connect to the anger and then connect to the grief of it, you'll release that feeling. When you release that feeling, it'll be an entirely different feeling that will overwhelm you. And that is; this system that God created is the only possible system that could have been created with free will as the basis and that when we make choices disharmonious with love there are painful results not just for us. If you make a choice disharmonious with love in your family, your children will feel the pain of that as well as you. Now do you love your children enough to stop the pain? Well we say yes, but most of the time we don't mean that, most of the time we don't because we continue their pain. So we say yes but we don't mean it.

You look at the pain that's going on in the world today, if you could see that you were the creator of it, what you're choosing right now is the creator of it, what would you choose to do? Surely you'd choose to stop it, wouldn't you? And the only way to stop it is by dealing with the soul-based emotions inside of you, that's what I'm saying to you. When you stop that, this world pain will stop. This multi-generational pain will stop. The whole reason why it's there right from day one was because the first human couple decided that the course of self-reliance was going to be the best for everyone. And remember some time ago I said to all of you that the biggest emotion inside of you would be your desire to remain self-reliant. You don't want to admit that you've done things wrong. You want to admit that everyone else does things wrong to you. And all of us feel this way at some point, that's our anger and we need to connect to it and feel it and release it. When we do that what will happen is that we'll be able to see all of the truth. But before that time we won't see the truth and that is that God created a perfect system to expose your choice to deny your emotion. That is what God has done.

11.6. Becoming willing to see the truth and work through our emotions

Participant: Most people don't know how to go about it like Jen...

I know this is again a blunt truth but the truth is that those who really want to know how always find how. So the truth is the majority of the world does not want to know how at this point in time. As you deal with your emotions and you become happier in your life and you release these emotions and you feel with that process of repentance and you work towards God and feel happier, after

you've worked through the grief and the sadness and those emotions, your life will be a demonstrating point to them of what happens when you choose to actually seek how to deal with things. And when that happens they will look at you and they'll say, “Wow they've made a lot of changes; I want to be like that person.” And then they'll want to know how. But it requires at least one of us to do this before others will follow our path. [01:25:14.14]

The problem with the world today oftentimes is yes, people don't know how but the truth is also that most people don't want to know how. You look at how much difficulty all of us in the audience still is experiencing accessing our core emotion. How many of you had a mild annoyance or irritation or frustration last week? That tells us that all of us last week still are struggling with getting into our causal emotion and many of you have been hearing these things for a year. So you imagine the resistance that is out there to them really wanting to know what their causal emotion is. This is a group of people who really want to know, and out there is a group of people who don't want to know at all. But without you changing, without changing your life they won't ever see the results of it. And it's because people can't see the results that they don't want to do. And that's an issue most of us are facing.

Most of you are facing at the moment, you're hearing from me that I cry two or three hours every single day, now does that feel very encouraging to you? No. How long have I been dealing with emotions? For years. And I've been dealing with my relationship with God for five years and I still am crying two or three hours every day. What's going on? The feeling inside of you is; does this work?

Most of you have been with me long enough now to see the changes in me in the last year. So have you noticed the changes? Just like I've noticed the changes in you. Yes you do notice changes, you do notice differences. So you see the results. So this does work but at some point we need to come to terms with how much anger we have within of us about having to do it.

11.7. An example of the Law of Attraction changing after AJ releasing his anger about money

Participant: How did your Law of Attraction change after you addressed that?

Well I get donated enough funds now to live on which wasn't ever happening before.

Participant: You had a blockage?

So yeah I had a blockage to receiving. I had a blockage to money. But now I get enough funds to live on just through your donations and that wasn't happening before. So as soon as I dealt with that emotion, you started donating more money so that I could live on it. Before then Mary was starting to get a bit

worried that we're going to have to go and get a job and we're not going to be able to do this because that emotion inside of me was blocking everything from happening.

11.8. An example of a participant's son responding to her projections

Participant: I'm just wondering I started to connect with Jen and also about the damage we've done to our children.

So you were connecting to Jenny, Yep.

Participant: And instantly I started crying and my son come in to hug me.

So the question is your son came in to hug you the instant you started crying when you were connecting to Jenny's emotion. Okay. You're in denial. What happens is when we have a child, if our child comes up to hug us when we're crying it's because we want to get out of the emotion. You'll find if you want to really get into the emotion and you really stop and cry your child won't come and interrupt you at all. They'll wait until you're completely finished and then they'll probably come and see you. I've had times where the person's sitting right next to me and I'm talking to them about their emotion and their child from outside's come in and given them a hug and distracted them. They don't want to deal with that emotion. Our children feel our projections so well and they respond to those projections.

So as soon as Jenny started feeling some of the grief that she feels about the injustice of what God's created, which is the grief that many of the spirits around Jenny are also feeling, you started feeling that same emotion but you did not want to feel it. And as soon as you don't want to feel it there will be something occur around you to distract you from feeling it. Phone call, son, daughter coming and giving you a hug, distracting you, all of these things all happen. Have a cup of tea, cheer yourself up, chocolate, good solution.

12. Using anger as our guide

All right, now can I just get back to the anger discussion though? I've said a lot more about anger than what we've discussed in the seminar outline. My suggestion is have a good look at the seminar outline when you receive it. It talks about firstly the stages of suppression of anger and why you choose to even suppress anger. Then it talks about why you even get into anger. And I'm not suggesting that all of you become angry rageful people here. What I'm suggesting to you is to recognise when you are actually angry and to understand that in that moment you are denying an emotion underneath the anger that you do not want to feel and if you use your anger as a guide to link you down into that emotion, you'll get to every one of those emotions really quickly. [01:30:50.25]

But if you don't use your anger as a guide and just skip over the anger, you'll stay in a stagnated state for a much longer period of time. So if you choose to suppress your anger or you choose to stay in your anger, you will not progress on the Divine Love Path. You won't even progress on the Natural Love Path using those methods because both paths require that you get into your real emotion.

So start allowing yourself to progress by actually seeing the threads of irritation and annoyance and all those kinds of very mild feelings you feel and allow yourself to dig into that emotionally. Really start confronting those feelings within yourself, allow yourself to dig underneath and find out what is going on. If you do that what will happen is that you'll progress very rapidly and you'll allow the experience of the emotions. The anger currently is denying other emotions because you use the anger to get you away from another emotion; it's there to keep you from God in a way. It can be your guide to God if you see what you're doing. But it won't be your guide to God if you don't see what you're doing.

Participant: AJ will anger always cap a causal? Will we always have the anger before we get to the causal?

Anger always caps a causal emotion, however it may not be exactly what you're thinking. For instance I might be getting angry because I'm refusing to make a choice to do something different and I want everyone around me to change and me to stay the same. So what's the causal there? The causal there is I want to control everyone around me; I want everyone around me to conform to what I want. So the anger certainly always caps a causal emotion but the causal emotion may not always be what you suspect it to be. If you allow yourself to experience the anger in a safe environment, like what Ian demonstrated with his anger kit, allow yourself to experience the anger in a safe environment, you will very, very rapidly get into the causal if you really want it.

The big conundrum we all face with regard to anger is this; the fact that anger exists within me means I already want to deny the causal. I'll say that again - the fact that anger exists within me means I already want to deny the causal. So the things I need to start praying about if that's the case, if I'm getting angry all the time, is I really need to start praying about why I want to deny the underlying emotion. And it will always be something I'm afraid of, guarantee it. It will always be something you're afraid of.

12.1. An explanation of Tourette's syndrome

Participant: How do you explain something like Tourette's syndrome?

How do you explain something like Tourette's syndrome? Tourette's syndrome is where there is anger in the person themselves. They are very mediumistic person and there are heaps of spirits in that angry state as well and they connect to them

and then they just go into a tuned out state themselves and the spirit just expresses their anger through the person.

Participant: That's why it just comes out of them

That's why they'll be talking like, "Fucking, fuck..." and off they go and they're talking along. What's happening at that moment is there's a spirit connecting to the person expressing their anger and rage in that moment. And then they detune that and they are back into "normal" life, which is the suppression of their own anger. So if they allow themselves to connect to their own anger, they would actually find the spirits would have less influence in terms of the syndrome but they would be experiencing their own anger. But remember when you start experiencing your own anger the goal of this isn't to experience your anger but to dig deeper into the grief or into whatever the causal emotion is. So if the person who has Tourette's digs into the causal, they'll find the disconnection with the spirits who are doing that will occur. And they'll be highly mediumistic as well as a subsequent result. [01:35:32.06]

13. Closing words

All right rather than answer any more questions today, tomorrow we've got the opportunity to ask lots of questions about anger. My suggestion is print out the seminar outline that I have not touched very much of by the way in today's discussion and read through that, and raise any questions you want about anger and the processing of anger tomorrow.

I would like to thank you very much for your listening today. I know many of you found it quite difficult today and to be frank with you I found it quite difficult presenting today. I can feel my own voice closing down because I can feel the resistance in the hearers. So that's the reason why I'm going to end early today, and I would like you to have a think about that; about why you find a discussion about anger as a group so difficult to hear. Maybe that's one of the things we could discuss a little further tomorrow for those of us that are coming back tomorrow, as to why you find this discussion quite difficult because it's going to be of such a powerful help to you if you can see what's going on within yourself with regard to anger.

Thank you for your time today. (Applause).

Appendix: The Human Soul - Anger Is Your Guide Seminar Outline

Introduction

Reminders of how Divine Love enters the soul, Holy Spirit, the spirit of Truth connection

What prevents us from accepting Divine Truth? – Our desire to hold onto our emotional errors

HUMILITY = The passionate desire to experience and release ALL of our own painful emotions & experiences

FEAR = False Emotions (Expectations) Appearing Real - 1 John 4:18. “Perfect Love throws fear aside”

ANGER is a guide through fearful emotional beliefs, & into deeper emotional release

ANGER is one major resistance to humility, so it tells us when we are NOT being humble

What Is Anger?

For the purpose of our discussion, anger includes:

Mild annoyance, mild frustration, mild irritation, annoyance, frustration, irritation, aggravation, dismayed, disgruntled, displeased, exasperated, impatient, enraged, furious, incensed, outraged, indignant, irate, livid, outraged, fuming, belligerent, aggression

When any of the above emotions are allowed to fester and remain within our soul, we become:

Resentful, harsh, cruel, unkind, unsympathetic, insensitive, callous, ruthless, inconsiderate, unforgiving, bitter, offended, insulted, hurt, slighted, snobbish, animosity, appalled, contemptuous, disgusted, dislike, hate, hostile, repulsed, distain, jealous, envious, abusive, insulting, vindictive, revengeful, spiteful, rebellious, scornful, acrimonious, violent

Anger frozen and left remaining within the soul is VERY difficult to access and release

Many in the spirit world live in this state for 1000's of years

This frozen anger is the major cause of a lack of love on the earth today

Why We Suppress Anger

We are afraid of society/personal judgments regarding experiencing anger

We feel ashamed of the anger that exists within us and do not wish to feel that shame

We believe that a person who is "spiritual" or "developed" would never get angry

We believe that just the experience of anger is a "sin"

We are afraid of how other people will view us if we are angry

We are afraid of having even more harsh treatment if we become angry

We are afraid of being punished for our anger

How We Suppress Anger

We deny we have anger. Like yelling "I'm not angry!"

We intellectualize away and repress the anger. "I was not angry!"

We avoid things that make us angry. "I just don't spend time with annoying people!"

We blame other people for our anger. Projection "I'm only angry when I am around you"

We disassociate from our anger. "I don't remember being angry"

We minimize our anger. "I am angry sometimes, but it's no big deal, I did no damage"

We justify our anger. Justifying "I am angry but you would be too in the same situation"

Use intellectual/spiritual argumentation to avoid our anger

Use avoidance techniques including meditation, sex, eating, alcohol, drugs

Use tools of distraction to avoid feeling the anger

Use humor/sarcasm to cover over our true angry feelings

Go into complete emotional shutdown and depression

Feeling "tired", "exhausted", depressed, alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

What Are The Signs We Suppress Our Anger?

Law of Attraction Events Demonstrating Our Suppression of Anger

Physical symptoms in our body such as:

Rashes, irritating skin conditions, itchy skin, sores that do not heal, pimples, ulcers, boils

Attraction of bites from insects

Enjoyment of, or attraction to books, movies, music that contain angry themes

Constant irritating/frustrating events that cause us mild annoyance or that we try to change

Partners with conciliatory emotions (who allow us to get angry with them without leaving)

Friends with anger emotions (we have anger about similar things)

Friends/family feeling like they wish to avoid our company

Depression (we have chosen to suppress all anger)

Results of Suppression of Anger

Our suppressed anger is automatically projected at the universe and damaging it. Eg. lighthouse

Our suppressed anger causes the physical interruption of processes governed by love

Stops body healing, destroys natural environment, causes ecosystem destruction

Our suppressed anger harms our own body, and is a major cause of fatal diseases. Eg. Cancers etc

Our suppressed anger prevents us from connecting at a loving soul level to other people, and to God

Reasons Why We Get Angry

We intend and choose to avoid the experience of deep causal painful emotions within ourselves

We want to feel “powerful” rather than feeling “powerless”

We want to protect ourselves against “future” harm (really our interpretation of past harm)

We want to blame, punish and condemn others, and need excuses to do this

Not letting the person “get away with” the “pain” they have caused myself or others

We want others to feel guilty and sorry for their thoughts, words or actions

Not wanting to “forgive” emotionally

We want to punish others for the damage we feel they have done to our lives

We desire to defend or attack in order to prevent experience of causal emotion

We want to avoid a potentially painful emotion or experience
We expect another person to satisfy an emotion we are unwilling to satisfy ourselves

We desire to control or manipulate others into doing what we want by pressuring them

We do not wish to see ourselves as we truly are, we hold onto a false perception of ourselves since it feels good

The 2 Primary Forms Of Anger

Childhood Anger/Rage

The result of forced or chosen childhood suppression of repetitive childhood experiences that cause grief

When a painful childhood experience happens repetitively, the child has no chance to release => anger

If the child is expressing a parent's suppressed emotion, then punished, leads to anger, then punished

Childhood anger/rage will need to be experienced in the process towards experiencing childhood grief

Childhood anger/rage will disappear when the underlying childhood causal emotion is experienced

Adult Anger/Rage

The result of an adult choice to suppress any experiences that cause the trigger of deeper causal emotions

Adult anger/rage does not ever need to be experienced if we are fully choosing our causal emotions

Adult anger/rage will disappear when the underlying causal emotion is experienced

Adult anger/rage is the choice to defend "the castle of pain" within & will disappear when defense stops

Also the choice or expectation to have others satisfy emotions that we do not want to satisfy ourselves

Living In Anger

“The Angry Activist” – Being in a rage with the world or people and expressing that anger through activism

“The Angry Feminist” – “The Angry Young Man” - “The Angry Artist”

“The Depressed” – Suppressing rage by shutting down all emotional response, making others responsible for us

“The Manic Depressed” – Suppressing powerlessness by desiring power through spirit connection

“The Zen Spiritualist” – Suppressing anger by detuning from desire (unfulfilled desire usually triggers anger)

“The Calm Intellectual” – Suppressing anger by using “logic” argumentation

“The Escapist” – Suppressing anger by using external tools of denial that bring

The Anger/Denial Relationship

When the experience of anger is denied, the anger is then stored within our soul

Anything stored within the soul is ALWAYS projected, 24x7, awake or asleep

The projection of anger is the choice to deny anger, or the choice to direct anger outwards

The projection of anger is ALWAYS unloving & selfish, because it harms everything in our environment

Why Anger Is Your Guide

Anger is a very clear guide to the emotions within us that we are suppressing that make our life miserable

Our anger is our pathway home to Truth (since when we are angry we easily see that we must be denying truth)

Our anger is our pathway home to Love (since when we are angry we easily see that we must be denying love)

Our anger rapidly exposes all hidden emotions and demonstrates where we have a lack of humility

Practical Ways To Experience Anger

Pray to God about desire and intention to use your anger as a guide to experience the emotions under the anger

Become aware of every anger based emotion from mild annoyance & frustration to rage and fury

Become aware of the choices you make to deny your anger, or to block your anger

Talk about your anger freely, to enable a connection to it without judgment

Recognize the situations that trigger anger

Make an Anger List - the situations/events that trigger any form of anger within you

For each item on the list:

Write down what you normally do in these situations

Write down why you feel you should get angry under those circumstances

Write down what you are afraid of for each situation

Write down what emotion you may be afraid to feel in each situation

Write down what you imagine you would do if you were at-one with God

Make an effort and choose to experience the anger in each situation in a responsible way

Make a personal commitment to refuse to project your anger externally to others

Allow verbal expression: Yelling, screaming and swearing

Allow physical expression: Boxing bag, gloves, baseball bat, Tennis racket and pillows, rubber pipe

Generate a longing in your heart to experience all of the emotions that anger covers over

Pray to God about developing a desire to feel the underlying emotions rather than just avoiding them

Follow up on your prayer by stopping yourself in each angry situation from projecting to others

Follow up on your prayer by beginning to allow yourself to feel what is underneath the anger

Choose to emotionally experience the cause of each angry feeling

Eg. I am angry because I am ashamed of myself, commit to feeling the shame instead

Eg. I am angry because I am afraid, commit to feeling the fear instead

Eg. I am angry because I feel unloved, then let yourself feel unloved instead

Eg. I am angry because I do not want to cry, then commit to allowing yourself to cry instead

Eg. I am angry because I feel powerless, then commit to allowing yourself to feel powerless

Eg. I am angry because I am afraid of pain. So allow myself to feel pain

Eg. I am angry because I am afraid of intimacy. So place myself in a position of intimacy

Eg. I am afraid of punishment. Choose to remember when I was punished, and feel the emotions

When Anger No Longer Exists

1 John 4:18. “Perfect Love throws fear aside”

When we have learned to love perfectly, we will no longer be afraid of anything at all

When we are fully choosing all of our emotions, we will no longer:

Use anger to force others to be responsible for our emotions, nor hold onto false perceptions of ourselves

Use anger to prevent the experience of our own deeper causal emotions

When we understand the Divine Truth emotionally, no place will be left for fear, or anger

References, Music and Movies

Movie: “The Merchant of Venice” 2004. Al Pacino, Jeremy Irons, Joseph Fiennes
Movie: “Bang, Bang, You're Dead” 2002. Thomas Cavanagh & Ben Foster
Movie: “Magnolia” 1999. Tom Cruise, Julianne Moore & Philip Seymour Hoffman (MA Rating)
Movie: “12 Angry Men” 1957. Henry Fonda & Lee J. Cobb
Reference: “The Bible”. 1 John 4:18, Mark 5:36, John 16:33.
Reference: Natural Love “The Heart Of The Soul” by Gary Zukav, Linda Francis

Anger Is Your Guide: Session 2 Part 1

1. Introduction

Now what I would like to do is just ask you a few questions about what category do you feel you fit into after our discussion yesterday: so do you feel that you fit into the category where you have no anger at all inside of you?

Audience: No.

Okay. No worries. Do you feel you fit into the category where you've heavily suppressed your anger and so you're not very conscious of how much anger is inside of you? Who feels that? The majority of us, okay. And how many of you feel that you're actually in your anger now, like you're actually feeling the anger? Okay so there are a few in that state. And then how many feel that they don't get angry as much because now they get to the causal emotion before they even get angry anymore? Who feels that? Okay, no worries. By the way I disagree with a number of you who put up your hands in those different categories, based on what I can feel from you emotionally.

But what I would like to do is use the opportunity today to actually allow you to start addressing some of these things on a more personal level, if you would like to come up and do that with us. The reason why I'd like to encourage you to come up and talk about it is because usually what happens when a person comes up to talk about it, there's a Law of Attraction going on where other people connect to those emotions, and that then enables all of us to start connecting and seeing the things that we do to either suppress our anger or feel our anger, or then feel what's underneath the anger.

So if we could just make three categories: the first category is the category of suppression; the second will be the category where we're actually living in anger for some of the time or a lot of the time; and the third is that we're actually accessing the causal emotions.

1. SUPPRESSION
2. LIVING IN ANGER
3. ACCESSING CAUSAL EMOTIONS

So what I would like to do first is if anyone who wants to visit me up the front in the hot seat, if you could think about whether you feel that you're in this place of suppression or not and if you'd like to talk about that with me then I'd like to invite you to come up first. And then once we've talked about it a little bit, then

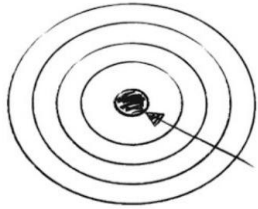
we'll get into this second state: we'll get into this second one of living in the anger for those of you who feel that you're getting into the anger a lot and starting to express the anger but you're really concerned about that. Then we'll talk about getting into the causal emotions, the third layer because in the end what we want to do is get through the anger as rapidly as possible, because the longer you stay in anger, the more difficult your life is going to become.

So although I'm saying that anger is your guide to finding truth and finding love in the end, I'm not suggesting you stay in anger because you won't find truth and love that way - it's by using the anger like a torch, showing your way into a deeper and darker place. So the way I see anger is like holding a torch in your hand and you're walking along on a dark night and the torch is the only way you can see what's going on in front of you. The way I see anger is very similar to that - the anger is like a torch and the light is being shone at what is dark inside of yourself. That's why anger is your guide because it helps you get into that place that's dark inside of yourself.

If we stay in the anger then what happens is that we will actually be in a place where we're living in the depths of darkness but not actually doing anything with it. And we don't want to use our anger for that purpose; we want to use our anger as like a light shining on our real emotion that we want to deal with. So bearing that in mind, there are just a few brief things that I would like to mention about the anger itself. [00:05:11.04]

2. Emotional layers within us

You could think of your anger like layers coming off of you. Anger is like layers of protection, if you like, coming off of the raw emotion. So if you can think of your raw emotion like a little core of raw emotion inside of you, and then what's happened is generally we've covered that core of emotion with layers of protection, just like layers of an onion ring.



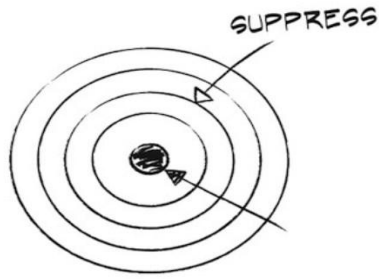
Our core emotions are covered by layers of other emotions

The reason why we do that is because we're actually very afraid about fully experiencing the pain of that core emotion. So what we do instead of just allowing the experience of the pain of the core emotion, which actually releases it, is we place layers or blockages around that core emotion to protect ourselves

from that emotion. And the layers can get so dense and complex that in the end we're not even conscious that that core emotion exists anymore within us. However the reality is from God's Perspective that that core emotion does exist within us and the reality also is from God's Perspective that unless we release that core emotion, we won't get closer to God.

Now the more layers there are around this core emotion, the more difficult it becomes to access the core emotion. So you can see how the layers around the core emotion are a product of time as well, and they're also a product of how much abuse or difficulties we've had during our life. So if we've had a relatively smoother life or we're younger then obviously we're going to find it a bit easier to access the core emotion and get rid of the layers than if we've had a longer life or we've had a life we're we've been abused in our life. So obviously then the layers are hugely greater. And it's the removal of these layers that then get us down into that core emotion.

So you could say these layers are our suppressions, where we suppress the actual core emotion.



Layers around our core emotions are our suppressions of the core emotion

Now a lot of times those layers began to be constructed long before you had a conscious recollection of constructing them. In many cases your parents constructed them for you.

2.1. Denied emotions in parents enter their children

For instance let's say there was a core emotion inside of your parent that they're denying, and those of you who came to the parenting group know that every single core emotion that the parent denies the experience of, the child itself automatically experiences, as a reflection of what the parent is denying. So at that point the child is not getting damaged so much because the child is actually experiencing the emotion, and the emotion is allowed to pass through them. Where the damage enters the child is when the parent suppresses the emotion passing through the child as well, which the parent is highly likely to do because they are suppressing its own core emotion. So whenever the parent sees that

emotion displayed in the child, they are going to also suppress the core emotion in the child.

So what happens is it's not so much the core emotion that's now entered the child but it's the action of suppression that the parent has taken against the child feeling the core emotion.

2.2. An example of a child learning that getting hugged when crying equates to love

I'll give you an example of that. Let's say a two year old child - or even a one year old child - is just crying, crying and crying. The child is now walking and maybe talking a little but the child is just crying all the time. Now the parent will highly likely at this point take a number of different actions because remember the child crying is actually what the parent needs to do. The parent needs to cry but isn't crying and that's why the child is crying in the majority of cases.

Now I'm not saying if they've hurt themselves or something like that, although even the child hurting itself is the parent's Law of Attraction, but if the child is actually just crying for no seeming reason then it's the parent denying the emotion within the parent. So the parent denies this grief and sadness in themselves, the child feels that grief and sadness and then expresses that grief and sadness. The child may take one of two options - it may go to the parent and hug the parent, because the child feels that the parent needs that kind of love from the child, or it may actually express the grief itself. It just depends on the personality of the child as to what it does.

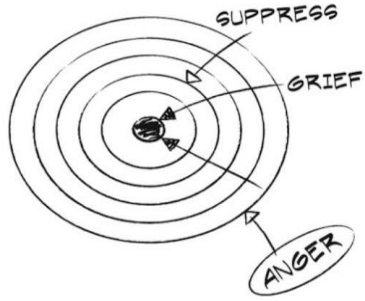
Now if the child goes and hugs the parent, what does the parent generally do? The parent feels rewarding of that hug. So the parent now establishes an emotion on top of that grief that every time the child is crying the child doesn't have to feel that grief, you're going to get a hug from me. And that is actually suppressing the parent's own emotion. Can you see how it works? There's this interaction going on.

Now the child itself has been taught that as soon as it cries it needs to be hugged. That's what the child has been taught; the child's also been taught that as soon as it cries, the parent will respond with love to the child. That's what the child gets taught. Now I use the word "love" in quotation marks because it may not be loving at all. What would be the motive of the parent hugging the child? To stop the child from crying, which is not a loving action. Stopping anybody from doing anything is not a loving action, so a lot of times it's driven by another emotion. But the child then interprets that as love. So in that one instance the child has learnt at two years of age that love means if you cry you get hugged. [00:11:26.26]

So now let's translate that child up to an adult, she's a woman, twenty-five, she's married, her husband's a bit older than her maybe twenty-six or twenty-seven or thirty or whatever and whenever she cries her husband gets angry with her. What's she going to feel? That she's not being loved. So she's going to want a man who whenever she cries, he hugs her. That's what she's going to want and she'll interpret that as love. Now it may take her many years after that to work out actually that just because the man is hugging me it doesn't mean he's loving me. But that's the belief that's in her that came from two years of age and she'll have so many layers - layers and layers around those beliefs.

2.3. Anger is one of the outer layers around our core emotions

So allow yourself to see as an adult that these layers around the core emotions will be many and varied, and we've got to deconstruct these layers in order to get at the core emotion. Now one of the biggest outermost layers around this core emotion is the layer of anger because what does it do for us? This layer of anger gives us a seeming sense of control, a seeming sense of protection and a seeming sense of defence against feeling or experiencing the core emotion. That's what's actually happened inside of ourselves. So anger in this case can often be used as a defence towards feeling all of these different layers of emotions.



Anger is a common outer layer that we have around our core grief

2.3.1. An example of having an expectation of others

The layer of anger could also be used as an expectation of others to protect the emotion. For instance in the example I gave before of the lady who is now married, whenever she cries and her husband isn't hugging her, she gets angry with him. So why is she getting angry with him? Because he's not helping her suppress the core emotion. He's not helping her do that. So the core emotion is maybe that I'm unloved or I'm unwanted or I've been rejected, or whatever the core emotion is. So if you're crying and you're getting angry with someone at the same time, then you are not dealing with core emotions. So you can do that for years, cry and be angry with someone and not deal with the core emotion.

2.3.2. An example of suicidal people

Even things like suicide are actions taken with anger in most cases, where you've become so angry with everyone around you and what they've created inside you, and you don't want to allow yourself to actually feel your own emotion. People in suicidal states are often very, very angry people. In fact there are many spirits who have passed in suicidal states and the reasons why they pass into some of the lower parts of the spirit world is because they are so angry with everyone and they've blamed everyone for their life. Now often this blame has some substance, in the sense that many times in your own life you have been hurt or abused by someone else. But remember that we said yesterday that there is no such thing as justifiable anger. With justifiable anger all you are doing is justifying yourself not experiencing that causal emotion. That's all you are doing - giving yourself a good reason for not accessing that core emotion, and most of the time that core emotion will be a grief-based emotion, generally. So you're basically justifying yourself for not feeling your grief. You're giving yourself an out to not feel grief.

So the purpose of the anger can be many and varied. In the seminar outline you will find under “Why we suppress anger”, you'll notice I've listed just some of the reasons why we actually shut down the anger. But then over the page you'll notice I've got a section of “Reasons why we get angry”, and you'll notice I've listed ten or fifteen reasons why a person may get angry. There are all sorts of reasons why we might get angry or frustrated with another person. But in the end the core reason generally is that we do not wish to feel the core emotion that we need to feel to release so that it is no longer in us.

2.4. Core emotions create the Law of Attraction

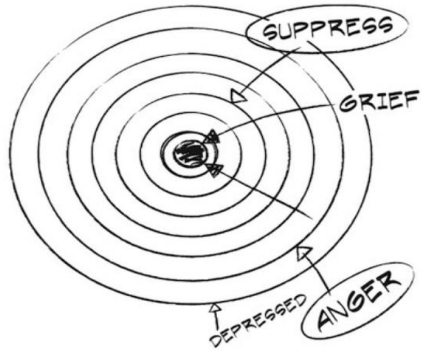
It is actually this core emotion that creates our Law of Attraction. So while the core emotion remains in me, my Law of Attraction is going to keep on coming at me, triggering or attempting to access that core emotion.

So if that core emotion is “I feel rejected”, I'm going to get a series of things happening in my life where people reject me. If the core emotion happens to be related to women rejecting me, and I'm a male, then in all of my love relationships, including with my mother, my sister and any women that I have a relationship with in my life, the majority of them will end up rejecting me because of my Law of Attraction to trigger that emotion. But what I'll do then generally if I'm a male, if I get rejected from a woman I will then tend to get into anger with them, feel upset with them for doing it. “Why are you rejecting me?” and get angry with them. Not understanding actually that my Law of Attraction is saying, “Actually this rejection from women is an emotion that I need to actually feel to its causal level.” Once I feel that emotion to its causal level what will happen is the anger will no longer be present in any of these relationships. The causal emotion will be gone and I will now start attracting women who actually care for me and love me and don't want to reject me. And in fact even

the relationships that I'm currently in, for instance with my mother or my sister, will automatically begin to change. And whether they're aware of it even or not, that's what will happen. [00:18:06.04]

2.5. Suppression of anger creates depression, becoming intellectual or feeling numb

So there's this process of suppression even of our anger can occur. So that's another layer if you like on top. The majority of us put up our hand, saying that we think we've suppressed our anger, so can you see that's just added another layer on top of what we need to start accessing? If you suppressed your anger that's when there's this tendency to go really into your mind when you live your day-to-day life, because you either live in your mind or you're going to get depressed.



Suppression of anger, which is another layer around our core emotions, creates depression

Now many of us have probably experienced depression over our life, in various different forms. If we've experienced depression then we have a tendency to suppress the layer of anger, which is the suppression of all of the other layers that lead to the core emotion.

Some people describe themselves as emotionally numb, where we can't feel the emotion and we can't seem to get at the emotion. If you're feeling numb emotionally that's generally a layer that you've placed around the anger in order to protect you from feeling the deeper emotions.

So depression or numbness are all these layers or coldness - you might feel a sense of coldness within you towards the world and towards people generally, you might feel a feeling of distance with everyone you meet and with everyone in your life. They are all layers of suppression of the actual anger, which then suppresses the deeper emotions.

So can you see the more suppression that we have, also, the more there is to undo? But in the end all of these suppressive layers have occurred because we don't want to feel the core emotion.

3. Accessing core emotions within us

So the first thing generally that I do is start praying - I first ask God to tell me why I am angry, what emotion am I trying to cover over? Generally the Law of Attraction will be showing you that - even at the moment you're asking God. The second thing I generally try to do is start praying about what am I afraid of about that emotion - what's my fear about this causal emotion? What that's done generally is allowed me to skip through a lot of these blockages really rapidly and get to the actual causal emotion and release that causal emotion. But it's your willingness to release the causal emotion that's going to define how rapidly this all works for you.

Most of us are very, very unwilling because we see this core emotion as a very powerful, overwhelming emotion that's going to destroy our lives. In most cases that is the way we feel. It is going to be a powerful and overwhelming emotion, that's why we wrap it up in all this cotton wool trying to protect it, but in the end what we need to do is just allow ourselves to experience it. If you allow yourself to experience it completely you will find it will be gone and also you will find there will be no reason for any layers above it anymore; so all of the layers will be gone over that emotion as well.

So you could say there are a few ways to access it: you could access the block and go down the blocks that way or you can really start focusing on the core emotion inside of yourself. So that's what we'll talk about a bit today.

Now if we're in this suppression mode, which the majority of us feel we are at some point, then we need to look at why we suppress. What are the reasons why we suppress? On the first page of the seminar outline you've got "why we suppress" and "how we suppress" the anger itself. Now what I would do firstly if I were you is just start going down those lists and ticking the ones that you know you use as personal tools to suppress what's underneath.

3.1. An example of a fear of being judged

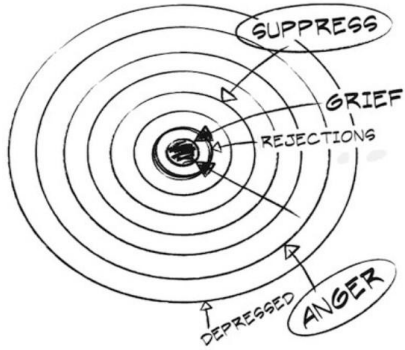
So have you found yourself worrying about people's judgement of you with emotions, for example? How many of you feel that if you have an emotion that you're going to be judged? A fair majority of the audience: so that would be one you'd tick, that's one of the techniques you use - you worry about how others think about you. [00:22:55.15]

So what I would do then is I would start taking that to God. So I would say to God, help me find the reason, and this has to be a desire in me, remember all

prayer is not just a thought; it's a feeling in you that needs to be generated. So you are basically then asking God to help you generate a feeling that you want to access why you are worried about other people's judgement. So what are some of the reasons why you'd be worried about other people's judgement? What are some of the reasons why you'd be worried about a person's judgement do you think? What are the fears that you'd have?

Participant: Rejection.

Rejection, yep, fear of rejection: so I'm going to be doing something for other people because I'm afraid that if I don't do this for other people - how they want it done - that they are going to reject me. So once I've identified that emotion I know straight away, if you think about it, that one of the core emotions that I'm worried about is rejection.



A feeling of rejection can be a core emotion

So can you see in just that one instance I've now identified a core emotion? Even if it's an intellectual identification, I've now identified a core emotion as a reason why I might get angry or as a reason why I've suppressed everything - because I'm afraid of rejection. If I'm afraid of rejection it means that I've got to yet feel the emotion of rejection. Can you see the linkage there? [00:24:58.20]

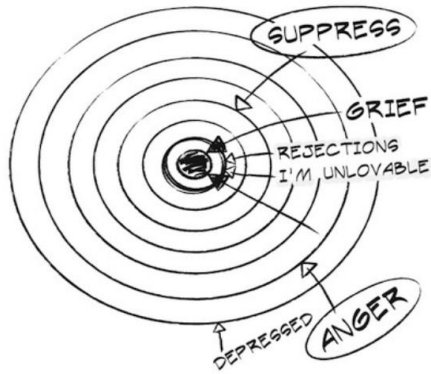
If I'm afraid of rejection then inside of me there must be an emotion of rejection that I'm afraid of allowing myself to experience. And if that's the case the fastest way for me to deal with that emotion is to go straight into feeling when I get triggered with an emotion of rejection. What's going to be the fastest way for me to get triggered with rejection? To stop doing something for someone else that I know they want me to do that I don't want to do. All I need to do is just stop it right now and I know the instant I do that, I'm going to get anger from them and I'm going to feel rejected. And if I can allow myself to get into the rejection then I will skip over all of these layers of suppression and when the rejection disappears, what will happen to most of the other layers? Of course there's no longer any need to protect that emotion anymore. So many of those layers will disappear too. Can you see the relationship between those two things?

3.2. An example of feeling unlovable

Alright, what's another emotion I might have where I'm worried about a person judging me?

Participant: Being unlovable.

Okay, I'm unlovable. So that's a pretty big core emotion within myself.



Feeling unlovable is a common core emotion

So what am I now doing? I'm pleasing other people so that they will love me. Now is that love that I'm really getting? No, because if you've got to please someone before they love you, then they don't love you, they're just getting something from you. But this is the thing that would have been set up when I was very young with my parents, for example - what most parents feel if you don't do what I say or you don't do what I feel is that you don't love me anymore. And they taught us that at a very young age.

So I'm feeling unlovable, and the Law of Attraction will already be bringing me this emotion. The fastest way for me to get into that emotion is to stop doing things for the sake of getting love. And what will happen if you do that is you'll find that every single person in your life who doesn't really love you will get angry with you.

3.2.1. An example of earning "love" by cooking meals

So let's give an example. Let's say one of the things I do for love is cook my family a meal. So if you're one of these ladies who resent cooking meals all the time and you're tired of cooking meals all the time and you do it because it's the definition of being a good mum or a good wife, stop cooking a meal one night. Don't tell anybody, just don't cook the meal for that night and see what happens.

What will happen, what will generally be coming back at you will be, "What? How can you be doing this?" There will be this really strong projection back at you saying, "What are you doing?" And you say, "Actually I'm allowed to love myself and tonight I don't feel like cooking. Why don't you cook for me?" And if you get anger back from that, what is that telling you? That actually this relationship isn't as loving as what you believed it was. You will start feeling unloved, so allow yourself to feel the emotion of being unloved.

Can you see how it works? You can easily access these core emotions like that. The problem the majority of times is that these emotions feel so big inside of us that we don't allow ourselves to feel those emotions and instead what we do is we revert to some other form of suppression of that emotion.

So for instance, if the lady who keeps cooking for her husband and children all of a sudden decides she's going to have one night off, she takes one night off and everyone in the family is upset with her. What does she do? "How dare you get upset with me? I've cooked for you for twenty years and you've never cooked for me." What's she doing there? She's in this anger phase denying the experience of the - being unloved emotion. She'd be far better off allowing herself to just feel this terrible overwhelming feeling that she actually has felt for quite some time in herself, that she's not being loved doing this.

Participant: Hi, I'd like to know does it matter whether it's true or not that her family loves her or doesn't love her if she feels it?

Most of the time it will be true. So in the example that I've just given you, the truth is if the family is getting angry at the woman who's cooked for them for twenty years, and she's just taking a night off and all of a sudden they're angry, then they don't love her at that particular moment. They do not love her. If they loved her, what would they do? They'd say, "That's okay mum, we'll cook for tonight, you sit down and have a relax." Wouldn't they do that if they were loving?

Participant: I don't know - I've got an eleven, nine and seven year old.

It doesn't matter what age.

Participant: I don't cook anyway - my husband does. (Laughter)

But it really doesn't matter what age. Obviously unless they're little, tiny children, there's a big difference there. But I'm talking about children that are able to go and get a sandwich for themselves or do something for themselves for an evening. If they're angry with mum for not doing it for them, then there's no love in that particular instance. It doesn't mean they don't love her in other areas. It just means

that in that particular state they are not loving her. And if she in that particular moment allows herself to feel it, she'll get the core emotion triggered.

Mary: If they're quite young children they'll just be reflecting your own emotion about feeling, "I'm not allowed to do this" and so they'll get angry at you.

Exactly. Yeah. So if they're very young children they're just going to reflect back at you the fact that you feel that you're not allowed to do it anyway. The older they get, and if they're reflecting anger back at you for other reasons, it's because actually they've learnt to be selfish from you by you doing all these things for them, and them not actually appreciating it. So their emotion will be triggered as well. But I'm not talking about their emotion; I'm saying focus on your emotion in that instance. So allow yourself to feel your emotion. [00:31:39.12]

3.2.2. Layers of anger and other emotions around a childhood feeling of being unloved

Participant: I was just wondering with that core and the anger emotion of I'm unloved. Now is that anger the causal that you're talking about yesterday, in Session 1, to get out, to release it?

No this anger is like an adult anger that I'm using to get away from the causal. The core emotion is the childhood emotion that I need to release and this anger is the adult anger that I'm using to actually cover over that. The child anger, if I have child anger will be down here under the layers, in the list of wrappers if you like, of what's wrapped around this emotion. Because normally what happens when we have a causal emotion at a childhood level that we're not allowed to release when we're a child, is we immediately put anger around that emotion.

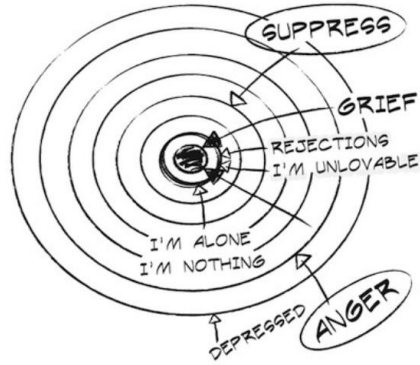
Participant: So is that deeper again?

That's deeper again. So it's like, there's the adult anger, then there's some other emotions of blockages which is usually how do other people think of me, I'm not going to be able to do this, a lot of other things like that. Then we get down to I'm really angry as a child about being unloved and then there's the feeling of being unloved. That's the feeling in the end that we're aiming for. The feeling that we're aiming to release is the feeling that created all of these other layers above. And the reason why we created all these other layers is because we wanted to protect that feeling of being unloved.

3.3. An example of feeling alone

Participant: I've become very aware that I suppress anger because I have a feeling that I'll end up all alone and that I somehow won't cope with that. That it will be almost like dying.

Okay, so we could say that the deep emotional core belief in you is that I'm alone. I had a deep core belief that I am nothing to anybody.



Feeling alone or like we are nothing is a common core emotion

Now those things are not true in that there are many spirit friends around you that are always with you, and of course God's always with you wanting a relationship with you, and God certainly doesn't believe you're nothing. But you believe it. It comes from your childhood and it is an emotion that you need to allow yourself to feel.

So if you're using anger to get away from that emotion then start seeing the relationship between your anger and that emotion and say, "Oh, I'm just angry again because again I don't want to be alone." Even if you just tell yourself that message, you're going to be one step further towards feeling the feeling of alone and allowing yourself to feel it. The truth is that none of us are alone, ever. But you're not going to feel that truth until you release that emotion; until you release that emotion you're going to believe there is a state in your life where you could be totally alone.

My feelings of being alone were so great that there was a time in my physical life, in this life, where I was totally alone. My parents wouldn't speak to me, my children wouldn't speak to me, and none of my friends would speak to me. I lived alone and I didn't have any work because I was in my emotional turmoil at the time - quite suicidal, and totally alone. That's how much alone feeling I had to deal with, and then it took me about a year or so of processing in that state to get through that feeling and release that feeling of being just totally alone, and that

nobody wants me, nobody cares about me. And the truth for my life was that was exactly the truth - at that moment nobody did.

That's the irony of dealing with a lot of these emotions is that you'll find actually that the truth is in those situations, just like the truth with the mum cooking the meal, is that right at the moment the family are not loving her. Right at that moment she is not experiencing love - she feels unloved and she's right. She is unloved and she needs to feel that. But it's the unloved feeling that creates the attraction. This is the thing we've got to understand. [00:35:55.10]

So my deep alone feeling was so great that it created the situation in my life where I was totally alone, that nobody wanted anything to do with me - every single person I knew. I had to then just allow myself to feel that feeling, which took some time to do, obviously. Now as I dealt with that feeling, people started coming into my life again. The first ones who started coming into my life were my sons and they came back into my life, and then I attracted a partner, and then things started happening. I started getting friends that I'd never had before; they were starting to be attracted into my life but only after I dealt with that feeling of being totally alone. My suggestion is don't wait that long. Like I was pretty stubborn on that emotion, so stubborn that I had to actually be totally alone in my life physically before I would deal with the emotion. My suggestion is don't wait that long. If you feel the feeling of I'm alone just in an instant, let yourself go into the feeling straight away rather than waiting and waiting for years and years until you get to a point where you are totally that thing.

3.4. Dealing with core emotions instantly changes the Law of Attraction

Participant: Quite a few years ago, I went through that alone, it was like I was so invisible that God didn't even know that I existed.

Yes.

Participant: And I stayed with that and then it was like I was hiding from God. And then to know that that was not so, it was hysterical and I burst out laughing and laughing. But yet I'm wondering is there another cause because I still am afraid of being shunned or rejected or not seen. So it's like all of that would have gone in that instant but it's not.

This is the thing to understand about core emotion. If the core emotion that you feel you have dealt with, was the cause, then instantly your life will change. But if the core emotion is deeper than that or has more facets to it, your life will not change. Your Law of Attraction tells you straight away whether you have actually released the core emotion or not.

So the answer obviously for yourself is no, there's more to this core emotion and maybe you burst out laughing just at the time there was something deeper there because often that is the case, where we revert to humour in order to cover over an emotion. So allow yourself to just experiment and pray about that a little more and allow yourself to dig a bit deeper into that. It may not be related to God but you may find that it's related to you and how you view you; in fact you'll find many of your emotions will actually be related to how you view yourself rather than how other people view you.

3.5. An example of feeling unlovable (continued)

For example, with this I'm unlovable feeling, basically there's this projection coming out of me to the world of "you don't love me". If I'm unlovable then there's a projection coming out of me, "you don't love me". Now there's also a deep emotional belief inside of me that I am totally unable to be loved. And that will be under the "I'm unlovable emotion". So I'm unlovable can actually finish up being a capping emotion and underneath the I'm unlovable is, there's something so bad or wrong with me that I'm actually unable to be loved. Even if somebody could love me, they can't because I'm unable to be loved. So there are some really deep causal emotions. So you may find that there are these layers of some of these really deep core emotions that you need to dig deeper into.

It's your Law of Attraction that tells you that it's not done yet. As soon as your Law of Attraction changes, you know I've dealt with a fair bit there now, I can feel my Law of Attraction changing; everything's starting to be different. So that means I'm getting to the core of this now. I'm really getting to the underlying emotion now.

If my Law of Attraction isn't changing then it means that I'm yet to really pinpoint the underlying emotion, so more prayer about it, more longing to God about giving you the answers about what's going on.

Of course if I'm not getting to a core then usually it means that I do not yet want to get to the core. So there's usually fear associated with the core. So for example I've gone through the emotion of I am unable to be loved by my soulmate, like she is never going to love me and in that emotion I've found a lot of basic core emotions. One of the core emotions that I dealt with even just recently was she won't be able to love me because the other times that she's loved me I was perfect. Now I'm not perfect, she's not going to be able to love that. So that was one facet of that emotion and there are other facets of that emotion that I need to work through. So they were all beliefs about myself in the end that I'm projecting on to my soulmate, that I'm saying she will have this feeling, when in fact Mary doesn't have that feeling, it's me who has that feeling.

3.6. An example of feeling persecuted

Participant: Could you address persecution under that heading of rejection and I'm unlovable? Like with that slave who was talking in Session 1, you had come to her while she was in the box being physically hidden away in the shed and told her all those things and she ...

It was a male actually, a male slave.

Participant: Oh sorry. He addressed all those emotions, but physically he's still being persecuted. So what would have happened to him? Also you were saying your deeper emotion about death was all to do with money, so you were killed because you were persecuted for people's beliefs about money. So how do we get over those deeper fears of the world where we know we're going to be persecuted? In Australia it doesn't happen but I can see the wider world where it's happening all the time. It's happened for our grandfathers, we're celebrating Anzac day and they've been living their whole lives revolving around this persecution.

Yes and the answer is that what we see as truth is not what God sees as truth.

Remember on this path what you're looking at is what is God's Truth not what is your own truth. So when I was in the first century being hung on the stake, I didn't have an emotion then of feeling persecuted because I knew that I wasn't. I knew God's Truth and that was that my soul was still free no matter what people tried to do to my material body. So if I was believing that I was persecuted in that moment it would be because I had a false belief inside of myself that needs to be released in that moment, that I can choose to release. [00:43:56.11]

So getting back to your example about the slave spirit, what he could have done in that state in the shed is he could have fully released his fear and terror, and then underneath the fear and terror would be the feeling of being persecuted or being tortured and he could have released that emotion completely and allowed himself to get into a state of complete calm. Now he couldn't do that given the emotional injuries that he already had - he would have had to have been pretty close to at-onement with God to actually do that, but that is something that could occur.

So often when we're looking at situations here on the Earth, and we're saying to ourselves, well this is how it really is now and we don't see how God sees it, we're only seeing it how we're seeing it. So he could have chosen to go into his emotions and if he released the causal emotion of being persecuted, the slave owner, the master would have probably chosen another person to imprison; in

that way if the master didn't change his emotion - he would have chosen another person rather than that person because that person's Law of Attraction would have changed.

3.7. Dealing with core emotions instantly changes the Law of Attraction (continued)

See the problem is today that the majority do not trust the Law of Attraction. That's really the issue here; many of us do not have a belief in our hearts that if I change a causal emotion, my Law of Attraction will change. We do not have that belief. It is a truth that we do not believe. So what we do then is we justify. We say, "Oh what's the point in me feeling this emotion of rejection, nothing is going to change in my life if I feel that emotion. I will have just cried for four weeks or eight weeks or however long it's going to take to feel this emotion and nothing will change. I don't have a hope or a belief inside of me that anything will change."

The truth is that if I do deal with that core emotion something will actually change instantly but I've never had that experience during my entire life of seeing the relationship between changing a core emotion and seeing the Law of Attraction change. Until you have your first experience of your Law of Attraction changing you won't believe what I'm saying to you until you go through that emotion.

Participant: Oh yeah, I believe that it's just that ...

No I'm sorry, but you do not. Your question tells me you do not. This is where we can often tell ourselves in our mind that we believe something but that belief is yet to fully enter our heart. So in your case you believe completely in your mind that if you change a core emotion that your Law of Attraction will change. But in your heart, which drove your question, you do not believe the Law of Attraction will even affect an event where a man is in prison being persecuted. And I'm saying to you, yes it will affect that event, just like it will affect every other event when the core emotion is dealt with. At the moment in your heart you don't see how that could be the case.

3.7.1. An example of war

Participant: So that is the answer to give to all the politicians who are going off to Afghanistan, Iraq and Iran, and are fighting all those wars, because they are believing that they are fighting evil but they just have to believe in what you're saying and everything will change.

Yes, everything will change. The truth is that they are not fighting evil, they are creating more evil. That's what the truth is, and it's because of an emotion inside of themselves that they think that they have the right to oppress another person in order to combat so-called evil. They are actually now using evil to combat evil - that's what they're doing. Of course, it's never going to work. That's why it never does work and that's why all these wars keep on happening, keep on happening, keep on happening, keep on happening, because nobody wants to accept the truth.

It gets back down to this statement; if I'm getting the same results then I'm not changing the cause. And there's that other statement - how does it go? How stupid is it to keep doing the same thing over and over getting the same result. This is the trouble with the world today, is that we keep doing the same thing over and over and over and over again hoping for a different result, and it's not going to happen that way. We need to actually start addressing it at the core level, the emotional level.

So yes all of the people who go to war and all of the people who want to send them to war all need to change something at the emotional level in their belief structure. When that happens wars will cease, the Law of Attraction will change. And that starts with each of us doing it ourselves. [00:48:56.05]

4. Audience questions

4.1. Becoming vulnerable towards God

Participant: AJ one of the things I found with my anger is that I have trouble coming to the core emotion because to get to the core emotion I felt I had to be vulnerable, allowing myself and when I went down that feeling of what does vulnerable mean to me, it was actually at the time when I was young and vulnerable that all these things happened.

Okay. So what does vulnerable mean to you?

Participant: I have no protection. All sorts of things come up when I go down there, it's like where will you go, who's protecting me, my parents are meant to protect me if I'm meant to be vulnerable. I was vulnerable before and all of these things happened. I felt a bit of rage of about what's the point of it all - I've been there and I've done that and this is where it got me.

Can I stop you there though for a second? There's a big thing that's not factored into your reasoning though and that is that who was your parent then? It was these parents who you were vulnerable to and they damaged you; they were your parents then. Who is your parent now?

Participant: God.
God's your parent now. And that's the thing - you're not allowing yourself to be vulnerable with this new parent God, who is able to protect you, who is the only One probably on this planet who is able to love you and the only One probably able to help you as well. Can you see the relationship there? If I believe that God is this new parent that can actually supply these different needs to me and have some faith in that, then I will be more tempted to go into the vulnerable space with God.

Participant: Actually I've had a lot of blocks, and I still do, but with all the attempts I made the only way I found really to get some way into it was to pray to God.

Exactly.

Participant: Constantly, even though I felt like not worthy enough for Him to hear me, or whether I really believed in God - because if I did I wouldn't be doing what I did. I just keep trying and that has helped me access some of the emotions underneath. But I still come back sometimes about the vulnerable and staying in anger ...

Well let's look at the vulnerable issue itself. What's happening is that you're attempting to open up your vulnerability, but you are still thinking it's aimed towards people on earth. The first person to open up your vulnerability towards is God because God is the only person that is going to accept your vulnerability without harming you. Then allow yourself to actually demonstrate vulnerability at least in that relationship. So that's the first relationship you want to demonstrate this vulnerability in.

Once you demonstrate the vulnerability in the first relationship, then as God's Love enters you and heals the emotion, you become reassured in fact that no matter what happens to you God and you are always going to be together. No matter what happens to you, around you - so it doesn't matter who treats you badly, who treats you well, God is still going to be the constant that you're going to be able to be completely open and vulnerable towards, and God's Love is going to keep you secure in that place. That's the emotion you're working through and it's a very powerful emotion, when you get through that emotion you'll find you'll feel very, very different about being vulnerable to everyone else. [00:53:08.17]

Often it's the fear of being punished or the fear of being harmed again that causes us to withdraw from being vulnerable. But if I know that I've got one person in this universe who I'll never get harmed from and who will always love me no matter what happens to me, and I believe that in my heart - I have this

feeling in my heart that that's true -then no matter what happens around me it will never really affect me.

So allow yourself to start experiencing your vulnerability towards God first. Don't worry about so much with everyone else; focus on being completely open and vulnerable towards God first. When you do that, God's Love will enter you, you will feel a securer bond between you and God and that will actually allow you to begin being vulnerable with other people. And when you get vulnerable with other people you'll find actually the same principles apply with your vulnerability with God - actually most people are attracted to it. You'll find that will also then grow your confidence with regard to this being truthful in your own life.

4.2. An example of a participant feeling overwhelmed by the presentation

Participant: Sorry in advance, this is a bit of a muddled question. I'm here busily trying to absorb all of this stuff from the layers, and trying to get it all right in my head. I'm conscious that as usual I'm getting overwhelmed with having to keep track of it all. And not so long ago I thought, this is ridiculous, it has to be easier than this, I know it. I should just make the most of any emotion that I'm feeling and feel it.

So what's the emotion you're feeling right now?

Participant: A bit frightened now.

You're overwhelmed.

Participant: Overwhelmed, yes.

That was the emotion you were feeling.

Participant: Yeah, I'm often like that.

So you're overwhelmed because there are all these messages coming at your head and you're so used to using your head to sort everything out but there's this feeling inside of you now building saying, "I don't understand, I don't understand, I don't understand, I'm not getting this, I don't understand." So you're trying to understand it intellectually but the emotion inside of you is I don't understand. So allow yourself to feel that, allow yourself to just start sinking into, "I give up. I don't understand what the hell is going on." And let yourself feel that emotion because when you feel that emotion all of a sudden you'll have some clarity in your head and you'll be able to also get things there. [00:55:50.10]

Participant: Yeah I'm aware of that, I've done that.

No you haven't.

Participant: Well maybe I didn't but that wasn't really my question.

I know, so keep going.

4.3. Fear blocks the full expression of sadness

Participant: You said something before that I wondered if you could clarify. What I've been doing lately is if I feel something I just think alright I just feel it, I won't try and work it out. So I feel sad, so I feel sad and it's nice feeling sad actually because when I'm sad God is very close to me.

Exactly.

Participant: But then before you said something about sadness and anger, and I thought am I not allowed to feel sad? Because I know that I must have a lot of anger - I'm learning that I must have a lot of anger. But does that mean feeling sad is avoiding something?

No. See now you're trying to get back into your mind again. What you're doing is right. The message you're saying to yourself is I'm sad, I don't know what it's about, I'm allowed to feel it, so I feel it. That's good. If you're sad and you're not crying though, then obviously there's a deeper layer you could go to in the sadness. So there's only one question I ask myself in that is, "what am I afraid of?" I always just ask myself that question. What am I afraid of? Because it's always something I'm afraid of that stops me from going deeper. [00:57:11.24]

Participant: When you're sad you ask yourself - what you're afraid of?

When I'm sad but not crying.

Participant: There's crying and crying. If I'm not wholeheartedly sobbing my eyes out and other people do, is that worthless?

No it's not worthless but there is a fear. Do you see the relationship? Like nothing you do to help you access your emotions is worthless. So don't believe that, everything you do to access an emotion is worth something. But if I'm not sobbing my heart out when I'm sad, then I'm not fully yet into the emotion and there's a reason why, and that is because I'm afraid of something. So that's why, if I know I'm not in the deepest of the emotion, I just ask myself what am I afraid of? And I talk to God about that. I say to God what am I afraid of? I'm afraid that you'll do this or they'll do that or I'm afraid that this will happen and I'll just talk about that. So I might be having just a few tears but not yet into the real deep emotion of it,

and I just ask myself what am I afraid of and now I just start talking to God, what am I afraid of about going deeper into this emotion. Because unless you are right into the emotion, there is something you're afraid of that is still stopping you from fully feeling the emotion.

Participant: So two things I can do when I'm crying a little bit, one is to ask what I'm afraid of. What I've always done is said, "Okay God here I am you can heal me now, can you help me out a bit?" So are there a whole lot of things you can do?

No, that's all you need to do because in that moment things will start popping into your mind what you're afraid of and if you just talk them back to God, "This is what I'm afraid of, when I was a kid this happened," you know you start saying things, you'll actually start connecting more to the grief that's underneath the fear when you start expressing the fear.

Participant: So it's always a fear? It's not what I'm sad about? It's what I'm afraid of?

No because if you were fully sad about that thing you would be fully feeling the sadness and you would be in a sobbing state. So there's always a fear capping that. It's the same with all of our emotions in the end if we're not fully experiencing an emotion just like a child would experience it.

For example if you take a lolly off a child and the child is just heartbroken. You imagine a two year old and it's there sucking on a lolly and you grab the lolly out of its mouth and take it away. What happens to the two year old? They do a tantrum and then what do they get into? Sobbing on the floor like this is the end of the world, just because of a lolly being taken off them. In the end we will be like that with regard to the emotion. If we're in grief, we'll be in grief, sobbing our heart out. And we'll feel it exiting us, we'll just feel this powerful emotion of grief just overwhelming us completely.

If I'm not yet at that level of processing the emotion then there is still a fear preventing the emotion from fully flowing through me. The fear might be that I'm afraid of judgment of others, it might be that I'm afraid of our next door neighbour hearing me; it could be anything just simple like that.

For instance when I was processing a lot of my grief, my next door neighbour's home was two metres away from my bedroom. Now of course they heard everything I was doing. I could hear everything they were doing in their bedroom, so they certainly heard everything I was doing in mine. So that was one of the fears that I had to allow myself to work through - that it didn't matter if they were even going to come and knock on the door, I had to work through that

fear. When I worked through that fear I could more fully get into that causal emotion.

So yes unless you're fully experiencing the emotion as it is in its raw state, there will be a fear stopping the full experience. Allow yourself to look at the fear and ask yourself about the fear and ask God about the fear because processing the fear is about part of processing the emotion. It's about this process of clearing everything out of you including every fear you have, will leave you as well. So just those two things Karen, nothing else, you don't need to do anything else. [01:01:41.07]

Participant: Automatically.

That's why it's so simple. You don't have to work it all out you know.

4.4. False religious beliefs from our childhood negatively impact upon our relationship with God

Participant: We were always taught when we were children that Jesus was going to come and he was going to take the good people with him and the bad people were going to stay behind. My mother even made it a little bit better to say it was going to happen in our lifetime, which was right anyway. (Laughter)

Partly right.

Participant: Yeah. But what had happened was in Europe we came home for lunch from school. I came home one time and there was no one home, everything was opened, the doors were opened and my mother had gone. I got into absolute panic because Jesus had come and he had taken everyone away and he'd left me behind. It was absolute panic and it was the ultimate rejection by God. God rejected me because I wasn't good enough, because they were going to go to heaven and I was now going to go to hell and burn forever and ever and ever and ever. There was also some story going around with a millstone around your neck or something and chucked into somewhere. And I'm finding it really hard to connect to God. I try, I say, "Are you listening to me? Are you taking notes of all of this?"

Yep. These kind of causal events when we're little that are usually based around religion have a huge effect on our relationship with God. I've heard of ones who felt a real passion for God and then they realised that anybody with a passion for God had to be nun or a priest. They didn't want to be a nun or a priest, so they couldn't have a passion for God anymore. Then there are others who, in the name of "God" have had very, very unloving treatment, even sexually abusive and violent treatment given to them. So obviously they then attribute that treatment to God.

So my suggestion is if you can make the very first emotions that you deal with about God and what you feel about God, it's going to help you greatly with the other emotions that you deal with.

The emotion that you feel is this deep feeling that God has rejected you. So allow yourself to pray about that emotion, allow yourself to start stepping into that emotion as well; that in fact God doesn't want you, He wants everyone else but you. Allow yourself to start really stepping into that emotion and fully feel that feeling of rejection that you feel from God.

The truth is that down the track you will feel quite differently about God, but right at the moment let yourself feel that emotion because that emotion will open a gateway into the other emotions you have and then you'll also feel God helping you through the other emotions. So if you can do that, you'll find that your relationship with God will get re-established. At the moment it's very difficult for you to pray to someone who you feel has already rejected you. [01:04:49.24]

Participant: That's right.

So allow yourself to fully feel the rejection. Place yourself in the position where you feel that God has rejected you and just does not want you. Let yourself feel that emotion.

4.5. Accessing terrifying events from our childhood

Participant: In accessing childhood causal emotions I've done a lot of processing on myself, in getting to the bottom of this belief that I have that I'm all alone in the world. I have a terror of finding an event that is so horrifying that it would be a terrifying thing for me to remember, but I've actually never remembered any one terrifying event. Do you have to sort of dredge until you find a terrifying event or can it be sort of a whole series of things? I mean I've accessed fear of the dark and many other things in searching for why I feel alone but I've never really sort of come to any, you know - the pot of gold.

Okay. How many of you feel there is one terrifying event that is in your life that you feel is there but you just can't access? You'll find there's quite a number in the audience who feel this way. The answer for those people is yes, there is one terrifying event that is in your life that you can't access. Now there is a deep level of terror surrounding accessing the event. This applies to yourself - there is a deep level of terror around accessing the event. I've had similar terrifying events to access.

You'll notice that all of a sudden, just me confirming with you that there is an event, is all of a sudden bringing up emotion for you. So your own soul is confirming the truth that there is this terrifying event that you will eventually

access. Now just allow yourself to understand that that's true. That's the first step: is to allow yourself to understand that's true. The denial you've had up to this point is that you haven't wanted to believe that that would be true, and that's why it's hard to access the event. Now most of these events surround abusive childhood situations - either sexual abuse, violent abuse, physical abuse.

Participant: Mental.

Mental abuse even, but usually it's something physically painful that occurred that these kind of events surround. Allow yourself to understand that yes, there probably is this one event. For many there could be more than one. But there'll be one that was the first one, which is the one you want to access, anyway. And yes, allow yourself to see that it is there because you know it's there in your heart. It doesn't matter at this stage what it is. At first just allow yourself to understand that what you suspect to be true is probably true. It is true. Allow yourself to acknowledge that. Also allow yourself to see that you will get to it if you keep accessing you emotions.

Start talking to God about that, about this one event - you know there is this one event and you would like to access it but you're afraid. Say what you're feeling about it, and you'll find that you will access the event pretty rapidly.

Now almost everyone who I've suggested this too has usually accessed the event in the following three months. They've usually got to the real core emotion about something that's been a very traumatic and terrifying event in their childhood. In some cases it's been even an event like someone drowned and was resuscitated - it could be an event like that as well, besides abuse.

So do you understand that it could be anything to do with something like that even, not just an abuse issue?

Participant: It's really ready to come too, in the last month or so it has been manifesting, bad indigestion, heartburn, I'm overheating and it's really wanting to come out. I'm a counsellor myself but I'm just really struggling with pulling this one out. It's just really sitting heavily.

So the main thing at this point is now to just start telling yourself that yes there is this event, yes I'm going to be able to do something about this event, we're going to get to the bottom of this event, and whatever it is you can actually handle. At the moment you don't believe you will be able to but with your relationship with God you'll be able to handle the event and the emotion surrounding the event and it will actually change your Law of Attraction quite markedly once you release the emotion.

In fact for anyone who's experienced childhood abuse or a childhood event that's been traumatic, when you release that event completely, your Law of Attraction will markedly change in lots of different areas. So there is a lot to look forward to in accessing the event too.

4.6. Moving out of a state of feeling numb

Participant: AJ I seem to be one of these really numb, suppressed people.

No worries.

Participant: And it feels great to hear about all the ideas about anger because it seems like yes it is an access point in, but it's something very foreign to me, you know.

Yes.

Participant: Although when I left here last night I got a really bad headache.

How many of you left with a bad headache yesterday? Quite a few would have. Yeah, that's quite a few that left with bad headaches.

Participant: Yeah. It was so bad and I felt really nauseous. I guess that was a chance to do something with it but I actually got very frozen and all I could do was be with the pain and keep still. That was my usual way I guess of dealing with that. I'd really just like to start. I just feel like I have no idea, I hear the knowledge of where to start but I can't connect at all.

So the issue is this feeling of numb. That's the feeling you currently feel.

I think I've told this story before, but a friend of mine from Canada came over and that's the feeling he felt, numb. He was so numb at the time he was twenty-three years of age, he'd never had a sexual experience in his entire life. He was numb to all sexuality; he was numb to the emotions of others. If you started talking to him about the emotions he would just go straight into his intellect and start intellectualising everything. This man is one of the fourteen - he's Luke from the Bible - and the first thing he had to do was start connecting to the fact that he was numb and then start looking at why he was choosing to be numb; because being numb is a choice.

So again the first question you ask is; what am I afraid of? And then what he did was one other thing that was really helpful, for two hours each day he tried to allow himself to be angry. Now at the start he didn't do a very good job of it. It took him three weeks of doing this before he started accessing his first underlying

sad emotion. So after a period of three weeks of two hours in the morning, two hours at night, beating the hell out of this rubber man that he had in front of him with boxing bag and a baseball bat and all sorts of things, he eventually connected to anger within the first few days and then he stayed in an angry state, in this sort of numb angry state for nearly three weeks and then he experienced his first underlying emotion. [01:13:29.27]

So if we're in a numb state it's going to take effort to drill down. The pain that you experienced is the result of the underlying emotion wanting to come up but still the desire inside of yourself wanting to keep it down.

In the case of a headache usually it's the underlying emotion of sadness wanting to come up and I'm wanting to keep it back down and that takes a lot of intellectual energy. In fact migraines are a big sign of needing to cry or any headache in fact is a big sign of needing to cry but not wanting to allow myself.

So the second thing I would do is pray to God about why I don't want to allow myself to do it? So start talking to God about that and ask God and your guides to give you assistance to work out why. You'll find in doing that over the next few weeks some Law of Attraction events will occur showing you that you are afraid of something. When you realise what you're afraid of, talk to God about that. "Oh I'm not dealing with that because of this emotion," or whatever it is that you're feeling.

4.7. Fear creates the layers of emotions around causal emotions

Participant: So is numbness always afraid of something?

Remember I drew the causal emotion before? All of the layers that go around the causal emotion are all the result of fear, otherwise we'd experience that emotion. They're all the result of fear.

Fear creates layers of emotions around causal emotions (left circle)

Remember what fear is, fear is a False Expectation Appearing Real to you. It's something that you think is really real. Honestly in many cases it has been real in the past - that's why we feel it's real. Of course when we connect to God we find out that a lot of things we thought were real in the past are not actually real. But before that time, with these events that occur, so for instance if I was three years of age, and I got punished for being angry, then is punishment a real fear? Yes.

Because when I was three I did get punished for being angry so anytime I get angry I'm going to feel afraid because I'm going to think that somebody is going to punish me. So it's a real fear - it's not real anymore - but it is a real fear from the past and that's the reason why we believe it.

For many occasions it's a real fear even of the future. So Mary's had some emotions she's been working through of, why open her heart to me when there's a high likelihood this time round that I'm going to die as well? Last time I did die, and it was shortly after she opened her heart to me too - only a year and a half after and then I died. So why open her heart to me now? There's a real threat of the future that that might happen. [01:16:32.22]

4.8. Becoming vulnerable towards God (continued)

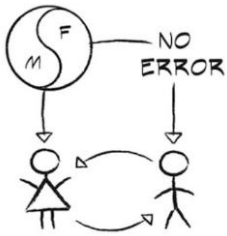
Participant: I remember as a twenty year old having a feeling of cloaking my heart, thinking that is never going to happen to me again but then it wouldn't of happened at twenty if would of happened ...

Earlier.

Participant: Yeah.

Exactly. And at twenty was your last straw. That was the last time that you were ever going to let your heart be open again. So go back to that event now. So that's a good way to trace back into an emotion as well. But actually, it gets back to that question that you had about vulnerability, allow yourself to be vulnerable, at least with God. This is why our relationship with God can heal us completely. Our relationships with others have the potential to heal but it also has the potential to harm because the other person can be in a harmful state. [01:17:27.06]

So if you picture it this way, there's you, and there are some other people around you who are going to be in different states of error. But God, who can connect to you, is not in a state of error. God has no error with love. Other people have error. If I interact with these people when I'm trying to heal myself, obviously while it's probably good for my Law of Attraction, there is also the potential of harm because these people are in error, I'm in error, and there's a potential I'll harm them and there's a potential they'll harm me. But if I deal with every emotion, like in this issue of being vulnerable with God, there is no potential harm with God if I allow myself to be vulnerable.



Connecting with God, who has no error, can heal us more easily than connecting to other people who have error

So if you can allow that heart that you have that you wrapped up and said no one is going to hurt me again when you were twenty, if you can at least allow yourself to start talking with God about unwrapping your heart towards God. Rather than doing it with others first, start doing it with God and see what happens. And as God's Love enters you and softens you, you'll find you'll be able to start doing it with others.

4.9. Accessing anger and fear from a state of numbness

Participant: I've had a go at this and I find it really difficult, accessing anger through beating things up. I had an attempt at it, but after ranting and raving and saying how do I feel - I feel fine - nothing's happening.

When you're in a numb state, which is the state that you've closed yourself down towards, you'll find it's going to take more than one time to actually start accessing what's underneath it. You can't expect years and years of suppression to be undone in one little session trying to get to some anger.

Participant: But is that the only way into anger?

Usually numb covers fear. But in between numb and fear might be anger.

NUMB
FEAR

Participant: But maybe not.

But maybe not, you know. All of us have a different personality; all of us have a different way that we address things of what happened when we were little. There's a high likelihood that there will be anger in between, but there may not. There may be just some fears capping the sadness-based emotions.

But to be frank with you, for you to go in to a state of rigidity when you were twenty with your heart, there's got to be some anger there. So take yourself back

to that state, how you felt, even the anger you felt in that state. Like why did you close down your heart? Why did you put this rigid sign on my heart saying, no, no one's ever going to get in there again? There's got to be some anger-based feelings related to that.

4.10. An example of a participant who is angry with her mother

Participant: I know that I have a lot of anger with my biological mother, but because there have been so many situations I don't know where to take it back to. And because I am so young, you know like, how far do I have to take it back to?

With yourself Morgan, you know you've been in your anger with your biological mum for some time. So the next step you need to be able to take is to get deeper than the anger and allow yourself to feel the sadness of her rejection. That's the thing you're choosing to not do. You don't want to let yourself feel that powerless state of being rejected.

So what's happening for yourself is you have this anger feeling inside of you towards your mum, you've experienced it a lot already and my feeling is you need to allow yourself now to dig deeper.

But there is a reason why you go into anger rather than dig deeper, and that is because you feel so hurt and you feel that it's going to be so pointless, that she's never going to love you, so what's the point of releasing it?

Now the point of releasing it is that you will be free of it. In other words it won't dictate to you your life anymore. That's the point of releasing it. At the moment, because you feel this anger, it's like her life is still affecting your life. How she feels about you is still affecting you. Can you see that? Whereas when you get below and you actually release the grief, how she feels about you will no longer affect you. And when that occurs you won't feel angry with her anymore. You probably won't have a relationship with her either but you won't feel angry with her and you won't feel sad anymore about it. The reason why you are getting into the anger still is because you do not want to feel that you'll never have a relationship with her. But that's probably the truth for some time to come until she works through her emotions. And that's the emotion you're avoiding.
[01:23:21.19]

There is a spark of hope in you still that mum is going to love me, she's going to work out she's done the wrong thing and she's going to love me. That's why you're getting angry - because there's that spark of hope that you keep hoping, and she doesn't show that back to you. So you get angry at her for not showing it back. But what that's covering is just this deep feeling of grief: my mother does not love me. And right at the moment your mother does not love you, and that's the emotion you need to let yourself feel. And you're allowed to feel that because she does not love you. Down the track she may be very regretful about that at some point and start to love you but at the moment, that's the feeling, she does not love you.

5. Cancer is created by the suppression of emotions

Participant: Hi, I'm just wondering if you believe that serious illness is actually manifested as emotion.

It's the other way around. Emotions that are denied manifest serious illnesses.

Participant: Okay, because I have cancer and medicine has given me no hope.

That's right.

Participant: And I actually am on the path to do whatever I can because I have two small children. So I am very determined. I just wanted to know how do you actually go about it? Obviously I've got a series of emotions along the way and two years ago we lost our son, which was a hospital error. So I've obviously manifested that as well and so I just want to know is it possible, I guess I'm looking for ...

It's possible to cure your cancer by dealing with your emotions. The big issue with cancer is that there is already a lot of emotional suppression to create the cancer. So do you mind me asking where the cancer is?

Participant: No, cervix and it's spread.

Okay. The issue that you're facing is that you have some very, very deep anger and grief with sexuality and with sex itself, and that's what's affecting cancer in that region for you. If I can go through what cancer is. So I'll write it so you can see up the back.

Cancer is an illness - it's a life threatening illness. Cancer has resulted from suppression, where we're suppressing something emotionally. The suppression will be the suppression of some kind of emotion. Now usually it is the suppression of anger. Now under the anger there is usually a fear and under the fear there is usually the real emotion, which is usually going to be a grief-based

emotion and usually with cancers there is related emotions of shame; self-shame. So feeling bad about yourself. [01:26:45.27]

Now where you get the cancer depends upon what emotion is being suppressed. So for example if I've got cancer in a breast, it will depend on whether it started in the left breast or the right breast as to what emotion I'm suppressing. There'll be an over nurturing thing that I'll be trying to do, which results in wanting to get love. If it's the left side it will be from the female, if it's from the right side it'll be from the male.

If I have cancer in the lungs, it will be some deep sadness that's occurred that I've suppressed, and this is why many smokers get lung cancer - because they smoke to suppress deep sadness that they don't want to feel. And then they cover that with a lot of deep anger about what they're sad about and then of course that creates the cancer in the lungs.

For many men there'll be a prostate cancer, and prostate cancer is very similar to cervix cancer in a woman, in that it's to do with the opposite gender. It's to do with some deep grief, grieving to do that is covered then by some fear and covered by some anger about the opposite gender and about sex with the opposite gender.

In each case usually all of these things are based around the underlying grief that is related usually to childhood events. So there'll be things that have happened in your childhood related to sexuality that you have not yet grieved that you need to allow yourself to grieve. But because they are powerful events, you've got some fear about grieving them and you're worried about that, so then that's created the anger and then because you don't allow the anger to be there, you've suppressed the anger and that then creates the body pain.

5.1. An example of cervical cancer

So the way to work through it is firstly step into the anger that you feel about sex and sexuality and the opposite sex then ask yourself questions about what

you're afraid of and eventually you'll get down into the grief that you feel of some events, and you can do this quite rapidly. And I think you're aware of some of the events that happened in your childhood that may have caused you to have this feeling regarding sexuality that you have.

Now there's nothing that's triggering in your mind?

Participant: No not any sufficiently.

How does your mother feel about men?

Participant: She loves them as far as I know.

What does she do?

Participant: Job wise or ...?

No for men. You say your mum loves men.

Participant: Well she's married to my dad and as far as I know they've been very happily married for a very long time.

And who is the primary carer in the relationship do you feel?

Participant: Probably dad.

Okay so what emotion does your mum have towards your dad? Does dad do everything mum wants?

Participant: Yeah controls.

So mum is the controlling person in the relationship.

Participant: Yes.

Can you see that?

Participant: Yes.

So you would have grown up in this family environment where your mother is the controlling person in the relationship. Can you see why she would want to control a man? She doesn't want to be open and vulnerable and have an equal relationship with a man. She tells herself she does but she doesn't. She wants to have a controlling relationship. So she has some emotions of being special, and

the man makes her feel special and wanted and all those kinds of emotions. So there must be an emotion inside of your mother of some deep anger towards men to cause her to want to control men to get exactly what she wants. Now can you see anything related to your relationship with men in there? [01:30:59.08]

Participant: Well I guess I can be a bit of a control freak, if I'm honest.

Okay so there are feelings you want from men and you feel men should give you those feelings. And that is the anger level that you are experiencing. There's a lot of anger in that, that you're unaware of, that you've suppressed, because your mother has suppressed it in herself. And how did your father treat you? He treated you sort of like a princess? [01:31:28.19]

Participant: Yes.

Yep. So that's caused you to feel what about men? That men should ...

Participant: Treat me like a princess.

Treat me like a princess. Exactly. You feel totally justified with that emotion at the moment but it's not actually a loving emotion. So the key is to start experimenting a little with this emotion, and start working through how forceful you feel about that inside of yourself and why that's the case because this is the cause of the cancer. There's grief surrounding that issue, surrounding your mum as well in connection. And there's also a connection with a spirit who's connected with you who has the same grief in herself. So I don't know if you believe in spirits, or not.

Participant: Yeah, like a grandmother spirit?

This is a spirit who has the same kind of feelings that you do towards men. And this spirit also passed with cancer.

Participant: My grandmother.

Okay. So your grandmother is actually affecting your cancer at the moment as well.

Participant: I had a dream about her about three months ago.

Yeah, so it's the combination of your own emotion which has been a long term running emotion in the women side of your family, your mother's family, and actually it's also been in the father's side of your family with the women in his family as well. And because of this long term emotion you have, that emotion in you, and your grandmother is very connected with you, she feels a strong

rapport with you but actually, I believe she might have even passed with the same problem did she? [01:33:13.04]

Participant: Well she had lung cancer, but I guess I don't know what type of cancer it was in terms of cell wise, but it does normally appear in the lung, never in the cervix.

Yep. So there are some really deep feelings you need to work through about that. It's a family based generational feeling that has been impressed and the core of it is this emotion you have that men should treat me like a princess. So if you can start allowing yourself to connect to that emotionally, you'll start connecting with one of the feelings that you have, which is that you feel, "Well yes of course they should." That is one of the feelings I can feel back when I say those words. Allow yourself to go, "Well why should they?" Why should they treat you any different than you treat them? Sure, treat a woman like a princess but does that mean that you've got to treat him like a prince? Does your mother treat your father like a prince?

Participant: No.

Or is it just your father treating your mother like a princess? So can you see there is some imbalance in their relationship there, which obviously is a multi-generational family thing that has been impressed upon yourself. Now it is definitely related to sex and sexuality this issue, coming generationally through your families. So probably if you ask your mum about her mother and her grandmother, you may find that there are some sexual injuries that they've had, while they were on Earth, related to this emotion within you and your mum. Now if you allow yourself to connect to those things you'll find you'll be able to get to the cause of the cancer.

The problem with cancer illnesses is that we don't like looking at ourselves very much. What I've found is that with many people with cancer that I've been talking to don't want to get in to the emotion of how dominating and domineering they can be, and that's something inside of yourself to just be aware of.

Allow yourself to feel that controlling part of you, because it's that controlling part of you that is driven by some of these emotions, and a core emotion towards men, that controlling part of you is actually generating your cancer as well. It's about releasing that and that will help you work through the issue.

I can't really say too much more without having a private ...

Participant: Sure, thank you very much.

5.2. Multi-generational factors that create cancer

Participant: Hi with regards to this girl who was just talking. Why is the disease showing up in her and not her mother when the emotion is coming from her mum? Because quite often the children are dying but the parents are living ...

Usually it's because the child is more sensitive emotionally than the parent. There are also things to do with the child's personality that are involved with it as well. Then there is also the combination of the emotions coming from both lineages being oppressed, and then there's also the added issue of spirit attachment. So the truth probably is that the grandmother is not probably that attached to the mother, but more attached to the granddaughter, that's one issue.

So what I'm basically saying is, the reason why it happens in one generation and not another is that there are so many varietal factors that actually make it different for the child than for the parent.

Now in your family's case this injury exists on both lineages. The reason why your father for example is placating the woman all the time and treating the woman like a princess, often to his own detriment, is because he was taught to do that by his own parents and what happened in their own relationship. [01:37:15.17]

You could think of it as there's the mother's side of the family coming down towards you and there's the father's side of the family coming down towards you, and both of them have the same emotions. So now those emotions are going to kind of like double up in you, because they're unhealed. There are a lot of varietal factors that will occur which will create the problem in the child where the mother or the father may not necessarily have had it.

I've seen many cases where the child dies of cancer and then later on, twenty years later, the parents finish up dying of the same form of cancer. The reason why that happens is because the child has died because there is this concentration of emotions from both the male and female lineages in the child but the emotions still existed to a lesser extent in the parents. So that's what happened in times as well when you find that occurring. This is also why most cancers have a higher occurrence in certain family lines - because it's actually the emotions in those family lines that generate the disease.

5.3. An example of a participant grieving her son who died of cancer

Participant: Not long ago, we lost a son to cancer.

Yep. How old was he?

Participant: Forty-three.

What form of cancer do you mind me asking?

Participant: In the groin or liver, it started in the groin and then it moved on to other areas.

So it was testicular cancer or prostate cancer? No, just in the groin, in the muscle area of the groin?

Participant: In that area.

In the lymph areas of the groin?

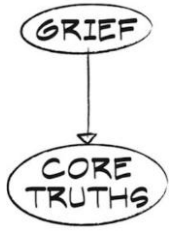
Participant: There was a large lump.

And which side of the body? Can you remember, I'm sorry I'm asking you all of these things; I know you are still grieving.

Participant: Right hand side. My question is to do with anger. It took him about a year to die. But when we were aware that he was going to die, we'd been praying to God, doing all those things. I got very, very angry and I raged at God and I swore at him and I did all those things, I guess that I'm supposed to do. He died and after he died there was no anger, sort of a sense of peace but there's a great sense of grief which is very, very hard to control. What I was wondering is if it'd be easier to control that crying – which is the main thing is that we can't think of our boy without crying - or whether addressing maybe anger that I still have in me might improve that.

I feel you addressed a lot of the anger you had during the situation. The issue that you're facing now I believe is the grief. If I can just make some notes about your grief if you like. The issue with grief, particularly with losing children, is that when we're grieving there is a number of truths that we are not yet facing at an emotional level that we don't yet believe in our heart and what we need to do is allow ourselves to actually work through releasing the error through our grief, and once we release the error through our grief we'll eventually get to those truths. [01:41:36.04]

So if I can describe some of the truths for example. For instance, one truth is your son is still alive. Another truth is that he's probably enjoying himself a bit more now that he's passed than he was when he was here on Earth riddled with the cancer. Another truth is he has an eternal existence, as do yourself. Now these are very basic what I'd call core Divine Truths. So these are truths.



Releasing grief allows the absorption of core truths emotionally

The reason why we grieve is because we do not understand the truth at the emotional level. Now the reason why we do that is because there are lots of other emotions in between getting to core truths. The grief is the mechanism by which we can accept truth. It's through our grief that these core truths will eventually become a part of you. And when they become a part of you, you will actually get to a point where you will no longer be grieving and you will know in your heart these truths to be true. So you'll be able to think of your son with joy and happiness and not with grief. The grief is the tool by which you will eventually accept these truths.

Now at the moment for yourselves you're trying to control the extent of the grief. Some of the things I might say now might sound a little cruel but I want to be straight with you about them. The grief is actually not about the loss of your son, the grief is about what losing your son means to you. Can you see there's a difference between the two? In other words losing your son has triggered inside of you grieving-based emotions related to your own childhood in some way and things that you lost during this period of time of your growing up and into your adult life. What this grief is doing is triggering those events and that is why as soon as you think of your son, what is the next thing you think of? There's something you think of next.

Participant: One thing I didn't mention which I should have is that towards the end I was just so upset by the fact that it should of been me, it came from me, I had this history on both sides of my family dying of cancer and I got all the outward signs that I should have it but he did.

There's a very, very strong personal feeling of guilt in you that it should have been you. And in fact that emotion covers over some very, very strong childhood events where you were blamed for lots of things in your life. In fact your grief is actually helping you access this guilt and accessing other emotions. I won't write down what those emotions are because you will need to allow yourself to discover them in your childhood. But that's what's actually happening.

A participant's grief is revealing guilt and blame from her own childhood, which block the absorption of core truths

So your son's death has triggered in you all these terrible feelings of guilt that you have about yourself and your life and how it should have been you who passed. That's why the grieving is taking a while to work your way through. The key for you is to allow yourself now to go into what you feel guilty about and talk to God about those things. [01:45:53.21]

What is it that you feel guilty about? Do you feel guilty about living on Earth, while he's not here anymore? Do you feel guilty about; he had a family I gather? He had children too I gather? And you feel guilty about what's happened to the family, the children, and if it'd happened to you, you feel that none of those things would have happened to them? So there are a lot of feelings in there where you're taking on the blame, and that comes from a lot of things from your childhood. One of those where - you were blamed, and you need to allow yourself to actually work your way through.

When you work your way through that, you will no longer have this terrible feeling of guilt when you think of your son's passing and you'll actually then be able to grieve the actual loss of your son himself in the sense of your relationship, what you feel you've lost in your relationship, and once you do that you'll get to some core truths that actually your son is around you all the time and he's quite fine now. He's not physically ill and he can see what's going on with his family, he can see what's going on with you, that he loves you and cares about you, you'll start feeling all those truths inside of you.

So when you think of him he'll often be present and you'll feel him present and at some time in the future you may even finish up talking to him, after you've worked your way through those emotions. At the moment it's going to be very difficult for you to be able to hear him or talk with him because as soon as you even speak his name, this emotional process that I've described happens inside of you.

So allow yourself to actually go through the process and into the emotion of it and you'll get to the core of it, which will all be revolving around how much you were blamed and how much you took the blame as a result of being blamed in your childhood life and coming into your adult life. And you can feel some of the things in amongst that. And then when you grieve, you'll feel a sense of peace of it and once you get to that stage you'll also understand the truth at the heart level.

So rather than it just being an idea that your son's alive, you'll feel it in your heart, rather than just being an idea that you can communicate to him, whenever you want to talk to him, you'll just open your mouth and talk to him. And you'll feel his reflection of emotion if not anything else and at some point you may actually feel other things from him as well, you may even hear his voice at one point and know that everything's fine with him.

6. Releasing false beliefs

6.1. An example of a participant told religious lies in her childhood

Participant: Last year you said to write down your fears and I wrote down my fears and some of those fears I've been dealing with and healing, and my Law of Attraction has been changing. Lately I've been wanting to heal the fear of the Love of God. And today I've had memories, I was brought up a catholic and in church, big statue, Jesus on the cross, plastered, drips of blood and everything and feeling faint and I'm feeling faint now and dizzy, and a nun said that every time I was a naughty little girl I nailed Jesus to the cross and I made him feel more pain. And I used to feel faint in mass and in school, and I actually fainted. When I was naughty the devil's going to get me and all that sort of stuff. So I know that this fear of the Love of God is that stuff and the blockage between me and the love of God and I want to heal it.

It's a terrible thing to get told, being told that my death was made more torturous by your actions.

Participant: Yep, so it's my fault.

It’s a major form of control that churches have used over children in particular. It's a terrible thing to say to somebody, isn't it?

Participant: Little children of five, six, seven.

Yeah. Alright let's look at how to deal with it. If you can think of a fear scale and, the opposite to fear is truth. The problem with fears is they all enter us emotionally. So remember that fear and truth are not just intellectual concepts. They are actually emotions. So that means that every single fear that entered me,

I'm not going to be able to deal with it by just saying the fear - I'm actually going to have to deal with it by feeling the fear.

So your fear in this case was that my death was made more torturous by you sinning. That's the indication that they gave to you. That is not the truth. You know intellectually that's not the truth. Intellectually you know the truth is that actually I only died, well as I said yesterday, because of money, basically that's the only reason why I died and because of the conflict between truth and error, that's the only reason why I died. Intellectually you know that but emotionally you don't feel that.

Participant: That's right.

So the only way to get to feel that emotionally is to actually feel the fears that you have leaving you. So what were you told?

Participant: I caused you pain.

Karisma caused Jesus pain and it was torture by sinning. By the way you could replace me with anybody here.

Fears, which are emotional within us, block us from feeling the truth on that subject

So a lot of times one of the emotions that we all have is we're afraid of hurting other people. Most people have that. So if your mother when you are young told you, "You're hurting me," when you feel that, "You hurt me when you did that," it's the same emotion. It's the same kind of emotion but directed at your mother, not God. So this emotion exists in the majority of us because most of the times our parents have taught us things like you're hurting me when you do this, or you're causing me more pain, or don't you realise how bad you're making my life when you say that and so forth; these kinds of emotions are often projected at us. [01:53:44.23]

You will need to feel that you did do that. Because that's what you feel inside of you, to release it. So let yourself feel that. So rather than fighting the belief that it occurred, go into the childhood feeling that that's what you did.

Now you know intellectually it's not true, but that's immaterial. You will know emotionally it's not true when you release from yourself emotionally that you did that. And so you're going to have to have a good cry about the fact that you believe you caused me pain.

Now if I just let you do that, and those of you who have this same feeling with your mother or your father, let yourself believe it to be true in this instance and let yourself feel it. Because the truth is in your heart you believe it to be true. So you let yourself believe it to be true and feel it. When you feel it fully and pray to God about that, what will happen is you'll come out the other end of that feeling, releasing it and you'll no longer believe it.

Participant: When I was a young child and I had tantrums and I sort of react angrily. I'd throw my arms around and sort of get quite angry and either I'd storm out of the door or I'd stub my toe or …

So when you were a young child you used to have tantrums.

Participant: Yeah when I was a young child I'd have tantrums and I'd sort of get into a state where I'd scream and yell and sort of shake as well and when I'd try to leave or something, I'd stub my toe or hit my elbow and my mother would say to me, "Ha, ha, see, the devil got you back for those actions." And that's just something I'm feeling from my mother.

Yeah, exactly. These are all messages that our parents give us and in fact religions also do the same thing - they give us the messages to control us, and unfortunately they enter us emotionally. So this is one reason why you would have some fear about the devil. So even though you might not even believe in a devil in your mind, but the emotion as a child will be that the devil got you back every time you were bad.

Participant: Yeah.

Yeah, so you have this feeling in you of constantly being on the lookout for the devil and getting you back if you were to do a bad thing.

Participant: Yeah. Just sort of suppressing emotion because when I sort of let it out, something ...

So now you suppress the emotions because you think if you let them out the devil's going to get you.

Participant: Yeah, it didn't have to be a living person to do that.

Exactly. No living person's going to punish you but somebody from the spirit world will, which for many children is actually scarier. So many parents go through this problem of control with their children and so they dream up many forms of how to control their children including like, "I can see you even when I'm not here." And if they have a spirit with them, that is actually true. So if the parent has a spirit with them telling them what a child's done, then the parent can say to the child, "I can see you even when I'm not here. You make sure you do the right thing because if you do the wrong thing I'll know."

I've had people that I've met who've had parents like this, who have come back and said, "You did this and you did that and you did this, didn't you?" and they gave them a good belting for all the things they did when the parent wasn't even there. But the parent knows they did those things because of a spirit telling them. That just creates this huge terror in the child because they feel controlled even when the parent is not there.

So there are adult children that are now working through their emotions who feel like their parents, who are now seventy or eighty, are still controlling them because of this emotion in them. So these are really damaging emotions to work through. [01:58:00.24]

Anger Is Your Guide: Session 2 Part 2

Alright, how's everyone doing? Good. Feeling a bit better than yesterday? Has everyone noticed the energy is a bit better than yesterday? Still a bit of a resistance today but the energy is a bit better than yesterday, which is really good. The main issues yesterday were this deep resistance to thinking that anybody's angry and this deep resistance to actually allowing it to be discussed or triggered. So yesterday there was this really oppressive load.

There were also quite a few spirits here yesterday and when I say quite a few, I think there were close to a million spirits here yesterday. Many of them were brought here by Celestial spirits because of their angry state and these Celestial spirits thought that the spirits would benefit from the information. Through the night I had the feeling that the majority of them did benefit from the information. When I went home last night I felt quite disappointed about yesterday because of feeling I didn't do a good job yesterday and didn't perhaps confront your anger more than I did. But after my sleep last night I realised that a lot of the spirits who were here were definitely assisted so I was pretty happy about that when I woke up this morning.

With regard to this anger discussion, it is a difficult thing and it's a big scary thing that most people find because we're so focused on trying to keep everything at an equilibrium, where everything is nice and safe and secure and when we start talking about anger there are so many competing emotions, even in the discussion. One of the competing emotions is; well what if I get into anger and kill somebody? A lot of people feel that there is that much rage inside of themselves that if they let themselves start experiencing it, they're going to do some major damage to people. Others feel like that, no I don't want to be perceived as being angry. "What, me? Angry? No, no I'm this loving, nice, calm, spiritual person that I've been all my life." And they don't want to concede that perhaps there's some anger inside of themselves that's really affecting their life.

Then others understand that yes the anger is a gateway into what is underneath and they do not want to go underneath. So many of us have this feeling of, "I do not want to go underneath. What's AJ doing to me? He's trying to get me underneath and I don't want to go underneath." This is why a lot of times many of us feel really buoyant after I have a discussion about love or natural love or something that's a little more external to myself; a lot of us come away from that kind of discussion feeling really enthused and buoyant and quite encouraged and so forth, and walk away on a cloud nine type of feeling. Some of you have felt that after a group, for different groups.

Then when we have a discussion about fear or we have a discussion about anger everybody goes into this closed down, shut down state. And when we walk away

at night we go away with a headache instead of feeling good. The reason why is because we are wanting to keep down the truth about it inside of ourselves. So my suggestion is to allow yourself, even a bit further to open up and open up and allow the fact that there is some anger in there and allow the fact of that's about to start coming into your consciousness because it's that work that's going to bring you closer to God and also closer to other people in your life. [02:02:07.18]

So for example, if you have anger specifically directed towards the opposite sex, then obviously that's going to keep you at a distance between yourself and the opposite sex. Now if you have a heterosexual type of relationship, then obviously it's keeping distance between you and your partner if you have injuries towards the opposite sex. So allow yourself to work through those injuries and allow yourself to get closer because if we don't face these things, we'll never experience the bliss that's possible to experience. So allow yourself to dig deep into those emotions.

7. Discussion with Mary about her anger towards men

I was wondering, Mary, whether you want to just join me and talk about some of your emotions about the opposite sex? She's just in the middle of her processing. You don't have to.

Mary: No fine, you just took me by surprise.

What I would like to do from now on, after Mary's finished, is invite others to come up and talk about some of their feelings about things too. Fire away, darling.

Mary: What am I going to talk about?

Well remember we were mentioning a few things about anger that you felt, was it last night or this morning?

Mary: Yesterday I started saying that I was recognising that I was so angry at men in my life. Some of that was triggered when I met AJ as well and I realised that that's related to some first century memories that I still find hard to talk about publicly, so that's a good trigger for me today. So when I first met AJ the first emotion that I connected to was anger. And I think he was relating yesterday about four days into our trip together I hit this huge grief, rage-based emotion that seemed to come out of nowhere.

Mary: When I wrote about it in my journal, it was a very strange experience because all of these feelings were coming up in me that I didn't understand. But the predominant thing was that he had left me and abandoned me and I was very,

very angry about that. I felt that I couldn't trust him again because that would be what would happen again. That has been an emotion that I have been working through for about a year now. It's a big one. And as I get further down into it, something that I've been working through say in the last couple of months is the feeling that AJ can't understand the pain that I've gone through and he still doesn't understand the pain that I've gone through.

Mary: I had this realisation yesterday that that was actually almost a cap, that's a huge emotion in me so it's hard to feel that it's a cap but it's actually is a cap. It's an avoidance of feeling just the deep grief and pain that I did feel at that time that I still feel connected to.

Mary: I think the reason we sort of thought it would be good to talk about it today is that I do see that in other women -there's this real anger that men don't understand us. It is more of an attitude that I feel is quite an angry attitude that a lot of women have. But it is actually an avoidance of a deeper grief that we have about how we feel that men have treated us.

7.1. An example of women feeling not understood my men

So sometimes these emotions like the one that Mary's just pointed out, the emotion of, I'm not understood by you … So let's say you're in a relationship with a partner and you're a woman and you feel like the man doesn't understand you. There's then this temptation to project a lot of anger at him every time he doesn't understand you. Rather than doing that, see that as just a cap over an emotion of, I'm not understood by men. Underneath that is the core emotion that I've got to feel, and that is nobody can understand me. That is the core emotion underneath that. And no one can understand me because I'm a woman. [02:06:33.21]

Mary: I feel hurt because of men's actions, that kind of thing.

So allow yourself to dig deeper into it rather than just projecting that surface layer towards your partner.

Mary: Because if you think about it, well us women, a lot of us have that belief. We don't even think that's anger, that's a belief. Men just don't understand us women. But I'm telling you that's anger, so if you have that belief, you're angry at men. It's actually not true either. This man, AJ, understands me.

So you know the "men are from Mars and the women from Venus" thinking, while it's gained a lot of popularity, because of the misunderstanding between the sexes, the truth is the way God designed us is that we're one soul together. So in the end how can we ever misunderstand the other? Once I break down all the barriers inside of me towards feeling misunderstood and also misunderstanding

and once Mary breaks down the same barriers, then of course we'll completely understand each other - in fact so completely that Mary's emotion will pass through me as she's feeling it, and my emotion will pass through Mary as I'm feeling it. We won't even have to open our mouths to say what the emotion is, the other person will be automatically feeling it. [02:08:02.15]

Mary: If you think about it even energetically, this belief that men don't understand me is a very much pushing away sort of a thing, whereas if I'm in my grief of feeling misunderstood it's much more allowing and you create a different energy between the two of you.

Yeah. So if I'm focused on allowing all of my emotion to be present within me and feeling all of my emotion and Mary's focusing on the same thing with herself, then obviously now emotion can actually go between us and it actually creates more understanding. She will then understand me because she can feel my emotion. I will be able to understand her because I can feel her emotion.

You see all misunderstanding between the sexes is all because we've got blockages to letting ourselves feel their emotion, or we've got blockages to feeling our own emotion, or we've got blockages to allowing them to feel our emotion. And all of the misunderstandings that occur are because these blockages are in the way for Mary to feel my stuff and me to feel Mary's stuff. When I feel Mary's stuff and my own and when Mary feels her own stuff and my stuff, we'll have complete understanding in the relationship, complete knowing without opening our mouths about what emotion we're going through in every particular instance. And that's what it will mean in the end to be closely unioned as soul halves into a complete soul.

7.2. Opening up to men

Mary: Another thing is that under my anger I realised I had a lot of fear – I think you mentioned it earlier - about feeling that if I'm vulnerable and I lose this man then that will hurt worse than if I don't open my heart, and I do think a lot of women have that feeling as well. I have realised that actually it's cutting off your nose to spite your face because I'm keeping him at a distance all the time because I'm very afraid of losing the potential loving connection. But in the end he's at a distance anyway and we make each other miserable from a distance. So I'm preventing a potential experience of pure joy and happiness for fear of losing it.

So can you see a lot of times we're worried about future events and the fear of a future event creates the anger in the present. We're afraid in the future that I'll lose it, and if I'll lose it in the future, then what's the point of me opening up now? I may as well give up now rather than losing that in the future.

So imagine what it feels like for you to be in a beautiful, loving relationship, and then your partner died. There are going to be some emotions about that aren't there, if we're not yet in an at-onement condition. There'll be some emotions there. So the key for me is to again just allow all of these feelings to pass through me. Mary does the same thing - rather than focusing on what may happen in the future. The irony is, once I release these emotions anyway, what will happen in the future will be a lot better that what will happen if I hold on to these emotions right now. [02:11:27.05]

Mary: Because while I'm still in grief I can't actually love properly anyway.

And while you're in anger you can't love properly either. And while you're in fear you can't love properly either.

7.3. Allowing emotions to pass through us

Participant: I've been having a problem with just trying to get into the fear of having a relationship with a man again. I know that there's probably a lot of anger towards men still. The other day I kept on saying, "I just want someone to love me, I just want someone to love me." And then all of a sudden I realised, no I don't, because I've still got this anger and this fear.

And can I just stop you for a moment. Think about the reciprocal. You didn't say I want to love someone.

Participant: Well that's the other thing that came to me this morning, I had a huge release even before I came today and I was saying, "I just want someone to love me," and then I turned it around and said, "I want someone I can give my love to and not be rejected." So that was huge for me. And then I went in and realised that God was already there doing that for me, so that was wonderful. But what I wanted to ask was, when you say about the emotion passing through you, do you mean not taking it personally? Like sort of trying not to take it personally?

Every emotion is personal.

Participant: Yeah well, you mean once you're sort of at-one with God it will pass through you.

No I'm saying even for a child the emotion passes through them. So for example, if you look at a child, when a child starts crying, if you just let it cry, it cries for as long as it needs to cry and then stops. Then after that it gets up and walks around as if nothing had happened. Do you notice that with children? They have their big cry or their big tantrum, or whatever it is they're having at that moment, and then they get up straight afterwards almost as if nothing has actually just

happened. So when an emotion fully passes through you, there is nothing left stored inside of you of that particular emotion, at that moment. So if I'm letting all emotion pass through me, I'm experiencing all emotion as it's passing through me, when it's finished passing through me, it's not something that I've stored inside of me. [02:13:56.03]

7.4. Focusing on our own feelings rather than trying to understand the other person

Participant: And just one other thing, when you were talking about women not understanding men, I've actually turned that around and it seems to me that I don't understand men. I'm not worried about them not understanding me, I just don't understand their thinking at the moment.

Participant: The other thing is that I keep having this recurring dream over the last three of four years, being very anxious about people understanding me. "Why don't you just understand me? Why don't you let me say what I need to say?" It's like I end up screaming because I don't feel like that I'm being understood. So is that all part of the relationship thing and the anger thing?

Mary: Yeah, your statement that "I don't understand men" is very blanket though. There's obviously specific men in your life and specific male relationships in the past, so if you can make it more personal. Because when we just say, "Oh who understands men?" it gets us away from lots of stuff.

Participant: There is a man in my life, well I'd like him in my life, and I think he's my soulmate, but I'm getting mixed messages. I have so much grief over not being with this man, every time I think about it I cry. So I think there's got to be something there but I don't understand where he's coming from.

Mary: Instead of trying to understand where he's coming from, just focus on what is being triggered in you right now because it is your Law of Attraction even if he is your soulmate. So just try and go into, "Okay mixed messages, how does that make me feel?" Just go into all of that. Don't try and put him in a box yet or understand exactly what's happening with him.

This is the main problem that many have not only with their husbands or wives or partners but also with parents. A lot of times we don't allow ourselves to feel our emotion because we're so busy trying to understand the other person's emotion, and why they did what they did. Forget about why they're doing what they're doing, forget about why they did what they did, forget about what you think they're going to do in the future and just focus on what am I feeling about what is happening with me right now in this relationship? What are my feelings? [02:16:33.02]

Mary: That's a classic tool I used to use to get myself out of my emotions - to try and understand where the other person was coming from, have compassion for that, "Oh well that's just where they're at." In doing that I just skipped over a whole lot of emotion of how I felt about the treatment of me.

Participant: I think I'm just feeling like you if I don't do it quick enough he's going to be gone.

If he's your soulmate, that's not going to happen.

Participant: Yeah I know but that's kind of ...

Mary: I understand that feeling though.

8. Audience questions

8.1. Working through issues in friendship relationships benefit other relationships

Participant: Just one more thing because I am a single woman and I don't have a man in my life. I love the way the two of you bounce things of each other and you've got each other to help along. I share a house with Nada, and it's kind of like being in a relationship because we're sharing a house. If things trigger us, we should be talking to each other but will that help an intimate relationship in the long run as well?

Mary: Any emotional work that you do will help an intimate relationship in the long run. Definitely.

And you're right, the fact that you're living with another person is your Law of Attraction, so obviously there's something for you to learn in that interaction. If both of you are in the state where you're both working through your emotions, that can be a very powerful interaction, if you're both working through the information. In the end though, you still need to take personal responsibility for your own responses and in the end the most powerful development that you'll ever do is the development you do with your relationship with God.

8.1.1. Benefits of focusing on a relationship with God first

I keep saying this to everyone - God is not damaged. So if I'm not feeling love from God right now, it's not because God's not trying to give it. It's because I've got a blockage to receiving it. And if I heal that blockage to receiving it, I'll instantly at that moment feel the love coming from God. Now God's not damaged in receiving love either, so when I have a feeling of love towards God, God

instantly feels that. So instead of having this feeling of I'm trying to love someone, trying to love someone, they're not letting themselves feel loved, you won't feel that with God. So if you're not feeling that God feels you love, then there's another problem inside of yourself. Because God is not damaged in giving and receiving love, then if I'm not receiving from God or not giving to God, it's all my own stuff. That's the beauty of that relationship. If you focus on that relationship first, in developing love, what will happen is that every other relationship will be greatly assisted by that. [02:19:21.04]

But the Law of Attraction has certainly brought you into a living situation with another woman. So if that's the case, then there are things that - as women - that you need to heal that each of you probably have opposites, or some kind of sympathetic attraction for. If you work your way through your issues or your annoyances or different anger that you might feel with each other or different things that happen between each other, that will certainly go towards healing yourself, and healing yourself is one of the biggest things that needs to occur in any relationship with the opposite sex.

Participant: Okay, one more very quick thing, it's a really, really good thing. I was banging and thrashing in the garage this morning and I was yelling and I was crying. I was making a lot of noise, and we live in suburbia. Nada told me after I finished that within probably a minute and a half of me making that noise, the lady across the road rang her and she said, "Nada, are you okay, are you alright?" And we felt that was a very positive thing and for Nada particularly because she felt as though that somebody really cared about her and it made us both feel safe that we can do this without fearing the police turning up.

So that neighbour obviously did care about you because unlike what happened last weekend, the neighbour tried to call you first. I'm sure if they didn't get you they might have called the police, but at least they demonstrated love to you. That's fantastic when you feel that coming at you from somebody who you may not have even known very well. That's a lovely healing type of an emotion that you can also receive, certainly.

8.2. An example of a gay male dealing with his grandfather's sexual rage

Participant: I feel like I haven't stopped processing since last week, the angry activist. I'm wondering if you can help me with what's going on at the moment. I seem to have my grandfather's sexual rage and feelings of powerlessness associated with that, conflicting with my mother's anger at him. My mother was perpetrated against by him. I seem to have this war going on inside of me that I can't resolve. Now can you give me any clues about how I might help myself deal with that please?

Sure. Firstly, you're feeling a lot of your grandfather's sexual rage at the moment because your grandfather, as you know, is around you at times, and so you're actually feeling it from him.

Participant: And there's another thing, I was actually born on his birthday.

Yeah. So there are some significant things going on between you and your grandfather. Your grandfather does have a lot of anger towards the feminine, and he sees homosexuality to a degree as sort of a feminine thing rather than a masculine thing. So he's directing a lot of his sexual rage at you. So that's something that you're having to deal with.

Then I feel Brian, that you sided on your mother's emotions. You have a deep commiseration feeling, I suppose, towards women and the fact that women have been abused - because as a homosexual male that's often what's been aimed at you. So you can deeply relate to a woman's sexual abuse, and to a degree this is what's attracting your grandfather's feelings. So the key for you is to go into your emotional sadness and grief about how you've been treated as a homosexual man and allow yourself to fully connect to those emotions.

The other feelings you're feeling are actually your grandfather's feelings towards you. So you can talk to your grandfather about what he's done; you obviously have a spirit connection, so you can talk to him about what he's done. You can talk to him about the fact that he needs to go away and feel his own sexual rage towards women, and work through that emotionally rather than projecting it at you, because that's what he's doing at the moment. [02:24:21.15]

Participant: Yeah.

9. Discussion with a participant, Jenn, who was angry and blaming others

Participant: This morning Graham and I had some things happen for us. I wrote it down, is it alright if I just read it?

No. I want instead for you to come up here, and I want to talk to you about another issue. (Applause)

Participant: I'm really scared.

I know. I don't bite. You're worried that I do though! (Laughs) Sit down. Do you remember yesterday, in "Anger is Your Guide: Session 1", when you were talking to me up here?

Participant: Yes.

Do you remember what you were saying to me?

Participant: Lots of it, yes.

Do you remember how when you started you said to me, "You're Jesus," and then off you went. Do you remember that?

Participant: Yes.

What do you feel about that now?

Participant: That you can't help me. That in reality you're just a man doing a job and I've got to do it for me.

Yes. So can you see how you were expressing your rage really in that moment towards me? What you were doing in that moment, you were saying I would somehow be able to fix this in you. Can you see that?

Participant: Yep.

There was that expectation in you that I somehow fix something in you. So that was an expression, even though you were crying, that was an expression of anger, you were ragefully crying in that moment. You were actually wanting me to fix something, rather than you actually feel the painful emotion you were experiencing.

Now the next thing that happened after that was that you did exactly the same thing with one of your sons. Remember one of the things you said with your sons was you asked him how he was doing and he turned around and he got angry with you, and remember you were crying about that? [02:27:16.26]

Participant: Yeah.

But actually that was just masking over some rage towards men as well. What you were masking over there was the fact that you had created this rage within him and now you're upset that he's doing it to you and you want him to stop. That was the emotion.

Participant: But I gave him permission to be angry.

No you didn't. I know verbally you did, but from an emotional perspective you're saying to him, "Please don't be angry with me son, please don't be angry with me son, this hurts me." That's the emotion that was coming from you towards him in that instant. That's why he reacted to it. So what was happening there was again a

denial - you were expecting your son not to be rageful with you because you didn't want to feel the pain of your own emotion.

You remember then you said a similar thing about God, soon after that in the conversation? You felt angry with God that God has created this system where you did things, do you remember that? Where you said you did things to other people that harmed them and you did them unconsciously. Now what you were doing in that instance was you were blaming God for the pain you were feeling. And in every one of those instances, you were not going to fully allow yourself to feel the pain itself. Can you see what I'm saying to you?

Now I didn't raise this with you yesterday because you weren't in the space where I could say these things, you're more in the space today where I can say them. But what was actually happening in almost that entire interaction there was a projection of emotion in every single case of anger towards me, God, your son and instead of you allowing yourself to completely feel the pain you were in.

Participant: So how do I get to that then?

Well the issue is that you're still not fully willing to feel that pain without feeling like that someone else is to blame for it. Do you follow me? See at the moment there's still this feeling in you that your parents are to blame for it, that God is to blame for it, AJ's to blame for it, Jesus is to blame for it, your son's to blame for it, but there's not this full feeling in you that actually, no one is to blame for it - I've just got to feel it. Do you see the difference? I've just got to feel it without projecting the blame, without projecting the desire for someone else to take it away from me.

Participant: If you're telling me that in that moment of being so broken down, I still wasn't feeling the depth of my pain, then I don't understand.

I know, but that's what I'm saying. Because at that moment what you were doing was you were projecting anger at God, at me, at your son, at your father, but you were not yet at that point fully experiencing the grief of the emotion itself, the pain of the emotion itself. What true repentance is, is feeling the pain of the emotion itself. The pain of the emotion that you were experiencing yesterday was that you have harmed other people. That was the feeling you had, you've harmed your sons. That was the feeling you had. But instead of just feeling that feeling, you were blaming God for it, you were blaming me for it and wanting me to take it all away from you, you were even blaming your son, you were blaming your father, but you weren't allowing yourself just to feel that you, not them, you had created harm in others.

Now when you allow yourself to fully feel that you created the harm in others without feeling blame for any single other person, then you will be repentant and

that's when God's Love can reach into you and take away the causal emotion. When you're prepared to feel the pain of everything you have caused, that's when God's Love can enter in you and pull out the causal emotion. Until that time you'll be going through this cycle. [02:31:46.03]

Participant: I'm not sure I can believe you though.

I know. But that's something that you'll have to work out between yourself and God.

Participant: And this is the first time I've got to the reality if you like, because it's real for me, that I don't actually believe you.

Yeah, that's right. And this is why you reverted to ...

Participant: It's not that I don't want to.

I know that.

Participant: It's not that I don't want to repent; it's not that I don't want to own it.

It is.

Participant: It isn't.

It is.

Participant: I know I've hurt others ...

No, no, stop for a moment. Your actions yesterday proved that you don't want to own it. Your actions were blaming God, blaming me, blaming your son, blaming your father but not feeling the damage you have done to someone else. Those were your actions yesterday, which is proof in fact that you don't want to feel that particular emotion.

There are other emotions that you have wanted to feel, I'm not saying this is right across the board, I'm saying with this particular emotion, which is the emotion that you feel, it's a Law of Compensation emotion that you have damaged your own children. The truth is that you do not want to see the extent of the damage nor do you want to feel it, inside of you.

9.1. Developing a desire to be repentant

Participant: Okay, so what do I need to do?

Well pray to God about the desire to feel it. Whenever you're angry with God or you're angry with me or you're angry with your son or you're angry with your father, that's when you're demonstrating the desire not to feel it because remember anger is the thing that's suppressing the emotion, that keeps you away from the emotion. One of the statements you said to me yesterday was, "If this is how much pain I'm going to have to feel, I don't want to feel it," and I said, "Yes, Jenn, this is how much pain you're going to have to feel, and you are going to have to feel it if you want to get closer to God." That's the statement I said to you in return. But you didn't hear that very well yesterday.

The key is to allow yourself to fully connect with the grief inside of yourself. There's no blame coming from me here, it's just me saying to you, fully connect to the grief inside of you of what you've created. [02:34:12.16]

Participant: I'm afraid, AJ.

I know.

9.2. Working through judgement towards truth

Participant: The one person who's really close to me that I've let get close to me calls me damaged and he judges me.

But aren't you damaged? Aren't I damaged?

Participant: I don't know.

Well I've mentioned publicly all of my damage, so yes I'm damaged.

Participant: That means to me that I'm damaged, you can't fix it, you can't ever be healed ...

This is your emotion now and this is a good emotion to connect to because it's what you believe, but it's not true. The truth is I am damaged but also the truth is I can heal. That's the point of us doing this, Jenn, because in the end we can all heal.

Participant: I'm so afraid of the judgement.

So let yourself feel that fear and work through that - what it means to you. You can get through this just like anybody else can. But when somebody says to you, "You're damaged," it's true, they're right - you are damaged. And if someone says that to me ...

Participant: But it's a judgement.

Well no it's the truth. It's a judgement if the person looks down on me when they say it. But the truth is I'm damaged, you're damaged and every single person here is damaged. And I'm not judging anyone, including myself. I'm just stating the truth. But if I say, "You're damaged, Jenn, and you're a bad person," and I look down upon you and I have that feeling coming at you, now I'm judging you. Now if you feel judged from me just saying that you're damaged then you're just feeling your own judgement of yourself about you not being perfect. So feel it, because that's all it is, it's not real, it's just your judgement of yourself, so you need to feel that feeling. It's not the truth though. [02:36:20.23]

The truth is that you, just the same as anyone else, can release all of this damage. And all of us here will at some point in our future lives become perfect, even though we're damaged.

9.3. Developing a desire to be repentant (continued)

Participant: It's really scary for me; I feel fear, okay, right now.

Good.

Participant: I felt it when I walked down towards you. How do I go from there to connect to the desire of what you're presenting to me. What do I do next?

Well the first thing you do is release the fear. So when you go back to your seat in a second, have you got a notepad with you or something like that? Get out that and start writing down what you're afraid of now. The truth is that you are afraid that I'm not really who I say I am. The truth is that you feel that if you deal with your emotions it might not work, that in the end you might be dealing with the emotions and doing all these things I'm suggesting to you and in the end that it might not work. And the truth is that you feel that if you deal with these emotions that you'll finish up losing the relationship that you're only just trying to get. The truth is that you have a lot of fears still about these things. Allow yourself to acknowledge them, write them down.

Participant: But specifically about my sons. I need to get to the next step, okay.

So what are you afraid of with your sons?

Participant: Everything.

You're afraid you've done so much damage that they'll never recover.

Participant: Yes.

Yep. Well I can assure you that when you release the damage within yourself, they will begin to recover. That's the truth. So that's what you need to do but at

the moment the thing you need to do is just feel the full extent of the damage to your sons.

By the way this applies to all parents - allow yourself to feel the full extent of the damage to your children and pray to God, ask God to forgive you for that damage and you will find that God can then, through love, just grab hold of all that causal emotion inside of you that may take a hundred years for you to deal with any other way and God will be able to just help remove that from you. Allow yourself to do that. So what I'm saying to Jenn applies to all parents here and really all people who've had an interaction with another person that's damaged them. Allow yourself to feel the pain of the damage but take that to God and you'll find in that instance, it will be one of the closest moments you've had with God when you do that. [02:39:18.19]

Participant: My son Geoffrey left and went home in the car with Nicholas, my other boy, and they had an argument. Geoffrey exploded and beat the dashboard and broke his wrist and at the same time as I was up here. Am I to blame for that because I wasn't fully repentant?

There's a direct relationship between their interaction and what is happening with you emotionally. I'm not saying you're to blame - obviously he is an adult man who can fully not bash the dashboard of a car if he chooses to not do it. But what I am saying is there is a direct relationship between the emotions that you refuse to process within yourself and what happens to them. So allow yourself to see that. Their argument was caused by emotions in them that you partially created, when I say partially, there was an absence of a father that created it as well, not just you.

Participant: But that was my decision anyway.

No that's fine - the key is for you to just see the damage you've done and allow yourself to fully experience it. When you do that and direct that to God, that's when repentance occurs and that's also when Divine Love flows into your soul. Do you see what I'm saying?

I'll talk more about this subject when we talk about prayer and other subjects in the future, but I wanted to address this with you because yesterday you were in this state where you were crying and feeling some of that emotion, but there was lots of anger being projected while you were doing it and you didn't realise that. In your pain you didn't realise how much you were projecting at everything else.

Participant: No I didn't.

Thanks, Jenn. (Applause)

9.4. Spirit influence towards the group and through the angry participant

Participant: I just wanted to mention something about what Jenn said about judgement. I haven't been to a lot of these and have never met Jenn, but it goes with what you were saying about with the spirit involvement of last night. I was sitting further up the back and I noticed when Jenn was actually getting up the whole audience was quite drawn to her and the word that came to my mind was "messenger", straight away. As if there were also spirits entering her to come forward and do that. The reason why I think it's related to anger is it feels to me that she sort of doesn't really connect with it at the moment, because one after another it felt like it was alternate anger's spirit's anger coming out and hitting you with it.

Yep. That was exactly what was happening. Because Jenn was denying the anger within herself about those emotions, what was happening was the spirits in those instances were just connecting and giving me a barrage basically. I felt a lot more of it than what she was actually saying, obviously. But that was certainly happening.

Many of you when Jenn gets up to speak go into a state of contraction for different reasons and that's something for you to also look at emotionally. Why do you go into a state of contraction when Jenn speaks? Because you do need to have a good look at what is going on inside of yourself emotionally. Now the reason why I've been involving Jenn in a lot of these discussions is she is so open emotionally to be involved and I know she's triggering many of you while I'm doing it. Secondly she does have quite a lot of spirit influence at times that she is not aware of, and I'm involving the spirits in the interaction in this group through that mechanism as well. Besides the fact that I love her and I think she's going to do wonderfully on the Divine Love path. [02:43:24.00]

So if all of us can bear that in mind, is that in every one of these groups the reason why the emotions ebb and flow is because there is often heavy spirit influence at different times, and there are also often certain reactions within ourselves that are going on. Some of those reactions are positive and some of those reactions can be like upset, negative and angry and frustrated, and, "Why's AJ doing this?" and all those kind of emotions as well. So allow yourself to feel that while this is happening, allow yourself to note down your triggers if you like, the emotions that are presented to you through this process.

Participant: I sort of felt like she was more of a gateway into things being exposed but I know it's very painful for her. I was thinking that you can see it's obviously very painful for her to go through because it's happened through her but at the same time it's just unbelievable to witness.

Yeah those of you who weren't here Friday night, at " 20090424 Spirit Relationships - Mediumship & Healing Session 1", I mentioned to Jenn that one reason why that it's so difficult for her to determine the difference between her own emotion and spirits with her is that she is very, very open to hearing spirits. The reason why I identified an emotion in her, which she is yet to work through, and that is this emotion that she needs to be heard. And many of these spirits who are in lower conditions also have the same emotion; all they want is someone to hear them. All they want is someone to actually listen to their story. So that emotion connects with Jenn's emotion, which is why the spirits find it so easy to connect through her and state their stories. But unfortunately it also interferes to a degree with her processing of some of her own emotions.

9.5. Crying about effects rather than feeling real grief

One reason why I invited her up just now was because I wanted to identify to her and to you as an audience too, the times when she was not actually dealing with the emotion, but was actually projecting anger rather than dealing with the emotion.

There will be many times in your life where you're crying and you'll think you'll be dealing with grief but in reality you'll be dealing with anger because you'll just feel this blame while you're crying. So if you're crying and you're feeling blame towards others while you're doing it, like, "Why can't they help me, why can't she love me more?" you know, that kind of crying, I am not in a causal emotion. What I'm in is an effect emotion of anger that's actually preventing me from going deeper into the causal emotion. And I can cry for years and years and years about effect emotions like that. I personally have done that.

I've personally cried for almost seven years about a relationship, doing exactly that. Crying about the effect, "Why can't she love me?" instead of just feeling the feeling and actually feeling the grief about being unloved. In my case it was this feeling that nobody could ever love me, that I'm unlovable. [02:46:42.20]

So often times we're actually feeling the emotional layer that's above the real core. This is why many people have this feeling that if I emotionally process I'll be doing it the rest of my life. The truth is that if you emotionally process at the effect level you will be doing it the rest of your life.

So if I'm emotionally processing, and while I'm feeling these emotions and crying I'm actually blaming another person, right at that moment that is not a causal emotion, and I can do that for the rest of my life. My suggestion is don't do that, I did that for seven years or so and it's very, very painful. So don't do that, allow yourself to step to the level below that, which is no longer a state of blame and no longer a state of trying to punish somebody and no longer a state of trying to have

somebody else fix you. When you're in the emotion itself you won't feel those emotions.

9.6. Taking personal responsibility for every emotion within us

Participant: Does it mean that you have to get to being responsible for … like you say you can blame others and say, "Oh why did that happen to me?" and all that stuff whereas ...

I can feel your question. You want to know whether that means you've got to take responsibility for everything that's happened to you. Is that pretty much the question?

Participant: I feel that.

Yeah, you don't have to take responsibility for every event that's happened to you. The reason why is that many of the events that happened to you happened to you when you were a child and other people have full responsibility for those events. However you do need to take full responsibility for the emotion that you have decided to shut down within yourself as a result of those events happening to you. Can you see the difference of what I'm saying?

9.6.1. An example of sexual abuse

So for example let's say I'm a female and I - when I was three years of age - I was abused sexually by my father. Let's say that occurred to me. (The participant starts crying) Let's say that occurred to me, I don't need to take responsibility for the event because he does. He did the damage, he did the problem, he had the emotional injuries. But what I need to take responsibility for is allowing myself to feel the emotions of what that created in me. So I felt hurt by that, so let yourself feel hurt by that. I felt confused that why wouldn't dad love me and this is hurting me. So let myself feel that and feel that feeling. The instant you let yourself feel that feeling and talk to God about that feeling that's when God reaches in and says, you've got it now; I can help take that away from you now. [02:50:15.28]

Participant: I've had this for so long.

Yeah. And that's the key thing - let God reach in. The way that we let God reach in is by allowing ourselves to feel the underlying emotion. That's what I mean by taking responsibility. I don't mean that you have to take responsibility -there's this common New Age belief that I'm responsible for every event that was perpetrated against me. No you're not, I'm sorry but you're not. You're not responsible when you were three years of age for your father raping you. You're

not. But there are emotions that were created inside of you from that event that you've held onto up until now, and you are responsible in the sense that you need to let yourself begin to feel them. When you do and you pray to God about them, that is when God reaches in. See what God wants is the softening of our heart that we'll allow ourselves to feel our emotion. That's all God needs from us. He can do the rest.

9.7. An example of a participant judging Jenn

Participant: I just want to share a little bit more about reflections from Jenn from yesterday. Yesterday evening at dinner I was talking about some of the things that had happened here yesterday, and I got really, really, angry about the dynamic that went on between you and Jenn. Then I read the list of all of the causes of anger this morning, and then you drew all of the circles up there and I saw that Jenn was exposing that centre, and that's what I've been covering all these years with all of those layers of that circle, all the way out. I've just been operating all of them, and I was really mad at her for making me look at that yesterday. So I'm still unravelling that and in fact she's been trying to show me that for nine months, since we've been coming and working with you. I've had layers and layers and layers of resistance because she was exposing my source of pain. So I just want to say I see that now.

That's it. Whenever we have an emotion of judgement towards another person, there's usually something in this interaction that causes us to want to repel the person. I'm not saying that it's the same emotion they're having, but often what happens is that there is often some sympathetic or resonant emotion going on within us that's being triggered by this interaction.

So for some of you if Jenn gets up here and talks to me, you feel like she's stealing the limelight. Well that's the resonant emotion that gets triggered. For some others of you there's this feeling of like, why does she want to take all the time? So that's another resonant emotion that you'll find. You've probably had siblings or someone else like that in your life take time away from you or take a person's love away from you. This is the feeling you've had.

All of these types of emotions get triggered in us and the key is whenever we get into judgement to realise that hang on a sec, this judgement is just covering over lots and lots of stuff within me. It might not be the thing that you're judging that it's covering over but there'll be something related to the thing that you're judging, or the situation you're judging that it’s covering over.

Participant: I had a big feeling about all that. Okay so I've been kind of nibbling around the edges on this for the last few times we've been together and it wasn't until you made it out very clearly on the documentation yesterday, and when you drew those circles this morning, and I see how many years I've been

building those constructs - I'm seventy now. It was the clear way that you laid it out, it's like the whole thing just started to unravel.
Exactly.

Participant: So I'm really grateful for that because it's been running me for a long time.

And the beauty of the truth is that it immediately begins to unravel our soul problems - that's the beauty of truth. So if you can always remember, if you're struggling to unravel what's going on within yourself, it's because you're struggling with truth. So the key thing is to always get back to truth and that will always have the effect of unravelling you emotionally and getting back to the core emotions.

Participant: It was also the clarity of the diagrams that helped tremendously.

That's good.

9.8. An example of a participant who has started to be repentant towards her daughter

Participant: I just feel to support Jenn with a story that happened to me when I first met you. I really connected to repentance and truth. I was on my front veranda and I owned that I was actually really angry with my daughter for how difficult she'd made my life.

Which by the way she hadn't done.

Participant: And almost instantaneously I connected to what I'd done to create her difficulties and she has since given me some really amazing feedback on that.

Yeah that's great.

Participant: And within two minutes - this whole process was less than five minutes - my phone rang and it was Amber on the other end of the line and she said, "Mum, I've just had this realisation how difficult I've been and I'm actually ringing up to see how you are." And it can happen that quickly, that happened in the space of five minutes.

So it was once you began to feel the repentance of what you had created that then the emotions freed up in your daughter. This is how it works with our children in that when we fully experience the emotions within ourselves, that's when everything frees up on the other end. So when a person says to me, "What can I do to help my son?" or, "What can I do to help my daughter?" they are already not understanding one basic principle and that is you need to first focus on what

you have done, you created your son, you created your daughter, emotionally. You need to take responsibility for that, for the emotions and feel the creation, feel it completely. And then things will change. [02:56:45.23]

Participant: I was just blown away that all that happened within about five minutes. It's just like, wow.

Yeah it can happen so rapidly.

9.9. Taking personal responsibility for every emotion within us (continued)

Participant: I'm a bit confused and overwhelmed with the difference between taking responsibility and the Law of Attraction because conceptually, I've convinced myself that I'm not to blame for what's happened but I feel completely that I am because I believe in the Law of Attraction, and I'm really stuck now.

Do you mean to say you're to blame for what's happened in your own life or in other people's life? Okay. With regard to your own life, and this applies to every single person in the audience, and that is that everything that's happened to you had a beginning in you emotionally. Now because most of the beginnings happened way, way back in your childhood emotions, everything that you've done since then has been based upon childhood emotions, mixed with the personality you have and the decisions you made after those events.

Now obviously when you're little, I'm talking from pre-birth up to seven years of age for example, during that time what's happening is you're mostly reflecting the unhealed emotions in your parents and all the emotional damage you get is their suppression of you doing that. Now after that time in particular, and it's particularly that time because we start getting more and more self-awareness after that time, and so we start making choices or decisions based upon that emotional damage. And we gradually become more and more self-responsible for those choices or decisions.

So a person for example who has been sexually abused at three years of age, they are not responsible for the event of the abuse when they were three years of age, but if they're now thirty years of age abusing another person, they are responsible for the fact that they're now abusing the other person. So if a thirty year old man, for example, who was abused when he was three is now abusing another three year old, he is responsible for the decision that he makes there. It's the unhealed emotions that he had from three years of age and added to the decisions he then made that created his condition when he was thirty.

Now in terms of emotions, he is fully responsible for every single emotion that is inside himself and fully responsible for the feeling of those emotions. So he didn't create them necessarily but he needs to feel them. If he felt them he wouldn't even abuse the person when he was thirty. He would be feeling his own emotions instead and he'd be fully responsible for feeling his own emotions about what's happened in his own life.

So when I say emotional responsibility what I'm saying is we need to understand that the only person that can release an emotion inside of myself is myself. No one else can do it for me. But as soon as I have the desire and willingness to feel the emotion, I'll be feeling it and at that moment God's Love can enter us and assist the entire process. But if I'm closed down emotionally, I can't be assisted. [03:00:23.10]

9.9.1. An example of slaves who were in the hells of the spirit world

Remember in the discussion with the slave spirits yesterday, in "20090425 The Human Soul - Anger Is Your Guide Session 1", this is something that came up. They had been abused and tortured most of their life on Earth, and they were in the hells of the first sphere when they passed into the spirit world. And their feelings were, "Why am I here? This isn't fair, I was the one hurt." That was their feeling.

What they hadn't realised was that all they needed to do to get from that place to a new place was to just feel the grief of the hurt. That's all they needed to do, nothing else. Their refusal to feel the grief or the hurt is what caused them to be locked up in that place. So all God was waiting for them to do was for them to just open their heart to feel what actually happened, they just needed to allow that to occur, and then God could assist the rest of the process. But because of their refusal to do that, they had hardened their heart, they then focused all this anger and rage as a result of hardening their heart on the people who'd harmed them, and that caused their condition to not be able to grow, to remain stagnant.

And it's the same with us. Those slaves were not responsible for the events of the master abusing them. The master is fully responsible for that - he was fully responsible for their abuse. What they were responsible for was to feel their emotion, that's all. If they allowed themselves to feel that emotion, they would not have even attracted the abuse or if they had attracted the abuse they would not be angry about it. They would just be feeling their emotions and when they arrived in the spirit world they would have arrived in a place where they would have imagined themselves to arrive.

This same thing applies to us today. All we need do is just feel and choose to feel our causal emotion, that's all we need do. That's what we're responsible for. This is self-responsibility. That doesn't mean I'm responsible for all the bad things that

happened to me during my childhood, what it means is I need to be responsible for the emotion that's in me that I'm locking up about those events. And the instant I free up, that is the instant God can work with me. And the reason why it feels for some of us like God isn't working with us is because we're not allowing that to occur. We're just not allowing that process to occur.

10. Steps involved in opening up the soul

Participant: I have a question about expressing anger or expressing anger or emotions. Yesterday, in "20090425 The Human Soul - Anger Is Your Guide Session 1", when Ian was showing us his anger kit, he was wringing the towel as such and I thought he was wringing someone's neck.

Which is what he felt.

Participant: Yes. But previously you'd said about even if you think of harming someone you're causing yourself emotional damage, or soul damage.

Well actually what I was saying is if you are thinking of harming someone, there is already the damage in your soul that would create a murder. So for example if I'm thinking of harming you, whether I'm harming you or not, there's an emotion in me that's strong enough to create a murder. So my soul condition is judged by how I'm feeling, not by what I've done.

Now the first thing is if I deny I have any emotion at all of anger or rage within me, when I do have anger and rage within me, at that point I am projecting the most to my outside environment. You can experiment with this with your children if you want to. The instant you deny your emotion with any of your children they will express your emotion to its full intensity. The reason why is because when I'm in full denial of an emotion, I'm projecting that emotion to the world at large at its fullest intensity. [03:05:19.08]

The second step is that I come to have an intellectual realisation that I have a certain emotion. At that point I am now projecting the emotion at a lesser intensity than I was when I was in full denial. I'm still projecting the emotion because the emotion is still within me - it's still something that's within me, so I'm still projecting the emotion, but it's at a lesser intensity than it was when I was in full denial.

If I openly verbalise the emotion, I am now even expressing in a lesser intensity than it was before. So there's now a less strong emotion coming from me.

Let's say I have an emotion that I want to kill my father for what he did to me and I'm in total denial of it: that's when I'm projecting that emotion at its full intensity. Let's say I have a fleeting inspiration, "Oh I want to kill my father," an intellectual realisation - at that moment I'm now producing less feelings going out of me, that I want to kill my father. If I actually say, "You know what, I really want to kill my father," I'm now actually producing less of projection out to the universe again.

Then I need to start going through the next level of things, and that is the soul-based realisations. Remember the soul is always feeling-based realisations. Because when I have a realisation that I want to kill my father at a feeling level, I am going to be gutted by it. I'm just going to go, "Whoa, I never knew." You'll have some really strong emotional feelings and sometimes you may even have feelings of shame or guilt associated with these feelings of, "Whoa, how bad is this?" - that kind of feeling you have - that I never saw this in me before and now I'm seeing it. Now I'm actually projecting less again.

Now once I start feeling the rage, once I have a soul feeling of what's in there, so let's say it's anger or rage, I am now projecting it even less again while I'm feeling it. Now I'm not saying dumping it on them, I'm saying feeling it like Ian was demonstrating yesterday. I'm now feeling it even less again. When I say I'm feeling it, if you're doing it, this anger and rage, I'm feeling less from you because there's less coming projected at the universe around you when you're owning more of it.

1) DENY
2) INTELLECTUAL REALISATION
3) OPENLY VERBALIZE
4) SOUL FEELING REALIZATION
5) SOUL FEELING

Now there are many more levels I've got to go through here. If it's rage then I've got to have a feeling about what the rage is about and then I'll have to have a feeling about that underlying causal emotion. And when I get right down to the core of it, now there's nothing coming out of me and nothing that can damage anyone around me. So can you see that each step is like a step of opening?

You can think of your soul like a flower opening. Each step is like you opening and you're owning more of it and so therefore less of it is going out to the universe. And each change you make in this step is going to greatly aid everything going on around you.

So if you want to wring someone's neck and you actually physically do the sensation of wringing their neck, but not actually physically wringing their neck, but, for example, wringing the neck of the towel, while feeling I want to wring

their neck, you're actually in this state of feeling the soul feeling - its rage. That is far better than you doing anything above that. (AJ points to the list on the whiteboard). [03:09:47.17]

It's not better than you doing anything below that, because there's more you need to do. You need to get to the point that's deeper and deeper and deeper but how do you get to that point if you don't allow yourself to go through it? This is one of the things that a lot of the New Age teachings and a lot of the moral teachings of the Natural Love Path teach you to detune from - this process of sinking through it. They teach you to try and do it all at an intellectual level, which actually doesn't reduce the emotion coming from the person.

So quite often I meet people who say they've been doing New Age type things, or they've been spiritual people for thirty years, and I'm feeling this intense rage coming from them. There was someone I met recently who does grief therapy and there is this intense anger with his father that is coming from him. I don't know how people around him respond to their grief when he's got this intense rage going towards men. But he is totally unaware of it; totally unaware that the emotion even exists within himself, doesn't want to even acknowledge it. So he's in this place of denial and that's when everyone around him is getting the full burst of it. If he were in the soul feeling place least they'd be getting less of it.

But the problem is there's so much judgement about this place, the soul feeling a rageful emotion - there's so much judgement, there's so much hurt about feeling the emotion, there's so much feeling in people about that it's bad, it's wrong, or it's sinful. Yet it's the way or the gateway or the guide if you like into even deeper parts.

Now what I'm suggesting is we need to get into the deeper parts, you can't just stop at soul feeling. You don't stop in your anger, you need to get below your anger but you're not going to get below your anger while you're denying your anger. Just like you're not going to get to the soul realisation while you're wanting to not talk about it. And you're not going to get to talking about it while you're intellectually denying it. So allow yourself to sink through these places. And allow yourself to become aware, talk freely about those things.

11. Audience questions

11.1. An example of a participant wanting to take on her father's emotions

Participant: Hi, AJ. Just a question, talking about owning things and taking ownership on board of your own feelings, how do you stop yourself from taking on board other people's actions? Like with my father I look at his actions and

how he responds to people and I just think, oh my God, if you just did this, this or this, your whole life will be a lot better and I suppose I take on board that, and I think I want to fix it, but I can't fix him. But it causes a lot of rifts between us.

There's an emotional reason in you as to why you want to take on their life. The key is to allow yourself to start to feel the reason for that. Now usually the reasons are two fold in that there are two branches to it. There is usually a thing in them that you're seeing that you don't want to see anymore, which means there's an emotion in you of judgement about what you're seeing from them that you want to stop in them. The second thing is that obviously there's a Law of Attraction involved. So there's an emotion being triggered in yourself that you are wanting to stay away from. So often what we do is we focus our life on helping others in order to avoid emotions within ourselves.

This was a major problem that I had in the past where I spent a lot of time helping others and yet I was locked up with lots and lots of emotions. It's a major problem with why a lot of people enter the medical profession, or any of the helping professions, social working professions, or so forth because often their emotions are locked up in themselves, and they want to assist others to release because it's a way of avoiding the emotion within themselves. [03:14:07.22]

Participant: I sort of don't feel I'm avoiding because I just feel that, I just want to make it good for him because I know what it's like to have those nice relationships and I'd like him to experience that.

Why? He doesn't want to. So why do you want him to?

Participant: Because he's affecting other people as well.

Well there's that but also you're feeling responsible for him. So why is that?

Participant: I don't know.

Yeah, there's a childhood emotion there, why do you feel responsible for him? You've become the parent of your parent. And you know that, this is how you're acting - as a parent towards your own parent. So from childhood your parents made you responsible for their emotion.

Participant: Yeah, you're probably right.

Yep. So you now believe that you are responsible for their emotion. And one of the reasons why you are responsible is because that's the only time you get loved. See this is the thing you get back; the thing you get back is if he does do the changing, part of the change will be he loves you more.

Participant: Yeah, you're probably right there actually.

Yep, so what's happening is by you trying to fix his life, what you're really trying to do is get him to love you more. But he doesn't love you more because right from your childhood he's been making you responsible for his emotion. So you now as an adult take full responsibility for his emotion, and in reality that's an emotion inside of you that you need to heal. The truth is that you're not responsible for his emotions at all. But the reason why you feel you are is because if you don't take responsibility for his emotions, he will not love you in return. That's the truth - he hasn't loved you and he's not capable of loving you until he takes responsibility for his own emotions. [03:16:05.07]

Participant: Which I don't think he ever will.

And that's why you do it. Because if he never does, then you want to get him to do it so that you can feel more love.

Participant: But I suppose I just want him to experience what I've experienced with other relationships.

Well you want him to change for your own benefit actually.

Participant: But I don't depend on him for my own happiness. I don't because I've got a wonderful life.

I'm sorry but I'd have to disagree with you.

Participant: Okay.

There is a factor of your life where you are dependent on him for your happiness because there's a core emotion in there that daddy doesn't love me, daddy can't love me, I need to fix daddy so daddy can love me. And that's a very, very basic childhood emotion and you need to allow yourself to just experiment with that a bit.

Participant: What, experiencing not feeling the love? Is that what you're saying?

Yeah. Stop helping him and see how you feel. See at the moment the addiction that you have is to help him. If you help him you feel good about yourself.

Participant: Or else I'm mad at him. Because I go, "What do you do that for?" Or, "Why can't you say this?"

So stop getting mad at him and stop helping him and then notice how you feel. You'll feel guilt, guaranteed. And then drop down under the guilt and allow yourself to feel the emotions that you feel underneath that.

11.2. Removing addictions exposes underlying emotions

Just a general comment for everyone, if you take away your addiction, you will definitely at some point feel the emotion. Now you know how cigarette smoking is an addiction, if you take away the addiction of cigarette smoking, in other words you stop cigarette smoking, what will happen is you'll feel the reasons why you started it in the first place. Now a lot of people in that situation take up eating lollies or eating chocolate, or eating food, because that satisfies that addiction. This is why sometimes people who give up the addiction of cigarette smoking start getting larger, when they were nice and slim all their life, because they're just swapping one addiction for the other.

If you actually get rid of the addiction and feel your emotion, and I'm now not just talking about physical addictions like cigarette smoking but actual emotional addictions, things that you're emotionally addicted to - if you give that up and just allow yourself to feel your emotion, you'll rapidly get into some causal emotion. It'll be a very, very good way to access casual emotion.

11.2.1. Getting sick when giving up an addiction

Participant: AJ, is that why some people give up smoking and then they say, look I never had a cold for twenty years, and now I'm sick all the time?

Yep. Colds and flus affect the chest area obviously and usually the chest area is a deep cause of a broken love feeling inside of a person. One reason why people who smoke get lung cancer is a heavy suppression of chest-based, or if you think about it, heart chakra based emotions, which are all based around the giving of love and the receiving of love.

So yes, the person who gives up smoking will often get colds after that because the emotion of being unloved is starting to get triggered in them, but they're still trying to deny it. Before they could deny it with the smoke, now they can't deny it so now there's a physical symptom and that will continue to occur until they start allowing the grief to occur. And so there is a lot of tie up between physical addictions and emotional addictions and then the underlying emotion that they're trying to wrap in cotton wool and avoid.

11.3. An example of a participant connecting to others' emotions more easily than her own

Participant: I started feeling like I was experiencing emotions at the end of last year after Cornelius's talk.

Yes. You really connected to some emotions then, didn't you?

Participant: Yep and I felt I was doing quite well with it over about five or six weeks but then thought I was just piggy backing off other people's problems or emotions and that I should be feeling mine. And I started accessing not nearly as well but doing some.

Can I just address that firstly? When we feel emotions that other people are feeling but can't feel our own, there's some really core belief systems that are going on within us and core fears. Many of you will find that when somebody comes up here and starts expressing their emotion, you can connect with your emotion, but when you go home you don't seem to be able to connect to it anymore. Do you notice that? If you're noticing that, and that's a common issue that a lot of people have, if you're noticing that occurring, then it's because there's a feeling you have towards yourself that you don't have towards that other person who you're connecting with. [03:21:51.28]

So for example, when Cornelius started describing some of the emotions that he was having, about anger and this terrible shame that he was feeling about himself and his actions in the first century, many of you really connected with that, didn't you? So many of you had this grief come up and many of you in the audience at the time or watching the DVDs of "20081011 and 20081012 General Discussion - Interview With Cornelius" may have felt that grief. What's happening there is you view Cornelius as more important than yourself. That emotion is actually inside of you but you're not letting you feel it and you can only feel it if somebody else is feeling it, which means that you do not value yourself enough to feel it.

So that's the first issue that your facing. One of the major primary emotions that you face is that I'm not allowed to feel my own emotion unless someone else is in agreement with my emotion. And can see you how that relates to your childhood as well?

Participant: Or just not allowed to feel my emotions.

Not allowed to feel your emotion, which is definitely a childhood relation. There is a childhood relation between how your mum and dad view their own emotion and that's what caused you to suppress your own emotion.

Participant: They taught me everything I know.

They taught you everything you know. Exactly. So do you understand? So the reason why you were feeling your emotions for six weeks or so is because you were doing as you were saying, piggy backing your emotions on top of others. So them experiencing an emotion meant that you could experience your emotion because they gave you validation to experience your emotion.

Participant: Yes and they were the centre of attention, not me.

Exactly. So now what you're trying to do is swap it over so that you can be the centre of attention of dealing with your emotion. And because of that other emotion, which is the emotion of I'm not worth anything, you're not allowing yourself to feel the emotion. So that's the blockage. So the key is now to talk to God about how much you feel you are personally worth and how much you feel whether your emotions are worth anything, and start investigating why you value other people's emotions more than your own. Let yourself start investigating that emotionally.

So pray about that, start allowing yourself to feel why it's so easy for you to connect to something if someone else's connecting while you've got that validation. You'll find there is a list of fears in there, so if you do some kind of a fear list and list the fears you have about your own emotion you'll find that you'll access some things there. Now can you continue with what you wanted to? [03:24:47.23]

11.4. An example of a participant who is emotionally shut down by her mother

Participant: So I seem to be having some small success accessing my emotions.

Good.

Participant: I go to the spiritualist church and at the next Sunday after that started, the clairvoyant Tom came to me and said that the church was filled with spirits and they were all excited about the work I was doing and that basically good things would happen and the church would get bigger and all that sort of stuff. And then before the next Sunday I'd actually broken my leg, and that meant I couldn't cope at home and I went and stayed with my mother for a couple of months. I wasn’t able to get into it very much there, at all. Although I tried, I watched the DVD's a lot. And when I got back home I thought I'd just be able to go back to where I left off when I was at home but I just seemed to be really ...

Shut down.

Participant: Yeah.

It was an interesting Law of Attraction for you. The breaking of the leg meant you had to stay with your mother, and it's your mother that shut down your emotions. So while you were with your mother did you find yourself closing down truth with her? Did you find yourself not being able to express the truth to her?

Participant: Well that's what I normally do, just shut down and just let her go. But this time I sort of would either stop her or interrupt her and say what I thought was happening.

Good. And how did you find that? It was pretty pointless wasn't it?

Participant: Well it was actually very volatile.

Exactly.

Participant: Yeah, but she's probably even more locked down then me.

Exactly.

Participant: I don't know but she tends to get angry and stay very calm sounding.

So she's very angry, calm anger, like many parents do this like real calm anger. I'm calm but really I'd like to kill you: that kind of anger.

Participant: Yeah or oppose her opinion of it upon me.

Exactly.

Participant: In a very calm way and then I'll react by getting angry and yelling. So she actually started getting a little more loud when I kept insisting on interrupting what she was saying.

Awesome.

Participant: I thought so actually.

Yeah, very awesome. But what actually happened inside of you was this - you came away feeling that it was pointless addressing any issue with your mother, that's the feeling that you had. And because your mother didn't validate your feelings, you now also feel that it's pointless addressing your own emotion. So that's the feeling that you have that you came away from your mother with, this feeling that mum's never going to agree that these things I'm saying are true. So if mum's never going to agree with it, what's the point. Are they even true?

Participant: I think yes she probably wouldn't, but I wanted her to be able to.

Yes, definitely. And what's the feeling when you tried addressing these issues with her, she just gets angry, the whole thing looks pointless, how did you then feel?

Participant: Well her whole life's been like that but she's not going to listen to me telling her what I think she should do.

So your feeling is, I'm not being listened to by my mother, my mother doesn't care about what I'm feeling or going through. Can you see there are quite a lot of emotions that are there but that you've come away feeling pointless about accessing yourself?

Participant: Yes, I guess, and it's partly because I feel that she's so locked down she's not going to be able to.

But can you see what you're saying in this - you're actually saying that you're not able to feel your feelings because she's so locked down. That's really what you're saying. This is a childhood belief actually that you have.

Participant: And I guess it's also that, yeah, she's more important, that I've got to try and help her have the realisations that I've had before that I can continue on.

That's right. So what's happening with your suppression of your emotion at the moment is you've got this layer of if mum doesn't want to do it or if mum doesn't agree with it, then there's no point in me doing it unless I've got her doing it too sort of thing. But also this feeling of … I'm just trying … sometimes I have trouble actually stating the feeling in words - Mary's better at this than I am. But I'm feeling a feeling from you with regard to your mum that I'm having difficultly actually describing it. It's this feeling that, it's a very childlike feeling that unless she agrees and approves, that it's not valid. [03:30:19.18]

Participant: I suppose she sort of interfered in my life, all my life.

Yeah, I can imagine so.

Participant: And usually I do things and could do them because I didn't tell my parents and therefore they didn't spend the next six months ...

Trying to tell you not to do it.

Participant: Basically. Or finding out I'd done it and telling me I should have done it in one of five hundred different ways.

But not the way you did it.

Participant: That's right. Exactly. But I suppose having the head to head with her there when I was there; it sort of made me feel like I had more of a backbone.

Yes, and this is why it was very good for you. It was very good for you in one sense because you stood up for yourself with your mother, for really, the first time in your life. However, the part that wasn't so good was you came away with the feeling of this childhood feeling that you're not letting yourself get into, and that is this childhood feeling that unless your mum approves of me doing it, then it's not valid. It's not real, it doesn't really make any sense unless she approves.

Participant: That's underlying the feeling that I actually did quite well - I sort of feel more like I'm my person now but obviously there's other feelings underneath it.

Yeah, what you're avoiding emotionally is this deep grief that for the majority of your life you've actually unknowingly done exactly what your parents wanted you to do, even though you've tried to do exactly the opposite. There has been this underlying emotion there driving that, most of the decisions, looking for their approval and never having it. And so there's this deep grief that mum's never going to approve of me that you came away from, after spending two months with her, but not allowing yourself to feel. So allow yourself to just drop into that feeling.

Now at the moment it was good that you stood up to her because that means you were starting to have some self-worth, but what needs to happen now is allow yourself to feel the grief that mum is never going to approve of you. The way I'm saying it is not quite right. There's this feeling that you have that as far as your mum is concerned, you're unlovable in her eyes. There is something intrinsically wrong with you that mum would never be able to love. [03:32:59.03]

Participant: I suppose that's just I'm not good enough.

Well that's what drives the emotion of being not good enough.

Participant: There was a hat put on each of us as children and I was the one who needed help all the time. My brother was great, you know, my sister is very ...

You were made to feel like that no matter what you did, it was not going to be enough.

Participant: Because even if I did manage to do what they wanted or said what they wanted, they would still judge it negatively.

Yeah, or that it wasn't done the right way. And while you're saying all these things, I can feel you disconnecting from the emotion of it. So what's actually happening right now is that while you're saying the words, you're at this stage of intellectual realisation of what it's about, but still not letting yourself actually dive into the pool of the emotion of it. And that's the thing to pray about. Ask God about helping you through this fear of getting out of the knowing what it's about and into the feeling what it's about. [03:34:09.07]

Participant: Right. Thanks, that's been helpful.

No worries.

11.5. An example of a participant with diabetes

Participant: There's another part to it. I think part of the having broken my leg, because I've been an insulin dependent diabetic for thirty-five years and ...

When did you first get diabetes?

Participant: I was twenty when I was diagnosed. And at the moment it's just all over the place, I've been having hypos and people have had to call an ambulance and stuff like that. And it's I suppose just before I broke my leg, I was glad it happened in the beginning because it meant the condition seemed to be improving but now it's more or less pretty much unmanageable more than anything else. And I'm assuming it's partly to do with everything else that's been going on.

There are probably two primary things to look at with your diabetes. The first one is that you have an emotion within you that began when you were around twenty years of age and it caused the shutting down of the pancreas, in terms of what's happening inside of your body. It's a fear-based emotion. If you look at some of the events surrounding when you were twenty, it may help you actually identify the emotion that you're afraid of.

Unfortunately what happened at that time because of that fear, a spirit, who was also in a similar state to you, became attached to you. So my suggestion is maybe to go to a person who can do spirit removal work or pray to God for the removal of this spirit. It's going to have to be a longing in your soul to remove it and then to deal with the underlying emotion inside of you that created the attachment. Allow yourself to feel what that's about. And then talk to this spirit who is actually attached to you and is using your body in the same way that you're using it, in order to pump you full of adrenalin, in order to stay away from the emotion of fear and terror that you have. So let yourself connect to that emotion and then also talk to the spirit who is with you and hopefully the spirit will disconnect, and if not it is easy enough to remove that spirit at some point.

When the diabetes becomes unmanageable it's because the two of you are both interacting with the pancreas, into that area of the body, the third chakra area of your body, and that's what's causing that part of your body to become unmanageable for one soul. So it's good for you to work through the emotion but also to remove the attachment. I've met quite a few ladies who've had spirit attachments with regard to diseases – like diabetes - and usually they're resulting from some fear-based or terror-based event that occurred that they didn't release the emotion of fully. [03:37:08.02]

Participant: Alright. Or disaster sort of ...

Or disaster based. You can relate to that ...

Participant: Yep. Thank you.

Good-o. (Applause)

Participant: It's about the lady, when you were saying she wanted to get permission, approval from her mother, wouldn't permission be more …

Permission and approval, but there's quite a different number of different emotions in there about mum, yeah. (Applause) Thanks.

11.6. Reasons for difficulty with accessing causal grief

Participant: My question came up when Jenn was up before, because when she was feeling through getting to where she was, I saw her block, I saw where she was stuck, and it reminded me of where I was yesterday and where I've been most of the time, most of the time stuck on this thing. And it's sort of the question of, now it's all washed past my mind now, all this stuff, like that whole discussion then, I feel like I hyperventilated my state of being, into this alternative state where I got all these tingles through my whole body, that's been lasting for the last half hour. And I've just had this feeling that there's a bunch of spirits around me that are hanging around waiting for me to ask this question. I feel there are a lot of spirits there as well, the question is, why is it so hard to volunteer in that moment when there's the block, when you're totally stuck and I feel like, okay I felt grief before and everyone here has grief. Everyone wants to get to their grief, but that desire to get to the grief, and then in the moment, like, if we take that to God and go okay God, help me with this, come on I want to get to the grief now because I'm sick of talking about it. Why is it so ... I can't articulate it, my minds washed.

Why is it so hard to actually feel the grief when you feel you want to feel it?

Participant: I feel I want to because I felt grief before, I know what it feels like.

The actual feeling of the grief doesn't feel bad, it feels great. I feel like I actually enjoy feeling grief. And I know I've got grief, why is there this big issue of getting to the grief right now?

That's a good question. With every single emotion, while grief is the healing emotion on the majority of occasions, the type of grief will be linked to events, which are linked to different belief systems. The problem is usually that it's not so much the grief that we're afraid of experiencing, but this particular type of grief or what it's actually connected with. So to give you an example, you may have no trouble at all crying about how someone else has been hurt. But you may have terrible trouble crying about how you've been hurt. In both cases you might cry the same amount even, so you're not scared about crying, it's what you're crying about that you're afraid of accessing.

So the majority of times what's happening inside of us is that we are dealing with different groups of emotions, some of which we are more afraid of than others. And it's the one's that we're more afraid of that we have more locked up grief about generally. And that particular facet feels worse to us at that moment and that's why we can't access the grief, even through we've cried before.

So for example, I've cried many, many times about all sorts of issues, but there's one issue, which is an issue about God that I've currently got that I'm working my way through that I'm still having trouble accessing the grief of, because for me it feels like the grief is so big that I'm going to die from feeling this grief. Now I have felt that way with all the other grief's I've felt too, and I didn't die, but that's not helping me get to the bottom of this one. I need to just allow myself, to keep reminding myself, that I've got this issue with God, it's about grief, pray about it, keep praying about it, and eventually the desire will be greater than the fear. When the desire is greater than the fear, you will instantly experience it.

11.7. Allowing bodily expression of emotion

Participant: Is this hyperventilating experience getting through any block to getting to what I'm trying to get to? Or what's that?

It could be, and that's why you need to trust a lot of what the body is doing. There are a lot of really good therapies available today that connect you to your body and actually allow you to trust what the body is doing. So allow yourself to trust your body. So remember yesterday when you were up here and you started to shake, if you trust that feeling that's in your body, you'll get to the emotion that that shaking was all about. Then you'll get to the grief that was underneath that emotion. [03:42:44.23]

11.8. An example of a participant with a fear of spirits

Participant: I feel like there's a lot of fear because, like I said before to you once, I'm like an extremist, like Mary. Like right now I've taken on the vegan challenge. And my theory is, okay, well that's probably doing something physiologically to make me hyperventilate, that goes along with the whole feeling that this is a cult and that one of the tactics is to get you hyperventilating and all that, to make you feel like you're not in a nice space with spirits around you, and there are fears there.

The truth is when you stop eating meat, there will be more spirits who can connect to you and your spirit connection will be stronger. The problem with that is if I'm holding on to an emotion, then whatever the attraction's going to be, I'm going to feel those spirits with me, and feel them stronger. So yes there will be a resolve to that.

So the key is to understand that with everything that happens to you as you refine yourself and bring yourself more morally into love, what would be love, what's going to happen is there will be changes in your body and there will be changes happening to you with regard to spirit connection, and that will certainly have an impact on you and the way you process emotions. And you have quite a lot of fear related to spirits related to your childhood.

Participant: I watched that movie you suggested last night and it freaked the shit out of me. And I said I'm going to deal with that last, I'll do everything first.

Right, well it's highly unlikely you'll do that. You'll probably deal with that next I'd say, the way you're going.

Participant: Oh shit! (Laughter)

That's probably what this is related to. This deep fear you have about the spirit world, which is what began in you at quite a young age because of some of the things you saw then. So allow yourself to just work your way through that emotionally.

When you feel terror, and this applies to everyone, you will be shaking and you will be feeling terrified. Pray to God, remember every single time pray to God through things. Pray to God through things. Don't neglect that relationship with God and that will help you through everything. So as long as you connect with God and allow yourself to maintain that connection you'll get through absolutely everything.

Participant: So if I want to deal with whatever my Law of Attraction is right now, with this whole situation, what's your suggestion? Because I do feel stuck. Would I need to leave the building and go deal with some stuff to get into it, or what?

Well no, what you're feeling at the moment is, you are feeling some fear inside of you and that's what triggers this, "Is this a cult? Is this a thing? Are they mind controlling me?" and all that kind of stuff. It's the fear within you that's triggering those thoughts. So just allow yourself now even bodily, and you can feel yourself starting to shake and everything, allow yourself to experience the fear. So I've had to do that many times myself, to get through that phase.

Participant: And if the fear is there because there's a casual emotion and you say that we can ...

But this is actually childhood fear and you will need to experience it.

Participant: Okay. So that's in a way in itself a causal thing?
Yeah you can tell by how you're shaking and how you're twitching and your body is moving around, usually that's an indication that's a childhood emotion that's been suppressed. So allow yourself to experience that childhood emotion without resistance. That's the key here. It's not an adult thing where you're trying to be afraid of something in order to deny something else. This is a childhood feeling of fear or terror that you will experience.

Participant: Okay. Thanks for that.

12. Closing words

Thank you very much today. I hope today has been a little bit more informative about how you can use your anger to dig down. And also what's underneath; starting to see what's underneath those feelings and emotions you have. I'd like to thank very much everyone's personal comments and participation today - it's been really good. I'd also like to thank you very much for your donations over the last three days too, because they've been very helpful to Mary and me as well.

So thank you very much for that. Thank you for your time. (Applause)

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