

DIVINE TRUTH

FEAR

Divine Truth

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

Preface and Compilation by Pat Stewart
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Preface

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

This book is a transcript of seminars from the Human Soul series from the [Divine Truth](#) website called Fear Revisited and Fear Processing focusing on how to experience and release fear and other blocking emotions.

The seminars used for this compilation are:

- Fear Revisited S1P1 – [Oct 24, 2009](#)
- Fear Revisited S1P2 – [Oct 24, 2009](#)
- Fear Revisited S1P3 – [Oct 24, 2009](#)
- Fear Processing S2P1 – [Oct 25, 2009](#)
- Fear Processing S2P2 – [Oct 25, 2009](#)

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

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Fear Revisited 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 (or fears) 1 John 4:18. “Perfect Love throws fear aside”
- Read: Padgett Messages. Volume II, page 188. Apostle Andrew “Divine Love casts out all fear”
- We heal naturally if we are allowed to grieve completely, but fear prevents the grieving emotional experience FEAR – False Emotions (Expectations, Beliefs) Appearing Real

The Reasons For Revisiting Fear

- Most people on the Divine Love path are still avoiding emotionally processing their fears
- Since most are denying their fears, they are also getting angry, which indicates that fears are dominant
- When we live in fear, we attract events that continue to trigger the underlying emotions we fear experiencing
- So we want to revisit the issue of fear, and give more practical assistance on how to release it
- All fears/terrors can (and must) be emotionally processed along the Divine Love path

What “Professionals” Say

Professionals suggest several different stages of fear that are completely natural in dangerous situations.

1. “Real” fear, or fear based on a real situation. Eg. Being hit by a car while crossing the road
2. “Realistic”, or possible fear. Eg. Waiting to cross a busy road for safety reasons
3. Exaggerated or emotional fear Eg. Not wanting to walk near a road for fear of being hit by a car

God says “There is nothing to fear, danger has been your creation!”

God created the potentiality of you feeling sad, but when at-one you will never be sad

God created the potentiality of you feeling suffering, but when at-one, suffering ceases

God created the potentiality of your feeling fear, but when at-one, love conquers all fear

What Does Fear Cause?

- Fear causes us to base our future decisions on what happened in the past
- Fear is usually the cause of all anger (even childhood anger is the result of childhood fear of emotions) Fear prevents us from emotionally accepting the Divine Truth and living in Love
- Fear prevents us from being able to exercise our desires in a pure manner Fear causes us to “bury our head in the sand”
- Fear causes all physical pain

Why Do We Fear?

- Fear is the result of not emotionally understanding God’s Truth
- Fear is the result of emotionally believing lies, fear is **false** emotions appearing **real** to us
- Fear is the result of not loving our emotional pain
- It is almost impossible to intellectually avoid fear without emotionally closing yourself down completely
- All fear we feel now is the result of unexpressed old emotional experiences

Primary Intellectual Responses To Fear

- We deny we have the underlying emotion
Denial “It’s not really happening!”
- We intellectualize away the underlying emotion
Repression “It never happened!”
- We live in harmony with our underlying emotion so it appears like it does not exist
Conversion “I just avoid situations that make me uncomfortable, or do something else”
- We blame other people for our emotions
Projection “I only feel afraid when I am around you, I’m not afraid when I am by myself”
- We disassociate from causal events
Disassociation “I don’t remember what happened”
- We minimize our emotions, saying that the emotion does not govern our lives
Minimization “I am afraid sometimes, but it’s no big deal, they are only minor fears”
- We justify our emotions, saying that everyone has them
Justifying “I am afraid but everyone is to some extent”
Fear becomes our dominant state, and we act upon our fears to minimize them

Primary Emotional Response To Fear

- The primary emotional response to our fear is ANGER
- When we are angry, we need to remember that we are really just AFRAID We can always ask ourselves: “What am I afraid of?”

The Primary FEAR Beliefs

Remember fear beliefs must be experienced if they are to be released from the soul

The primary personal fear belief is:

- I am not capable of coping with the overwhelming experience of ALL powerful causal emotions (I will die; go crazy; go insane; be committed to an asylum; be condemned; be rejected)
- When we believe this, we become terrified of experiencing our emotions, and do everything we can to avoid the causal emotional experience
- Other linked beliefs include; My emotions will never end; There is no point to experiencing my emotions

The primary personal fear belief about God is:

- God does not care for me or does not exist at all
- (I am alone; I am on my own; I am without help; I must be self-reliant) When we believe this, we feel we are totally alone; without help of any kind.

The Primary TRUTH Beliefs To Develop

- Remember Truth beliefs must be experienced if they are to be accepted into the soul
- Truth cannot enter the soul emotionally while the error exists within the soul at the same time

The primary personal Truth belief to develop is:

I have been created to experience ALL emotions; including overwhelming powerful emotions

‘When children trust themselves to handle painful feelings – fear, anger, sadness – they gain an inner security that allows them to embrace the world in which they live. With greater tolerance of painful feelings, children become free to enjoy their world, to feel secure in their abilities, and to be happy!’ – “When I Am Feeling Scared” By Trace Moroney

‘From all this you may understand that we spirits who know the truth have a great work to do, to enable these darkened spirits to understand and believe that their false hopes and dreadful fears have no foundation in truth and will never be realized.’ - “The True

Gospel Volume II” Joseph Salyards, “Various Experiences of Spirits When They Arrive in the Spirit World”

The primary personal Truth belief about God is:

God does exist, wants a personal relationship with me, and cares intensely for me

“I mean belief in the truth that there is a close relationship between God and the individual which may be established by prayer and the longings of the soul for the inflowing of God’s love, and the regeneration of the nature of man by the influence of this love by the Father.” – “The True Gospel Volume I” Apostle John, “The True Way to the Celestial Kingdom”

“God’s love is for the mortal even if he has the passions and appetites which the flesh encumbers him with, and when a mortal fights against the temptations which these burdens impose, and overcomes, he, when he enters the spirit world, is stronger and more able to progress, than when he puts off the great attempt until he becomes purely spirit.” – “The True Gospel Volume I” John Garner, “All Error Will Eventually Be Eradicated from Men’s Souls”

“As you are aware, God’s Love is all around you, and may be in you, and if permitted to flow into your soul, with faith accompanying it, you will find yourself growing in at-onement with the Father, and realize that fact..” – “The True Gospel Volume I” Jesus, “Jesus comments on the discourse of the preacher on God”

Practical Help With Fear

The following suggestions are given for the purpose of assisting you to connect with and feel your fear and terror. If you do not believe you are going to be safe doing this alone, then please do it for a while with a person who can assist you. The suggestions are not intended as rules for dealing with fears, and there are many other avenues to assist you to emotionally experience fear!

Environmental Adjustments

1. Make a space in your home where you can process emotion noisily, freely, & without distraction
2. Include a towel, tissues, something to hit & hit with without hurting self, a journal, music, movies, books
3. Explain to family or living partners what you may be doing at different times during the day
4. Make sure you love yourself by eating well, drinking water, giving yourself personal time, etc
5. Make sure you do things that help you remain connected with and remain in your own body

6. Purchase a journal that you can write down your emotional musings into

Daily Physical Actions That Will Help Release Fear

1. Drink only water (4-6 litres per day, remember to have sea salts in your diet that contain minerals)
2. Eat only vegan food (preferably raw, avoid starchy foods)
3. Practice breathing diaphragmatically (into tummy) 5 min every waking hour of the day until it is natural
4. Spend at least 15 minutes of time per day reading or watching uplifting Divine Truths

Daily Spiritual Actions That Will Help Release Fear

- Pray each day for as much time as you can (even if you cannot feel a response from God)
- Do one thing that you have a deep fear of doing (this will help you experience your childhood fears)
- Scan the dissatisfied feelings list at least once per day to help identify your fear (Non-violent communication) (pages 42, 43 & 44 of the workbook)
- Highlight the fear-based emotion that has been the strongest emotion felt today, and do the following:
 1. Pray to God about removing the CAUSE of this feeling within you.
 2. Pray to God about your desire to remain open to allowing the feeling to rise within and be felt.
 3. Pray to God about your desire to have the courage to go through allowing the feeling.
 4. Pray to God to lead you and keep you safe from harm as the cause of the feeling is removed.
 5. Breathe, & remind yourself you are the exalted of God's Creation, an expression of Her Love.
 6. Make decisions in your life that are in harmony with your prayer to deal with the emotion.
 7. Notice and write down every event during the day that triggers anger, terror or fear within you

Daily Reactions To Your Own Emotions

When an anger or fear-based trigger event occurs, stop trying to avoid the full emotional experience

When the emotion is anger based:

- Allow yourself to experience this anger-based emotion in a private location
- Allow yourself to drop into the experience of the underlying fear or grief

- If this does not happen, when the anger is depleted, ask yourself what you are afraid of

When the emotion is fear based:

- Go into your FEAR experience immediately (don't put it off)
- If you keep “getting distracted”, or cannot completely connect then ask for intuition about why
- You may not know immediately what the fear is about, but pray about allowing the experience

Weekly Anger List

1. Make a list of every event that made you annoyed, frustrated, angry or full of rage during the week
2. Select the event that caused the most intense emotional reaction in you and make that the subject of your prayer regarding fear for the entire next week
3. Choose to do things during the next week that connect you with your anger
4. Notice by your Law of Attraction during the week about how the anger is connected with the issue of fear
5. Focus on changing how you react to the fear (instead of going into anger)

Weekly Fear List

1. For each event that triggered anger in your anger list, ask “What FEAR do I avoid when I am angry?”
2. Choose to read books or watch movies that directly confront the fear
3. When the fear is confronted, then allow its EMOTIONAL experience rather than intellectualizing it

Questions to ask self:

“What deeper emotion is this fear blocking, WHAT AM I AFRAID OF?”

“If I felt (what I am afraid of) what would happen?”

Often we prevent feeling causal emotions because of what happens during the process

“If this fear was not inside of me anymore, what would happen?”

Often we hold onto causal emotions to prevent our life changing significantly in some way

Pray About Developing A Longing To Experience ALL Fears

- Prayer is the major method by which all Fears are exposed
- God can utilise all of Her power to help you expose and experience the fear
- The power at her disposal includes: All laws, all spirits harmonious to God's direction

Take Direct Actions To Confront Your Fears & Allowing Yourself to Experience Them

1. Get your fear list
2. Watch movies that directly confront your fears
3. Read books that directly confront your fears
4. Allow yourself to experience the fear completely emotionally

Why Fear is My Friend

- Working through fear exposes all emotional injuries if we look underneath the fears
- Working through fear builds faith. Mark 5:36. “Do not be afraid! Have faith.”
- Working through fear builds courage. John 16:33. “Take courage, I have conquered the world”
- Our fear exposes where we have not accepted Divine Truth
- Our fear can rapidly expose all hidden emotions
- Our fear is our pathway home to Truth

When Fear 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 be afraid
- When we understand the Divine Truth emotionally, no place will be left for fear

References, Music and Movies

Movies: See specific list in the session “The Human Soul – Fear Processing”

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

Reference: Natural Love “When I’m Feeling Scared” by Trace Moroney

Reference: Natural Love “Feel the Fear and Do It Anyway” by Dr Susan Jeffers

Reference: Natural Love “The Monster is Real: How to Face Your Fears and Eliminate Them Forever” by Yehuda Berg

Padgett Messages

Andrew - Divine Love Casts Out All Fear

I AM HERE, St. Andrew.

I came to tell you that where love is, there can be no sin or unhappiness, and fear is not.

We, who live in the Celestial Spheres, know this to be a fact, and with all the force and authority that knowledge gives, we declare this truth unto you tonight: the love that casts out all fear is the Divine Love of the Father, and when a spirit obtains that, there exists no such thing as fear, and nothing that could create or permit fear to exist.

God wants the souls of men in love and not in fear, and the only way in which such end can be accomplished is for men to see and know Him as the God of Love only. No man can come to the Father except through this New Birth and faith in the Father's Love.

The performance of duty, good works and mere faith, while they will all help man in the development of his moral character and qualities, yet they will not give him an entrance into the Celestial Heavens which are the heavens where Jesus rules and is the Prince, unless the spirit shall obtain this Divine Love which makes it a part of the Father's very essence of Divinity.

Many spirits are happy by reason of their having led good, moral lives on earth and because of a high development of their natural love, and realize that God is their Father, and watches over them and gives them many blessings; but this happiness is not that which comes with the possession of the Divine Love, and besides, the place of habitation of these spirits is limited and does not permit these spirits to have free access to all the spheres where God's goodness and care are manifested.

The spirits who have obtained this Divine Love have no limitation to the spheres in which they may progress, and are not restricted in their places of habitation or in the spheres in which they may live. And besides, the presence and glory of the Father are so much greater in these Celestial Spheres than in those where the mere natural love obtains.

I must not write more tonight, for you are commencing to tire. So with all my love I will say,

Your brother in Christ,
ANDREW.

Fear Revisited S1P1

1. Introduction

Jesus:

Now how many of you have never been to one of these seminars before, can I just have an idea? Just a few of you. Normally I talk about Divine Love, Divine Truth; things like God, the Universe, and all the secrets of the Universe, laws and all these different things – that's what you would normally get. Today is going to be a little bit different. So I just wanted to warn all those people who are new – don't you go judging today by what normally would happen because today I want to talk about fear. I've talked about fear before on quite a number of occasions actually, but today I want to focus on some really practical things about fear, in order to help you get into your fear.

Now most people on the New Age path, or any of these other paths of progression – they're all trying to get you out of your fear. I'm saying to you, actually that doesn't deal with your fear. All it does is connect you intellectually into suppressing your fears, and then you finish up carrying your fears around you wherever you go, unfortunately. What we want to do instead of that – particularly if you want to receive and continue receiving Divine Love – you're going to need to work through your fears.

1.1. Examples of fears in audience members

Jesus:

Now, many of you have fears about different things. Some of you have fears about coming world changes. Some of you have fears along those lines, and so are so involved in finding all about it; finding all the interesting things about it, and thinking about it all the time. Then others of you who have those same fears do exactly the opposite, you bury your head in the sand like, "No it's not happening, it's not happening – where I am at least," and we do the opposite to that. But either way, it is still fear that is governing our interaction. Fear generates all sorts of problems; that I want to talk about today. [00:12:59.17]

Some of us may have fear of spirit interaction. So we often take two sides to that story as well; we get involved in finding everything about spirits; we surround ourselves everyday with the white light and away we go on that path, and we just protect ourselves. Or we go down exactly the opposite path, which is, "Oh no, there's no such thing as spirits, I don't believe in spirits," and we do the opposite thing to try and stay away from those fears.

Some of us have fears about our personal harm, like violence towards one's self that we have yet to process, so we avoid all those situations that look anything like there might be a potential of violence towards ourselves. At the extreme we actually finish up avoiding pretty much every place, because every place there are people who are potentially going to be violent towards one's self, and so we avoid those places. Eventually we become so fixated on the actual feelings that we're avoiding that we finish up within ourselves coming to the point where we believe that we don't have fear at all, but in reality, our whole life is being governed by fear.

So that's part of the problem. Then many of us have problems like multi-generational fears that have been passed down from generation to generation. Let's say your mother had been raped and then some time after the rape gave birth to you, so in other words there was this multi-generational emotion in her that she may not have dealt with, that's been passed down to yourself. Then you'll have fears about rape or abuse inside of yourself that you won't necessarily understand, nor where they came from – but they'll be there and we need to be able to release them, we need to be able to let go of them somehow. How do you let go of that? It's such a difficult thing to even consider letting go of. [00:14:56.18]

Or some of you have come from parents who were in the Second World War and some of you might have even been very closely associated in your childhood with that, and so what happens there? There was lots of violence and lots of terrible things occurring, terrible atrocities occurring and those emotions got reflected and imposed upon your soul. What do you do with those, how do you let go of those?

Because in the end if we want to come to God and actually connect to God in this one-on-one relationship that we've been talking about, what we're going to have to do is get to the point where all of our fears are gone; every single fear you have will be gone. You know how you're afraid of snakes, afraid of spiders, afraid of violence and afraid of angry people – all those fears will all be gone. Afraid of rape, afraid of war, afraid of murder, all those fears – they'll all be gone, when you're at-one with God. Won't that be beautiful? We won't even know ourselves in that state? Most of us are still living by our fears.

That's the subject that I'd like to discuss with you today and tomorrow. What I'm going to do is spend a lot of time trying, purposefully to trigger your fear. So if you're brave enough to come along tomorrow as well there are going to be different things that I'm going to present to you. Hopefully some of it might be visual as well that I present to you, about different fears that you have, and it will be for the purpose of directly starting to confront some of these fears emotionally.

The reason why I want to do it in that way is because today I want to present to you some practical things you can do to work your way through your fear. Then tomorrow I want to scare the living daylights out of you and see what happens. (Laughter) And see whether you put into practice the things that we learnt today, or not.

Participant Female:

Are you going to be around on Monday?

Jesus:

No, no, I clear out on Monday, you're all on your own after that. Remember that is one of the fears that we'll address actually, whether you are on your own or not – because that's a part of it.

Now during the sessions today, feel free to ask questions.

1.2. AJ's current emotional state**Jesus:**

Before I begin though on the subject I'd like to talk a little about my own emotions this week, because I'm in a fairly disconnected state today, if you haven't already noticed.

During the week, what has been coming up for me is lots of what you'd call soulmate grief I suppose, and lots of grief coming up in me about that subject. During the week I realised I had two spirits attached to me as well, who are in a deep grief – male spirits who are in a deep grief about their soulmates as well – which are heightening my soulmate grief emotions, and so I'm having to work my way through those emotions. So if I just burst out crying for some unknown reason during the presentation today you'll know that it's a known reason, (laughs) related to that generally.

I'm finding with that emotion I'm really happy about it, because it's affecting so many parts of my body and has done for such a long time, that I'm really happy to be starting to get to it. It's just come up at this time when we've got this presentation – that's the way things go sometimes in your life, isn't it, and so I'm trying to stay in the emotion that I'm feeling while still presenting this subject to you. So hopefully we'll see how we go with that.

Now there'll be the seminar outline for the presentation that I do today and tomorrow, which I'm typing up at the moment. They'll be on the Internet and they're available on the www.divinetruth.com website, under seminar downloads. You'll see the PDF document as well as the MP3 from today. The PDF document I hope to have completed by

Monday, because the PDF document tomorrow is going to give you a list of movies and books that you can watch and read, purposely to try to trigger certain types of fears. Initially we thought we'd only come up with ten or twenty, but at the moment its way up there and I'm still going – so I don't know when we're going to get it finished between today and Monday, but there is a long list of different types of movies.

Now what I would like you to do, and this is just a suggestion, is for the next month spend time confronting your fears and use the techniques that you learn today, the practical things that you learn today, to actually address those fears. To actually get into those fears and experience them emotionally.

Now whenever we talk about fear or terror, the majority of us instantly go into, "What would I want to do that for?" "What's AJ suggesting?" I am a bit crazy sometimes, that's what it seems like. Particularly making a crazy suggestion like – we're going to go into our fears rather than avoid them. Most people spend most of their life avoiding them, but there are some really powerful reasons why you need to look at addressing your fears.

Firstly, all of your fears are what cause your physical pain, so every tiny little bit of physical pain you ever experience in your body, or headaches or any of those – all of them are because of fears. Fears are the blocking or capping emotion. So that's what I'd like to talk about with you for a moment.

2. Layers of emotions within the soul

Jesus:

Let's look at what's happening with fear.

2.1. Causal emotions

Jesus:

What happens is, underneath everything we have some causal emotion. Causal emotion is like grief, shame, sadness, and those kinds of emotions. The causal emotions were created in us when we were very young children usually, right the way up through our childhood, and sometimes into our teenage years, and it's all those emotions that actually generate our Law of Attraction.

Now even for people who haven't been here before, you've heard the term "Law of Attraction"? Most people have; the Law of Attraction is based around what's going on with you in your causal emotion. So in other words, when I feel something inside of my soul which is all causal emotion, something related to my childhood, those particular emotions,

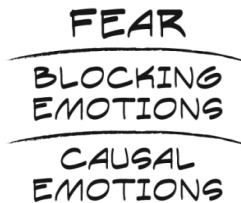
whether I am aware of it or not, whether I feel those causal emotions or not, they generate my Law of Attraction. So my whole life is governed by these causal emotions, whether I am aware those emotions exist inside of me or not. This is what a lot of people call the subconscious, and it's that causal emotion that generates everything.

2.2. Blocking emotions

Jesus:

Now on top of that we usually have blocking emotions. These are the emotions that we were taught to use, usually by our parents, but also by our environment; we were taught to use these blocking emotions to avoid the experience of the causal emotions.

Now the biggest blocking emotions are fear related – your fear. I'm terrified of dealing with this causal emotion and so straight away I'm now blocking the experience of that emotion.



Blocking emotions, of which fear is a major one, prevent the experience of causal emotions

2.2.1. The impact of suppressing emotions on physical health

Jesus:

Now the fear creates all of my problems when it comes to my body, so my body will start to close down in different areas related to the different emotions – causal emotions that I'm not experiencing.

So you see this happening as we grow older and older, different parts of our bodies start shutting down. So you might have been fit when you were young, but you're getting to forty or fifty and you start feeling, and the doctors start diagnosing heart attack issues for example, so heart problems. A lot of these problems are so-called generational, because they are passed down from parents to children, through their emotional set.

So here I am, feeling these emotions – or usually not feeling them – but passing them down from parent to child. So now I'm growing up and I'm getting to my later years and my body starts packing up; my body's packing up because I am suppressing the actual causal emotions that if released my body would then operate perfectly. I would have no pain,

sleep fine every night, have no tablets to take, no medication to take, all those different things – none of that would happen.

But because I've got these blocking emotions, and in particular fear, what happens is that these causal emotions never get addressed. They never get released, so it's like carrying around lead weights with you for the rest of your life. Now you can do that while you are fit and healthy, as you're growing up. The longer the lead weight is carried, the harder it is to carry and that applies to your body too.

2.3. Denial emotions

Jesus:

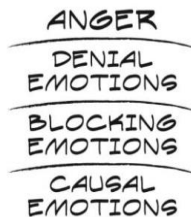
So there are these whole series of blocking emotions – of which fear is probably the most prominent – that cause you to suppress your causal emotions. But often what happens on top of that is we have another layer; this other layer is the layer that is our little indicator layer – I like to call it sometimes – these are the denials which are also emotions; they are the denial emotions.

2.3.1. Anger

Jesus:

Now the one I would like to talk about particularly here today is anger. Now remember in previous discussions I've always said anger includes annoyance, slight annoyance, frustration and all those kind of things too, so we're not just talking about, I'm in a rage. I'm talking about everything from rage right the way down to slight annoyance – which I'm going to bundle together, all as anger. Now they are denial emotions.

So if we look at anger in particular, the anger is the method we use to suppress our fear, or even to deny our fear exists.



Anger is a common type of denial emotion

Now one of the things I've noticed is that many of the people who've been hearing about the Divine Love Path over the last twelve, eighteen months or so; many of you have started to deal with some of the emotions, but then get stuck in this anger. We're getting stuck in anger because we want to avoid our blocking emotions, which primarily is our

fear about something, and our fear is helping us get away from our causal emotions.

2.4. Causal emotions create the Law of Attraction

Jesus:

Now if you look at this from the point of view of changing your Law of Attraction, even if you don't want to involve God in the process and all you want to do is just be happier, your happiness is directly dependent upon your causal emotions. In other words, what's happening to your day-to-day life is that your soul is attracting all of the events around you; every single moment your soul is continually sending out all these different signals and all of these things that come to you, all of the events that happen to you, are all because of your causal emotions. They're not necessarily because of your blocking emotions and they're not necessarily because of your denial emotions. They all start at your causal emotional area.

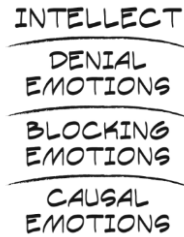
Now blocking emotions can also create, but if you get rid of the causal emotion you'll never have a blocking emotion to create. So if we focus on the causal emotions, we can rapidly change our Law of Attraction, so that we can be happy quite quickly but the problem is that for the majority of us we've got this anger first, and then this fear, and then there's the emotion. Many of you have heard that the emotions that are the healing emotions are really grief-based emotions, and then on top of the grief, we've got the fear of the grief and then on top of that we've got the anger about the fear of the grief. (Laughs)

2.5. Intellectual suppression of emotions

Jesus:

So what we are doing a lot of times is we're working at this level where we're angry all the time or even slightly annoyed, or we even go one step further to all of this; and this is what place a lot of New Age philosophies recommend you go to – you go into denial of the denial emotion. The denial emotion is anger; and you go into denial of your own anger. [00:29:05.11]

So you talk to a person, "You're very angry." "No I'm not". You've got all this rage coming out of them and you can feel it coming out of them a lot of times, and just being with them is uncomfortable, and they'll say, "No I'm not angry". Now why do they do that? Because they are now using the intellect to actually suppress all emotion.



Now when we use the intellect to actually suppress all emotion, when we get into that state where we start suppressing anger, which is suppressing fear and so forth, that's when we're starting to get into the depressive states as well, where we start suppressing all emotion. Actually all depression is the result of our desire to suppress anger-based emotions.

3. Blocking emotions and emotions of denial must be felt before causal emotions can be accessed

Jesus:

So you've got this layer upon layer of thing happening and you've heard other people talk about it with regard to onion layers if you like and things like that. How you think about it is up to you, what I'm trying to do today and this weekend is to address this area of blocking emotions and the emotions of denial, because I find myself if I address those areas, once I get rid of them all of the causal emotions just pop out of me, like no effort at all. If I don't address them, those causal emotions frustrate the hell out of me.

You notice that with your own emotional processing. You're trying to access an emotion, you're trying to process emotion and my suggestion is, if you're trying to access emotion, give up on trying, don't bother trying anymore, because you've got a block. Many of us know, "Oh I'm sad about my Mother dying", for example, or "I'm sad about my child dying when he was two", or "I'm sad about what happened when I was in childhood abuse", I'm sad about these different events. Many of us know what we're sad about, but we can't feel the sadness, and the reason why we can't feel the sadness is because of these layers that we've got on top that need to firstly be removed, and it's those layers that prevent the emotional experience.

3.1. Giving up intellectual suppression

Jesus:

So let's look at this process. I'm saying that we're at the stage now where we no longer deciding to use our intellect any more. Have you

made that choice yet? Give up the intellect; no longer decide to use intellect. That's the place where you are no longer going to meditate yourself out of an emotion. Do you know what I mean by that? Like calm yourself down, or even go along to some kind of therapist who gets you out of the emotion by doing whatever they do and you come away feeling really good, but three days later you're not feeling good again and you feel like you've got to go back. So you go back and lie on the table and have the same thing done again and you go out feeling good, and two days later you're not feeling good again, so you go back. We've become addicted even to the process of feeling good in that state.

3.2. Physical ailments heal when dealing with causal emotions

Jesus:

In the end we need to address the cause. If we address the cause, we'll address the cause and we'll feel good all the time on that issue, we won't have to go back anywhere, our body won't have to have the same pains in it any more, all of those things change.

So what I'm finding with my body is that if I don't deal with an issue my body lets me know now really rapidly. Are many of you finding that too? Really rapidly I'm getting shown to me what's going on. The key is to listen to your body, your body's a very good barometer of what you're denying. So I go along and do some spiritual work or some emotional work. For instance I used to have headaches and for a week or two I still have headaches and then I don't have headaches, but then I start getting headaches again. Is the cause dealt with? No, quite simply.

I don't know about you but at times I have these little pains in your knees. I get a pain in the knee and all of sudden the knee sort of goes clunk, or whatever it is, and from then on it starts to hurt and this happens on a regular basis. It doesn't happen any more for me but it used to happen on a very regular basis. I haven't dealt with the emotion, whatever that's about. There's an emotion related to that.

Everything is based around our soul-based denial of an emotion, or the acceptance of one. In my case at the moment I've got terrible bowel pains, so anybody who comes out to my house knows that flatulence is the way of the game, and that's the way it goes, because I've got these emotions connected to this unworthy feeling that I have about myself in relation to my soulmate. So that's there pretty constantly, have I dealt with it? No, because it's still happening.

Every now and then what happens is, and I don't know if you've noticed today, but my thumb is cracking again. Every now and then it happens again. So I think I've dealt with an emotion and then months later my

thumb cracks again, so I haven't dealt with the emotion. I know what it's about, but I still haven't got to the end of it, the cause of it. The body is telling me constantly and your body is doing the same, it's just whether we notice it or not, that's the thing.

So forget the intellect, the intellect's not very good, the only good thing about the intellect is it's a good way of helping you get back into your emotions. So your intellect can help you get out of the emotion, or you can use your intellect to help you get back into your emotions. That's up to you which way you use it, it's just a tool.

4.Reasons for anger

Jesus:

So let's look at the denial emotions – anger. There are only usually two reasons for anger.

4.1 Expectations of others or the environment

Jesus:

One is we have an expectation that's not getting met, so that's number one. I have an expectation in me that my environment – you guys – are not meeting. You're not treating me nice, I'm angry with you. It's my anger, there's something inside of me. It comes from a deeper emotion within myself, no matter how you treat me, if I'm angry there's something within myself that I need to address emotionally. That's the key thing to remember there.

Anger is a really good emotion, and we've talked about anger a lot in the past, because anger tells you – it's your guide towards your fear – anger tells you when you're afraid, so if you can remember that. When I am angry I am just afraid and denying it. If you can remember that, and replace the anger if you want – with slightly annoyed, frustrated and all of those things that are all related to anger. When I am angry I am just afraid, but denying it.

So anger is an excellent tool to tell you when you're really scared about something and I don't mean physically scared, I mean emotionally scared about something.

4.2. Being afraid to access anger

Participant Male: AJ is it possible to have fear to get into anger?

Jesus:

Certainly, remember anger can also be a causal or a blocking childhood emotion. So remember sometimes in your childhood you had deep grief

associated with constant bad treatment and that then flipped into a blocking emotion and the blocking emotion about grief is often anger at the child level. Then you could have adult fear about dealing with your anger certainly. So that certainly does apply, but you won't have adult fear about dealing with your adult anger, it'll be coming from some kind of childhood. [00:37:14.14]

Participant Male: I can feel it there, but it's quite frightening.

Jesus:

Yes, well you think about what happened to most people when they were little, when they got angry, what did mum and dad do then?

Participant Male: Shut me down.

Jesus:

Or well usually you got a belting. Corporal punishment usually was the aim of the game, generally in that state. So what do you associate with getting angry? Pain. So obviously that association needs to be broken, in order for you to work your way through that emotion. So that certainly can be the case, but remember even if that is the case, the anger, even the childhood anger, is still the denial of the childhood grief.

So what I'm saying still applies really in the end. There are these layers, and if you've got the adult layer suppressing the childhood layer, that's just an additional layer on this path, if you like. The key is to allow yourself to experience that, and when you do you'll get through them all, but it certainly can be the other way around, at the childhood level, not at the adult level.

So does everyone understand what I mean by that? I feel a bit of uncertainty about that from some of you. No? Okay. You don't have to ask questions if you don't want to. (Laughs)

4.3. Childhood anger due to repeated unloving behaviour

Jesus:

So my anger, which is my denial emotion, is a great tool. It's the fastest way to shut down another person – get angry with them. We learnt that at a very young age – to get angry. We use anger in two ways: one way is because we've had some grief or pain that is over and over and over, re-occurring over and over again. Now when we have re-occurring grief or pain we eventually get angry. Most children have had that when you think about it – re-occurring grief or pain. [00:39:05.23]

How many of you felt unloved at a very young age and felt unloved most of your childhood? Over and over and over again? The majority of us

really. What's happening there is the feeling of being unloved, feeling I'm unloved, I'm unloved again. Eventually you get so hurt inside of yourself that you just get angry about it because we're not releasing the grief and the grief is just happening over again and over again, and so eventually we get angry.

So that's a childhood anger-based emotion, which we often then tried to express and then we got shut down through pain. So we got punished or whatever for expressing it and we got shutdown through pain. So now we've got the blocking emotions of our childhood anger and pain associated with our childhood anger, so that's one of our blocking emotions.

Now if you think about it, what was shutting us down really, even at the childhood level, was fear of pain. It's not actually fear of anger, because we were fine getting angry before we got the pain. It's actually fear of pain associated with anger, that's the reason why we shut down a lot of times. Anyway we shut it down at the childhood level – we're so afraid now of the pain that now as an adult we're protecting our pain all the time. So every time our pain gets triggered, bang, I'm into protecting of my pain zone; I'm in protection of the castle, as it's often called. So we've got this castle of emotions and we're just trying, trying, trying to protect them all the time. So there's our anger.

4.4. Expectations of others or the environment (continued)

Jesus:

Remember I said there are two reasons for our anger and just to recap them again, one is that we have an expectation that is not being fulfilled, from our environment that is not being fulfilled. [00:41:00.00]

Now underneath that expectation from our environment is really a feeling that you should fix something that I have inside of me. So if I get angry with you, I'm saying that you're responsible for what I'm feeling – that is really what I'm saying. You're not responsible for what I'm feeling, but I want to make you responsible for what I'm feeling. Why would I want to do that? Because I don't want to feel it myself; instead, I want to make you responsible for causing me to feel it and you responsible for fixing it. So that's one reason for anger.

4.5. Suppression of fear

Jesus:

The other obvious reason for anger, and in fact the majority of times the second one is the truth and that is – we're just afraid. We're just really afraid, but we don't want to admit to ourselves we're afraid.

What happens when you admit to yourself that you're afraid when you're a little kid at school? Everybody starts picking on you, "You're a weakling and you're gutless." Everyone starts laughing at you and so what do you do, you put on this other facade. The other facade is I'm the brave Johnny and the brave Johnny does everything that AJ wouldn't normally do. So he's the one who looks after me in the end really, but it's really in the end an avoidance of the underlying fear of total vulnerability.

5. Layers of emotion within the soul (continued)

Jesus:

So let's just remove the denial emotions for a moment. We'll just replace it with what we often have illustrated on the whiteboard, which is anger. We remove the blocking emotions and replace it with what we often have, which is fear. So now we're getting down to some causal emotions, and let's replace the causal emotions with this emotion, grief. That's what's normally locked up in us – that process is what's going on.

ANGER

FEAR

GRIEF

So if I'm finding that I'm slightly annoyed, frustrated, slightly angry, angry, intensely angry, in a rage, murderous, that is up in that bracket there (points to anger). If I find that I'm in fear – that I'm slightly agitated, a bit fidgety, right the way through to fearful, right the way through to terrified, that's in that bracket there (points to fear). Then when in grief, I'm slightly sad, just a little morose, a little bit down, right the way through to sobbing with grief, that's in that bracket there (points to grief).

What we want to do is address why we get into anger: so what I'm really saying is the reason why we're getting into anger is because we're really in fear and we don't want to acknowledge it. While we're in fear, fear is the cause of all of my pain, that's what I need to remember. Also fear is going to prevent you from ever being at-one with God. When you become at-one with God, you will never have fear again.

6. God's Truth is that love casts out all fear

Jesus:

I just want to read something from the Padgett Messages for you, written by a spirit, one of my friends, Andrew his name is.

He said ...

"I am here Andrew. I came to tell you that where love is, there can be no sin or unhappiness and fear is not. We who live in the Celestial Spheres know this to be a fact and with all the force and authority that knowledge gives, we declare this truth to you tonight. The love that casts out all fear is the Divine Love of the Father and when a spirit attains that, there exists no such thing as fear and nothing that could create or permit fear to exist." [00:45:03.09]

That's a pretty definite statement isn't it, about what love does?

6.1 What "professionals" say about fear

Jesus:

Now scientists and psychologists and everyone would argue differently. They would say to you, "No, you actually naturally experience fear". So if you walk across the road and all of a sudden a car hits you, right in that particular moment, or maybe just before that moment occurs, they say you'll experience fear. That's an interactional fear. They define it as what they call "realistic fear" – fear based on a real situation.

Now the next set of fears that they say are the fears as a result of the original thing occurring. So let's say I got run over by a car when I was little, the next set of realistic fears are, "Alright, whenever I come up to a road, I'm going to be careful because the last time I came up to a road when I was little, I got run over or whatever," and so from then on I start to be careful. I start to be living in this fear if you like.

And then as an adult I'm just afraid of crossing the road. So I never jay walk, I always go up to the sign. Here in Queensland where you can just walk across the road and hope everybody stops, but of course you're worried that nobody's going to, so you step out into the road and you wait for them. So now we have these fears come up, these are what are what the psychologists would call natural fears.

6.2. Feeling in tune with the Universe when at-one with God negates fear

Jesus:

But what God is saying to us really is in the end we won't have any fear at all, even those kinds of fears. Why won't we? Because we'll already know what to do in every situation. How would you be afraid if you knew what to do in every situation, you couldn't be really, could you? If you know, "Oh there's a guy in that car, he's not going to stop for me," you're not going to walk across the road. If you can feel his emotions before

you even look at him, you would know whether to walk across the road in front of him or not. You'd say, "No he's not paying attention, I'll just wait here and let him go past and then I'll go across". But then another person comes along – and you'll feel this in time, you'll just feel totally in synchronicity with all your environment – and you'll be able to just walk up and walk across the road and you know the person behind you saw you and this other person saw you and so of course you won't have any fear at all.

When you're in a state where you've dealt with all your fears, you can actually start feeling all the emotions of everyone around you, much more easily and because of that, because of feeling all those emotions you're now far more in tune with your entire environment, which means that you don't finish up doing things that harm you – automatically, not as a choice because of fear, but it's just an automatic process.

When you're at-one with God, you're in tune with the entire Universe really and when you're in tune with the entire Universe you're not afraid of anything. So someone can threaten you with death and you would not be afraid of it, whereas if you have those other feelings, causal emotions, you would be. So we can get into that state.

6.3. Releasing fear is the only way to become fearless

Jesus:

So really what God's saying to us is, "You don't need to be afraid at all", and so we go, "Oh okay, I don't need to be afraid at all. Okay". So what do we do then? We start trying to not be afraid at all because that's what we're told – at the end of our development we're not going to be afraid at all. "Alright, I'll start acting like I'm not afraid at all". Now that's a very fictitious place to be, because in the end you do have emotions inside of you. [00:49:05.11]

The only way to actually experience what I'm talking about in reality is to release the emotion of fear inside of you. Does everyone follow that? Because without releasing the emotion of fear, the emotion of fear still exists within you. No matter how much you try to intellectually avoid it, it's going to be within you still, creating your Law of Attraction and everything around you would be happening based on that.

6.4. Societal views on experiencing fear and anger

Jesus:

So it's far better to experience your fear, but that's where most of us freak out, most of us have huge problems with that, because the very first time you experience a fear event, as a causal emotion type fear, as a

blocking emotion, a childhood blocking emotion, you will be quite terrified. You might even be on the ground and shaking and all these things happening to your body and you're body is all in a cramp, and anybody coming along looks at you and thinks, "Off to hospital." Like that's how people respond to that kind of physical expression of those emotions. So it feels like the whole Universe around you, but it's actually really people on Earth around you, are actually against you fully expressing your fears and of course the only way to go from that, if you can't fully express your fears, is to go with anger.

Do you notice how anger seems to be far more acceptable? Like how many men are in a rage and yet most of society accepts it. We have all of these outlets for anger in society, like sport is an outlet for anger for a lot of men. War is an outlet for anger, isn't it? You see all these outlets for anger, but how many outlets for fear do we have? Do you ever see people very much dealing with their fear in an emotional experience?

6.4.1. AJ's experiences with feeling fear

Jesus:

Have you ever done it in front of somebody else for example, yourself? Every time I've ever done it in front of somebody else, they've absolutely freaked out. Now that's not very helpful for me getting to my causal emotion.

I remember the first time I experienced it, I was eighteen years of age, I was vomiting in the toilet and all of a sudden I went through into this fear place, this fear fit thing that I used to have. I had so much fear that I had these fear fits for most of my life, but they started happening in an intense way when I was eighteen and I was trying to open the door of the toilet to yell out to somebody and all of my body just went into complete lock up, there's a medical term for it, but I won't bore you with all those things. I was there I couldn't speak, all of my face was all lined with all my muscles all clamping my jaw shut. All of my muscles in my body caused my legs to go up and I was actually hanging by one arm off the ground in the toilet on the door knob, which was a round door knob, hanging there, not able to let go of the door knob. Bashing my head was the only thing I could do so I hit my head on the wall trying to let other people know in the house that I was locked in the toilet and was in this state.

It took about ten minutes or so for somebody to answer and this was straight after I had a car accident, this was about maybe four or five days after I had a car accident. So the car accident triggered all this fear, I went into this place emotionally and I'm there hanging by this door in this terrible state of terror, hardly being able to breathe, my body all

locked up, all the muscles all locked up and everything, just hanging on the door. Now it took two men to open the door and get me off the door knob. Once I got off the door knob they took me to the bed and they called the doctor of course. [00:53:05.19]

They called the doctor and everyone's all worried, my sister was there present and she was screaming and everyone else was in a panic. This was about my own fear and everyone else is in a panic. The doctor comes along and gives me a great big shot and all of a sudden I'm out to it for quite a few hours, I think it was sixteen hours or so.

Now that was first terror experience and nobody around me wanted to know about it. I've had a number since then. In fact up until I was around thirty-three, I had about eight of those experiences and what it taught me was that people are terrified of your own terror. So much so that when I could feel these experiences coming on after a while, after the first few times I could recognise the symptoms of me going into this fear state and what happened was, I would tell the people, all the people around me, "I'm going to go into this fear state now, this is what you are going to need to do, this is how you're going to need to treat me," I had to sort of give them a heads up before they'd actually allow me to go through the experience. Eventually I got to the point where I was thirty-three where I started facing the terror face on, like head on.

I had two of those fits a day for three months. So eventually I got through them all. When it started off they were about two hours long. The best way I could liken them was for me it was like I was in cramp, but cramp all through your body for two hours straight. Can't speak, can't do anything else and a lot of times I passed out because I couldn't breathe properly either. I always survived them and the doctors did their thing, the electrocardiograms and the scans and all those different things and found nothing of course, and of course because it's all emotional; it's all driven by emotion. [00:55:07.16]

Eventually I learnt how to deal with fear and it was an amazing thing to be able to learn how to deal with fear, because after three months, I never had one of those again, one of those fear fits ever again. After that time, I was not afraid of dealing with any single emotion inside of myself. So that was a benefit of experiencing those things. It was the fear that was preventing me from actually assessing other emotions, and so I had to work through the fear first.

6.5. Fear needs to be experienced to access causal emotions

Jesus:

For many of us in the audience, this is the process you're going to

have to go through, maybe not to that intensity, but you're going to have to start confronting these fears that are within you and allowing their experience.

Now I'm saying you'll need to allow their experience, not just the thought of it, okay. Now what I want to do today is give you lots of tools by which you can do this – lots of tools to actually help you get into these fear-based experiences and have the courage and the ability to get your way through them so they no longer affect your life at all. That's the idea. Now who's already frightened? No worries, that's good, by tomorrow afternoon we'll be really there hopefully. The key is that with every one of these experiences you will live through it.

7.The primary fear beliefs

Jesus:

I'd like to discuss with you two basic errors that we have as a part of our belief system, that from what I've seen are in every single person in the human race and by the way there are literally thousands of spirits with us here, and many of them have exactly the same problem. So it's not just present here on Earth, but also in the spirit world.

7.1. "I cannot cope with all of my emotions"

Jesus:

The first fear-based belief that we have is, "I cannot cope with all of my emotions." Now let's just look at this fear from a practical point of view. If I believe that, can you see how that's going to stop me from having my emotional experiences? If I believe I'm not going to be able to cope with every single emotion that's going to come at me from within myself – because that's the only place they can come from, from within yourself – if I believe that then I am going to start shutting down emotional experiences that I believe I'm not going to be able to cope with.

So what we finish up doing when we're in this state is, we say, "Alright, the Divine Love Path has got to be the allowing of our emotions to connect to God. Love is emotional, so I've got to learn how to love, so that's an emotion too." So I start seeing the relationship between emotions and love and connecting to God.

So I understand all that and so then I go down the track of, "Alright, what emotions can I cope with? Oh, I can cope with, feeling fear about somebody being angry with me. Yes I can cope with that." So what I do is my soul creates an event where somebody is angry with me and I go into my fear about that and I deal with that and I get through that. Then after a while if I've dealt with that from my causal emotion and gone through

some grief, what eventually happens is nobody gets angry with me anymore and that's wonderful and I've had some gain there.

But then I might have been abused as a child and that's a whole set of emotions, isn't it? If any of you have been abused as a child either sexually or violently, you know how difficult it is to work through those groups of emotions. Now with those emotions I might definitely have this feeling that I just cannot cope with them, and so I put those emotions to the side, over there, in that box over there, and I usually put a few books on top of that box. (Laughter) Eventually I make that box disappear from my own consciousness. So eventually I come up to someone like AJ or someone who's connected to their emotions too, and say, "I reckon I've dealt with most of the things in my life." And they can feel this thing and say, "Oh have you dealt with your abuse issue when you were a child?" "Oh, I don't remember being abused when I was a child," "Oh, okay." What's happened? What's happened is that there are so many blockages now to that box of emotions that we can't even connect with the fact that it even happened but that whole box is going to have to be opened and allowed out.

Now if I believe this, that I cannot cope with all of my emotions, I am never going to open that box. You see the problem with that belief? If I believe that, that box is going to stay closed and I'll pass over into the spirit world; and I've talked to literally thousands and thousands of spirits, who still have the same box closed. A lot of people on Earth have this belief that when I pass over into the spirit world, that means all of a sudden I'm all knowing and all of my problems are gone and I don't have any more emotions that are sad anymore to deal with and everything's fine. That's not what happens, because I've talked to literally thousands of spirits, where that hasn't happened.

What's happened instead is they've had this belief that they can't cope with their emotions, all their emotions that got constructed at a very young age in their life on Earth, and they still have that same belief in the spirit world and they live in that state for many hundreds, if not thousands of years.

A few weeks ago we talked to a group of spirits who travelled with Mary and I in the first century and that group of spirits were still locked up in this state. They felt that they couldn't feel some of their emotions about what happened in their interactions with myself, after two thousand years. So don't think that just because you've had some kind of death experience, or gone and died and everything is going to be fine, because while you have that belief in you, it's not going to be fine. We need to deal with this belief, this number one fear-based belief.

7.2. "I am alone"

Jesus:

Number two fear-based belief: "I am alone." Now I'm not saying to change these beliefs by the way, not intellectually anyway. What I'm saying is we need to recognise these as major impediments to our emotional processing. Now an extension of "I am alone" is "God doesn't care for me", "God doesn't exist", "I haven't got any spirit friends around me in this", "I've got no friends on Earth really who care about my emotions either, I am alone." Now what I'm saying is that that belief shuts you down in a state of fear from experiencing your emotions.

There are many flavours of these beliefs. So, my number one belief is, "I cannot cope with all my emotions." That belief can cause other subsequent beliefs, and other subsequent beliefs are, "My emotions are too big to be able to be felt by one person." The truth is of course quite different to that. If the emotion entered you, then it can certainly exit you, but a lot of times we have these emotions enter us, get stored, another one enters us, gets stored, another one enters us, gets stored, another one enters us, gets stored. What happens then? We've now got five of them and now it's starting to look pretty big. So this is the result of us not being able to release the emotions, one by one.

This second one, "I am alone", is more insidious. This one is basically saying that there is no God, and there's no God that cares for you, you are alone. God doesn't love you – that's a big belief – a fear-based belief that the majority of the Earth has.

FEAR

- ① I CANNOT
COPE WITH
ALL OF MY
EMOTIONS
- ② I AM ALONE

Now with these two primary fear-based beliefs, we will not experience causal emotion. You'll get to a causal emotion that you need to experience, and you won't be able to experience it because one of those two beliefs is present in you. So obviously one of the first things we need to do is emotionally experience those beliefs because remember fear can only be released by the emotional experience of fear.

How do you release that you are alone? By actually feeling you're alone and releasing your emotion by actually feeling the emotion. It's only the unfelt emotion that gets locked up or stored inside of you, when the

emotions are in motion, when they are actually being felt by you; they are no longer getting locked up inside of you.

8. The primary truth beliefs to develop

Jesus:

Now let's look at those things in terms of what the truth is.

8.1. We have been created to experience all emotions, including overwhelming powerful emotions

Jesus:

Now what I've done is written in the seminar outline some of the truths about this. I wanted to read them because there are some quotes from different people that I want to get right. One is from a lady who wrote a heap of childhood books, her name is Trace Moroney. She wrote a group of books actually. One of these books is called, "When I Am Feeling Scared", and my suggestion is to buy her whole set of books, all of them are excellent books.

Anyway this is a quote from one of these books ...

"When children trust themselves to handle painful feelings of fear, anger and sadness, they gain an inner security that allows them to embrace the world in which they live. With greater tolerance of painful feelings, children become free to enjoy their world, to feel secure in their abilities and to be happy!"

You see, you imagine a gift of a little child knowing that no matter what emotion it has to face in its life, it's going to be able to deal with it. That's a pretty big gift, isn't it, and most of our children actually believe that, believe it or not, before we get involved in their lives – they actually believe that – but what happens is all of this multi-generational stuff gets imposed on them and eventually they no longer believe that. So that addresses this error; this fear is addressed by that truth. [01:07:02.02]

If I have the confidence to deal with every single emotion that's within me, no matter what it is, then of course I'm going to feel like I'm pretty secure within myself. I won't need you to fix my emotions; I won't need you to make anything feel better. I can be alone and still feel totally secure.

The quote from the Padgett Messages is ...

"From all this you may understand that we spirits who know the truth have a great work to do, to enable these darkened spirits to

understand and believe that their false hopes and dreadful fears have no foundation in truth and will never be realised."

See this is the other problem with fear. If something happens when we're a child and gets locked up inside of us, we then carry that around with us the rest of our life thinking it's going to happen again. But most of the time it never happens again, most of the time the things we are afraid of never happen again, and of course when we get to the spirit world, they can't happen again. So unfortunately a lot of people by the time they get to the spirit world have such a strong belief inside of them that they need to be afraid of these things, that it's now only their belief that stops them from progressing.

8.1.1. An example of being afraid of eternal punishment for doing something wrong

Jesus:

So for instance, let's say you were growing up in a religion when you were on Earth, four or five, going along to Sunday School and you get told that if you do a bad thing, if you lie, you'll be in hell, forever. Now many of you have been told this in your childhood. Now you imagine if you come to believe that emotionally. Well for a start there's a whole likelihood you won't do anything wrong by the definition of the people who gave you that belief, but secondly you're now so locked up in fear of doing something wrong that you often will get into the mode of never trying anything at all, just in case you might do something wrong. You'll be so locked up in that belief that you'll even believe if you have done something wrong that you're condemned forever. [01:09:27.23]

Now these are beliefs that people pass with, over into the spirit world and what's that about? That's all about some underlying causal emotional beliefs which we have some terror or fear about in the end. Many of you will notice even with other things that you weren't afraid when you were little.

8.1.2. An example of working through a fear of spiders

Jesus:

How many of you played with spiders when you were small? How many of those same people found that mum or dad really went into a panic when you did it?

I remember playing with a red-back spider when I was very small – I was about two or so. I put it on my hand and I walked in to my mum to give her the red-back spider, and she went absolutely ballistic. Now many of us would think that's a realistic fear, but it's not really. I wasn't afraid of

it and the red-back wasn't biting me, but since that moment what do you think I've been afraid of? Some spiders, and so naturally, sooner or later because of this fear it's going to get triggered, isn't it?

I've had spiders falling on me; all sorts of things have happened with spiders since that time. Before then everything was fine and I was fine with them and ironically the same thing happened to my younger son as well. His mother did the same thing with him and he's in the same state with spiders. So why did that happen? It's because I had this fear injected, if you like, into me and now it's lived with me until I release it.

So I'm not afraid of them now, because I've had to release that. I've had to deal with that emotion and release it and experience that emotion. How do you do that? You go and get a movie like Arachnophobia. Ever seen that movie? There's spiders walking inside of people's nose and these big spiders, and what you do is you sit down with a movie and you play it over and over again and feel your terror about it and just allow yourself to experience it.

Some of the other things I've done is laid down and just imagined spiders crawling over me and just lying there and not being able to do anything. Just feel the fear that comes up and breathe and diaphragmatically breathe and just feel the fear, feel the fear, feel the fear, until you can get to the point where you can pick one up.

There's still a little more work I feel I've got to do with it, because I still have a tendency to still avoid them a little. So I'm not afraid anymore I can pick them up and whatever, but I still have this tendency where there's an initial, "Oh what's that? Oh that's a spider." So there's still a little bit of fear there, still needing to be dealt with, but eventually you can work your way through all of those kinds of fears.

8.1.3. An example of a participant who is not afraid of snakes

Jesus:

How many of you are afraid of snakes? Well Peter here is not afraid of snakes. What Peter does is he goes along and picks them up by the tail, even if it's a tiger snake. True, I've seen a picture of him doing it, you ask him to have a look at some of his pictures that he's got at home and you'll see him holding up a tiger snake. So he's not afraid of snakes. So why isn't he afraid of snakes?

Audience: He hasn't been injected.

Jesus:

By the fear, by the fear. Mind you Peter's been bitten a few times by different creatures, haven't you? [01:12:59.01]

Participant Male:

I have been bitten quite a few times and the cure is worse than the bite. When you go to hospital they're so excited that someone's been bitten by a snake that they just want to inject you with everything they've got (laughter) and if you don't explain to them really carefully which snake it was, then they're going to inject you with brown snake anti-venin, which is like getting bitten by a brown snake, when really you need a ...

Jesus: When you've been bitten by a tiger snake.

9. The creation of fears during childhood**9.1. An example of the creation of the fear of spiders in AJ's childhood****Participant Male:**

Right. But the question I wanted to ask was, when you walked in to your mother with the red-back on your hand and she freaked out, what was your Law of Attraction and how did that happen?

Jesus:

Remember our Law of Attraction is our parent's Law of Attraction when we're little, so it's actually my mother's Law of Attraction. I was taking a spider into her, to help trigger her emotional injury. So I'm taking it into her, and instead of her feeling her fears and emotions about that particular emotional injury, instead what she did was connected with a lot of fear within her, with me. So what happened is, I'm not really afraid of the spider, what I'm afraid of is my mother's reaction to the spider and that's what was injected into me if you like. So now when I see a spider, I am afraid of my mother's reaction, I'm trying to nurse my mother's reaction.

9.2. An example of the creation of allergies to cats in AJ's childhood**Jesus:**

This happened to me with cats and all sorts of things, and this is why many children get allergies. So with cats for example, whenever my father saw a cat he wanted to shoot one. So me having a nice relationship with a cat was already in disagreement or disharmony with my father's approval. So what am I looking for as a child? I'm looking for firstly my mother and father's approval.

So what happened with me then, every time I picked up a cat, I started having a runny nose, runny eyes and eventually it got so bad that I had these puffy eyes and runny nose, you know what it's like with an allergy like that, and what I had to do there was work through my emotional connection with my father with cats and what I felt there. Once I did that

I can pick up a cat and a cat can sleep on my bed or whatever and it's fine. So a lot of times it's actually our relationship with the parent that causes the injection of the emotion.

9.3. An example of the creation of the fear of spiders in AJ's childhood (continued)

Participant Male:

At what point does that change? If you walked in now with a funnel web on your hand and you showed it to your mum, she'd probably still freak out.

Jesus:

She would, but now I've dealt with that causal childhood fear of her freaking out. It's not so much the childhood causal fear about spiders, but the causal childhood fear about her reaction. If I get rid of that, now I can show mum a funnel web spider, she can freak out and I'll smile and say, "Oh that's funny." (Laughs)

Participant Male:

That's what I do with my mother-in-law and snakes.

Jesus:

Yes exactly. So can you see how when we've become an adult, and we've released the connection between the childhood experience and the person, what happens then is that we are totally able to be in our own emotion. Therefore no matter how you react to what I say, it won't affect me in that state.

This is where all of you are headed; if you keep progressing on the Divine Love Path you'll get to a point where you will no longer be worried about what anybody else thinks of you, does with you, does to themselves, any of those things, none of those things will bother you. They won't trigger you and you'll stay in your own emotions in that state and know that there is nothing to be afraid of in that state; and not just know it in your head – you'll feel it inside of you. So the feeling of fear won't even cross your emotional state at all.

9.4. An example of a participant who is not afraid of snakes (continued)

Jesus:

So in your case with snakes, you obviously don't have any causal emotion too much about snakes, but it was driven by your parent's fear of snakes to a degree. [01:17:07.09]

Participant Male:

Well my mother was terrified of snakes. When I asked her whether it

would be okay to collect them, she said absolutely not. So I said well I'll just ask dad and he said yes, that'll be fine. Over the course of some years of her being confronted with snakes – I used to have a death adder in my bedroom, in an aquarium, and she had to deal with that. Once she was watering one of the brown snakes and it got out and she actually caught it by the tail and got it back in, which was a big thing in her life. I managed to get her to touch pythons and green tree snakes and over a period of time, she faced that.

Jesus:

So can you see as a child you were really just helping your mum deal with her fear? It began when you were very, very young; and part of your love of those animals and part of your personality is a love of those kind of animals, which was one of the attractions of your mum giving birth to you in the first place. It's about actually helping her deal through those fears and sensations which she felt within herself.

Participant Male:

So are you saying then, if my mum hadn't been afraid of snakes, I might have ended up with a different mum?

Jesus:

(Laughs) Yes, highly likely, because the Law of Attraction is very pinpoint accurate. So our emotional condition and our personality before we're incarnated, and the emotional condition of our parents, do determine the interaction that occurs.

So when I walked into my mum with the red-back spider, she had a choice. The choice was to experience the emotion inside of herself, or she could then deny that emotion and reflect that back at me and because I was pretty sensitive child in terms of emotions, straight away I interpret that as a disapproval from my mother. So up until recently seeing a spider was always a feeling related to my mother, on reflection.

9.5. An example being bitten by animals

Participant Female:

My question is about higher order creatures. I was bitten by a dog when I was three. Could you please explain how as a little might that happened? The dogs used to come to visit from across the road, they belonged to a neighbour of ours. My mother had said that the dog was always a very passive kind of a creature, but on this occasion it bit me really badly and I had to go to hospital and all the rest of it. How does that work?

Jesus:

Well someone in your family had to have been afraid of dogs.

Participant Female: It would have been my mother again.

Jesus:

And she would have been in reflecting that fear. What happened to you was a reflection of that fear. I've been bitten by a dog four times in my life and my mother's terrified of animals. Even my father gets bitten by them as well, and so obviously I had both parents very afraid of those things. My father even got bitten by a cat once, which is related to why he hates cats so much. Then another time he got bitten by a cat and he kicked it over the fence but he's been bitten a number of times by cats and dogs, so there's both of those fears inside.

Participant Female:

So the animal would have been intuitive enough when it came to visit to pick up the fear that was already there?

Jesus:

Always, and your mum might not have had a personal fear, but a fear of you being bitten by it. You see there are all these different flavours of fears that we have as well, that create Law of Attraction events. So sometimes we're not afraid of something happening to ourselves, but we're afraid of something happening to our children. [01:21:04.29]

Many of you feel that right now. If your child died right now, would that be better or worse for you than if you died right now? You see for many of you, you would feel it's better that you die first. Some of you feel it's better if your child died, but they are all basically based around emotional injuries and often we have different flavours of emotional injuries that cause these things.

Participant Female:

So maybe that might have been a protective issue, a projection from my mother about a fear of wanting to protect me.

Jesus:

A fear of you not being protected perhaps, but the key is for you to go into it emotionally and you'll discover the reason. When you visit those emotions everything comes clear very rapidly.

10. The primary truth beliefs to develop (continued)

10.1. God does exist, wants a personal relationship with me, and cares intensely for me

Jesus:

So getting back to these two primary beliefs, I'd like to talk about the second one a little more. Most of us have the problem that we don't really

know God yet. So how do you actually love someone you don't feel you know? That's a difficulty, isn't it? How do you receive love from someone you're not even sure exists, because you've never had a personal experience of God, or you've never seen God? So how do you know that you can connect to God? This is a big issue that we need to allow ourselves to address as a fear as well. So let's look at some of the comments about the second part from a truth perspective.

"I mean belief in the truth that there is a close relationship between God and the individual which may be established by prayer and the longings of the soul, for the inflowing of God's Love."

This is a quote from the Book of Truths. [01:23:00.24]

The truth is that these Celestial spirits are saying that there is the truth of you being able to have a close relationship with God and that relationship is established by the longings of your soul. They're telling you that truth, but when you hear that truth you go, "I don't feel any close relationship with God in my life. I've only had a few experiences that I thought God was involved in, and even then I don't really know whether it was God. It might have been a spirit, for all I know, now that I'm learning about spirits. So I don't really know."

So this is why many of us also get into the pattern of, "Oh well we know that we felt our spirit guide with us," and so we start talking to them instead of God. So we start having relationships with spirits instead. Many of us who have had a history on the New Age path would probably feel that way.

There's another quote ...

"God's Love is for the mortal, even if he has the passions and appetites which the flesh encumbers him with, and when a mortal fights against the temptations which these burdens impose, and overcomes them, he, when he enters the spirit world, is stronger and more able to progress than when he puts off the great attempt until he becomes purely spirit."

I've heard many of you say, "Oh, I think I'll put off dealing with my emotions until I pass. It's got to be easier there." And here we have a spirit saying totally the opposite to you, that it's actually easier if you pass knowing how to deal with your emotions; knowing how to deal with your passions and desires, knowing how to deal with your fears – it's going to be easier when you pass.

But often we go down the track, "No, no, it's pretty hard, like you know, gee. Last week I cried for how many hours, four hours or whatever and

that was pretty intense when I did that," we might feel, "And I don't want to do that anymore, I just want to have fun." Girls just want to have fun, fun ... you know so off we go and we just go and have the fun avoiding the emotions. The problem with that is that we finish up passing without a real clear idea of how to deal with my emotions, with a lot of fear in me and it's not easier there – the spirits are saying from their own experience that it's not.

Here's another one ...

"As you are aware, God's Love is all around you and maybe in you and if permitted to flow into your soul, with faith accompanying it, you'll find yourself growing in at-onement with the Father and realise that fact."

You see often we don't even permit God's Love to enter us because we're in such a state of fear that we don't even want to connect with God.

11. The primary fear beliefs (continued)

Jesus:

So there are all these issues about "I am alone" – there's a big fear. There are whole groups of issues, if you like, involved in that. Now you get into a causal emotion where you're feeling some terror and you will feel very alone in that moment. So then what we have a tendency of doing is saying, "Alright, I'm totally alone and I can't experience this," and then we go into, "I can't cope with this emotion, I'm alone doing this, I can't cope with this emotion," and what we just told ourselves is two complete untruths.

The truth is right at the moment you're dealing with a causal emotion, sometimes even hundreds of people are around you from the spirit world trying to assist you to connect to that, and God is certainly with you as well, so you're not alone.

On top of that, God designed you to experience all of your emotions – that's the way God designed you, so you are designed to cope with everything. That's how you're designed; you don't need anyone else to help you cope with anything, because you are designed to cope with it yourself. These two fear-based beliefs cause huge amounts of problems for us in our own processing. [01:27:07.15]

Now they are the first two beliefs. If you can deal with those two beliefs and release them emotionally, if you can deal with them, what will happen is the rest of your emotions will flow much more rapidly and each of those has different flavours if you like, but if you can deal with those two base fears, that's the way to go.

12. Practical help with fear

Jesus:

So what do we do in a practical way to face our fears? That's what I'd like to talk about next. What are some practical things you can do? Well let's look firstly at environmental, changing your environment. So I would put this under environment; things that you can do to change your environment so that you can experience fear. Now some of these things are going to be the emotional that you need to do, some of them will be physical things that you can do.

12.1. Drink water

Jesus:

The first thing is drink lots of water. What's that mean related to fear? Trust me you drink lots of water, you'll start realising why you use your tea and why you use your coffee and why you use your coke and why you use all these other things that you use. You'll start seeing why you use them, and they are all related to fear of dealing with deeper emotion. When you drink water – and my suggestion is four to six litres of water a day. I drink about five a day myself – but if you drink that amount of water you'll need to have mineral salts in your diet. So that's the other thing to remember, just some sea-salts, like Celtic sea salt – that's got minerals. [01:29:00.05]

So drink water. What does that do? Every cell in your body is like a machine. It's a machine that takes in mostly water and expels impurities and it uses the water to manufacture everything else. It uses the water and a combination of minerals in your diet and vitamins in your diet to keep itself going. Every single cell, of which you've got hundreds of billions in your body, is like a little manufacturing system.

Now I don't know if you've gone to any manufacturing process here on Earth, like you go to a chocolate factory or go to a sheet metal factory or whatever, you know at the base metal place, you'll find that they use huge amounts of water to actually manufacture that particular thing. In fact water is the thing that is used the most in every single manufacturing process almost. The reason why is water is a basis of our planet and forms the basis of our body – it forms the basis of everything. If you don't supply your body with enough water, your body doesn't have the chance to re-generate from all of the things that we're throwing at it emotionally. So just drinking water opens you up emotionally. So focus on drinking some water.

12.2. Eat vegan

Jesus:

Eat vegan. These are just suggestions; you don't have to do them. For a start eating vegan is the most loving thing you can do to the environment. It uses the least amount of resources in your environment; you're actually being the most loving towards your environment when you eat in that manner. You're also being very loving to your own body, your own body will respond to that.

Now what will happen emotionally is you'll go through a lot of emotional withdrawals, in particular food-based, emotional withdrawals and those emotional withdrawals are all related to different emotions that you're using food to suppress. What often happens is you'll have an emotion come up. How many of you find this happening in a day? Like ladies, chocolate at period time? You see the relationship. Anytime? (Laughs) But you can see it ups usually at certain times of stress, certain times of things going on emotionally.

With guys it's often different things like Coke or some other type of sugar-based drink. For many guys it's alcohol, for a similar reason. We search for some substance to give us the coping mechanism to deal with an emotion that we really need to not cope with and just experience. So give up coping with emotion and start allowing the experience of the emotion, stop using drink and food as mechanisms to deny your emotions.

Now trust me, even just doing those two things – drinking water and becoming vegan – you're going to feel some fear. What I did once was I went on this diet where I just had fruit for a whole weekend – this was way, way back before I even knew about the Divine Love Path and remembered it again – I'm talking in my twenties. By the second day my whole body was shaking, like I had the DT's, my whole body was just shaking and shaking and all this turmoil was happening in my stomach at well at the same time. Eventually I just had to eat, and as soon as I had one thing to eat, the whole thing stopped. [01:33:05.04]

What was going on there? Me just eating fruit for two days and drinking water triggered huge emotions that I wasn't allowing myself to experience and this is what will happen for many if you do that. So eat vegan. These are practical things to do in your environment.

12.3. Creating a space to experience anger and fear

Jesus:

Number three, have a place that you can experience anger in. So create a place somewhere where you can experience anger. So in our

place, because we live in a bit bigger property than just a yard in town, we've just hung a boxing bag on the back wall of the house, we've got a couple of baseball bats, and we've got a metal baseball bat for hitting some metal a bit further out. Whenever Mary or I feel angry, we're out there, connecting with that anger and then allowing the experience of that anger and then trying to drop into the fear of it; what I am afraid of each time.

So allow yourself to do that with fear. You may have to have a quiet sort of a location where you can actually use your imagination to actually go into a certain fear and then allow the bodily experience of it. That might be your bedroom or sometimes it's another room in your house or somewhere like that. Try and arrange something in your environment.

So arrange your home so that you can experience anger and fear without judgement. So if everyone in your family gets upset with you every time you get angry, it's time to consider leaving your family for a while and going somewhere where nobody gets upset with you doing it. Now I don't mean they get upset with you projecting it at them, because if you're projecting it at them you're already out of harmony with love. I'm talking about owning it within yourself and experiencing it for yourself – let yourself experience those emotions. Create a space around you where you can experience those emotions.

12.4. Emotionally love ourselves

Jesus:

What's the next thing we can do? It's no good doing all of these things and then not giving yourself any time to process any of it. So you're going to have to somehow change your life if it's a very busy life, and by the way it's probably busy because you're avoiding your fear. But you have to take active steps to change your life so that you can start getting into the emotions of it, because if you don't get into the emotions of it you're never going to actually release it. So we can do all of these things to trigger ourselves and give ourselves no time to process and we're just going to get into a terrible mess. We need to give ourselves enough love to actually experience it.

So emotionally love yourself. So act in a loving way to yourself, give yourself the time that you have to deal with these emotions.

FEAR
ENVIRONMENT

- 1) DRINK WATER
4-6 LITERS
MINERAL SALTS
- 2) EAT VEGAN
- 3) ARRANGE HOME
EXPERIENCE
ANGER & FEAR
- 4) EMOTIONALLY
LOVE YOURSELF

13. An exercise with the audience to make them feel more connected and awake

Jesus:

Now what's happening at the moment is quite a lot of spirits are here now with us, a lot of you are starting to feel tired and feeling quite disconnected – what's happening is we're talking about a subject of fear, which usually causes the depression of people. [01:37:00.14]

So what we might do is get you to stand up for a moment. Now you might want to move into a clear space somewhere around you, so you might want to get out from behind the chair and move into a clear space, and what we want to do is put your arms right up in the air, breathe right in, and then as you breathe out, bend over. That's it, go up again and as you're going up, breathe in and then out and this time do it faster. You can bend your legs a little as you go down and then breathe in again going up, breathe out going down. Keep going. You want to get that body flowing. Just keep going, do it a few more times, some of you'll start feeling a bit tingly in your face and everything, don't worry too much about that, just keep doing this a few more times.

If you feel a bit faint then you might want to sit down or go onto the floor, but keep doing it until you feel a little faint – until you feel a little faint, until you feel a bit wonky. If you feel a bit wonky lay down on the floor and just let yourself breathe, diaphragmatically.

How are we feeling? It doesn't take long to feel a bit faint does it? So if you're feeling a bit faint, just grab a chair somewhere and you might want to sit down. How are you feeling now? Are you feeling a little more connected with yourself? Now many of you are now starting to have quite a bit of tension in this tummy area, can you feel that? You try breathing diaphragmatically and you'll find that there's resistance to breathing into your tummy, for many of you. That's your fear. Your fear prevents you breathing into that place.

So if you sit down now, or maybe even lie down if you wish, and just try to concentrate on just breathing into your stomach area of your body, into that tummy area of your body. You want to stay connected with the emotions, so we don't want to get to a depressed state with our emotions, facing our emotions. What we want to do instead is stay in the area where we feel connected with our emotion. So if that means feeling connected with fear, feel the fear.

Now you'll feel it as a tummy turmoil, many of you are already feeling that, so just allow yourself to feel that, allow yourself to feel it. So what I'm showing you now are just some little practical tools that you can use to stay in contact with your body and stay in contact with your fear. So you might like to close your eyes and just breathe into this place, into the diaphragm and I'll just say a few things while you're doing that.

There are many spirit beings around you at any one time. When you get into a place where you start connecting with your fear many of these spirits get attracted to you. So the more I talk about fear the more spirits are going to be attracted to us, who are also in a state of fear. Keep breathing. Now those spirits will do one of two things for you. One thing they'll try to do with you is to make you feel tired and exhausted. If that's the case the key for you is to recognise, "Alright, I'm feeling tired and exhausted, I wasn't feeling tired and exhausted, before AJ – damn AJ – started talking about this fear crap, and all of a sudden now I'm in this state where I don't really want to be here, I want to go." Understand that's because of some feelings inside of me about the subject of fear. So I need to allow myself to feel what I feel about that.

Now some of us have this intellectual belief that I haven't got any fear any more, and I can tell you categorically that there is nobody in this room that's in that state of not having any fear in them anymore. So the key is to allow yourselves to connect with what's going on inside of yourself. It's okay to be afraid. I'm allowed to be afraid. When you were little you were often taught that you weren't allowed. I'm saying to you that you're allowed to be afraid and I'm not going to tell you you've got nothing to fear, because there are plenty of things from your childhood that you know you are afraid of. So allow yourself to be afraid, you're allowed to feel the fear. How are you going now? [01:42:58.04]

Now I just want to talk to all the spirits that are with us for a moment too. You're allowed to feel your fear too, rather than affecting the people here in the room with your fear. So rather making them more afraid or tuning out of their fear, what you need to do is tune into your fear; you need to feel your fear too. You need to connect to that fear and release it emotionally – remember that's what it's all about.

Now just as a practical thing for you, you know that breathing is a very, very quick way for you to get re-connected with your body. So if you find in the course of a day that you're not connected with your body, then do some of that breathing and you'll very rapidly get re-connected with your body generally and you'll feel the reason why you're avoiding your body.

13.1. Physical symptoms of fear

Jesus:

The key is to feel the sensations in your body. Fear is in this area of the stomach, right across your midriff, third chakra area if you think of it that way – fear is a lot across there. So when you feel tight in that region of your body you're often in a state where there's fear there. When you breathe like we just breathed, many of you will notice that when you breathed in and went up, you felt this pain across this mid-section area where it felt really tight and uncomfortable. Some of you would have felt a pain there. That's telling you that you are in the state of fear that's not being released, so let yourself feel that.

So how do you feel about that breathing? How are you doing with the breathing?

13.2. Spirit influence and fear

Jesus:

Now what was happening just earlier was that many of you were connecting with spirits who had one of two different goals. One of the goals was to shut you down emotionally – they're shut down emotionally and they want you to shut down emotionally. [01:45:01.01]

Some of them are your friends who have passed, some of them are your old family members that have passed and so forth and they don't believe a word I'm saying, and they're saying to you, "You shouldn't believe a word he's saying either." They want you to remain like they are, in the hells in the spirit world still, remaining in a state of shut down. So that's one group.

The second group is a state who are in this terror-based place and want you to feel terrified constantly. Some of them are angry and so they want to project that anger at you so that you're terrified and so forth. So the key for you to remember is that all these are just Law of Attraction events.

Now often what we're doing emotionally is we're not recognising what's going on around us and that's often because we're not connected inside of ourselves. What's going on inside of myself? When I'm shutting down an emotion inside of myself, that's when my Law of Attraction is going to

be the most powerful about emotion. So it's the opposite to what people tell you. People tell you if you re-experience an emotion of your childhood, that all you're doing is damaging yourself over and over again. What I'm saying is no, that's not the case, if you allow yourself to experience the causal emotion it will be released from you completely, but you need to experience the causal emotion to do that.

13.3. Resistance to fear and fatigue

Participant Male:

Yawning, is that another way of suppressing it? Because I find myself doing that a lot. Kim and I'll be interacting and I'll just keep yawning, especially when and she says, "You don't want to hear me."

Jesus: Exactly.

Participant Male:

But again after an hour, maybe an hour and a half, I'm just exhausted and I haven't said a word.

Jesus:

Exactly, because there's obviously emotion that's coming out of you to Kim, and emotions coming from her. If you try to re-connect with yourself in that state you'll understand why you're yawning and yes yawning is also a mechanism that our spirit friends ...

I don't know if you've noticed but sometimes people have asked me a question, I've answered the question that's given in the audience and then within five minutes that person who I've answered the question to is asleep. I don't know if you've noticed that happening, but I've noticed that happening from up here, quite a lot. What happens there a lot of times is the person didn't want to hear that answer and then straight away goes into avoidance of emotionally processing that answer and then any spirits who are around them or who also did not want to hear that answer just assist them in that process. You can go to sleep within five minutes or two minutes from that place. So one moment they're being totally absorbed by something, another moment asleep.

The hardest groups I've ever given to an audience have all been the ones around anger and fear. I don't know if you've noticed that, but the last time I talked about fear, a lot of the audience felt very similar to how you're feeling at the moment. The most difficult presentation I've ever done to a group of people was the presentation in Brisbane, where I talked about anger. Almost the entire afternoon was one of suppression by large groups of spirits and a lot of people not wanting to hear about their anger.

So they are two very common suppression emotions that we need to allow ourselves to work our way through. Allow yourself to feel your body.

14. Practical help with fear (continued)

14.1. Notice physical ailments

Jesus:

So this is a next thing to do on a daily basis is allow yourself to feel your body's pains. Your body often will have pains every single day. When I say pains I'm not just talking about the physical pains either that you feel, but also the internal organ pains that you have sometimes and also the pains you have about your body, when you look in the mirror. Allow yourself to feel every one of those things. [01:49:04.04]

So when you look in the mirror and you're looking a bit old and drawn today, acknowledge that and allow yourself to feel the emotion inside of you, that responds to seeing yourself in the mirror like that. "Oh, I look terrible." Allow yourself to connect with that emotionally, that's what I'm suggesting to you, and allow yourself to connect emotionally to the physical pains you feel.

Every pain is a result of a fear of dealing with an underlying emotion. So any pain in your body is the result of a fear of dealing with an underlying emotion. So if I've got a headache, that's the result of a fear of dealing with grief. My mind struggles by creating a lot of activity and all of a sudden I'll get a headache because I don't want to deal with the grief.

Every pain in your body is like that, every single pain. Now at any one time, many of you will feel lots of different pains, if you are connected. The key is to not freak out about that and to get upset about that; the key is just to acknowledge them. "Alright, I've got a pain in my left leg. What's that about?" I could go intellectually into it, but the key is to go emotionally into it. The way I'd do that myself is just feel the pain in my left leg. Just breathe and feel it and just say, "I'm in denial of an underlying emotion," and just keep breathing and keep breathing into that pain. [01:50:50.22]

The other day Mary and I were in the kitchen and all of a sudden by my left arm, my shoulder was so painful that all that happened was I just knelt on the floor in the kitchen and just cried, there was so much pain in my arm. Then as soon as I did that I knew what the denial was about, as soon as I allowed myself to connect to that, to connect to the pain. Up until then I'd been saying to Mary, "Gee this pain in my arm," I'd had the pain in my arm for a week or two before then, solid, but not to that intensity and I never allowed myself to go into it see, but as soon as I allowed myself to go into it, immediately I knew what it was about.

Whereas if I hadn't allowed myself to go into it, I would have been still trying to guess what it was all about.

Participant Female:

Oh, I just wanted to say that I've been fighting sleep all the way through your talk up until the breathing and I now feel wide awake. Thank you.

Jesus:

No worries. (Laughs) I don't know if you should thank me, it might have been my voice putting you to sleep.

14.1.1. An example of migraines

Participant Male: If headaches are the fear of dealing with grief, then is a migraine a more acute ...

Jesus: Yes a very intense grief under a migraine.

Participant Male:

Because I was talking to a lady last night who said that she suffers from a migraine every single day and I told her to look into her childhood for what could be causing that.

Jesus:

Deep grief in her childhood. Yes. Obviously different areas of the body mean different things and you can go and get a book like "The Body Is The Barometer Of The Soul", and those kinds of books and see the relationship, but in the end sometimes the fastest way is actually just to breathe into the feeling. When you breathe into the feeling all of a sudden you allow the feelings to flow and you'll find out pretty rapidly usually after that what the emotion is. [01:53:02.19]

14.1.2. Physical pain in children is a result of a parent denying emotional pain

Participant Female:

Funnily enough this week my daughter has just randomly got a headache or a belly ache – headaches in particular. Is that a denial of grief on my part?

Jesus:

Yes. So remember, when we're a parent and we're dealing with a child's emotion, it's to do with our denial. Recently we were talking to a mother with a nine-year-old child who's in terrible pain on lots of different levels, and she goes to her mother and tells her what her mother should be doing for her to get rid of that pain. Often the mother doesn't do that so she gets angry with her mother for not doing that, but almost all the

time a child experiencing a pain is a result, a definite result of one or both parents not dealing with a certain pain, and usually it's a Law of Attraction.

So if a child comes to you about the pain and doesn't go to her dad about the pain, then it's yours, but if the child goes to dad about the pain and not you, then it's something to do with dad, usually; you'll see the Law of Attraction working quite well.

Fear Revisited S1P2

Jesus:

I'm still feeling a lot of spirits' emotions about this discussion about fear and how much of a large influence they're having. So during the afternoon we may get a chance to talk to some of these spirits. Hopefully those of you don't mind watching that discussion if the opportunity arises, and then what we'll be able to do hopefully is feel a bit more positive about dealing with our fears, rather than feeling so negative about them.

15. Audience questions

Jesus:

Are there any questions firstly that you'd like to ask about what we've presented so far?

15.1. Physical ailments related to fear and anger

Participant Female:

Hi, AJ. You were talking about the fears coming up in our body and I saw you last weekend and you said you were going to talk about fears. So does it come up physically as well? Because the next day I got this heat rash all over my face and my neck, and then I lay in bed and I thought, "I'll go crazy with this." Then the day and a half after that I got absolutely bitten alive on the legs, with extreme pain, and I couldn't sleep last night. Would that be the same?

Jesus:

Well rashes and bites are the result generally of suppressed anger, rather than suppressed fear, but remember from our discussion we can see that the anger is suppressing the fear, which is suppressing the grief. So the key is to look at what you're feeling in terms of your anger-based emotions and then look underneath the anger-based emotions into the fear. Both of you have actually had quite a few fear-based reactions in the last week, which has been really good for you actually. So the key is to allow those to continue. [00:02:01.24]

15.2. Bodily experiences of fear

Jesus:

When you bodily experience your fear you may even do things like vomit and all sorts of things. So it gets pretty intense sometimes dealing with fear and the key is to be prepared for that. So it's no good having a nice carpeted area in your home with no bucket there if you're going to deal with fear because you will need your bucket at some point, I can guarantee you.

So in my case often if I've had a huge amount of fear, what will happen is I'll have this feeling building up of blocked feelings, "I'm blocked, I'm blocked." Do many of you have that feeling? "I'm blocked, I'm blocked," and then all of a sudden I have this breakthrough into the fear. In one case I was really blocked up about emotions about women and how damaging my relationships in the first century with one woman – it wasn't really a relationship it was just a friendship – but how that friendship was damaging to me quite a lot and then working my way through the fear I finished up vomiting for two days, before I actually got into the underlying grief. So that is how much resistance I had to the fear itself and I can feel the emotions I'm dealing with now, it's probably going to end up in the same little process as well.

So the key is just to allow these processes to occur in yourself. Often we have a lot of mechanisms to suppress and once we start getting through them, we really feel these deep agitations and feelings inside of us and then there's an interaction that occurs that's bodily, and often we do need to express those things physically as well, and our body will react. So I've had very few releases of fear where my body hasn't reacted. So you need to be very, very conscious that our body is probably going to react when we start dealing with our fear-based experiences.

15.3. Working through resistance to fear

Jesus:

Now for many of you there's a fear in that, isn't there – being afraid of what the fear is going to be when you experience it, and this gets back to one of those beliefs that I wrote up on the board that, "I cannot cope with that." Many of us have this belief that, "I cannot cope with that." The Truth is you can cope with this, you can cope with your emotional processing work, you can cope with any experience. You will be able to do it and part of the way to get to that point is to actually feel the opposite emotion, which is, "I'm never going to be able to do this." Go into the fear that I'm not going to be able to cope, actually feel the fear of not coping, and feel the fear that you're going to be overwhelmed and you don't know what you're going to do about that.

Now tomorrow you're going to have to be quite brave; if I get the chance to show you some video snippets you're going to need to be quite brave to look at some of them, because some of them are quite confronting. So my suggestion is if you feel a bit worried about dealing with your fears and you're not sure whether you want to go ahead with that, then my suggestion is you might want to avoid tomorrow. Not that I'm recommending you avoid your fears, but come tomorrow prepared, if you like, to connect with some of these fears.

Now just to give you a bit of a run-down about tomorrow. Tomorrow will be connecting with fears about a whole set of different issues, ranging from fears about world change events, right the way through to war, and also right the way through into religious fears as well, which many of you have from your childhood that have been impressed upon you and not released. So if you can allow these things to occur and allow these fears to be triggered. [00:06:05.03]

What I'll try to do tomorrow is give you as much ammunition as possible to actually face a lot of those fears. I can't bring a bucket for you; you have to bring your own bucket, if you're worried about your bucket. The issue with regards to bodily reactions is we're so afraid of body reactions, we're often so concerned and afraid of them and so the thing is to start allowing yourself to have your body reactions. Start allowing yourself to feel what your body feels. That's a very important part of the process.

Okay. Well my person that was going to channel for me, I've triggered her fears I know and so she's off dealing with some of her fears about channelling in public and so we won't be able to deal with that just yet until she returns and maybe then we won't be able to either.

So what I'm trying to do now with all of my personal interactions with people is when I notice people have different fears and they're really willing to deal with them, I'm then triggering them quite frequently by asking them to do things that they might not normally do and things like that – not things that are out of harmony with love – but just to trigger the fears that are within them. If the person's in the fear place, they'll actually go and deal with that fear first and then come out of that and then we can work together quite easily. So that happens quite a lot around me. So you'll find a lot of these sessions are pretty ad-hoc in the sense that I haven't organised them very much at all and that's the reason why. [00:08:11.26]

So what we'll do waiting for my friend Monica to deal with those fears that she has, is to start looking at some more daily practical things you can do about your fear. So let's look at sort of like a daily practice if you like. If you're in a state of fear and you know it, what things can you do day-by-day to help address your fear?

16. The pleasure-pain and fear-truth scales

Jesus:

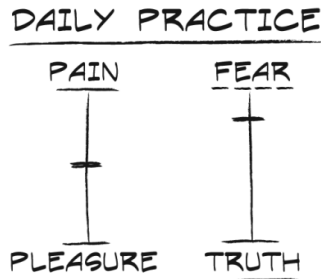
Now many of you know from other discussions that there are really a couple of things happening with regard to fear. If we call one the fear scale, and one the pain scale, so pain is up there and fear is up there. The opposite of pain is obviously pleasure, so we'll put pleasure down on this end of the scale, and the opposite of fear is actually?

Audience: Love.

Jesus:

Oh yes, interesting isn't it – I don't think love has an opposite, but truth certainly does. Remember if FEAR is False Expectations Appearing Real, then what is the opposite to what is false? What is true, yes? So obviously when you're in a state of truth you're also in a state of love, so that's a part and parcel of that.

But let's have a look at what happens. We might have a level of pain half way between pain and pleasure, and we might have a level of fear close to fear.

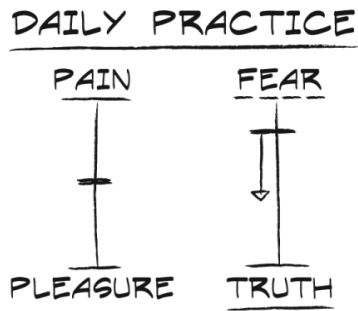


The pain-pleasure scale and fear-truth scale, with a higher fear level than pain indicated

Now if that's the case you will not deal with any of your pain. If your fear is greater, or about the same level as your pain, then you won't deal with your pain. So at some point we've got to get to this stage where we're no longer afraid of the pain. We're going to have some emotional pain; you've already got physical pain but see with physical pain, do you know what we do most of the time? What we do firstly is we pop a few pills, like headache tablets or body aches or whatever, but that doesn't work a lot of times because it happens again and again and again. [00:10:03.28]

So what we do then is often the pain gets worse and by now we're looking at operations, and we even deal with that, don't we? We even contemplate going in to have an operation to deal with something that's now degenerated in our body to the state where it's diseased. Why do we do that? Because we still accept the pain more than we do the fear about dealing with emotion. That's why we do that.

So what we need to do is somehow lessen this fear. So we need some daily practice – something that we can do in a day that helps us reduce the level of fear – because what we want to do is we want to get the fear down below our pain level, if you like, below our threshold, so that we will always deal with our pain.



The fear level needs to be reduced to lower than the pain level in order to deal with our pain

Now eventually, you can see that there's two processes involved here – one is a willingness to experience all of my pain and the other is the willingness to start accepting truth emotionally.

So what can we do daily practice wise that can address both of those issues? That's really what we want to look at. How do we start addressing the truth issue and how do we start addressing the pain issue?

17. Daily practices to help release fear

17.1. Breathe diaphragmatically

Jesus:

So you've already seen a few of those things that we can do – remember just before we were doing some diaphragmatic breathing, you were breathing into this mid-section area of your body. So you're feeling into that area of your body, That is, allowing yourself to do that as a daily practice.

Now most of you work, or you do things around home where it's not easy for you to lay down and do that. My suggestion is just practice doing that five minutes a day, no matter where you are at that particular moment. You might be at work or you might be out partying, or you might be home, or you might be doing some housework around the house, you might be out gardening, you might be doing all these different things, just remember, do some breathing; really start breathing into your diaphragm. So breathing – breathe, breathe properly.

17.2. Feel bodily sensations

Jesus:

The next thing is to start allowing yourself to feel the bodies' sensations.

So practice feeling your body. Be in your body. You need to stay in contact with your body. What we're doing a lot of the time is trying to get out of our body, because our body feels painful so we get out of our body. When you take a headache tablet for example, you're trying to get out of your body. You are trying to avoid why you've got the headache. Allow yourself instead to feel it – even if you do it for five minutes before you take the headache tablet, even if you just do that, that's better.

What you do is you lay down or sit down and just allow yourself to feel that pounding feeling going on. You can even just ask yourself, "What's this pounding feeling all about?" But you just allow yourself to feel it, allow yourself to feel it longer each day if you have it. Allow yourself to feel it. "Pounding again today, what's going on?" Allow yourself to feel yourself to feel, and what will happen eventually is you'll break through into actually connecting with the underlying causal emotion, if you allow that to occur.

So I often feel in pain still and right today, I've got terrible pain in my stomach, really bad pain in my stomach and it's so painful for me today that I'm finding it hard to stay up here and talk, that's how painful it is. But I'm just breathing, I know what it's about, I'm allowed to feel this underlying deep emotional grief about my own worthiness and I need to allow myself to feel that, and allow myself to stay connected with this pain.

If I stay connected with this pain, I'm going to eventually get to the underlying emotion. If I get out of this pain by using a technique and some of the techniques are; if I eat, or if I go off and do something else, or I go out and party, or if I go while I've got this pain, I'm actually avoiding this pain now. So I need to reconnect with this pain, reconnect to my body. Don't try to get away from it.

Now sometimes when you do that it feels unbearable. Many of you have felt that, where you started connecting to the pain and it just feels unbearable. So what we need to do when that happens is allow ourselves to stay connected with that pain and just cry about how unbearable it is, just allow those tears to flow about how unbearable it is.

So feel your body. What's next? What do we do next?

17.3. Allow emotions immediately when they arise

Jesus:

Whatever emotions come up from that, we want to try to get into the emotion when it's happening. You see most of the time, what we're

doing in our daily life is we're going along in our daily life and an emotion gets triggered and we say, "Oh, I'll put that off to five o'clock tonight, when I'm away from work." We're automatically trying to shift it to another time. The problem with that is we're actually adding another layer on top of the emotion of avoidance. We need to allow ourselves to shift our emotions as they occur.

Now if an emotion is occurring, let it occur. In the world that we live in today this is a very difficult thing to practice, isn't it? Because you're going to get lots of judgement about that and if you're a woman you'll get a different type of judgement than if you're a man. Because a lot of times a woman is allowed to do that in certain circumstances, whereas a man's not allowed to do that at all, often times. So there are lots of different judgements that you'll get if you're a male or a female about those particular things, going into your emotions.

So allow the emotion immediately and that is so hard to practice. So start practicing it with little things. So if you can do that with little things, you'll be able to grow and it'll start growing inside you where you'll be able to do that with all your emotions.

17.4. Pray

Jesus:

Now of course we're already drinking water, so that's part of our daily practice, and we're already eating so that we're not avoiding our emotions; that's another part of our daily practice, we discussed before the break. But there's a major daily practice that we need to do and that is probably the most important one I feel. Pray!

Now what is prayer? Prayer isn't this religious thing that most people talk about. It is a longing directed towards your Creator to assist you with whatever it is that you need assistance with. So what do we need assistance with? We need assistance to get into our fear-based emotions – that's what we need assistance with.

17.4.1. Being sincere in prayer

Jesus:

So what we need to do is actually start longing to God about dealing with these emotions, but we have to be longing in a state of purity. There has to be a pure emotion. So if my pure emotion is, "I would like to avoid my fear for the rest of my life," that's my emotion. I need to talk about that emotion with God. So instead of saying to God, "Please help me to feel my fear based emotions," what I need to be doing instead is saying to God, "I want to avoid all of my fear-based emotions."

DAILY PRACTICE

- 1) BREATHE
- 2) FEEL YOUR BODY
- 3) ALLOW IMMEDIATELY
- 4) PRAY! PURE

Participant Female: Maybe my prayer would be, "Give me all my fear."

Jesus: Yes, but see if I don't want all of my fear then that's not a prayer that's pure. Can you see that?

Participant Female: No, I actually don't.

Jesus:

No, and that's the one thing most people don't realise about their connection with God. You can't connect with God with an impure emotion. When I say an impure emotion, it has to be sincere. If your desire is to avoid your fear, then you need to say to God, "I want to avoid my fear. You help me avoid all my fears." (Laughs) "You know, why don't you help me avoid all my fears?" Get angry with God if you want to get angry: "Why don't you help me? Like I didn't create my fears, other people created my fears. Why do I have to now feel my fears?" So allow yourself to actually connect with that emotionally.

Can you see what I'm saying? See a lot of times what we're trying to do is we're trying to connect to an emotion that we have no real desire to connect to at all. How many of you really want to feel your fear? Really? Like let's be honest, there's not many of us in the audience who really want to feel their fear. The truth is if you really wanted to feel your fear, what would already be happening? I'd be feeling my fear.

So if I'm not already feeling my fear, then I don't want to. So we can talk about this fear all day and wanting to feel your fear, but if you really don't want to feel your fear, what's the best thing to do? To actually pray to God as a pure prayer, "I don't want to feel my fear"; let yourself feel some of the anger. What do you feel about that? Like other people have created all your fear, it wasn't you that created it all; it all seemed to be just a part of you by the time you were five, didn't it? How many of you feel that you went out purposely to create these fears inside of you? Nobody.

So you don't feel like it's your responsibility to feel these fears a lot of times. What we feel instead is, "No my mum should feel that fear. My dad should feel that fear and little boy bully at school that beat me up every day should feel that fear." We have all these feelings in us that, "It's

not my responsibility to feel this fear, it's everyone else's responsibility, they're the ones who created it." And then we think, "What about God? God created this terrible system where I've got to feel my fear after they created it. That's not fair. I don't think you're fair actually. This isn't a fair thing to do. What should happen is all of my fear that I have to feel, someone else should have to feel it." And we start connecting with the real emotion we're feeling. That's a prayer.

Do you get the difference between what we're often doing and what we need to do when it comes to prayer? Two opposite things you see. Now when I'm starting to do that I'm now starting to get firstly to this anger I feel about the fear that is within me, and how unjust it is to feel it and all these other things, and now what I'm doing is I'm releasing my blockages about feeling my fear, because I'm experiencing them. I'm feeling the reasons why I don't want to feel my fear. Once I start connecting to those you'll see it happen very rapidly in you. You can connect to that and two minutes later you'll be in some fear a lot of times, because you've released the blockage to feeling the fear, and this also applies to your underlying emotions with fear. [00:21:58.24]

When you feel your fear and start experiencing it, a lot of times you'll get very rapidly to the emotion underneath that, because it's when we state the truth of how we feel to God, that we start connecting to ourselves emotionally. Not when we create a fictitious intellectual viewpoint inside of ourselves. It's very important to understand this.

When I'm just saying to God, "Please help me feel my fear, when my emotion is, "Don't let me feel any fear." Then I'm setting up like a lie, aren't I? I'm saying, "Please help me feel my fear," and God's going, "What? You don't want to feel your fear. Like you want to avoid all your fear, I'm not going to help you feel your fear. Your free will's saying to me, 'I want to avoid my fear.'" Can you see, how can God answer that prayer? To answer that prayer would be breaking free will. So I can by there saying, "Oh please, God, help my do this and help me do that," and really be feeling totally the opposite emotion.

And remember it's the emotion I'm feeling that God is hearing. It's the emotion I'm feeling that God is hearing, not the words I'm saying. Now that's very important to understand.

17.4.2. Feeling fear often exposes memories

Participant Female:

When we actually are feeling our fears, are they connected to a memory that we don't remember now, but at the time we are feeling the fear, the memory comes back?"

Jesus:

Oftentimes that will happen. As soon as you actually connect with the emotion itself, whatever the emotion is, most of the time the memories return. So you don't even have to worry about the memories really at this point. All you need do is allow yourself to connect with the emotion that you feel. [00:24:00.01]

So if my emotion I feel is a lot of upset and anger with God; like many of you have been coming for some time now and learnt about all these different ones of God's Laws. There's this Law of Attraction thing, well how good's that? You're basically saying with the Law of Attraction, if I don't feel one of the emotions that somebody else created in me, let's face it – most of the time somebody else created in me; basically what I'm telling you that somebody else created this emotion in you and you're now responsible to feel it and the Law of Attraction is going to bring you events to trigger that emotion until you feel it. How fair does that feel to you?

Like for most people in the audience I can guarantee once you ponder about that, you'll feel that's not very fair. You feel really, "No hang on a sec. Why doesn't my mum's Law of Attraction bring that emotion to her? She's the one who created this one in me. Why doesn't she feel it? You see what I'm saying? And so we often have these feelings towards God about that, so talk to God honestly, and that doesn't mean just talking sometimes.

Sometimes you're going to get quite angry and frustrated with God and you're going to be angry and frustrated with this particular law or that particular principle, and you're going to be so upset about injustice. Because remember I've said on many occasions that love isn't justice and you're going to be so upset about that. What? "Eye for an eye, tooth for a tooth," that's what you want in the end. "I want the persons who created this to pay for what's within me now," and all those kind of things.

So allow the underlying fears to be present when you start allowing the emotions, sure the memories will return, but you don't need to worry about that at all. What you will need to worry about is letting the feeling be present. When the feeling's present that unlocks everything else.

17.4.3. Being sincere in prayer (continued)**Participant Female:**

So when you're praying to God falsely that you really want to feel these fears ...

Jesus: And you don't really ...

Participant Female:

But no, and you don't really, but you're not aware of feeling any fear about not wanting to feel the fears. If that makes sense?

Jesus:

(Laughs) Yes. Well let's look at it. What often we do with grief or all the emotions I've mentioned, many of us are saying, "Please", to God, "help me get to my causal emotion." We know that if we release causal emotion our Law of Attraction changes. We're going to be happier. So most of us feel like, "Oh, I really would like to connect with some of these causal emotions," so we try to connect with the causal emotions, but we don't really want to connect with the causal emotion, most of the time, because if we really wanted to, we already would be doing it. Right now.

This is something we need to remember as a very basic thing – if I'm not right now connecting with the causal emotions, then I don't want to and I need to be honest and say, "I don't want to. I don't want to connect with this causal emotion."

You know the times that I've said that I don't want to, sometimes within two minutes I've been feeling the causal emotion. (Laughs) It's amazing what it does. It's some kind of psychological thing and I still don't really get it. But basically what it feels like is you're allowing yourself to feel that you don't want to do something and that's more allowing than it is when you're trying to say I want to when you don't really, and to be frank with you, what's actually going on inside of you is it's the truth that will open you up. I'm not just saying God's Truth will open you up, what I'm saying is when you're truthful with God, it will open you up.

You try it even when you're truthful with your family, that's when emotions start coming out. It's when you're all trying to cover it over, no emotions come out then. But as soon as you're truthful with a family member, what happens? Or you start connecting with your sadness about that particular thing that you're talking about, or you're angry about and so forth, because you're being truthful, because you're in a dialogue.

So what I'm suggesting is have this dialogue with God. Initially it's not going to be a very good dialogue. A lot of times it's going to be like angry dialogue towards God, upset about this law and that law, "And why does this happen, and why does this happen to me?" And all these different things, "I don't want to deal with my emotions, someone should have to do it, they're to blame and I'm not to blame." All these different things are going to come out of you. They are your anger blocks in dealing with your relationship with God. [00:28:21.24]

17.4.4. An example of AJ's emotions about receiving criticism

Jesus:

After that, you'll start getting into some fears, and so you can start discussing your fears. "I don't want to have to go around doing this teaching work when I'm getting lots and lots of people criticising me all the time." I don't know about you, but criticism doesn't feel that good to me at the moment. So what happens a lot of times, I say I'm Jesus, or I start talking about first century existence or something like that and I just get a barrage from an audience. A lot of times this happens. Now I go home and I go, "Do I really want to be doing this?" Like putting myself in front of a couple of hundred people who half of the time or three quarters of the time just want to spend the time criticising me.

Last week I got quite a number of emails, as Mary will attest to, about all the things I did wrong last week, in the groups and whatever; all the personal things, when somebody came up and asked me a question, what I should have said to them and what I didn't say, and how unloving I was and all these different things. You'd be surprised this happens on a weekly basis. It's part of my Law of Attraction at the moment.

Now I need to work my way through the Law of Attraction, allow those emotions to come up. Well what comes up for me is emotions like, "Wow like I give my time for free." And it's mostly women who do this, so I get a group of women coming up and criticising me about how I'm not gentle enough, I'm not understanding enough, and I'm not kind enough, and I said some things that they didn't like and I get this list of things emailed back to me. Generally it's quite good, because it's a pointed list and it's very clear. (Laughter) And it's amazing how many times that happens.

So then I go into these emotions, which I still need to feel. "Why do I want to do this? Like I don't want to be Jesus, who wants to be Jesus? Do you want to be Jesus instead? I'll let you be one, that's fine I'll just go into insignificance." But I love the truth, I love the Divine Truth and this is my problem. See I love the Divine Truth more than I like being hammered on the weekend, sort of thing. (Laughs)

So a lot of the time what happens now is I'm in my passion, speaking the Divine Truth, I get hammered in return back and so what I do then is I allow myself to go into the emotion, and I even talk about that with God. Like, "What do you expect from me? Like I want some help here. I want some help here in terms of, all I want is to be able to present the Divine Truth and not get hammered every time doing it." And so I feel about those emotions.

And I know many of you don't hammer me, so I know many of you feel very appreciative, but see with my emotional injury that I have at the

moment, I don't feel that as much as I feel the times I get hammered. This is what happens – until we deal with these emotional injuries, the ones that are the triggering ones are the ones that are exposed the most.

So I have to work my way through that emotion, feel those emotions. Some of the emotions that come up are like a fear of being attacked, so that's a big emotion still, for both myself and Mary; a fear of being physically violently harmed in putting ourselves out there. One of the emails I got this week was pretty violent, an email about how I'm totally disillusioned, of course and of course Mary is too, and then all of these different things about all of this untruth that I'm teaching and woe will be on me, and God will punish me and God will ... all of these things, like just lots and lots of stuff about their own anger really. [00:32:09.27]

So we often get these kinds of criticisms back of course because we're open with our email address and we're open with all these kinds of things. You just get your Law of Attraction kicking in and what I do is I allow myself to feel the fear of that – like what does that feel like? Sometimes it feels terrible, and I allow myself to feel it. Each time I allow myself to feel I release a bit of that and then the next time it affects me far less.

Years ago when I started doing this, I'd get up in a group of twenty or thirty, and three quarters would walk out part of the way through the discussion generally, with anger and rage, and then the rest would be actually listening for a while, but eventually they too would get into anger and rage about something I'd said. (By the way many of you in the future will get into anger and rage about something I'll say.) And I feel that rage and I feel that anger and before what I'd do is I'd go into this fear about people's anger, like start to tremble and feel shaky inside and feel really terrible inside. So I'd be really worried about all of their anger, and I'd have a terror-based response in other words to their anger that I'd have to allow myself feel. So I let myself feel it, the next time it gets better.

Now I described last weekend how I've had some pretty major people ring me up, threatening to kill me and all sorts of things, and I've had to work my way through those emotions in terms of what that causes or triggers within me with regard to my fears.

17.5. Notice the Law of Attraction

Jesus:

So the key is to allow your Law of Attraction and that is the next thing I'd like to write down – allow your Law of Attraction to trigger your fear. So

notice your L.O.A. I don't like using acronyms, Law of Attraction that stands for. Notice your Law of Attraction. [00:34:08.22]

DAILY PRACTICE

- 1) BREATHE
- 2) FEEL YOUR BODY
- 3) ALLOW IMMEDIATELY
- 4) PRAY! PURE
- 5) NOTICE YOUR LOA

So this week I had one man, a male – it's very important what gender too is doing this with you. So this week I had one man who is a religious zealot email me with lots of condemnatory stuff. So I've got to look at that as a Law of Attraction thing. What's the Law of Attraction there? And that one man emailed both Mary and myself, separately. So both Mary and myself have a Law of Attraction with that particular one.

Then I had one lady emailing me specifically, addressing me specifically saying different things about how I was unkind and not gentle and all these different things, and basically the word she used quite often was "uncool", I'm uncool. So that's my Law of Attraction. Now it was a female sending me that email ... so "I'm a poet and I don't know it" (laughs) and none of you caught that one.

So I had a female sending me the email, and that is a very important part of my Law of Attraction, in that particular event. So I've got to look at that and then during the week we had a number of spirit-based events occur for myself and Mary together, where different spirits came to talk and different spirits came to express themselves and they had different emotions and so forth, and so that's part of our Law of Attraction. So we allowed ourselves to feel about that, what fears were involved in that and the key is to work through those particular fears as well. Your Law of Attraction tells you everything that's going on pretty much.

17.5.1. God often responds to prayer through the Law of Attraction

Mary:

I just wanted to add for the lady who asked a question about prayer that sometimes I just pray to God to show me about this issue, and usually the answer comes in my Law of Attraction, but if I pray it seems to really heighten the experience.

Jesus:

Seems to ramp up the law.

Mary:

So even if I think, "Oh, I don't really know what's going on with me around this issue, but can you show me what is happening around this issue for me emotionally?" Because sometimes I feel really far from the issue.

Jesus:

Yes, there's a lot you can do with prayer, and my suggestion with prayer is to notice when you pray you can ramp up your own Law of Attraction. The problem with fear is we often don't want to. What we want to do most of the time is to suppress our fears, and so we're trying to suppress our Law of Attraction about fear. I quite often have people coming up saying, "But if I ramp up my Law of Attraction about fear, I'm afraid of dying in a car crash. So what do I do with that? Like if I ramp up my Law of Attraction does that mean I'm going to have a car accident next week?" And the answer is well, "Yes, you're afraid about a car accident every single day of your life, aren't you?" So feel the fear.

When you feel the fear of that, it'll actually lessen the Law of Attraction about the issue, not the opposite way around. See a lot of times what we do is we think it's going to increase the Law of Attraction about the issue, when we tune into the emotion, because we're taught New Age teachings again. They go down the track of saying, "No you've got to use your mind and you zen out of that," and it doesn't change your Law of Attraction at all.

I was talking with Josh last week when he was around at our place and he was saying how he went into that beautiful zen state, where you really zenned out, blissed and your Law of Attraction still operated; your computer broke down, your car broke down; they all still happened and it's still happening. But because of the feeling of meditating out of it, you get out of that Law of Attraction.

The truth is the Law of Attraction is happening. If it's happening you haven't dealt with it yet and that's just a very basic truth.

17.5.2. An example of AJ's emotions about receiving criticism (continued)**Jesus:**

So if you haven't dealt with it yet, let yourself feel, "Alright, the Law of Attraction brought me this week two more criticisms, pretty intense criticisms from one guy, violent sort of criticisms. I've got to look at that. I've got to look at what's inside of me, what emotion inside of me is that triggering," and let myself feel that.

Participant Male:

Did you reply to the emails?

Jesus:

No what I try to ...

Participant Male: So you just leave it?

Jesus:

Yes. What I try to do myself is not project back at the person. So there are times when I've dealt with the emotion that I will then reply to the email, but the majority of the times what I will do myself is just feel the emotion until it's done and I'll just read the email. I print them out and re-read. How people say, "Don't ever read your own hate mail." Well I read all of my hate mail. So what I do is I print it out. Mary has seen me do this quite often. I print it out and I re-read it, go off and deal with it and re-read it again, and in the end once I can read it and I've now dealt with the emotion, you can feel that in yourself where you feel in a space of love with the person.

Now, if I want to I address the issue with the person, whatever that issue might be, a lot of times by then though, they've emailed me back saying sorry. (Laughs) That often happens as a result of you working through your emotion and getting into a place of forgiveness where the person basically works through theirs as well. So that's often happened, but if that hasn't happened, and I feel there are some issues to address in truth, then I'll address those issues and I suggest for you to do that as well.

Try to avoid this re-projection of stuff back at the person, because what you end up with is just a tennis match. You know, one of those tennis matches where you go hit, run to the other side, you hit, and it's like running back and forth and you know sometimes where, "That was a good rally," but sometimes it lasts twenty-five minutes and it seemed a bit boring to watch. That's what happens to our life a lot – we finish up entering into these transactions where all they are is hitting the emotion back and forward, but not actually feeling the emotion.

So stay in the transaction emotionally and feel the emotion. When you stay in the transaction emotionally and feel the emotion you will notice changes in the dialogue, if you enter into a dialogue after that. You will notice changes where one of you shifts, and the other one shifts and so forth. In some cases we've had points where I've had dialogues for ten or fifteen times after I've dealt with the emotion and then in the end we said, "Well that's enough now," basically this person is still projecting anger and hatred and what else and it's time for us to stop and say, "That's enough," and you'll feel that at times inside of yourself when you're starting to be unloving towards yourself, but you won't avoid emotionally what's going on.

So that's why I find it's good to read all the hate mail and deal with all of that emotionally. In the process of that, obviously things change and your Law of Attraction changes, events change, different things get attracted to you and you notice you're attractions changing and you can see, "Wow, I've dealt with that. I've really dealt with that particular issue now."

So now when I'm in a group like this and I get projected at me lots of anger and hatred, I used to get terrible back pain – so bad that I couldn't sit down after the group. So what I'd have to do is sort of bend over and sort of be in a foetal position bending over and just cry until the back pain was released. That was just all unworthy feelings coming from that anger and rage and so forth. So I just allow myself to do that and then I feel like going off next weekend and doing another talk and triggering the same thing. Then you get to a point where, "Wow that's not there anymore," and even though I've got maybe some anger or other projections coming at me, I still don't feel that anymore, and you know then that everything's been released. [00:42:17.06]

18. Weekly practices to help release fear

Jesus:

Let's get back to our daily stuff. What I suggest you do too is buy a journal. So if you haven't bought a journal already, my suggestion is buy one.

18.1. Write an anger list

Jesus:

In the journal have a page, and you might eventually need two or three pages with this particular one, but in a journal have a page that you go to and whenever you're angry you write down what the event was about. Whenever you're slightly annoyed, write down what the event was about. Whenever you're irritated, write down what the event was about. So what that basically is, is what I would call an anger list.

You don't have to do it all at once. You can just write down what you're angry about, what you can remember, but let it change. It will change with you, as you're changing. Allow yourself to note down the things you're angry about.

So this week what was I angry about ... I can't remember what I was angry about this week, because I was mostly sad this week. (Laughs) What about the previous week? I was a bit upset about the woman who emailed me those things, wasn't I? That was slight annoyance; I'd call that, so you write that on my anger list – slight annoyance, woman sending nasty email, whatever that's about.

You don't have to deal with it at this point, you just write it on the list, because sometimes you're not feeling the emotion of it. But it happened. The event happened, so write down the event – what happened. So write down that, and what did I feel from that event? A bit of annoyance or whatever. Write down that too. But I couldn't get into anything, so another thing happens and another thing happens. Write down all the things that made you angry. [00:44:08.03]

Then once a week, look at that list. Look at the list for the last week and now use your mind, because at the moment it's pointless using our emotions at this point, because we're disconnected from our fear and we're disconnected from our grief and so forth. So instead use your mind, because that's the tool available to us in this state. Use our mind to make a fear list from the anger list.

18.2. Write a fear list from the anger list

Jesus:

So we do a fear list from the anger list. So like, "I was slightly annoyed about this lady." What's my fear? So I have to think about it, just allow yourself to pray about it and let some intuition come to you; this is where your spirit guides can help you a lot as well, and just write down what you suspect it might be about. It doesn't have to be right at this point, because what we're trying to do is open our awareness, that's what we're trying to do. We're trying to stretch ourselves and open our awareness.

ANGER LIST
FEAR LIST

So open your awareness into the fears that you have and start writing down. In other words, relate your anger to your fear, join the dots together. "That anger is actually about that fear. Ah! Ah that anger that I had there was about me being afraid of that."

So for example, you might be angry that you rang up the plumber today and he didn't come today. Your first thought might be to ring up the plumber again and give him an earful. (Laughs) "You promised you'd come today. Why didn't you come today?" Instead of doing that, you're upset. So write down: what were you afraid of there? What are you afraid of? [00:46:00.29]

It could be all sorts of things couldn't it? It could be the toilet's not working and you are starting to have a "number two" generate and you're afraid about going outside. It could be just a fear of comfort. You

see what I'm saying? A fear of discomfort could be just the thing driving you.

Participant Male: A foul bowel.

Jesus:

Sorry? "A foul bowel." (Laughs) You're a poet and you don't know it either, Pete. Mary, what do you want to say, darling?

Mary:

I was just going to say that sometimes it's not a fear from me, it's not a fear directly related. Like for me the plumber not coming would be a fear about me. I'm afraid of feeling unloved. So it's not a fear about the plumber, it's a fear about the emotion that the plumber is triggering.

Jesus:

Yes often there's no seeming relationship between the two. When I say no "seeming relationship" there is always a reason why you go into anger and it's always fear-based generally. But often when we first look at it, there is often no relationship between the two. So what we've got to do is trust some intuition here. What's this about, what am I feeling about?

18.2.1. An example of AJ triggering anger in a house guest by not allowing her to use candles

Jesus:

Monica, do you mind me saying something about when you were with us? Monica stayed with us for a few days out at the eco-tent. I said to Monica the night before, "I don't want you to use candles in the tent." What did you feel about that? Jen's okay but you see it depends on what emotion is in you, what you'd feel about that. Monica had some man, who's telling her about free will, controlling her free will. That's what she thought. So she went into the emotion about being angry at AJ. "Hypocritical AJ, doing his stuff." So we're in the anger state here. So this is anger.

When we started dealing with the fear, when we linked up the next morning, Monica was truthful with me. She said, "I'm angry with you." "Okay why are you angry?" "Because you told me I can't light a candle when I've got free will, I'm allowed to do anything I want." And for a start, that's not what free will is. That's a false belief about free will by the way, because the truth about free will is you're allowed to do anything you want, but there is a consequence to every action you do. That's the second half that we usually ignore. We chuck that one away. We say, "We're just allowed to do whatever we want."

But anyway she comes up and says, "Oh you didn't allow my free will." I said, "Yes I did actually. You had the free will to stay in my cabin under the terms I've given you, or you had the free will to go home. So that's free will, I've given you free will." "No, no, no." We had this discussion, didn't we, Monica? "No, no, that's not true, you know. You're just trying to get away from the fact now that you're trying to control me," and rah, rah, rah.

Anyway I said, "Monica, this is not what it's about at all. Let's delve into the fear of what it's about." In the end it was whenever Monica felt a man didn't give her what she wanted, the man didn't love her and this was related to dad, feeling unloved from dad, and whenever dad didn't give her what she wanted then it meant dad didn't love her. Now as soon as Monica said that, bang, she was in the causal emotion. Weren't you? Like a few seconds, four hours of tears afterwards, wasn't it? So what happens a lot of times is we can get through these layers quite readily and quickly, as long as we're speaking the truth of them. [00:50:02.24]

So if Monica had come up and I'd said, "How were you last night?" "Oh it was fine." "And what do you feel today?" "Oh I'm okay." Now we wouldn't have got to talk about how angry she was with me for a start, would we? And so we're not in a state of truth now, are we? So can the emotion flow? No, the emotion will not flow while you are in a state of untruth. The only emotions that flow in a state of untruth are self-deception anyway.

So she gets into the emotion, the anger, and now we're stepping down. Now we're starting to step down through the layers. If you avoid all of that you're not stepping down through any layer. So you're never going to get to the basic emotion in the end. Does that make sense to everyone? Yep, okay. By the way when I say the words, "Does that make sense?" It often means that I feel that quite a number of you are not making sense of that, but anyway. (Laughs)

18.3. Focus on one fear

Jesus:

So do your anger list, do a fear list. Fear list, very handy – relate it to your anger list. Then the next step is to choose one of those fears, and what I suggest you do is choose the biggest one. So what we often do is choose the smallest one. And if you want to do that you can do that, but to be honest with you the biggest fear is going to have the biggest result when you release it. So what we do is choose one of those fears and we focus our prayer and attention on that fear.

ANGER LIST

FEAR LIST

FOCUS ON
ONE FEAR

Now I don't mean we go, "Please help me feel this fear next week"; that's not focusing our attention on a fear. That's not being truthful necessarily. What I need to do, I need to be honest with this fear for a start. "I don't want to feel that. I don't want to feel this." We talk to God about what we don't want to feel. Why don't you want to feel it? [00:52:02.11]

Talk to God about why you don't want to feel it. What's going on inside of you that causes you to not want to feel that fear, why are you avoiding this fear? It could be any reason, couldn't it? It could be hundreds of different reasons. "I'm afraid I'll die if I feel that." "It wasn't my fault in the first place that I had this." Say all the things you feel, say them all and then focus on triggering that fear during the week. So set your intention to address the fear.

I don't mean to connect with it necessarily; I mean to be honest about it all week. Focus your intention on being honest about that fear for the entire week. So somebody comes up and says, "Hey how are you going today?" "Oh, I've just realised this week that I've got a really big fear," and say what it is. Then you come home from work and the husband asks, "How you doing?" "Oh, I've just noticed that my fear came up quite a few times today." Talk about the fear. Talk about what it is, allow yourself to stay connected with it during the week.

18.3.1. Watch confronting movies or read confronting books

Jesus:

So what you do then is you go to the movies, to one of the movie places on a Tuesday. Usually that's the cheap movie night, and so what you do is you borrow out your five videos about that fear, and that becomes your focus for the rest of the week. So one of the nights you sit down, and you're breathing diaphragmatically, because now you're going to watch the Emily Rose movie or something, and expose your fear about spirits. So whatever it is that you're connecting with.

So if I'm afraid about being alone, I'll go and watch a movie that's about being alone. If I'm afraid of world change events, I'll go and get movies about Earth change events. If I'm afraid about violence I go and

hire five violent movies. If I'm afraid of rape I'd go and hire some movies with rape portrayed in them. And what I do is I connect to the fear of this.

Now many of you are going to feel like, "AJ's just crazy now; he's suggesting things that are way out of line now." And I can feel those projections, but I'm saying to you that this is how you get under your fears. There is some grief and other emotions in here for you, and if you allow yourself to actually do this, you'll find yourself getting into those underlying emotions.

Now you'll be amazed at what type of movies you choose. Sometimes like with a violent movie, if you're afraid of violence, sometimes you can choose gentle movies and they trigger you. Sometimes it's the flip side that actually triggers you. So use some intuition when you're at the video store, or use some intuition about what other people have told you this week about what movies to watch or good books to read.

So somebody comes up and says, "Oh there's this book called 'Feel The Fear And Do It Anyway'" by Dr Susan Jeffers. You go, "I'm not afraid, I don't need to look at that book." Now there's your Law of Attraction just happened there. Your Law of Attraction just happened. Go and get that book, and if you can't get it from the library go and buy it and then read it. That's your Law of Attraction; somebody's brought that to you. So quite often I've looked at the title of a book and gone, "Urgh, I don't know why this is my Law of Attraction," opened it up and start reading and, "Wow, it's triggering all sorts of things," but not what the person thought. Most of the time it's nothing to do with what the person who's giving me the book thought, but often it's totally different things being triggered, but there's my Law of Attraction.

The same goes with the movies. So tomorrow what we're going to do is spend a bit more time on that. We'll give you some movies, books, whatever and just again, use your Law of Attraction.

One way I do that sometimes, that might work for you, is just read the title out to yourself and just breathe a little and see which titles make your body change. So if you feel a bit teary reading a title, get that title. If you feel a bit anxious reading a title, you get that title – just go through the list. If you feel a bit scared about that title, get that title. Just go through the list like that. Get four or five if that's what you've got the time to do, or one if you haven't, and allow yourself to focus your intention on looking at this particular fear, seeing it for what it is. Not avoiding it, seeing it for what it is.

18.3.2. Praying for assistance and being open about the fear

Jesus:

I'm not saying that you'll want to deal with it, because to be honest if you're not already dealing with it, you probably don't want to deal with it. So start talking to God about you not wanting to deal with it. Talk to others about how you don't want to deal with it, be honest about it. You see it's the truth that sets everything free. Everything, including all of your emotions, get set free by the truth and so you're not going to get anywhere saying, "Oh, please help me feel this particular emotion," when in reality you do not wish to do it.

Do the opposite then. "I do not want to feel this emotion," so be honest about that, don't just shut up, but be open about how you really feel inside of yourself. Even with God – remember this path is about connecting with God. This means telling God everything you feel, not just the good things. We're taught from a very young age in religious movements to go, "Only talk to God about the good things, otherwise God will punish you if you talk about the bad things." Often we feel that. That's not how it is, God wants to know everything; God already knows everything about you.

Often in your speaking it, now you know it, when you start speaking it, you see? Often God's there looking down and he's saying, "Hmm, not proud about that particular thing, but that's not what's happening with their Law of Attraction right now. It's interesting that." (Laughs)

If you can imagine yourself being in that position, like looking down at everyone in humanity and going, "Oh look at that Law of Attraction working there, there, there, there." You imagine one day on your own life, like there's literally hundreds of events, where God's going, "Yes there, there it is again, another Law of Attraction, skip over, another Law of Attraction, skip over, look at that going on there. Then a person says, "Oh, I want to know about it." Oh God's in action then, "One person wants to know about their Law of Attraction and what's going on!" Trust me this is how God feels. God feels so enthused when one person just wants to connect with their true Law of Attraction, and they want to know about it, of course God's going to do all sorts of things to help you know about that.

"Now the trouble is I can't talk to the person as they are, because they've got so much resistance towards me, but I can talk to Joe Blogs over here, I can get this spirit that you call an angel over here to help him out there, and I can get their guide here to help them out. Their wife's actually quite mediumistic too, I might just be able to manoeuvre that a little." God knows what He can and can't do and so He does it, just to help you

connect with yourself. If you can think of God like that, up there, it'll help you a lot.

God feels very personable toward you. God's always interested in your underlying emotional state and God's always wanting you to actually work through the underlying causal emotion. The saying is, "God will move heaven and Earth" – maybe not quite that, because that would be breaking other laws, but God will do quite a few things from a spiritual and emotional and physical perspective in order for you to have that emotion triggered in you, when you really want it.

So start talking to God like that, like a friend and I'm not saying like your current friends, because a lot of your current friends they come up to you and they say, "How are you?" and you go, "I'm okay." I can't tell them how I really feel, because how I really feel is a bit about them actually, (Laughs) and they'll get upset when I tell them that. No, no, I won't say that." [01:00:21.12]

But with God it's different because God already knows how you feel and we've got to get used to talking to God about how we feel, understanding that. When we understand that, we start connecting with our emotions. When we connect with our emotions, things flow. That's a very important thing to understand.

So, Anger list, fear list and then the next step was to actually do one of the fears. So when we say do it, we focus on one fear. Now my suggestion is to focus on the fear that your Law of Attraction is already bringing you, that's the easiest thing to do.

19. Audience questions

19.1. Every event that happens to us is the result of the Law of Attraction

Participant Female:

Would you say a genetic disease is also Law of Attraction? I'm having one, and my grandmother had it, and my mother and it just hit me five years ago.

Jesus:

Every event, every disease, every single thing that ever happens to you in the course of a day is all the result of a Law of Attraction. Now the key is to take away blame because most of the time when I say that people go, "Oh so I'm to blame." No, most of the time there's this multi-generational error to blame, but the truth is it's now inside of yourself. The truth is also that any genetic problem can be repaired with God's Love. So if we look at those two truths and we see that, all that's stopping

the repairing of this problem is my own resistance, so there's something going on inside of me emotionally that causes it. [01:02:05.09]

Now where that emotion can come from does not matter, what matters is me connecting to it and releasing it. So this is where you get away from judging yourself about the emotion and start getting into just saying, "I'm allowed to feel my emotions," because to be honest most of the time our emotion never came from our own life. Now the diseases that we get and so forth can often come from spirit attachments and other sources but all of that is still based upon emotional attraction.

Participant Female:

So spirit attachment can also release with feeling? Could I talk there? I have tried a lot but ...

Jesus:

The only way to release a spirit attachment is by dealing with your emotion. Because what happens often at times is we can talk to a group of spirits who are attached to a certain emotion in us, that group of spirits moves off and all that happens is another group of spirits move in who have the same emotion. This is why many people in the audience who are mediumistic have this constant cycle of certain types of spirits coming in all the time and that's because of our emotions. But if we raise our emotions, experience our emotions and release them, then the same Law of Attraction no longer occurs and when people come to visit us from the spirit world, we also are not affected in the same way by their visits.

Fear Revisited S1P3

20. Audience questions (continued)

20.1. Every event that happens to us is the result of the Law of Attraction (continued)

Jesus:

So it's a bit like an angry person can come to you now and say a lot of things to you that might upset you, but then when you deal with the group of grief emotions that they triggered, if the same angry person comes to you and yells at you again, you'll have released those emotions, so you won't have the same effect anyway. But it's also highly unlikely that he'll come to you, because he will have felt that you've dealt with those emotions and he doesn't feel like he can say these things to you now and get away with them much, and that's a natural occurrence of the Law of Attraction.

21. Weekly practices to help release fear (continued)

21.1. Focus on one fear (continued)

Jesus:

So focus on the one fear. What I do generally is I like to focus on the biggest fear, because the biggest fear always has the biggest release. It has the biggest change, you get the biggest joy afterwards; you also feel more confident afterwards. Well if you think about it, if I deal with a big fear then what about all these little fears, are they going to be hard? No, they're going to be much easier now.

Remember I said right at the start that one of the major fears that we have is that we're not able to cope. So if you're able to cope with one of these big fears and you teach yourself you're able to cope, then you're going to be feeling pretty good about yourself, aren't you? And in the end you'll feel so good about yourself that you'll know you can deal with any fear that comes along. It doesn't matter if somebody even puts a gun to your head, you know you're going to be able to deal with it and so you'll be able to work your way through that fear and feel the feeling anyway.

21.1.1. Focusing on fears that block the experience of other fears

Participant Female:

It's the first fear that you say “can't cope”?

Jesus:

Remember that was the biggest fear that we talked about initially, the fact that I believe I can't cope with my emotions and the second, another

big fear that we have a primary fear of is that we feel that we're alone. They are often the two big fears that stop us from experiencing everything else.

Participant Female:

No my first one I feel is I can't cope in life.

Jesus:

Well that's the same thing. I can't cope with my emotion. Can you see the relationship? Why can't you cope in your life? Because you're afraid of the feeling that's going to come up if you do, that's the only reason. So it's all to do with your emotion.

Participant Female: Okay, thank you.

Jesus:

So focus on the one fear, let yourself do that. Now I focus on the fear, so I'm praying to God, not about feeling the fear, but being honest. When I say praying, I'm being honest with God about the fear. "I don't want to feel this fear. I don't feel it's fair." Be honest about my emotions about this fear. You'll find that that in itself unlocks something within you and you'll find different events will occur during the week.

21.1.2. Experiencing the fear when it is exposed

Jesus:

Now when you do this, when an opportunity comes up and the fear is triggered again, allow yourself to experience it in that moment.

So for example I've got a fear of personal harm. I'm driving along in my car, someone cuts me off and I get into anger. What have I just done? I've just not allowed myself to feel, in that moment, the fear that I have. By getting angry you say, "Oh you f'ing idiot," what am I doing? I'm actually blaming the other person now for the fear they triggered in myself and I'm not consciously seeing the fear that I have. I'm now just projecting it outwards; this is not what I'm suggesting.

So what I'm suggesting instead is, I'm driving along, someone cuts me off, I feel the rage rise in me and that desire to respond and then I say to myself, "Ah, I'm afraid because of what he did. What am I afraid off? What am I afraid of?" And to be frank with you I'd pull over on the side of the road and just sit with that for five or ten minutes. There's nowhere else your soul needs to be but in that moment.

So even if you're late for whatever it is that you're driving towards, you're better off spending that ten minutes or five minutes that it takes just to work out what that fear was about. Because right at that moment you

are the closest to that fear, right at that moment. Can you see why that's the case? Because the Law of Attraction happened at that moment. You see it's the Law of Attraction happening at the moment that is driven by all sorts of things going on. My emotions at that moment, my thoughts at that moment, are all a part of the construction of my Law of Attraction. So if I pull over at that moment and feel the emotion at that moment, that's the most powerful time that I have to connect with this. More powerful than any other time.

What most of us do though we drive home, park in the garage, go inside, "Oh there's some things to tidy up from the kids," we do that, we get the cooking going and we get ourselves ready for bed and then at nine o'clock at night, we're going, "What in the hell was that emotion? Don't know, I can't even remember what it was." And then when we try to get to it, it's like, "I've got no hope of getting to it now."

So do you know what has to happen now? Driving along in the car again ... (Laughs) It's sort of like "Groundhog Day", you've seen that movie? I love "Groundhog Day"; it's a great movie. But there are a lot of principles in that movie that we need to apply. One is if we keep doing the same thing every day, we're going to get the same result. Another is, if we keep doing things driven from emotions disharmonious with love, we are going to keep having things not happen the way we would actually desire them in the end to happen. They are really good principles in that movie I think.

So what I would do there is allow myself to stop and pull over and feel the emotion. But now I don't even need to do that – we can be driving along, something happens and I go straight into tears driving along, and I'm quite okay with that and Mary's quite okay with that too now. So we'll be driving along and sometimes Mary's crying, sometimes I'm crying. So when you drive past our car sometimes (laughter) people drive past and they look like you know: "What's going on with those two? They must be having a fight or something," and quite often we're feeling totally different emotions. That can happen quite naturally then and you can be dealing with emotions as you go quite naturally.

So we've done the anger list, we've done the fear list, we've focused on one of the fears and what we're doing is we're praying in truth about this fear, we're trying to focus on this fear with our relationship with God, because it's about our relationship with God in the end – it's preventing it. So focus on one fear and deal with that one fear. [00:08:00.12]

22. Feeling causal grief is natural once blockages have been removed

Jesus:

Now the issue with fear is that when we know we're afraid it works in a very similar way to anger. When we know we're afraid and we're now totally in truth about our fear, and we no longer have any anger blockages about dealing with our fear, so in other words we've finished swearing with God, we've finished swearing at ourselves, and we've now got into this state where we actually do want to feel the emotion of it, very rapidly after that you'll feel the grief connected with that fear. And you'll find it will happen, like I nowadays if I'm in the right space and I've dealt with those blocking emotions and I say, "I'm just afraid of ..." whatever it is I'm afraid of, within five seconds later I'm generally crying about that thing I'm afraid of.

Once you've dealt with all the blockages that will happen just naturally. So what I'm finding is the majority of us are struggling to get to causal emotions because we think we have to go to causal, "Go to causal." Sometimes I hear somebody saying that, and it's almost like a slogan. "Go to causal, go to causal." And what really needs to happen is we need to experience our blocking emotions first.

So we need to experience our rage and anger for example with God about having these laws. We need to experience what it feels like to be in a state where we're not connecting with an emotion and how frustrating it is. We need to experience what it feels like to be in so much fear and what the fear is about and when we've experienced those emotionally, they are now all gone out of our system now. [00:10:02.04]

Now the underlying causal emotion that's generating the majority of my Law of Attraction pops it's head up and we can feel it and it's quite that easy, when you actually deal with the blockages first. If you don't deal with the blockages first and you're trying to get at the causal emotion all the time, which is usually causal childhood grief, what's happening is you're trying to get at it, but all these blockages are like lead weights weighing you down from actually getting at the underlying emotion anyway and it's so hard. You've got to almost force yourself into it, and even then it doesn't feel like you've dealt with it.

So this is why many of you feel like, "Oh I tried to get at that cause and I cried for a little bit. Five minutes and I'm out of it again. Then I tried it again the next day, I'm frustrated. Now I'm starting to get frustrated after a week of that." It doesn't need to be that way because all we need to do is focus on the blockages to that causal, rather than the causal emotion itself.

It's the blockages that prevent you from feeling. It's the blockages that everyone around you, the environment around you, created in you, to prevent you from feeling. When you remove the blockages you will feel, just naturally, just like a child does. That's what will happen. Anytime you don't feel naturally like that, it's because of the blocking emotion. The key is to feel the blocking emotion.

23. Different fears to focus on and expose

Jesus:

Okay. So tomorrow in "20091025 The Human Soul – Fear Processing" we're going to focus onto some of the fears and what I'm going to do tomorrow is focus more upon talking about the fears themselves and what kind of things are happening behind the scene. [00:11:56.02]

23.1. Fear of spirits

Jesus:

Now to give you an illustration of that, what we're going to do for instance with the spirit fear ... you know, many of you have a fear of spirits, that's right. There's a good song, is it Def Leopard, "Fear Of The Dark"? Iron Maiden, "Fear of the Dark". "Fear Of The Dark" is a song about, you walk into a room, nobody's there but you feel like somebody's there. Or you're walking outside in the dark and all of a sudden you get this eerie feeling. You've had that? There's this really creepy feeling. (Laughs) This eerie creepy feeling and you look behind and nobody's there and you sort of feel like going inside pretty rapidly.

Or you're walking along, it might be a lady walking along in Brisbane or something like that in the city and you're walking along by yourself and then all of a sudden you feel a bit creped out and you turn around and you notice that there are a few guys looking at you and they're projecting some things at you and then you walk a bit further and you notice one of them is following you sort of thing. What's motivating all of that? These are all fears about spirits that can be related.

Or something starts moving in your house. Any of you had that happen? Where something moves in your house, or you put something there on the desk and you know you put it there, for certain and it's not there anymore. You go and ask your partner and no, they never moved it, and your children, no and you know you put it there and then a few days later you find it in a drawer tucked away somewhere. (Laughs)

Mary:

Just imagine all the domestic disputes that are all going to be labelled with, "It was a spirit, I so put it there."

Jesus:

These things all happen. So what we finish up doing is this starts connecting with some of our childhood fears about spirits, because we have a lot of childhood fears about spirits.

Participant Male:

I just had a question, related to that. A lot of people have told me things like, "Oh fairies are moving it around and whatever." Is that really happening? Or are fairies just someone's imagination?

Jesus: Spirits can move things around.

Participant Male: But what's this whole fairy thing?

Jesus:

Well quite often people in the New Age beliefs feel that – and this is perpetrated by spirits by the way quite often these spirits are in a poor condition and so what they do is they gather together and create an image that they project at anybody's mind of what they're doing. Sometimes the image is totally different to the person involved in the act and because they have the ability to connect to you emotionally, the ability to connect to your sensory apparatus, which we talked about last Sunday, in 20091018 "Spirit Relationships – Mediumship & Healing S5", what happens is that they can then feed you images and all sorts of things and sometimes people who are mediumistic get these images of these little goblins, or little fairies doing things, and so they call them a fairy. When in reality all it is, is a spirit or a group of spirits just trying to play or muck about. Some of them malevolent, some of them feeling there's no harm to it and they do all sorts of things and sometimes they can move objects. Yes and so they do.

This is what a lot of times the Ouija board's all about. Some of you in the past may have been along to a séance of some kind, where you all sit around holding hands, and there's the board in front and things move and spell out different things. Of course there's completely different ways to connect with you, but that's one way that's a bit freaky and it has its physical impact you see. So a lot of times spirits have all of these different things occurring.

What we'd like to do tomorrow is talk in a little more detail about that and talk about the fears. What I want to do is trigger you with some of the fears about what these spirits actually do. What you do as well. (Laughter)

And what we'll do is we'll connect with that, and we start feeling our own fears about what's going on here and then we're starting to deal with some of our childhood stuff about spirits. You see every single one of you can see spirits. You have the sensory apparatus to see spirits, you have the sensory apparatus to talk to spirits, you have the sensory apparatus to smell, you have the sensory apparatus to do all of these different things, hear them. We're just not doing it because our fears shut down all those bodily and sensory apparatus functions because of our childhood emotions. So what we need to do is trigger some of those emotions. Some of you have already tried doing some of that, haven't you? And had some benefit from that.

23.2. Earth change fears

Jesus:

Then tomorrow we'll look at the issue of Earth change events as well and what I'm going to talk to you is about a few of the things that I feel are going to happen. I might be wrong by the way, but hopefully it'll scare the death out of you (laughs) and then you'll start wondering about it. You'll be going home and saying, "Oh, should I sell my house? What should I do with my kids?" You know what I mean, all these different things? And my purpose is not for you to do any of those things, but rather to feel your fears that you have about that. Let yourself feel your fears about it. [00:17:52.05]

So what we need to do is we need to allow ourselves to connect to some of those fears. If we can connect with some of those fears then the things that we're afraid of happening won't obviously happen, but also we'll get to the causal emotion inside of us as to why we feel constrained. You see when it comes to something like Earth change events, for example, many of us are doing one of two different things. Many of you have heard of it before – many of you have gone to seminars where people have talked about, in detail even, what's going to happen in this region here quite specifically on the Sunshine Coast, for example. And you go home and go, "Oh hopefully it'll happen in a few years' time after I've passed."

We have this tendency to do one of two things; we either overreact in our fear, so we go and sell our house, go and buy this property out there and then twenty years later, nothing's happened and we decide to come back. So we do that, or what we do is we act out of our "bury head in the sand" type emotions, which is, "I don't want to know about that, I don't want to know about that. I don't think it's going to happen to me and it's not going to happen to me," and I bury my head in the sand. In the end when things happen, I'm not going to be prepared in a loving way towards myself.

In the end if I am acting lovingly towards myself I would be prepared automatically actually, if you think about it and we'll talk about some of that tomorrow, but the key is to deal with our fears about the issue.

Now some of you have a terrible feeling about being alone, or terrible feelings of fear about losing your children, or terrible feelings about losing your parents even, or terrible feelings that you're going to be the only person alive of your whole family. Not a single person on this planet will you know anymore when these Earth change events occur. Some of you have got that fear too.

So what we want to do is start addressing these fears and so I'll give you a list of movies. Some of them are just about to be released – there's the movie "2012", just about to be released. I suggest everyone sees it. Everyone. I can't pay for you all to see it though. But my suggestion is for you all to see it, because it's an interesting movie and a lot of the events portrayed in the movie are similar to the kind of events that will be occurring. A lot of this stuff is very much coming from the spirit world at the moment in order to bring up the awareness of the human race, to what's going to happen, and become prepared.

Now of course you can do what you want with that. My suggestion is to go into your fear, don't act upon your fears, go into your fears and feel them; that's what this exercise is about. If we can feel our fears and work our way through them, next month when I start talking about what will happen with Earth change events, you'll go, "Doesn't worry me," like it doesn't worry me, not because I've not got any care about my own life, but it doesn't worry me because I know I'm going to be in the right place, at the right time, with the right resources and everything's going to be fine, because I know that I've dealt with all of that emotionally.

23.3. Religious fears

Jesus:

Now many of us have conspiracy theory things going on and all these other things going on at the moment – that's all fear related stuff and that doesn't help us at all get through those emotions. What it does is it locks us up and a lot of those fears are related to our childhood, that we need to allow ourselves to deal with. Some of you have other fears, like religious fears.

I get many emails of people, you'd be surprised; they've only ever had religion from the age of zero to seven or eight years of age and then they didn't go anymore and yet there are still all sorts of beliefs. "If I'm not baptised I won't be saved." I've had people say, "How important is baptism?" I don't know. I don't know how important baptism is. To me

it's not important at all, but if you've got an emotion about it, of course it's going to be important. But if you're asking how important it is to God, do you think God cares about a bit of sprinkling of water on your head, like as if that's going to do something for you? Like now they say, sprinkle a little water on the top of the head, now they've dealt with all their emotions, isn't that wonderful. Trust me if that's how easy it was to deal with your emotions, all of you would get baptised. So that's not how it's going to work at all. (Laughter)

But often we have locked in childhood beliefs coming from our parents and while we laugh about it, these are serious beliefs because they affect us in our day-to-day life oftentimes. So we need to allow ourselves to trigger them. So the goal tomorrow is to try to trigger some of those.

23.4. Fear of anarchy

Jesus:

A lot of us have some issues about anarchy. You know the kind of anarchy that you have in a war, where people go ahead and do things that they possibly wouldn't normally do with the constraint of law; because there's no law anymore, now they do it. Now that's a pretty scary thing for most people, isn't it? And there are lots of different movies about that kind of anarchy now too that you can see to trigger those emotions and they are scary movies some of them.

23.5. Fear of going crazy

Jesus:

A lot of you have a deep fear of losing your mind, on the Divine Love Path.

Participant Female: It's already happened.

Jesus:

"It's already happened," somebody said. (Laughter) I mean the type of losing your mind that you're feeling like you'll go crazy, that you're nuts now. "I'm listening to this guy who says he's Jesus, that straight away makes me nuts and then on top of that I'm doing all of these emotional things that are painful, that's a bit nutty," and by the time you list four or five of these things you feel that you are. Well that's the fear.

23.6. Watching movies to trigger fears

Jesus:

There are some really good movies to help you trigger those fears. You've seen the movie "Memento"? Ever seen that movie? Some of you might have seen it. That's an interesting movie to trigger some of those

fears of being controlled and manipulated by someone else and not remembering and all those things. [00:24:11.09]

There's also some other movies along those lines. You've seen "Requiem For A Dream"? Mary feels traumatised from that movie. By the way a lot of the movies that I'll be listing tomorrow – these are all going to be on the list tomorrow – and a lot of the movies are R rated, and are graphic, okay, so you'll have to deal with that emotion as well. Why would Jesus recommend you to see an R rated movie that's graphic? (Laughter) Go and deal with that emotion.

Participant Female:

AJ, I've already watched some of the movies that you've recommended and they're not movies that I would normally want to watch. I just heard somebody say here, "I don't watch scary movies." And that's always been my thing too, so would your advice be if we don't normally, or we don't want to watch scary movies, then we need to watch it?

Jesus:

I don't feel that you need to traumatise yourself in different areas. Remember I recommended to you earlier to scan this list that I give you, and to feel the resonant emotion inside of yourself when you read the title. There's a lot involved in that. There are some spirits helping you through the process and my suggestion there is to allow yourself then to trust those emotions about what you should do.

But a lot of times what we do with movies, music, books and all that, is we read a certain genre, or we do a certain thing, because of the set of emotions that are within us that we don't want to trigger. So in other words a lot of the times we're avoiding our fears.

You see a Celestial Spirit can look at every single thing that's happening here on Earth with love. That means he can look at what's happening in Brazil with twelve year old children raping and murdering others and they can look at that with love and there's a movie call the "City Of God" that's about that. Now a Celestial Spirit can look at that with love. So if we can't look at it with love and we have fear or other emotions come up, then there are just emotional things going on for us. The key is to identify these.

This is all about helping you identify your fears. You're not necessarily going to get through them, but after this exercise you're going to be a lot more honest about them and remember you can't feel a causal emotion unless you're honest about your fears capping it.

So this is part of the process, and there are all sorts of movies in this list that we're going to give you that you need to trust some of your intuition with and my suggestion is, yes, if you avoid certain kinds of movies, there's generally something in that.

Quite often people recommend to Mary and myself, they know we like watching movies occasionally and they recommend certain movies and we watch it and there's no emotional reaction in us whatsoever and the person told us that they were crying for three or four hours with that movie.

So you see oftentimes it's not the same emotion that you have that other people have towards something, so don't expect that you'll connect with all of these ones that are in this list. There'll be certain emotions inside of you that connect with certain emotions inside of the movie and if you allow yourself to feel, you'll be able to connect with some of the fears that you have.

Now what we're trying to do is list some of the generalise fears that are going to prevent you in the future from being at-one with God. That's what we're trying to do here. So the goal is for us to be honest about our fears. That's the goal. If you're honest about your fears, you can start to feel the causal emotion about the fear. Does that make sense to everyone, what the goal is?

So what we're trying to do as well is give you a few snippets of some of these movies, to show you what you're up against. Now a lot of them will be quite graphic, so you might not want to have your children with you tomorrow if we do that. We might do it upstairs or downstairs, depending on how the light system goes. So I'm just warning you in advance about that, I don't want to be responsible for re-traumatising your children.

23.6.1. Watching triggering movies with children

Participant Female:

That's something that I was actually wondering about because you recommended for me to watch war movies last weekend – you said I would have trouble with my equipment. Well I came home and Soul informed me that the television wasn't working, so I bought a new television this week. But I watched "The Boy In Striped Pyjamas" with him and I was struggling with how much I should involve him in movies that I watch.

Jesus:

Well the truth is that when you've dealt with your emotion, your children will not have an emotional response to what you watch. You see your

children's emotional response is generally the result of your own emotional response and their interaction with their unhealed emotions with you. So it's very important to understand the interaction that's going on.

But with myself, my feelings are, I deal with my emotions without anybody else being a part of that particular process, except when the other person's involved in the process itself. So I don't expect you to share my emotional journey and I don't expect my children to share my emotional journey, no matter what their age. What I'm trying to do is focus on my own emotion and deal with my own feelings.

So in the case with "The Boy In The Striped Pyjamas", these are actual events that did occur – it's a fictitious portrayal of events that occurred in the Second World War. So these kinds of things happened and they are historically accurate things that happened. My feelings are if there's emotional content in you, then there will certainly be an emotional content in your child. [00:30:12.17]

Participant Female:

He loved it; he thought it was a really powerful movie. So I'm thinking that I'll just leave it up to him, saying, "Look I'm watching this because ...," and leave it with him.

Jesus:

Generally your children will be in a better state than yourself to know what's the right movie for them to watch or not, because they themselves are usually much more connected to their own emotions than you are to your own. You see we've got layers of years of denial; our child's got hardly any, and particularly if we've been open emotionally with them, the child's got very little.

So, movies that have traumatised me, when I say traumatised, I've had lots of emotions to deal with as a result of watching them; they have hardly any effect on my youngest son. I went to see "Saving Private Ryan", any of you seen that movie? Yeah, and for the next three days I was suicidal and I had to really keep myself in line to not do anything about it, and just feel the emotion of it. So for three or four days I just had these suicidal feelings, which I cried about for four days and I came out of that and now I've since seen the movie again and not had a reaction.

Mary and I recently watched a very powerful war movie called "We Were Soldiers". It had hardly any reaction on myself but huge reactions on Mary, because by now I've watched quite a lot of these movies and dealt

with a lot of the emotions about that, and I'm seeing all this spirit involvement now and all those kind of things too.

23.7. Fear of isolation and spirits

Participant Female:

If I want to trigger my fear is it a bad idea to go stay somewhere by myself and then get freaked out by noises and stuff around me?

Jesus:

Yes, no. No it's good. But again, experience it emotionally.

Participant Female:

Yes because I stayed at Maurie's place out at Murgon the other night. (Laughs) The first night I was fasting as well to sort of get into the emotions a bit more, and I was triggered really badly. I was watching one of your DVD's and you said something about the spirits and how they can manipulate you and stuff and that just triggered something. Then I went into my fear, but I was like so fearful that I was kind of crying, but I didn't want to make noise. So I was feeling like I wanted to be aware of the sounds and stuff around me, because it was windy and it was really quite horrible and I was in the dark and I didn't want to turn the lights on, so I thought, no. I wanted to turn the lights on, but I thought, no, I need to stay in this fear longer. Was what I did the best thing?

Jesus:

Yes, that's good, stay in the fear. What I do to is I just long for God to help me now that I'm in the emotion, stay in it as long as possible. So I want to stay in that emotion as long as possible.

23.7.1. Breathing diaphragmatically is part of the fear releasing process

Jesus:

The other thing with fear to always remember by the way, when you're dealing with fear-based feelings, is breathe diaphragmatically, just try to stay breathing. Breathing is part of the releasing process. If you can breathe during fear, you're releasing a lot of the terror, because what terror does is lock you up with your breath. That's how you lock it down, so it's very important to breathe.

Participant Female:

So looking back on that night, I don't think I was breathing properly so would that just mean that I wouldn't sort of access the fear?

Jesus:

You would have accessed some through what you've done, but you need to go deeper and just breathe, there'll be more of it there. [00:34:02.14]

Participant Female:

And would that have been a childhood fear?

Jesus: Yes.

Participant Female:

So it wouldn't necessarily be something below that?

Jesus:

No there are childhood fears associated with spirits. Spirits that you saw when you were little, that were in a dark place.

Participant Female:

Yes, because I was getting freaked out, like with the doors to other rooms and like I couldn't see into the rooms and I was looking around and I was looking under the bed, and thinking "Argh."

Jesus:

These are very childhood emotions and so the key is to allow yourself to feel those emotions as you're working your way through it.

Participant Female:

And to breathe, like next time.

Jesus:

And to breathe. Always breathe while you're doing it. Many of you have these emotions. So you'll have these emotions of fear and terror about it.

24. Channelling fearful spirits who have been suppressing the audience

Jesus:

I was wondering whether Monica would like to have a chat with these spirits? So Mon, you want to join us?. So you're going to deal with some of these fears.

What we want to do – there's been some spirits with us today who are in a lot of fear, and they've been the ones who've been impressing their feelings upon you – and what we wanted to do is start allowing the connection to at least some of these ones and talking to them. Maybe there'll be a spokesman or two who can speak for a few of them and myself and Monica – Monica will be the channel for them and I'll speak to them.

But one thing in this process by the way, your energy has a lot of effect on this, so the more projection you have at Monica, the harder it is for Monica to maintain the connection with them. She's already feeling through emotions of feeling unworthy to do with this and all those kind of things, that's one of the reasons why she wants to do it, to trigger those fears, but the more you project at her the more difficult this whole thing becomes. What we want to do is try and help some of the spirits who attended today to work through a group of their fears, so that's what we're doing.

24.1. Speaking with spirits who were in a Christian-based religion on Earth in the 1700s

Monica:

There's quite a mixed bunch actually; this is the first time I've experienced such a wide variety of spirits. It's actually quite difficult. There's a man who's come forward initially, he's got a group of maybe about twenty-five to thirty people with him, so maybe we can start with him. [00:38:03.20]

His main concern, and again it feels like a religious one, is that they're being led astray.

Jesus:

So he's afraid of being led astray?

Monica:

Yes. They're afraid of walking down the wrong path, that's what he's saying.

Jesus:

If they look at the history of that, they'll see that they walked down what they can see now is the wrong path when they were on Earth, and what was the path that they were walking when they were on Earth? Could they tell me a little bit about that?

Monica (Peter Fiendweld):

We lived in a small town in America, the country you call America, in a very, very small town. We lived in a small community, we had a small church and our entire life revolved around our religious beliefs and the church was a focal point of our community.

Jesus:

And what were your religious beliefs?

Monica:

The word I'm getting is ... Municipa ...? I don't know; somebody might have to help me here. It's like municipale, but with 'ality' at the end. Does that make sense?

Jesus: Municipality?

Monica:

Yes that's it. That was the key origin of their whole church.

Jesus:

So it's a Christian-based belief?

Monica:

Yes, and I don't know if it'll help but he's wearing kind of slight ruffles, kind of cotton ruffles on his neck and like a suede type tunic, so again, almost farmer like.

Jesus:

Yes, and what year did they pass?

Monica: 1706. [00:40:02.10]

Jesus:

Okay. So three hundred years or so they've been living in the state of fear about their beliefs?

Monica (Peter Fiendweld): Yes we have.

Jesus:

Yes. So what's attracted you to the group here today?

Monica (Peter Fiendweld):

We feel that we're being shown a different way. That the people that we've been listening to up until now are not telling us the truth, and we feel that there's something truthful about what you're saying, but we're really afraid to fully trust what you're saying.

Jesus:

Is the main reason why you don't trust what I'm saying because of your fears about God and that you'll get punished?

Monica (Peter Fiendweld): Yes.

Jesus:

The feeling I have from you is that you feel basically that you've been punished for the last three hundred years, for your beliefs on Earth.

Monica (Peter Fiendweld):

Yes. (Broken voice) We worked so hard to do the loving and right thing.

Jesus: Yes.

24.1.1. The location the spirits live in is a reflection of their souls' condition in love

Monica (Peter Fiendweld):

And then being sent to this place and it's not anything like we expected.

Jesus:

It's not the heaven that you expected?

Monica (Peter Fiendweld): No.

Jesus:

And it's not even like Earth, is it?

Monica (Peter Fiendweld): No. No, it's worse.

Jesus:

So it's a really dark place.

Monica (Peter Fiendweld): Yes it's very empty and cold.

Jesus:

The reason why you are in that place is important to understand. If you think about your religion, a lot of times it was empty and cold with regard to love. Can you remember that?

Monica (Peter Fiendweld): Yes.

Jesus:

So quite often it was based around like rules and laws.

Monica (Peter Fiendweld):

Many rules and regulations which sometimes didn't allow for kind heartedness at all.

Jesus:

That's right. So a lot of times love was sacrificed for the sake of law.

Monica (Peter Fiendweld): Yes.

Jesus:

Do you remember that? So it's important for you now to start focusing

on this area of love in your life. The reason why you are, where you are, is because of the lack of love in your previous practices. So you can see that if a person's in a state of love then obviously there's going to be a different set of practices, isn't there? When there's law versus love, love will always win. [00:42:08.10]

Monica (Peter Fiendweld): Yes.

Jesus:

Do you see that?

Monica (Peter Fiendweld):

But we felt that we were being loving.

Jesus:

And that's the area emotionally that you'll need to look at. The truth is that you weren't being loving at the time, and the key is to allow yourself to look at that. Now what happens with the way it works in the spirit world is that when you are in a certain state of love, you are attracted to a location that's in the same state of love. That's why the location that you're in at the moment feels cold and empty.

Monica (Peter Fiendweld):

So we were sent to it because of how we feel?

Jesus:

Well actually you weren't sent there. What actually happened was you created this location just to mirror your soul condition.

Monica (Peter Fiendweld): (Spirit starts to cry)

Jesus:

Now the key is to allow yourself to see that firstly and then we'll be able to help you move beyond that.

Monica (Peter Fiendweld): Yes, it's awful.

Jesus:

It's an awful location, isn't it? Well what we need to do is just talk to you about what you can do instead of that.

24.1.2. The fearful spirits meet some Celestial spirits

Jesus:

What we're going to do now is ask some of our Celestial friends, who are bright spirits; they are really bright. You can see them as sort of white lights initially, and then if you focus a little on them you will start

seeing them as people as they detune themselves to your state. You can see those people with you now?

Monica (Peter Fiendweld): Yes. They're coming into our little group.

Jesus:

Now what these people are are people who have lived on Earth in a very, very similar way to you. These people lived on Earth in a very religious, dogmatic way and they didn't show very much love as a result and what they've done is they've managed to learn about love while they're in the spirit world.

Monica (Peter Fiendweld): In a place like this?

Jesus:

In a place just like where you are. In fact they can show you that now if you want – the place where they lived.

Monica (Peter Fiendweld): Was it worse than here?

Jesus:

Some of the places, where some of the people are coming to, have been worse than were you live currently, yes. [00:44:09.05]

Monica (Peter Fiendweld): I don't want to see it. It's bad.

Jesus:

No you don't need see it. Where you are is bad enough. But what we need to do is help you come to terms with the fact that if you listen to these spirits they'll be able to help you work through the lessons of love that you need to learn in order to progress. Does that make sense?

Monica (Peter Fiendweld): Yes.

Jesus:

But one of the first things you are going to need to deal with is this fear that you have of getting it wrong.

Monica (Peter Fiendweld): Yes.

Jesus:

Because you've been in a location three hundred years ... well it's actually nearly four hundred years. Mm three hundred years in the location, that has been very damaging to yourself; you've then gone down the track of not trusting anything as a result. What you need to do now is trust the fact that you've been drawn here to have a talk with us. You've been drawn here to deal with these particular emotions and these other

spirits have been drawn to you to help you through this process. The key for you now is to allow yourself to deal with some of these fears that you have and work through some of those fears emotionally. So partly that's what you are already doing by crying about what you're afraid of.

Monica (Peter Fiendweld): Okay. I feel a damn fool I'll say.

Jesus: You feel a damn fool now.

Monica (Peter Fiendweld): I do.

Jesus:

But you see a lot of times we have all sorts of emotional reasons why we don't progress and there are many people on Earth who are in just as dark a place as what you've been here. So the key is to not judge yourself so much, but rather just let yourself feel your emotions and that applies to all of your group.

So the Celestial Spirits are now ready to have a chat with you, they can talk to you about your fears, and my suggestion is to trust them, but it's going to be difficult to trust them, because of this emotion that you have about being afraid about being misled. But if I can just point something out to you – you notice how happy these spirits look?

Monica (Peter Fiendweld): Mm, yes.

Jesus: See how happy they look.

Monica (Peter Fiendweld):

Yes we've haven't seen this since we've been here in all this time.

Jesus: And none of you have been happy, have you?

Monica (Peter Fiendweld): No. [00:46:10.23]

Jesus:

So you need to trust at least that these people are happier than you and they must be happier than you for a reason.

Monica (Peter Fiendweld):

They must be doing something right I think.

Jesus:

They must be doing something right inside, yes. If you can allow yourself to work your way through that emotionally and allow yourself to accept what they're telling you, they'll be able to tell you some of the

truths that I taught when I was on Earth, that were misrepresented by your religion. Does that make sense?

Monica (Peter Fiendweld): Yes.

Jesus:

And once they work their way through those truths and once you work your way through what you've been taught you'll see there are many errors in what you've been taught. There were some truths in what you were taught, but you just didn't apply it in a loving way and the key is to allow yourself to feel that and work your way through that emotionally. No one's judging you, and not even God is judging you actually.

Jesus:

What's happened is you created the location by your soul condition. In other words by your emotions, you created the location you are currently in. When you think about it, there are some positive things about that. Because that means that by your soul condition, or by your emotions you'll be able to create a new location.

Monica (Peter Fiendweld): Something better than this?

Jesus: Better than this, yes.

Monica (Peter Fiendweld): If we listen to your friends?

Jesus:

Yes if you have a listen to those friends of mine, they'll be able to help you progress through the spirit world and you won't be locked in one place anymore.

Monica (Peter Fiendweld):

And you're sure they'll teach us the right thing?

Jesus:

Those spirits who have come to you, they're teaching the Divine Love Path, they talk about that path and that's the path that I taught when I was on the Earth in the first century and that's the path that is the truth of connecting with God. The things that you were taught when you were on Earth about God; a lot of those things are not very true. You know how you've been taught about God being a punishing God and those beliefs that entered you emotionally? [00:48:03.00]

Monica (Peter Fiendweld): We've blamed God for us being here.

Jesus: Yes, but actually what ...

Monica (Peter Fiendweld): That's not true, right?

Jesus:

No, no it's not true. What actually caused you to be where you are is your own condition, that you yourself created through the choices and through the unloving acts that you created on Earth. Does that make sense?

Monica (Peter Fiendweld): Yes.

Jesus:

And so all you need to do know is forgive yourself for those things and work your way through a group of emotions about that, and you'll be able to progress in the spirit world as well.

Monica (Peter Fiendweld): Okay. Thank you so much.

Jesus: No worries, it's a pleasure. What is your name?

Monica (Peter Fiendweld): Peter Fiendweld.

Jesus: Peter Fiendweld.

Monica (Peter Fiendweld): Yes.

Jesus:

Well Peter I hope yourself and your friends actually allow yourselves to work your way through those emotions and trust the people ...

Monica (Peter Fiendweld):

They're talking to your friends now while I'm talking to you and they feel happier already.

Jesus:

That's good, and you'll find actually that you'll progress very rapidly if you let yourself feel some of these fears and feel some of the grief that you feel.

Monica (Peter Fiendweld): Yes sir. Thank you.

Jesus: My pleasure.

Monica (Peter Fiendweld): Thank you.

24.2. Discussion about the channelling

Jesus:

What happens is the spirit's emotions connects with Monica's emotion

and so Monica then cries because they are crying. There sympathetic emotions, if you like. Do you feel up to doing another?

Monica:

Yes might as well go the whole way, I've got over the initial fear of doing it.

Jesus: Got over the initial fear. [00:50:37.08]

24.3. Speaking with a group of female spirits who were oppressed by men on Earth in the 1800s

Monica: Okay it's them. (Monica becomes quite emotional)

Jesus:

It's okay to feel them. It doesn't matter what the audience thinks.

Monica:

There's quite a large group of women who've been badly oppressed by men and who really want to believe what you're saying, but they're really afraid of trusting you as well.

Jesus: Yes.

Monica:

A lot of them are fearful, but there are a lot of them crying as well.

Jesus:

So in the past you were basically oppressed by men when you were on Earth? This is one of Monica's really big emotions that she's still working her way through, being oppressed by men, so we might not be able to do this particular group perhaps.

Monica:

And a lot of these women, it feels like a group from England, kind of possibly London.

Jesus: Yes, and what time period?

Monica:

About 1867. Very poor women and a lot of them prostitutes I think. Certainly they have been sexually badly mistreated by men and there's a woman here called Mary, she's called Mary. [00:52:07.12]

Jesus:

What made you come along today, Mary? What's going on for you at this time?

Monica (Mary):

We can feel your love but we just find it so difficult to trust that you could be anything but horrid to us and we can see the light that shines from within you, but we're so afraid that if we trust you, you'll hurt us. Men have been so cruel. (Spirit breaks down crying)

Jesus:

What if I asked a group of women to come to you and would you feel a bit more trusting of a group of women coming to you?

Monica (Mary):

Yes. There are many, many women here who feel the same.

24.3.1. Meeting female Celestial spirits who were oppressed on Earth**Jesus:**

What we're going to do though is have the women to come to you who are from the Celestial realms, and many of these women have been oppressed like you've been oppressed, when they were on Earth. So can you see those women now approaching you?

Monica (Mary): Yes, they have the same light as you have.

Jesus:

What we are going to show you a little is that some of these women have had the same kind of experiences, just so that you can trust them and what they're going to do. They're going to project into your mind some of the experiences they had when they were on Earth.

Monica (Mary): (Starts crying)

Jesus:

You're starting to feel those? Can you see how it's the same kind of experiences that you had.

Monica (Mary): Crying strongly)

Jesus:

It's okay to cry about them. Now I understand it's very hard for you to trust men, it's very difficult and so what I was thinking is that this group of women are going to teach you very similar things to what I've been teaching you, but because they're women who have been in the same position as you, they'll be able to help you work through some of these feelings and things. But can I make a suggestion to you too?

Monica (Mary): Yes. [00:54:16.29]

24.3.2. Working through inter-gender injuries

Jesus:

One of the things that you're going to need to deal with at some point in the future is your deep fear of men.

Monica (Mary): (Deep crying)

Jesus:

And these women have all dealt with that fear, all of them will know how to deal with that fear and if you can trust them, they will show you how to deal with that fear.

Monica (Mary): Okay.

Jesus:

Now there are going to be times when you'll want to be angry with them, because they'll tell you some things that you don't want to accept.

Monica (Mary): Yes.

Jesus:

My suggestion is that every time you feel that anger rising in you, remember that you are just afraid and you talk to them about how afraid you are, instead of being angry. Does that make sense?

Monica (Mary): Yes. There's so much anger here.

Jesus:

Yes, every time you're angry, even if it's with these brighter spirits, what they're going to do is they are going to leave you for a while, until you calm down in your anger. Then when you get back into dealing with some of your fears, they'll come back to help you. Does that make sense?

Monica (Mary): Yes.

Jesus:

So if you can actually allow yourself to go into the fear, rather than keep choosing anger all the time, that will help you a lot to work your way through a lot of these issues with men. Now I know a lot of these men have hurt you terribly and there are whole lots of things that are happening to them in order for them to work through those emotions. The key for you is to not delay your emotional processing and not delay your connection with God, just because the men have hurt you. You don't want to keep doing that, there's no need for you to stay where you currently are.

Monica (Mary):

That's really hard. We hear what you're saying; it's confusing because we feel that there are many who are angry at us too.

Jesus:

Yes. Well because you're angry with men and where you are that will attract men who are angry with you. So what happens then is you've got this inter-gender war almost going on between the two of you, between your group and the other groups of men that are there and that's very damaging to the both of you. [00:56:14.17]

Monica (Mary): We feel they started it.

Jesus:

Well while that might be true, there is a whole group of emotions in you that you need to allow yourself to deal with about that. At the moment what's happening is, because they started it, you feel that they should finish it by actually being nice. But the problem with that is that you're delaying your own progression based on their condition and when a person hurts you, they are usually in a worse condition than what you are.

So what you're doing is you're waiting for the people in a worse condition to get into a better condition, and you might be waiting a long time doing that. You've already been waiting a hundred or so years, there's no need for you to wait anymore.

Monica (Mary):

So then we can do this without having to deal with them? We can just do this ourselves?

Jesus:

Well if you deal with the emotions, they will go away from you. Does that make sense?

Monica (Mary): Yes.

Jesus:

And if you connect to God, you'll find that they'll no longer be attracted to you and they'll just leave you anyway, but this is where you need to trust these lady spirits who are with you, who are going to help you work through those different emotions. Does that make sense?

Monica (Mary): Yes, thank you. They feel very kind.

Jesus:

They have been through the same things you've been through and look at

them now. Can you see what the men are doing to them? What were the men doing when they came to you?

Monica (Mary): Nothing, they ran.

Jesus: They ran away did they?

Monica (Mary): They went.

Jesus:

See how those men you are afraid of seem to be afraid of the lady spirits who came? The lady spirits who came are happy.

Monica (Mary): Why is this?

Jesus:

Well it's because the amount of Divine Love they have in their souls and the Love that they have in their souls actually repels these men from them, because the men are afraid of that Love and so they leave straight away.

Monica (Mary): Yes.

Jesus: A very powerful tool.

Monica (Mary): I can see that, yes.

Jesus:

So you don't need to be worried about the men around you and how they're going to affect you doing this. [00:58:10.07]

Monica (Mary): So we are safe with them?

Jesus:

Well you're safe ... and this is where if you receive Divine Love, if you start listening to those things we've been talking about here today a bit and that you've heard in different talks you've come to, and also you start listening to those group of ladies spirits who are with you, you'll find you'll be able to work your way through these things really rapidly.

Monica (Mary): Okay, yes.

Jesus:

And thanks for at least trusting me enough to have a chat with me.

Monica (Mary):

You're very lovely though. Thank you for helping us, there are so many of us here.

Jesus: How many of you are there here?

Monica (Mary):

There's about one hundred and fifty something, one hundred and fifty six.

Jesus: And have you joined others from the same time period?

Monica (Mary): Yes. Many from London, in that time.

Jesus: In the 1800's?

Monica (Mary): Yes. Many of us know each other.

Jesus: Oh right.

Monica (Mary): We lived together.

Jesus:

Well I'm sure from now on in the spirit world you're going to have a much better life, so if you'll let yourself listen to those spirits you'll progress really well.

Monica (Mary): We will, thank you very much.

Jesus: My pleasure.

24.4. Discussion about the channelling

Jesus: (Speaks to Monica) How you doing? (Applause)

So what Monica's trying to do at the moment is working through her fears about dealing with mediumship in front of a group. Because she's been quite fine doing it by herself, a little bit more triggered doing it with a few people, but doing it in front of a group like this, this is like major for her. So what she's trying to do is just allow herself to stay with herself, while she does that, instead of worrying about what's coming from the audience and projections and so forth, just staying with herself.

What we're going to try to do in future actually is I want to connect to a lot of these spirits who are actually depressing the mood in the audience at times. So when I notice that these kind of things are happening and we have the opportunity to deal with it in this way, we'll be doing more mediumship like this in front of the group, just to help those spirits move

on and then we can get back to talking about the conversation without everyone feeling that heavy emotion coming from the spirits around us.

The truth is that many of them are coming because they see the brightness in you growing and so they feel quite attracted to knowing why that's the case, but they don't understand why that's the case. Unless we connect with them emotionally, they can't really hear what I'm presenting. Sometimes it's the same for yourself, isn't it; when you're having a conversation that's just an intellectual conversation, many times you're hearing the words, but you're not really getting what's being said and it doesn't really enter you.

For them it's very much heightened like that, so for them, what happens is when they feel quite disconnected from me emotionally, they're hearing all these words but they're not really understanding what's being said, and we need to talk with them to help them move through.

So in the future I hope that more and more of you mediums will consider doing things like this and we'll help quite a few groups. But as you can see from Monica, it's going to require you actually allowing yourself to deal with your emotions during the process. The beauty is when a group of lady spirits come, Monica just could let herself cry in front of you without getting too worried about that and that enabled those spirits to talk with me far more easily than if Monica had locked all that up inside of herself.

24.4.1. Experiences of the medium, Monica, before and during the channelling

Monica: Can I share something?

Jesus: Share.

Monica:

What's really interesting is when AJ mentioned this and suggested earlier on, I was really cool initially with it and then I just went straight into fear and I had fear. This is why it's so much easier to do it and I just went really deeply into a fear, I have a huge fear of my safety and being killed, but it was a fear in particular of my life being in threat by expressing myself emotionally ... [01:02:26.16]

Jesus: To the group?

Monica:

Just anywhere in public or at home. One in particular which I've been struggling with this week, but I'm getting closer with, was literally I was threatened for a second time by a man with who had literally threatened to kill me if I made any noise at all. So just even having taken the time

out ... because I could so easily have sat up here and just tried to fumble my way through it and not connected, but allowing myself to go that more deeply, I just don't feel I was as scared now sitting up in front of people. I think that's why I was emotionally able to release; I would not have been able to do that, had I not taken the time out to do that.

Jesus:

That's really good, and I said to the group before that you weren't here because you were processing some of your fear, so they heard that, you didn't hear that, but they heard that, so they knew that. But I could feel you dealing with some of those fears as well which is wonderful.

What you'll find if you want to practice your mediumship skills – just as an aside – dealing with your fears is a major thing, because a lot of times spirits in a poor condition are going to connect with fears and so forth and that's going to be quite damaging to you as well, if you're not releasing your fears and feeling your emotions. But anyway that was good.

24.5. Monica describes a channelling with Michael Jackson

Monica: Can I add one more thing?

Jesus: You can add what you want.

Monica:

(Applause) I think something that was really emotional actually on my way home from the mediumship gathering last Sunday ("20091018 Spirit Relationships – Mediumship & Healing S5") was quite a few people came up to me during the break asking how Michael Jackson was, and I'd only just worked through huge judgements about Michael Jackson. It was only when he passed over I started realising the truth about Michael Jackson and how much love he actually had. I hadn't spoken to him, we only kind of chatted to Elvis about him, so were kind of surmising I suppose a little bit, but was so extraordinary from those, I think it was maybe two or three enquiries from a very loving space about his welfare, and his wellbeing and how he was doing. [01:04:32.17]

When I was driving home he just popped in for a very, very, brief chat, but it was a very emotional one and he said he felt more love in this room than he felt from most people on Earth at this time and because of that and because of feeling that love, that he was going to do whatever it took to progress as quickly as he could. It was such a beautiful powerful thing, because he feels such shame and grief that people didn't quite understand who he was, which obviously resonates with my own feelings at times, but he was so deeply touched. It just showed me the power that

just a small tiny little group like this can have such massive ramifications, not only on Earth, but in the spirit world as well. The amount of people he'll be able to help once he progresses.

Jesus: Yes, that's good.

Monica: My pleasure.

Jesus: Thanks Monica. (Applause)

25. Closing words

Jesus:

For those of you who are mediums and have channelled a little about Earth change events, for tomorrow what I would like is to read out some of those channellings if you have them. I'll just have a look at them first and the scariest ones I'll read out first probably. (Laughs) And that'll be part of our group tomorrow as well hopefully. But thank you very much for your company today and look forward to seeing you tomorrow. (Applause) [01:06:03.15]

25.1. A participant shares her fears

Participant Female: I'm standing here with my fear of speaking up.

Jesus: Yes, go on.

Participant Female:

And I really would feel it's important for me to share so I can deal with the fear. As that process was going on, I just went from one chunk to the next. I don't hear well, I'm wearing hearing aids. As you were speaking with her, you were looking at her and so it wasn't nearly the amount of volume coming out this way as there normally is, so I was just watching and feeling, "Okay, I'm not hearing." I have fear of not hearing. I have fear of not getting it, fear of being out of the loop, fear of not knowing, fear of feeling dumb, feeling unaware, being out the know, being the only one who doesn't know.

Jesus: Yes. (Laughs)

Participant Female:

Fear of being the only one who's not connected with God, fear of not hearing God. I mean it goes on and on, and then it keeps chunking down, it was a great process for me. Fear of if I don't hear then I'll say something foolish, fear of looking foolish and I'm down now I've got to fear of feeling ashamed.

Jesus: Alright.

Participant Female:

So I'm just wanting to share the value of that experience.

Jesus:

That's wonderful and it's so good that you allowed yourself to step down into those things, because that is a part of the Law of Attraction at work of course. So it's really great that you put that into practice and just started stepping down into it. That's really good and that illustrates the power of the process really. Now that you've got those fears, now you can pray about them and do all sorts of things about them whereas before you might not have been conscious of them.

Thank you very much everyone.

Fear Processing S1P1

1. Introduction

Jesus: How is everyone today?

Audience: Good.

Jesus: Everyone's excited about getting into their fears?

Audience: No.

Jesus:

Okay. Well today is about feeling your fear, so we could call it "Fear Processing", shall we? We've talked a lot about emotional processing and releasing emotions, and we've done a fair bit of emotional processing, and some of you have already gotten into that and felt the benefits of that; for some of you I can feel your joy has increased in that process; some of you feel a bit stuck. The reason why we get stuck, like we said yesterday (in "20091024 The Human Soul – Fear Revisited"), is because we've basically got some blocks, and the blockages are all surrounding our fear. So that's what we discussed a lot yesterday; practical things we can do to connect to our fears. So what I'm trying to do today is to start you off on that process.

So if you could think about the next five or six weeks as a solid few weeks when you can start accessing some of these fears, that would be really lovely. Now some of you are really concerned about this process; some of you feel that all we're doing is trying to desensitise you perhaps from feeling your emotions and from being a sensitive person and that's not actually the case.

Remember, if you were a Celestial Spirit, if you were at-one with God, you would have no fear about anything that's happening. That means that in every situation here on Earth for example, you would have no fear; you would only have a feeling of love and compassion in that situation. Also you wouldn't have any grief about the situation; you would only have love and compassion about the situation and not the grief. So that being the case every single Celestial Spirit can look upon what's going on, on the Earth, and there are a lot of very, very damaging things going on on the Earth of course, going on all the time around us, and they can look upon that with complete love in every situation. That's where you will be in the end of your progression as well – in the same state as that, living on the Earth, but being able to look at everything in a condition of love.

So what we want to do is get to that state of being able to see everything through love. Now most people on the Earth think that the way to get into that state is to manufacture that state in their mind and that's where most of our errors begin. Most of our errors start by trying to manufacture states in our mind. On the Divine Love Path, what we're trying to do is get into the state emotionally so we don't have to do anything with our mind anymore.

So with our mind we have to do recurring practices, like you might have the recurring practice of meditation for example, to help you get into a certain zone every day. What I'm suggesting is in the end you won't need that at all, because you'll be in that zone without meditating every day. Now the same goes with your fear. With your fear, we want to get to the state where, no matter what happens in your life, you don't have any fear about it. [00:04:03.25]

Now you imagine how freeing that becomes. At the moment a lot of times our fear is like these barred walls surrounding us, and it prevents us from going to places when we've got these bars.

2. Living a life to avoid fear

2.1. An analogy of living life in a maze to avoid fear

Jesus:

We were talking last night and Mary likened it to like a maze. When we start, here's where we're born let's say, where we're starting to have a part of consciousness in our existence. Then we progress a little way and then something happens, like some kind of painful event occurs, and we go off on this direction and then another painful event occurs and we go here, and then another painful event and we go here, and then we go here and then we go here, and then we go here, and we're going all over the place with our painful directions, with all of these different painful things that we're bypassing.

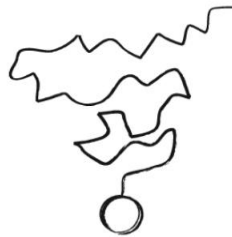


Illustration showing that we start our lives at the bottom circle, and then go in any direction to avoid our pain and fear for the rest of our lives

Jesus:

We're trying to bypass our fears every time. We're trying to bypass our fear of pain in most cases, and so eventually that's what our life looks like to a lot of us and when we look back on it, we look back and think of it as a bit of a mess, don't we? Sometimes?

Now obviously we want to get to the stage where everything we desire and everything we love just comes to us. So in other words we're not going through this maze all the time, but rather we have a very definite purpose within ourselves. Not that anybody else defines your purpose, but the purpose is within you; your desires and your passions are being realised.

Now for that to occur, this maze of fear has to be undone, because it's that maze of fear that determines your next step. You see, your next step is actually determined by all of the unhealed emotions inside of you, from all of the previous things that happened to you. This is why doctors and psychologists often call it the subconscious and so forth, because it seems like something that is outside of our control, but within us has control of our life, but we don't know what. But in reality what it is, is all the things that we're afraid of and all the things that have happened to us that are unreleased within us have left their signature there and that signature defines the next move – every single time. [00:06:25.27]

2.2. An example of avoiding relationships because of past unreleased hurt

Jesus:

So for example, if one of you ladies has had two or three long term relationships, from the time say that you were seventeen or eighteen years of age until now, and every single one of those relationships was a harmful relationship to you – let's say every single one of those relationships was abusive – you're going to be very, very wary about the next relationship, aren't you, unless you've healed those relationships and all the emotions in those relationships? And you have good reason to be wary of the next relationship, because if you've had three harmful relationships in a row, it means that there must have been a cause from your childhood that you're actually yet to release from you that's creating these.

So of course we feel like, "Wow, I don't know if I want to enter another relationship now. Like, I could get another abusive man." And then we go down the track where rather than feeling the fears and the different grieving things that we need to go through – with regard to the relationship – what we finish up doing is fearing another relationship so much that we go into anger. We go into anger with men so, "All men are

bastards. I don't want to have another relationship. I'm perfectly happy alone." I've heard many say, and I say, "Oh, I don't think so, but if that's what you want to believe that's fine." (Laughs)

The truth is that the only reason why we say we're perfectly happy alone is because we have now lost all hope that we'll ever have any kind of relationship that's satisfying to us, with a person that is actually going to be good to us. So we give up all that hope and all that hope just goes out of our life and we're now in this state, "Well no, no the best state I can be in is by myself. That's going to be my happiest state." [00:08:24.13]

The truth is that God designed you to be in a much happier state than that, but we often go down that track, because of our fears dictating to us what's going on in our life, and if we don't understand what the cause is, then it becomes very, very difficult to sort it all out inside of ourselves. So that just gives you an illustration of how fear dictates to you the rest of your life. This happens over and over again with most people in their life.

2.3. An example of past financial failures

Jesus:

For example you see this happening financially all the time. So you have one or two financial failures: let's say you had a business, or two businesses, and eventually those businesses failed, or something went wrong and you've now got very little money, now the whole thought of getting into business has a huge emotional signature around it. So you're afraid of getting into business, you don't really want to and you'll do one of two things: you'll either not get into business or you'll get into business again and you'll try to plan the whole thing out to the nth degree. But because the emotion is still within you and it's unhealed, that business will fail just as much as the others did too.

So then you go through all the process again of, "Oh, I don't know if I'm cut out for business." Well the truth is, everyone is. Everyone can do it if you want to do it, but you have to heal the emotions. So what happens is instead of healing the underlying causal emotions, which remember are all associated generally with our childhood; instead of healing it at that level what we finish up doing is we start living in these emotions day-by-day. [00:10:02.22]

2.4. An example of avoiding relationships because of past unreleased hurt (continued)

Jesus:

Then we start telling ourselves messages like, "Oh that doesn't really matter to me very much," when if you allowed yourself to sit down for a

moment and really breathe into it and ask yourself how much this matters that you're alone, you'd probably start crying straight away. But because we don't allow that to happen anymore, and we've got this other fear-based program going on, we don't feel that any more. We feel that we don't feel it anymore because we've suppressed it so much.

3. Ways in which we avoid experiencing fear

3.1. Ignoring fear

Jesus:

Now what I'm suggesting to you today is that we need to, instead of ignoring these things that are within us, and instead of living in the – remember they are two different things that we have a tendency to do: the first thing we have a tendency to do is to ignore them completely. So we ignore our fears.

The way we do that is we use our mind very cleverly. Every time we get a bit afraid, we just avoid that thing that makes us fearful – case solved. That's how we feel, so we avoid this and we go along in life, "Oh there's another thing that looks like it's going to be a bit fearful," so I avoid that. Before you know it you're basically feeling like you don't have very much fear at all, but it's because you're avoiding quite a lot of things in your life. So that's what we have a tendency to do, to ignore it completely.

3.2. Living in fear

Jesus:

Or the next tendency we have is to live in it: what I mean by living in it is that we know we're afraid, but we don't release the fear – we live by the fear instead.

IGNORE
LIVE IN IT

3.2.1. An example of monetary fears

Jesus:

So for example a person who's afraid monetarily, they will live by the fear, because what they'll do is they'll not be generous – it doesn't matter how much money they have – they still won't be generous. They could have a million dollars in the bank, but they're still not going to be generous, because they're still living in the fear of lack. [00:12:00.29]

So they walk into a shop and they want to barter with the person. There's something they really like, but they've got to knock them down five bucks. Then they feel like they've had a bargain. Or they go along and buy a car

and they've got to knock him down three or four grand and get the best deal out of it and all of a sudden, that particular emotion comes up again, the emotion of fear that they have. They're living in this fear of their own lack of abundance, they don't believe that if they really want something, they can just pay for it and whatever the money that they had will come back to them at some point. They don't believe any of that.

This happens a lot. Many of you are still doing that in your life. That's why we go along to markets a lot. Look at Eumundi markets, it's like a world renowned market, and a lot of the times we go along hoping to get the bargain. We spend like four hours – and it's different if you enjoy the process, but some don't enjoy the process – but they go there for hours instead, looking for this particular one thing and it's not there that day and they go, "Oh, I didn't get the bargain today." They'll go back next week and if they add up four hours say by forty dollars or fifty dollars and hour that they might get working, then now this thing has cost them two or three hundred dollars and they got it for ten dollars, but it's now two hundred and ten dollars. That's what it's really cost them in terms of their time and it comes from this emotion – this emotion of the lack of abundance that I can't just go and get what I want, find it and get it.

3.2.2. An example of relationships

Jesus:

We have a lot of other emotions surrounding our fears as well, but most of the time we finish up living in them. So we live in them with regard to relationships – our fears in the relationship. So let's say if I have a fear that my wife is going to cheat on me all the time, I'm going to become very jealous and possessive because I want to keep an eye on her and watch what's she's doing and watch which man she talks to – and that man projected sexually at her and I start getting really worried about that. Before I know it, my whole life is embroiled around protecting her and controlling her: this is the way I feel it – I don't feel it as control – I feel it as protection of our relationship, but in reality it's just control and manipulation. That's what it ends up, because I'm living in my fear.

3.2.3. An example of jobs

Jesus:

We can see that happen when we go to work; many of us still go to work to jobs that we don't like. Why do we do that? Because we are actually living in our fear. Our fear is that if I stop that job, I won't get the kind of job that I really want and the truth is probably while you have that emotion, you won't get the jobs you really want. If you release that emotionally you will then probably get the job you really want.

3.2.4. An example of fear of other's opinion and speaking the truth

Jesus:

We also neglect in our fears all these aspects of prayer and desire, and all these other things in the process of fear, because our fear becomes so dominant that everything else means nothing to us.

So let's say I'm very afraid of your opinion, so I walk in a room and I've got a hundred people's opinion to cope with, and I'm very afraid of every single one of those person's opinion. What am I going to do with regard to truth? I'll modify a bit of the truth to that person, bit of truth to this person, a bit of truth to that person. But I won't say the particular truth that they really need that's going to trigger their anger, because I want the emotion back of everyone liking me and everyone approving of me, so I won't do any of that. Can you see how I'm now modifying my own behaviour to suit my own fear? This happens all the time, doesn't it?

You think of how many times you've done that in the last week, where somebody's asked you how you feel, you don't really tell them how you feel. You tell them the modified version of how you feel, because if you tell them really how you feel, all sorts of things might happen. That's our fear at work. Our fear is at work in so many places.

The problem with our fear and living in it is when we live in it, we don't even really notice what we're doing. Sometimes it needs somebody else to come up and say, "Hey" – if somebody loves you they will do this – they'll say, "Have you noticed that last week you did this five times and you've said to me you don't ever want to do that again? But every single time I noticed it was because of a fear that you have." Then you can start discussing your fears and working your way through your fears. Everyone needs to be open about our fears. [00:16:20.02]

4. Blockages towards experiencing fear

Jesus:

Now yesterday during the presentation (of 20091024 The Human Soul – Fear Revisited) it was so hard to present the fear-based material to you. It was really hard. The reason why is there was this sort of like a wall around your fear. Many of us do this – we protect our fear. We do it by shutting down, closing down, going to sleep, getting tired, getting angry or upset, or just tuning out, zoning out, thinking of something else. We do all sorts of things in order to just avoid getting into these really deep emotions that we have surrounding our fear, so we don't want to do that either.

So today what we've planned for you is a very ad hoc presentation of different things to help you get in tune with your fears, and to try to help

you begin the process of emotionally processing your fears. Now many of you are afraid to even let yourself shake, because when you let yourself shake what does it look like to everyone else now? It looks like I've got Parkinson's disease, which by the way is a fear-based emotional disease.

4.1. Judgement towards fear

Jesus:

So I start shaking and my body starts twitching and I start going into these strange places, and everyone around me starts feeling like, "He's a bit strange." Lots of judgement comes at you, and you see that's also one of our fears. It's a huge fear that the human race has of being judged by another person because when you're judged how does it feel? Like it feels that you've been made lesser than them. [00:18:05.09]

The truth is that is the purpose of judgement – to make you feel lesser than the other person. But if you think about it, if I look at my Law of Attraction, I must have an emotion of unworthiness with that other person in the first place, for them to actually feel that way towards me. So I need to work my way through that emotion.

When I work my way through that emotion, the opinion of every single person around me will not matter in the sense that I won't govern my life or my fears about those opinions. That's going to be pretty freeing, isn't it? How free will you feel when you don't have to consider another person's fears in your own life? Because that's all they are when they're judging you – they're just fearing something within themselves.

So most of the time again, we're just living by people's fear, we're living by our fear, and all of this is due to addictions that we have. We've talked a lot in the past about addictions, about emotional addictions, but we are often so addicted to getting something from someone else that we don't believe that these things can come either from within ourselves or from God directly.

4.2. The primary fear beliefs

Jesus:

So that gets back to the two core emotional injuries we said yesterday, remember? The two core fear-based beliefs: the first one was, "I cannot cope with this emotionally, I can't cope with this pain, I can't cope with this emotionally;" and the second one was that, "I'm alone. There's no God, there's nobody around to help me, I have to do it all myself." Everything gets back to those two.

5. Presentation of material to expose fear

Jesus:

So what we're going to do today, as I said yesterday, is present some things to you that might trigger some of your fears. Now Mary's made me calm down on what I probably would have done (laughter), and that's probably because of her own fears. So what's she's going to do is come up first and share some of her fears, because normally I would actually present things in a very confronting way regarding fear.

5.1. Media coverage is driven by our fear

Jesus:

There's so much that's available to you now to confront your fears – books, movies, on the Internet and in fact when you think about it, most of the media is totally driven by your desire to live in your fear. Do you think a thirty-minute news presentation of good news would actually work at the moment? Of course it wouldn't, because nobody wants to hear the good news because they're afraid inside, they want to hear the things they've got to be afraid of, coming at them. So what we're really doing is we're creating that media by our own fear, by our own longing for bad news and why do we long for bad news? Because we're so afraid of what happens when we hear bad news, we've got to avoid something, got to avoid all the pitfalls in life, that's what we often think and feel.

So we're going along in our life doing that maze thing that I pointed out earlier that Mary said; the maze thing with our life, going around, going around avoiding all these different pitfalls and fears and, "Oh, I've got to read the newspaper every day, because if I don't read the newspaper every day I won't know what to be afraid of today." (Laughter) That's really what it's about in most cases. We think of it as, "Oh I'm just finding out about the news." No you're not, you're finding out a grossly distorted misrepresentation of the news that has had this flavour put upon it by the world's media, so that you can continue in your fear, because we've become addicted to satisfying our own fears. [00:22:07.12]

So when you think about it, even with regard to the media, it's the same thing, isn't it? We're so addicted to getting these things. I know some people watch the news every night, like it's a religion really. Like people say this (Divine Truth) is a religion but this isn't a religion – that's a religion. Every single night, seven o'clock comes or six thirty or six o'clock, or they have a whole hour of news now. Before, like twenty years ago, there was no such thing as an hour news, was there? It was like half an hour news, or if you're lucky, sometimes fifteen minutes it started out being, or even ten minutes, just little bites, that's all it was. But now there are these hour news programs. In fact the news

presenters are the most commonly recognised people in the state generally, because they're on the screen so often. It's like everyone recognises them. All of that is just driven by us living in our fear.

6. Experiencing fear emotionally

Jesus:

So I'm not suggesting today that with this process over the next six weeks that you live in your fear, what I'm suggesting is that you actually delve down deeper and actually experience emotionally your fear. So what does that mean to experience it emotionally? It means that you will work through your fear and come out the other end of it without having it. That's what it means.

EXPERIENCE EMOTIONALLY

So if after six weeks of this little process that we're going through, or four weeks or however long you're going to choose to do it yourself, you don't come out of your fear, then you are not emotionally experiencing your fear yet. All you're doing is staying and living in it and that is not what I'm suggesting to do.

In fact what you'll find if you stay and live in it, you will probably get quite angry with me over the next six weeks. Many of you who stay and live in it, if you choose to stay and live in it, you won't come back again, because you'll be so upset about your fears getting triggered.

You see whenever our fear gets triggered and we want to deny them, what did we say yesterday? We go straight into anger, into the denial of anger. So I'm not suggesting you do that, what I'm suggesting is that you experience emotionally the fear. That will also mean experiencing it bodily.

Now yesterday I described what that felt like for me, when Mary's up maybe she can describe what it's felt like for her recently, and what we can do is just talk about what you may go through. The key is, during this whole process, is to realise that you are safe and everything is going to be all right, if you just keep processing it emotionally. Everything's not going to be all right if you just live in it. Trust me, what's going to happen if you just live in it, is you're going to attract even more events that are fearful in your life than you are attracting already.

So that's the choice you have to make: there's a choice, "Do I start this at all?" or "Do I really do it properly?" That's really the choice, because you don't want to do it half-heartedly. If you stay half-hearted and you live in it you'll find your life will have some pretty harsh things happen in the

next six weeks – so I'm not suggesting you do that either. I'm suggesting your use the tools you've already been given over the last year and a half to actually get into and process emotionally the experience of fear.

Participant Female:

So when we process these fears, we're just processing the fear, we're not going down underneath that to the grief or whatever is underneath it?

Jesus:

Well the fear is because of the grief. So you'll find that when you process the fear what will happen is you'll probably do a lot of bodily things and all these kind of things. You'll breathe, and you're trying to breathe and you're all locked up, and you may actually even go into a foetal position even with your fear. Then eventually you'll break through that into the grief that's underlying it. So many of you may find yourself getting into the grief that underlies the fear, certainly.

Participant Female:

I just want to say I found recently when I've been processing I've done the both at the same time, I've been crying and then like my teeth are chattering and I'm shaking and then crying some more and it's like a combination.

Jesus:

And that's what it's often like. The key is to not try to intellectualise this process very much. If you allow the emotional experience, your body knows and your soul knows exactly what to experience. The key is just to go ahead with that experience and go through it, rather than living in it. When you go through it, you come out the other end and you feel a sense of peace generally, so that's a good indication of whether you've actually dealt with the emotion or not fully. If you're not feeling a sense of peace and you're still in agitation then there's either more to it, or you're actually not dealing with the true emotion, you're just living in the emotion, so that's something to be aware of.

6.1. Mary's experiences with fear processing

Mary:

I found the difference when I started to feel about my emotions, to try and connect emotionally with myself, was when I started to recognise that I was in fear, I would say, "Okay, I'm afraid," and just try and sit with that. But eventually I got to feel the difference between when I was resisting the fear and when I really had to take the step to let it overwhelm me, to just surrender to the fear.

Jesus: And what happened when you did that?

Mary:

Various things: sometimes I shake quite a bit. I just go and lie down and I experience sort of full body shaking and trembling, and like (the participant) Sarah, sometimes I go into tears and then I'm crying again and then tears, because I find that as I'm processing the fear, immediately the emotion that's capping starts to come up.

Jesus:

And sometimes you've gone into a real sort of almost childlike state with it, haven't you? I've picked Mary up and taken her to bed and just put her in bed and put the covers over her, because she's shaking with cold, even though it's hot. That's a good indication – if you're shaking with cold even though it's hot, then obviously there's some fear stuff coming up for you there. Many of you feel addicted to having hot drinks still, and that's a good indication that at that particular moment there's a fear that you're usually shutting down.

6.1.1. Using hot drinks to suppress fear**Mary:**

That was definitely the case with me, I would drink three or four cups of herbal tea a day and I went through a period of, I can't remember what the fear was at the moment, but I processed one big hunk of fear and I hardly drink hot drinks anymore. If I notice myself wanting one; I notice I wanted one this morning because I'm feeling quite fearful about today, then I can immediately try and connect with what it is I'm avoiding.

Jesus:

Yes. So does everyone sort of understand like the processing of it, if you like? It's not going to be an intellectual process for you.

Mary:

Sometimes it is just tears for me though as well. Sometimes it's just sobbing in fear.

Participant Female:

When you said you notice some fear is coming up because you drink, or you felt you wanted the herbal tea, did you then actually drink it this morning?

Mary: No.

Participant Female:

So not drinking it helps the fear getting up? Yes that's good thank you. So that helps the processing because right now I don't know what processing is.

Jesus: Yes.

Participant Female:

I haven't. I think what are they doing? What am I missing here?

Jesus: No worries. (Laughs)

Participant Female: Thank you.

Jesus:

Perhaps though if we could illustrate a little of what you felt this morning? And then wanting to go for the drink, which was you know, it sounds like she's going for the alcohol, but it's not actually like that. (Laughs) In the past it might have been like that. (Laughs) Maybe go through what you actually chose to do instead and then you're still staying in it now.

6.1.2. An example of Mary feeling fear of being attacked on the morning of the presentation

Jesus:

So if you could describe some of the fears that you were feeling when you got up this morning?

Mary:

I've been very afraid about AJ doing this presentation because in my experience when people are very afraid they get angry. That was my experience as well when I met AJ – I got very afraid and I got very angry at him. So I sort of felt like I knew what I was talking about and I'm very afraid of people attacking us and being angry at us. I'm very afraid of judgement and I'm also very triggered because we're in this bigger venue and there are more people coming and so it's like a double whammy of fears this weekend, and because there are some new people here as well.

Jesus:

So one of the things you're afraid of is the people that are new will judge everything based on this weekend, rather than actually look at all of the information that's been presented. So what's the fear in there, when you started tracing it back this morning?

Mary:

So what happened was I was feeling quite anxious this morning and I wanted to eat, I wanted to have a hot drink. I was pacing around, AJ was busy and then I realised I was feeling quite fearful. So I just went and laid down and tried to let myself connect with what was going on and I was trembling a bit and feeling quite cold, and I sort of just let myself feel, "Okay, what am I afraid of? Just let it come. I'm afraid of this big place, I'm afraid of these people, I'm afraid," and I got down to

basically, "I'm afraid that we'll be attacked and that we'll be alone, pretty much," – rather than people just leaving us alone, that we'll be actively attacked.

Jesus:

Yes, so there have been times in the past even already where somebody doesn't just leave us be. Like you'd think if you had your own belief and I had my own belief that we could basically just leave each other be. I'm happy for you to have your belief, but it seems that a lot of people are not very happy about me having my belief and that's been a fairly large source of attack that's come toward us. Obviously people hear these things and then they go down the line of not wanting us to have the belief we have and then they go into lots of judgement and lots of rage even. So we've got some really nasty, violent emails in particular, swearing and cursing us and so forth and all just because somebody can't let us have our own belief. [00:34:18.20]

Mary:

And that's my Law of Attraction, because I have this huge fear.

6.2. Physical symptoms associated with fear

Jesus:

Yes. So often times Mary finds that you basically get cold, don't you? So it's like we can be in the same place and all of a sudden you'll just go into this cold place, physically cold.

Mary:

Cold, feeling all queasy or butterflies in the tummy, shaking. I used to be really good at avoidance of using different things to get out of it, so the drinking hot drinks, distracting myself with different things, and it's only been since I started to be a bit more vigilant with what's happening internally that I feel now more physical symptoms. Like I've got really cold hands and I get quite pale and I feel shaky and that kind of thing.

Jesus:

When I was going through it myself I used to get so cold. I used to be a computer programmer and I used to sit at my desk with a heater on and I'd get a sleeping bag and I'd actually put the sleeping bag on me – I'd get in the sleeping bag and fortunately all the offices that I've ever had I owned, so that was fine. So I'd get into the sleeping bag and would just sit there with my hands out and I'd put these like gloves on, with the fingers out and I'd be there like that and I would still get cold. I'd get so cold that I'd have to move around a bit and it didn't matter what temperature the day was, I'd still have cold hands and cold feet. Cold

hands and cold feet by the way are a very good sign that there's quite a lot of fear to work your way through.

Mary:

And I would say for us those things – the feeling queasy, the feeling pale, the feeling cold – we're triggered on the fear but we're not processing it yet; we can actually live in it for quite a while and that's not the same as processing it, that's more just your indication that there's more to feel.

Jesus:

Yes, because what I found was I lived in that place for a lot of years, like seven or eight years, that's how I programmed, like in a sleeping bag. (Laughter)

Mary:

You could have done some kind of cross marketing with camping stores or something.

Jesus:

Could have, now that I think about it. (Laughs) It was quite funny because people would come to visit me at times and they'd go, "What are you doing?" (Laughs) "Oh, just a bit cold in the hands and feet." And no matter what I did, I just couldn't get warm.

So you know what it's like sometimes where you just feel like you can't get warm no matter what you do? Well that's a good indication there's a fair level of fear within you to work your way through. So if you can allow yourself to see that.

Cold is obviously one of the symptoms of fear. Your body has the ability to regulate it's temperature in a large range and yet for the majority of us that range is severely reduced by the fears that we're experiencing – or I should say not experiencing – and actually living in. So if you find that your body is very sensitive to temperature, hot or cold – if it's sensitive to hot temperatures it's about anger and shame, if it's sensitive to cold temperatures, it's about terror and fear. So they're just general indications of what will happen in your body.

Participant Female:

I just wanted to ask, sometimes when I'm really relaxed, like when I'm about to go to sleep my leg will just start to shake uncontrollably. Is that the fear coming up?

Jesus:

Yes, what will happen to your body at different times if you allow your

processing of fear, you'll find your legs and your arms will do all sorts of things. I've had my jaw even doing the same, by itself. [00:38:13.18]

Participant Female: Yes mine does that now too.

Jesus:

And all of those things: that's all part of the release of that terror and fear. So the key is to not judge these things happening in your body, these are necessary parts of the release and you need to just allow them to occur and breathe and keep your diaphragmatic breathing happening, because that's going to allow yourself to experience those particular sensations.

6.3. Different expression of anger, fear and terror

Participant Male: What about screaming as an expression of fear?

Jesus:

Screaming is also very good as an expression of fear. Usually it's a combination of fear and rage, but it's a very good way to actually connect with a lot of your fears too. Of course sometimes it's very hard to get into that emotionally when you're triggered, unless somebody frightens you, and I'm not suggesting here that you basically re-traumatise yourself with even more fear. So sometimes it's very, very hard to get into that. If you find yourself triggered and screaming, let yourself continue the fear process, straight after you've screamed.

So let's say somebody surprises you and you go, "Argh," now there's an opportunity you see to connect to what's underneath that. So go into that opportunity straight away. But, yes, you'll have many physical expressions and voice is one of them.

Terror by the way is very, very different to fear, in that terror often causes you to freeze up completely, whereas fear you will often have a flight or a fight response. So the key is whenever you feel like fleeing a situation, so let's say you walk into to supermarket and you just feel creeped out and you feel like you've got to walk out again, there's fear being tested there. So my suggestion would be, stay in the supermarket and let that fear come up, "What is this fear about?" Allow myself to feel my fear, allow yourself to experience it.

There are other situations that you get angry about, and we've already talked about anger. So every time you get angry or annoyed, or upset or any of those kinds of things, there's usually fear in those particular expressions as well.

6.3.1. Experience of terror

Jesus:

So whenever you notice yourself angry or trying to run away, that's fear. Whenever you find yourself getting to this place where you freeze up, that's terror. You could say terror is the pinnacle of fear, but terror also needs to be released and the only way you can release it, like most others, is breathe your way through it and allow yourself to stay in the state.

Now there have been times in my life where I've stayed in that state for two or three or four hours at a time and just allowed myself to breathe through that process. Now of course that's a bit hard if it's being triggered at work or something, you're not going to be very productive for three or four hours. So obviously you're going to have to work through that particular stuff about your work situation and so forth but the idea is to connect with this terror if you have it and feel it.

All terror-based experiences are usually childhood, referred from parents, in other words multi-generational injuries from parents who have experienced terror, or terror that's occurred in your own childhood. Those terrifying events can be anything from your mum and dad screaming at you when you picked up a spider, and then terrifying you more than the spider did, or right the way through to physical violence. Most of us had some kind of physical violence from our parents when we were little, or right the way through to things like being sexually or physically abused. If you've had those things in your past then there's terror probably to deal with in yourself as well. [00:42:15.27]

7. Audience questions

7.1. An example of a participant irritated by loud noises

Participant Female:

Lately I've had this incredible extreme irritable response to any kind of loud noises, kids screaming. We were near a restaurant this morning over in Noosa and it was just like more than I could handle the noise of all these people. That's fear too?

Jesus:

Yes. So what I would do in that situation is stay where the noise is there and just allow yourself to be overwhelmed by your own emotion.

Participant Female: And do it there?

Jesus: Do it there, yes.

Participant Female: Right in front of all ...

Jesus: Well yes, that's the issue you see, that's the block.

Participant Female: It is, yes.

Jesus:

The block is do I do it right in front of the other people? Yes I feel yes, because this is the situation that's triggering it, so stay in the situation that's triggering. The alternative is you can go home and put on a stereo full bore with terrible music that you hate and do it that way if you want, or tape record all these children running around and replay that over and over and over at your home, but there are other alternatives. But if something comes up when you're in the situation, the best time for you to access it emotionally is in that situation.

Participant Female: You might be reading about me in the newspaper.

Jesus:

That's fine. (Laughter) The key is you won't ever get into anger and harm of others, so the only time that anybody would read about you in the newspaper is that you cried at one of the shops, and that often happens anyway. If you have a fear-based response, you've usually got someone with you who knows about that. But yes, Raya, there will be some of those kinds of things.

You can of course plan for some of these things. Now that actually having children running around making lots of noise causes lots of anger in you, which is actually covering over some fear about the noisy situation, what I would do then is go to a very noisy situation with a recording device. Record it all, and then go home with that and play it over and over until you connect with what the emotion is. [00:44:11.22]

Participant Female: Okay.

Mary: Do you know what the situation is?

Participant Female:

No, I'm just extremely irritated by the sound and it's coming up more and more, so something is about ready to break. I can feel it.

Mary: Do you think it's about feeling unloved Raya?

Participant Female:

I don't know, that could be. I feel pretty loved right now, but it could be more. So I'll see, but it's just been a lot. Huh? What? You can say it out loud?

Jesus: (Laughs) Mary wants to solve everyone's problems that way.

Participant Female:

That's what we love about Mary. She knows me, yes. Tell me.

Mary:

I was just wanting to not talk about all your stuff in public and then I started doing it anyway?

Participant Female: I have no secrets anymore Mary.

Mary:

Yes. None of us do. I was just wondering if it's an emotion for you about – I know you have some stuff sometimes about when people in general public situations aren't respecting your space or your time or that kind of thing – and I wondered if rather than a terror-based sort of a fear, it was just this fear of feeling I'm not respected and I'm not loved.

Participant Female:

I'll go with that and see if that could be it. Thanks, Mary.

7.2. An example of a participant releasing terror about her father

Participant Another Female:

I'm suddenly really frightened. (Laughs) I spoke last time and I wasn't frightened, but I'm really frightened now.

Jesus: Yes, no, go with that, that's alright.

Participant Female:

I actually went to your last session, only the one. Oh, what am I going to say? I've done a lot of emotional release, but I went through the most massive emotional release and fear, talking wherever it was.

Jesus: Brisbane.

Participant Female:

Brisbane, and it was definitely the fear. It was actually Brian suggested something to me. I've never been through so much fear and anger and screaming and I straight away went into my childhood rage over my father. And I'm just wondering – I'm really going round in circles here – I don't think what you say is the truth, I think at the end of the process it's the truth. Because when I went through that three days of so much intense emotion – and at one stage I thought I'm going to have a mental breakdown and I'm going to blame you, I better ring the doctor – at the end of it I just felt like a child and I thought this is the truth.

Jesus: That's it.

Participant Female:

I mean there's still more, this is the truth, but I was really frightened at the end. I thought it's been so intense, but I really wonder if you're going back to that core original emotion, the terror and stuff, is that automatically going to heal the damage that's been done in subsequent relationships with men, because I've got a feeling it does as well?

Jesus:

It surely does. The reason why, is all the subsequent relationships with men were caused by this relationship with your father and the interaction that went on there, and the damage and the terror and all the other emotions that went on with your father. So that's the beginning of your Law of Attraction. So yes, if you heal all that particular emotion, which is the most difficult emotion to heal – and as you've just related the experience you had is the kind of experience many of the people here need to have. The outcome is that when you finish it, you realise what it's all about. In fact even what your life's been all about in many cases, and you can see it all traces back to those really core relationships.

The key is just to allow the process to occur, because in-between the beginning of the process and the end, you'll think lots of different things. You'll think lots of different angry things, lots of different sad things, and lots of different fear-based things will come up as well. But when you get to the end of it, that's when you'll find you start feeling the truth of your life in this and when that happens, that's a good indication that you're starting to really get at some core emotion, some causal emotion.

Participant Female:

My trap is now I'm projecting onto my partner, "You're not dealing with your feelings."

Jesus: Yes. (Laughs)

Participant Female:

I realise that when you were talking, I realise that I'm starting to project on him, but that's actually mine.

Jesus:

That's right, so that's another facet if you like of this relationship with dad. So it's another facet of what's going on there. So if you can allow yourself to realise that you want somebody else to deal with the same thing you've just dealt with, that's because there's still something left within you that causes you to be in that state. So there's still some more there to go. What was your name again sorry?

Participant Female: Mary.

Jesus:

Mary. What Mary has just related is actually what many of you may experience. You'll go through all of these different feelings and emotions and many of you will curse the day you met me, and all these kind of things in the process. When you come out the other end of it, that's when you start realising that you needed to do that to get through this.

One of the other things that's really important to understand too is that you often need to do these processes alone. The reason why you often need to do it alone is because we don't have a belief that we can cope with everything alone and we need to challenge that fear you see. The truth is that all of us have been made in such a way that we can actually deal with all of our emotions without needing someone else around me to nurse me through the process. [00:50:09.01]

So while going to a therapist might be a good thing to get you going, and while going to other people might get you going, like some kind of healers might be a good thing to get you going, in the end you will eventually get to the point where you're confident in dealing with all of these really deep emotions by yourself. When I say by yourself, just between yourself and your relationship with God and that's when you really start getting into the real core of everything. Up until then you're still really projecting, "Oh, I need someone else's help to do it."

But what you've described, Mary, that's a very good description of what many may experience. I've had those experiences.

7.3. An example of a participant who is experiencing physical cramping

Participant Female:

AJ I've been having a lot of cramping during the night over the last little while, and I have been feeling a lot of fear around speaking the truth. I've been doing it more, but that fear is still really strong. So is the cramping connected to that? Because it's happening a lot at night.

Jesus:

Yes, it certainly is connected to that, but there's an issue though if your cramping is continuing all the time or regularly then obviously there's a part of this fear that has not yet been dealt with. So I know it's difficult when you're in a cramp, because you're in so much physical pain that often everything else sort of pales into insignificance, but if you can just allow yourself to ask yourself the question, "What is this emotionally?" Because part of a cramp is a painful situation that you're actually now tied into through your body; like your body is now forcing

you to not move and so there's something in that emotionally for you with regard to your fear and feeling like you can't move. That's probably as much as I'd like to say, because I think you know how to get into that emotion pretty well.

Participant Female: Yes, it's definitely a childhood thing.

Jesus: Very much so.

Participant Female: Where I would go foetal.

Jesus:

Yes. So you need to allow yourself to actually feel that emotion in you.

7.4. An example of a participant who experienced hell as being emotionally shut down

Participant Female:

Two days ago before I came down for the seminar, I had this dream in the morning, I woke up with the dream – I'm in hell. I felt, "I'm in hell" and felt so much fear coming up. So I got up and shared it with my partner. And I just felt that hell is also if you close down your emotions, if you close down your heart, this is a lot of fear. And then I started to cry and screamed and like fear of closing down my emotions and my feelings and closing my heart. This is hell. This is living in hell.

Jesus: That's right.

Participant Female:

So I mean my indication for fear is a lot my heart just sometimes beats faster.

Jesus:

Much more higher than your average heart rate. Some people describe it as your heart being in your throat. (Laughs) And that's also a good indication.

Participant Female: I just had to share that, what happens for me.

Jesus: That's good. Thank you. [00:54:00.19]

7.5. Breathing to release emotions

Participant Female:

AJ, is breathing sufficient enough to release some emotions?

Jesus:

As long as you're diaphragmatically breathing, yes. But if you're experiencing fear and terror, you will certainly have other bodily symptoms, other than just being able to breathe. So my suggestion is always try to breathe no matter what emotion you're experiencing, even if it's sadness or grief or any other emotion, shame – breathing is a very powerful way.

Also, diaphragmatic breathing does a lot for you as well in your body, because it is your body's main source of sustenance actually – your breathing is. Actually many people are not aware of that, but the truth is that how you breathe is far more important than what you eat even, unless of course what you eat is unloving to your environment. But how you breathe is very, very important and that's why it's such an essential thing to continue to do, for every emotion.

7.6. Happiness comes after dealing with emotions**Participant Female:**

I'm really fearful today and came with a sense of exuberance, the exact opposite. And sitting here realising the difference between the manic condition of denial of fear, denial of ... I'm sorry it's hard for me to say it simply. My question is about happiness at the end of it. I don't truly know what happiness is, because I go from this manic manifestation of the denial of the fear and the complete opposite, which is in complete surrender to the fear, where I'm in so much pain I don't think it's ever going to end. None of those extreme states are a state of happiness. Is there happiness at the end of it, so you understand what it really is?

Jesus:

Well I suppose the thing is that most of you often have commented to me about how happy I am most of the time and the only way that I've become the way I am is by dealing with all of these emotions – by dealing with all this grief and all this fear, and I've had lots and lots of it to deal with. So I can say categorically to you that you'll definitely come out of it, if you process the fear and don't live in it.

7.7. Two extremes of fear experience during fear processing**Jesus:**

What you raised though is a very good point, and that is that there are two extremes to our fear processing that we may experience. One is like a manic laughter and the other is like a really terrified place. The truth is that often we need to go through the experience of both of those extremes when we are experiencing our fears.

The key is to ask yourself whether you're using the laughter to avoid, or whether it is a childhood expression, because in the end all of our fear is usually from our childhood so it would be childlike in the way it's expressed. This is where a lot of men who think they're not afraid use a lot of jokes in their life and you'll see that happening quite a lot. Now often those men are full of fear, but are using jokes or adult intellectual joy if you like, to cover over their fears.

7.7.1. Distinguishing between excitement and fear

Jesus:

When you're in this manic phase though where you're laughing and you're feeling afraid, sometimes it's actually a feeling of excitement and what happens when we have fear in us, is we cannot differentiate between excitement and fear. Now many of you currently are in that state where you can't actually easily identify what it means to be excited, compared with what it means to be afraid. Now I had this problem terribly – every time I'd get slightly excited about something, I'd always felt that I was afraid and visa versa – if I got afraid I'd think that I was excited, but really I was terrified. It took me processing through my fears to start to actually realise the difference between those two states. [00:58:39.10]

You'll find that excitement is a very similar emotion to fear in its physiological response inside of you and it often kicks off very similar chemical reactions inside of you as well. So the soul, through its emotion, experiences many chemical responses that are very similar and so it's often very difficult to determine the difference between excitement and fear.

Mary:

So when I feel afraid I often feel a sense of dread. When you're excited you felt dread?

Jesus:

I felt dread yes, so it was really strange. Like I would feel excited but then I'd feel dread, like what's going to happen next? And there was a combination of my fear and my excitement and because they're similar emotions physiologically, you'd feel in a very similar way. You know when you're excited the heart beats faster too when you're excited, doesn't it? And all of those kinds of things start happening and so you start to not be able to tell the difference between those two sets of emotions. But you will need to experience often both fluctuations – the manic sort of laughter, which is a very childlike state, right down to the fear and terror – in a childlike state and allow yourself to go through it.

If you're in pain with it, then often it's because you're still not getting to the bottom of it. So that's the thing, whenever I'm in pain I just pray to God a lot about the pain and I say to God, "I know that I'm in denial of something here, I'd love to know what it is. I'd love to know what it is even intellectually to work out," and then maybe I can work through it emotionally.

Participant Female:

Thank you. My manic also manifests in business. If I sit still, I find I trigger fear much more readily. The manic keeps me busy, busy physically but busy in my head too. [01:00:38.16]

Jesus:

The other issue that many face and that you face, Jenn, is because you're spirit influenced and you've got fairly open mediumistic abilities, what happens is that spirits around you in certain states can easily be attracted as soon as there's any denial in your own state. So as soon as you feel some pain, you know you're in denial of your own state, but at that point many spirits can come around you and whoosh and sometimes you'll feel them like that, and then you'll go into a manic laughter. Sometimes that's actually expressing their method of getting out of their fear.

So the key is, every time you feel pain and every time you feel like you're getting out of the causal emotion, all I do is just long for God's Love to protect me through this next process, if you like, and most of the time you can work your way through things quite rapidly like that.

Sometimes though recently I've noticed that when spirits have been attracted to me when I'm working through an emotion, that it's actually helped me work through the emotion even more – by their emotion heightening my own emotion, and I just allow that to occur. Whereas most people who would talk to you about mediumship and those kinds of things would say to surround yourself with some kind of protection barrier – my feelings are that actually nowadays I'm finding having spirits connected with me, dealing with certain emotions has actually helped me get even more into that emotion and in the end helped me connect with the underlying causal emotion much easier. [01:02:12.18]

So the key again is to not be afraid that spirits are going to surround you, and this is why today we're going to deal with that fear as well.

Mary:

I was just going to say for Jenn that it may not be that she's had an experience when she's younger where something has happened when

you've been quite still and so it's not really the fear of the spirits anymore it's just that causal emotion.

Jesus: Yes, the fear of experiencing that causal emotion.

7.8. An example of a participant who was taken out of body when she was raped when she was young

Participant Female:

I'm having a real terror about actually falling unconscious, because I had a rape experience when I was really young and fell unconscious. So now for me I'm afraid that I will fall unconscious and that in that unconscious state there's no protection.

Jesus:

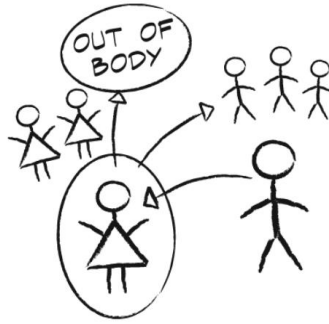
Can I explain to you what actually happened in that childhood experience that you've had?

Participant Female: Yes please.

Jesus:

I'll just draw this so you can see it. Here's yourself when you were younger, and by the way this also applies if a person's had childhood abuse as well – so this usually applies for all childhood abuse. You've got the adult who is the perpetrator with you, and the adult who is the perpetrator is often surrounded with other spirit adult perpetrators. This hopefully will connect you with some of your fears.

So there's an emotional connection between these spirit adult perpetrators and this adult perpetrator. When that adult rapes or harms the child – and this applies to rape as well as to abuse – often what happens is your spirit guides take you out of body in order to try to help you to cope with the experience emotionally. This is why many people who have been abused as children, or who have been raped, experience it as going unconscious or going into a state where they are now in kind of a pristine location – a paradise like location – while the abuse is actually occurring. The reason why the spirits do that is there's nothing else they can do to help you through the process except for that.



A man (right), who abuses a child (left), is often surrounded by spirits (above right), and in response other spirits (above left) take the child out of body

Now many of the abuse victims and rape victims then become very afraid of that happening again when in actual fact it was done to protect you in the first place. Does that make sense?

Participant Female:

Yes that makes sense, and I did have that as a smaller child, when I watched abuse to my mother and violation – her being hit. And I went to this place, where I was always sitting somewhere in this light body.

Jesus:

That's right and this is why many abuse victims also have strong mediumistic connections, because it was established at a very young age as a method of protection against perpetrators. So the key I find for many rape victims and abuse victims is that they have had that experience and then they become afraid of that happening during an emotional process. The truth is if that happens during an emotional process, if you go out of body in the emotional process, it's not going to actually harm you so much, but it does actually detune you from some of the causal emotion. So you can ask your guides to help you stay in a conscious state while you're experiencing the causal emotion that you're experiencing. [01:06:14.16]

The beauty of what they've done too means that the amount of causal emotion to experience lessens, because what's happened is that things were done to your body, but you weren't physically connected from your spirit body and your soul. This is all soul processing that we're doing, and at the soul layer you're not actually very physically connected to your body during the abuse experience, in many cases. So it's not always the case, but it is in many cases particularly if it began when you were young.

So it's a mechanism that your guides and your guardians have to actually nurse you through the process. Now if you allow yourself to think about that you'll probably also become consciously aware of who those particular guides and guardians were. And when that happens you'll see that you can trust them and that they are many times still with you helping you through the process of triggering the emotions that were triggered right back in the beginning, and helping you experience them.

Many abuse victims have actually described that experience to us and not really known what's happened. Also many abuse victims have described the process of seeing the spirit perpetrators of the violence toward themselves, and for that reason they've become very afraid of dealing with anything to do with spirits.

Participant Female: Yes I did, that's right.

Jesus:

But don't forget that you went out of body and there were all these other spirits around you who were actually in a very good state and they were also looking after you. So you can see it's just like on Earth – there are some people who are not in a very nice condition and some people who are in good condition and obviously if we spend more time releasing our emotions to get into a good condition ourselves with regard to love, then we attract more and more of those spirits who are in that good condition. [01:08:04.14]

So one of the things that happens quite often with regard to abuse survivors is that we finish up focusing so much on that dynamic of what's going on that we become terrified to even deal with the emotions of abuse, when in reality what we've got is usually quite a few spirits around us, who have been with us from a very young age, who are trying to assist us to work our way through those terrible emotions that we experienced.

Participant Female :

And I did a lot and a lot of re-birthing – I'm a re-birther myself – but I still feel that there's something there that I just didn't get in all this time. Also I fear what I call the astral plane, I don't know how you explain that, but I know my protecting spirits, but the dark spirits, my God. I'm also through this having access to the lower astral plane and I often went in my dream state, but just caused so much fear in my life and terror. Really that's the most afraid places there.

Jesus:

Well actually again it's the fear that causes the attraction of the spirits that you see sometimes in what you call the lower astral plane. It's just

the spirit world, but what's actually happening is sometimes when you're in a sleep or dream state your fear is actually attracting you to the locations in the spirit world that are lower in their state and what happens then of course is it's for the triggering of your fear, if you like.

Now my suggestion is these spirits here who are your guides, if you connect more to them, and you can connect to them quite easily; if you connect more to them and trust them through the process, they know everything that happened to you and they will actually be able to help you, actually helping you with memories and pictures and emotions and everything, if you're willing to deal with the fear of what happened. If you can release this fear, you will also no longer attract a whole group of spirits that are in that dark place that you are sometimes afraid of attracting. So the key with all of this is working still through this fear that's there.

Participant Female: Thank you so much. (Lady cries) [01:10:10.12]

Jesus: No worries, that's my pleasure.

7.9. An example of a participant who has felt herself being influenced by spirits towards alcohol

Participant Female:

I was shaking while she was talking the whole time and now I'm shaking because when I was a little girl, I just remember being lonely. I don't remember much about my childhood, but I always remember when I try to look back into my childhood, all I remember is a really happy experience, but it wasn't. So that explains a lot. But when I first heard one of your CD's about spirits, I used to drink a lot as a teenager, really abusively and I haven't drunk for a long time and I was walking past a bottle shop, shopping for my vegetables and I heard this voice, "Mm wouldn't that be nice, a little bottle of wine," and I thought where did that come from? And that was my first experience of actually listening, hearing. Like I always hear voices, or whatever they are, but never actually connecting that that was somebody else trying to influence me. But nothing inside my body wanted any wine. Yes so it was really ...

Jesus:

But when you say nothing inside your body wanted any wine ...

Participant Female: Oh well, obviously ...

Jesus:

There was actually an emotion that you were experiencing at the time, that they felt they could influence in making you ...

Participant Female:

Yes, and it was if I look back, I think it was something that I was missing out on something, but I'm not ...

Jesus: You're missing out on fun, yes.

Participant Female: Yes, I'm boring.

Jesus:

Good on you, that's good. So that's an emotion you need to allow yourself to work your way through, that you're missing out. How many of you have that emotion, that if you follow this Divine Path, you're missing out on lots of things? Yes, lots of people could join you with that emotion.

Participant Female: Yes, I have it chronic. (Laughs)

Jesus:

So there must be something else drawing you then, if that's how you feel.

7.10. An example of a participant who observed spirits molesting her siblings

Participant Female:

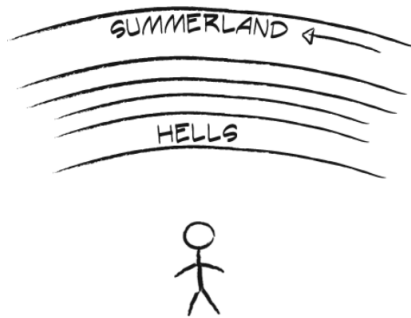
An experience that I've had is like a spirit actually, not a human involvement, but the spirit. Like as a child I saw the spirits actually going to my sister and brother and molesting them, and then the spirit just sort of coming to me and saying, "Just you wait," but then I don't really have a memory of what happened to me, but just the letting go of the terror of whatever they did to me. And the question that's sort of come up for me to ask is, do the spirits come to your physical body, or to your spirit body and if so, do you go somewhere else?

Jesus:

Well it depends on the situation, Milly, as to what actually does occur. A lot of the times the spirits are in very dark places and a child's spirit body is actually in a much brighter place. So if you could think of it from a condition point of view, we'll just draw a diagram again of the spirit world if you like, in terms of the spheres.

So here's the first sphere, the hells remember are in the bottom end of the first sphere and it's only spirits who are in the hells who would ever consider doing these things to children. So you have the hells, which are dark places in the spirit world where there's very little love and where people haven't yet worked through all of their error. In fact many of them are still in fact creating error, so they are in the hells of the first sphere.

The top of the first sphere is Summerland. Now when a child is in a sleep state, the child is usually able to go to Summerland. But these spirits can't get to Summerland. So the only way often that the spirits can actually affect the child and cause the child to go into states of fear is while the child is in a semi sleep state or a dreamlike state on Earth. The spirits also can surround them on Earth, because any sphere is available to the Earth.



A child who is in a condition of love equivalent to Summerland in the first sphere can be influenced by spirits in the hells while on Earth

So although you could have sexually damaging experiences in the spirit world, most of the time with these kind of events you've got the spirit who's in a very poor condition, much poorer condition than the child, and is being attracted to the child because of the parent's emotions, so the lack of protection emotions coming from the parents. You see if the parents were full of Divine Love you wouldn't have this problem at all, because the spirits couldn't even surround their children doing this.

So what happens is that the parents have obviously got fears that they're not working their way through, which means that the child is usually born in fear, in the sense that the child now has all these different fears, a lot of them are sexual fears, like your mother has, and then your father had a lot of sexual abuse type emotions to work through.

Participant Female: I used to chuck up all the time as a baby as well.

Jesus:

Yes, that's right. So the child itself is now in this state where it's surrounded by one parent with a lot of fear about sexual matters, another parent with a lot of abuse things to deal with sexual matters – and of course that's multi-generational – and then you've got the child coming up in that environment. So now the child has got fear and the other gender stuff as well to work through and the child is not in a conscious state of being able to work through those particular things.

So that then opens them up to having this negative spirit influence and because they are on Earth, the spirits can get to them quite easily. If they weren't on Earth and in the sleep state, then there's a high likelihood they'd be in Summerland and not experiencing that particular experience. So all of these experiences generally happen while you're on Earth, when you're just going into, or just coming out of the sleep state, or in your awake state, where a child can see spirits around them. A lot of times the spirit is just trying to scare them to death basically, and that prepares the child for other experiences.

Mary:

So, AJ, the interaction isn't between spirit and spirit body in that instance, it's actually the child using their heightened sensory perception in their physical body to interact with spirits, or spirits interact with them?

Jesus:

Yes because what's going on actually is that if you think about it, if you're in Summerland it's going to be very, very difficult for a spirit in a terrible condition to even see you, to see your spirit body I mean. Because your spirit body is of a more sublimated form, the higher vibration and they can't actually physically even see you in your spirit form. But they can see you in your physical form, because the atmosphere here is very, very close to their own dense form as well.

So even though they're a spirit, they still have a much denser form, so most of the time this actually occurs towards the physical, rather than the spirit body for that reason. When I say most of the time, obviously every single situation is unique. [01:17:55.26]

When a person describes their situation to me generally, from feeling about what's happened to them – so usually when a person comes up to me I can feel all of their history and all of you will be able to do this anyway, where you can feel all of their history and you know what events caused what problems – and in particular cases, some very unique cases, there are abusive situations going on in the spirit world. But that only generally has occurred in very extreme cases where the child itself has been also involved in abusive acts towards other children.

7.10.1. Two types of child abuse survivors

Jesus:

So there are usually two types of abuse survivors if you like. One type of a survivor will feel that abuse is abhorrent, and the other type of survivor will feel that they must be an abuser. That's the only way they start abusing others and for a child who starts abusing others, by the

time they get to nine or ten years of age quite often has some dark emotions to work their way through.

When those kinds of children arrive in the spirit world, they're nursed in a totally different location to Summerland, and so that is a unique experience. But they are still nursed through those emotions; they are not left to deal with them alone as an adult would – not that anyone's alone of course, but I mean they wouldn't be left to deal with them without assistance. Whereas an adult has to ask for assistance in the spirit world, a child would be given assistance without even asking, because their free will is yet to be developed.

So every situation with regard to abuse is very different, but the majority of times it's the physical attack that the person is experiencing, and this is why many spirits who are guarding or guiding the child being harmed take the child out of body. This is why many of you who have been abused have experienced out of body experiences when you were a child and you will experience it like you don't even remember. Like you'll remember maybe the first few seconds or minute or so of the abuse and then the after effects, which are often very unpleasant of course, where you might be bleeding or you might have other problems with your body but there'll be this sort of gap in between. This is why many people who have been abused have gaps in their memory and it's because they've actually been taken out of body so that they don't have to remember those experiences.

7.11. An example of a participant who had a spirit enter her base chakra

Participant Female:

I had an experience where a spirit entered my body through my base chakra and just kind of buzzed me. What's that about? Directly after that I saw a spirit standing next to my daughter's bed and all this stuff was happening around a time where I'd wake up ten minutes before she would wake up and I know there's a lot of spirit influence. I'm just wondering if you can speak about that?

Jesus:

The spirit is trying to connect to some sexual injuries that you have and the key is to allow yourself to work through those sexual injuries that occurred in your own childhood, because if you don't allow yourself to deal with them, what you're doing is opening up to spirits in that way. So allow yourself to connect to what's really going on inside of yourself when that spirit comes to you. There are some feelings inside of yourself just before that spirit comes, that if you can connect to those feelings, you'll understand why that connection is actually occurring.

8. Presentation of video clips to expose a fear of spirits

Jesus:

It's interesting we're discussing spirits now. So let's deal with the spirit fear first, shall we? So let's look at the spirit issue shall we? What we'll do is we want to show you a few video clips and we'll see how we go with these.

8.1. Presentation of a clip from "The Exorcism of Emily Rose" {The group is presented a video clip from "The Exorcism of Emily Rose".}

8.2. Experiencing fear rather than becoming rigid

Jesus:

Can I just say a lot of you are not staying open to your fear now? You've gotten into a state where you're actually living in your fear and you're not staying open to your fear. So perhaps if we could just pause it there for a moment and I just want to help you stay open to your fear. It's pointless doing these kinds of exercises unless you stay open to your fear.

So what you want to do is stay breathing. Remember to stay breathing, keep your breathing happening. You can feel that tension in you, like where you're starting to get involved in the story and everything and you're starting to feel that fear, and you feel that tension starting to rev up in you. So stop doing that and get back into breathing. Just breathe. You can breathe your way through this. This is some tension and fear coming up for you, breathe your way through that, don't shut down the process.

When you go into this rigid state, what you're doing is you're shutting down the expression or the experience of the fear. What you're doing now is you're living in it and that's not going to benefit you at all. You need to keep breathing and actually allow yourself to experience it. Remember if you need to go out at any time, you can go out and just cry or whatever, that's fine, but you need to allow yourself to experience it. This is a good opportunity to get into that.

So just breathe, breathe more, you might need to open yourself up a bit more, stand up and do that, and just breathe, stay connected with it. A lot of people are worried that watching a movie like this just increases demonic attack, or increases spirit attack. No, spirit attack occurs because of your fear. That's what the spirits connect to, your fear. If you release your fear and you stay breathing, spirit attack cannot occur as much, because you're now releasing the fear. So allow

yourself to feel the fear and breathe with it, breathe, just stay breathing – very important. [01:26:05.29]

Mary:

I just wanted to tell you that my experience of this movie, I watched it about a week ago and I was absolutely terrified and I processed quite a bit of terror directly after that and now I'm watching it and not feeling any fear at all.

Jesus:

So when you were processing the terror, you finished up going to bed didn't you and having a blanket over the top and it was the middle of the day, it was warm, but Mary was cold and had these blankets over the top of her, just shivering and stayed in that state for two or three hours.

Participant Female:

To process the fear is it good to drink water, or not good to drink water?

Jesus:

We're not worrying about drinking water at this point, we want to breathe.

Participant Female: So breathing is more important?

Jesus: Well as you're experiencing it, breathe yes.

Participant Female: But I drink water.

Jesus:

If you're in a state of fear right now, like right now, many of you went into a place of rigidity, where you could feel your tummy lock up, everything locked up. You shut yourself down, so not breathing. Breathe. Some of you reached for an alternative distraction, which might be water or something else around you, that is just distracting you from the fear that's there. So have your drink of water right now, so you don't need to have one, if that's the way it is. If you feel the need to be distracted allow yourself to feel that, because that's a part of your avoidance of you fear. So allow yourself to just feel that process.

8.3. Different individual responses to movies

Participant Female:

How can you tell if you're avoiding the fear or living in it or whatever, or you're just not frightened by it?

Jesus:

You're just not frightened by it? You see every single person will have a different reaction to the same movie. If we've had terror-based events in

our childhood that have affected us, then what will happen is this kind of movie will trigger me, but if I haven't had any terror-based childhood experience related to spirit, this movie will have barely any effect on me at all. So the key is to not over analyse everything, just breathe, feel your emotions and breathe and you'll soon see whether it's having an effect on you or not. You'll feel your heart rate speed up, you'll feel your body getting tense in the stomach area, you'll feel your muscles starting to get tense – there is fear related then inside of you still.

Jesus:

If none of that occurs then there is no fear inside of you about this particular issue. Some other issues maybe, but not this particular issue. The key is to not over analyse just stay in that open breathing state.

8.4. Locking up and living in fear versus releasing fear

Participant Male:

I just wanted to know, like when you get into lock-up condition, where you sort of ...

Jesus: Where you just lock up.

Participant Male:

What happens for me is I go up and I freeze, and everything in my head is just saying, "I don't want to feel this now, I don't want to feel this now," that's all that happens. Usually it's in the night. So what happens is I'll stay in this and then I'll go back to sleep. I don't feel like I'm ... because when I'm processing it, I'll go into these wobbles.

Jesus:

Yes that's right. When you're in the state where you were locking it all up, first thing to remember again is diaphragmatically breathe. If you diaphragmatically breathe, force yourself into diaphragmatic breathing, everything starts unlocking. Second thing is, there is a blockage going on, so what I would then say to myself is, "I'm allowed to not feel this now. I'm allowed to not feel this now," because when you say it in different ways other than being allowing, so I'm allowed to not deal with this. The truth is you're allowed to not deal with anything. You're allowed to not process any emotion.

The irony is, that when you say that to yourself you feel often more like you want to and just the fact that we have the choice that we're now giving ourselves the choice, means that often we say, "Alright, well I am allowed to not deal with this, but I actually want to deal with this now."

Participant Male:

Sometimes I'll hear a mothering voice saying, "It's okay you don't have to feel it," and that's getting me away from it all the time.

Jesus:

Yes, that's a spirit with you Josh, who's trying to mother you and help you out of the emotion. Many of you by the way will start having messages when you start dealing with your fears. The reason why you have messages when you are dealing with your fears is that there are literally groups of spirits around you in different zones around you.

So for Josh, you have two sorts of groups of spirits around you. You have one group of spirits who are trying to influence you into more fear, so that they can control you, and then you have another group of spirits who feel they are protecting you. They feel like they are nursing you. They're actually not doing you any good either, but they are hooked into your desire to be looked after through the process.

So again usually this is what's happening in almost every situation with spirits, and it doesn't matter what situation – you usually have two polar opposite groups of spirits surrounding you.

After this we can illustrate to you how that occurs. Some of Millie's experiences have heightened that quite a lot, haven't they, with your experiences with the abuser and the abusee if you like, being in the same place as you, at the same time. The abuser trying to abuse the abused person, still in the spirit world, through you, and through the connection, and these kinds of things all happen.

So in your case, Josh, the key is to stay open to the emotion. As soon as you get into the emotion of, "Oh please help me out of this, please help me out of this," you're going to have a lot of mothering nursing sort of spirits, who are still in the first sphere by the way, in their mother role, trying to nurse you through the process, which is not actually helpful for your release.

Participant Male:

You know how you were saying you go into the state, when you've been in that state, did you feel you were processing that, when you were frozen?

Jesus:

Yes, what I'd do is I just breathe, breathe. Sometimes when you are in a frozen state, the only thing you can do is breathe – diaphragmatically.

Participant Male: And it's like it's releasing from your stomach?

Jesus: Yes.

Participant Male: It starts wobbling like this?

Jesus:

Yes, that's it and fear is stored, this is why many of you when you have a fear, you feel it in your third chakra, a lot of the time? A lot of times that's where our fear is stored and if you breathe you start opening up that, you're opening up that emotion in that area of your body and once you do that, the soul emotion – which is causing this lock-up – starts to flow as well. So just keep allowing yourself to breathe. [01:34:15.23]

So when you're by yourself, always breathe. When you're watching a movie like this, every time you notice yourself not breathing, stop the movie; get back into your breathing, back into your breathing, back into the diaphragmatic breathing. Remember, the diaphragmatic breathing is into your tummy area. So breathe into that. If you've got to lie down to do it, lie down and do it, get back into the breathing and then come back to the movie.

8.5. Presentation of a clip from "The Exorcism of Emily Rose"

(continued)

Jesus:

Can I just say that "The Exorcism of Emily Rose" is actually based on a true story and based on the eye witness accounts of the priest and the parents of the story. Obviously when you're on the Divine Love Path, expelling a spirit from a person isn't like that. That's the other thing I'd like to say and make quite clear but remember the reason why we're viewing this is to help you connect with some of these childhood feelings that you have. Because a lot of us have had spirit related childhood feelings that have caused us to become afraid. [01:36:23.12]

8.6. An example of a participant who's daughter became spirit possessed

Participant Female:

My daughter has had spirit possession and there's a story behind it, but I won't go into it. I was out shopping and she called me to come home because she felt like she wanted to split her wrists. So I came home straight away and I was talking to her and the spirit itself was there actually talking to me and I just knew that it was. Previously Rachel had said to me that when spirit possessed her, she felt herself go way back into the background and the spirit was in possession and she just felt like she was just a little echo in the background of where she was.

The spirit actually confronted me and was yelling and screaming at me and for some reason I felt really calm and I was just there and I wasn't afraid of it and in the past I haven't been afraid of spirits like this before either. In the end I just actually just yelled at her and I called her name and called Rachel, because I thought that would bring her to, and she just collapsed on the floor. There so, I just thought I'd share that, but I am in fear watching this now.

Jesus:

Yes, okay. So there is some fear still within, obviously. So what we'd like to do after the break is we'll talk a little bit about how to connect and stay connected with that kind of fear with spirits.

8.7. Presentation of a clip from "The Sixth Sense"

I'll show you one more clip from "The Sixth Sense" as well, about spirit's fear.

Jesus:

That's enough hey? I don't want to show you too much of that if you haven't watched it, because it's a very good movie to watch and very enlightening about spirits. Well what we'd like to do when you come back from the break is talk a little about some of that spirit stuff and hopefully help you stay connected with some of these tense emotions you feel inside of there. So try to not use food now as a way of getting away from them. (Laughter)

Fear Processing S1P2

Jesus:

Do you notice when you're afraid how much you eat? It's amazing how much we use food to get away from ourselves emotionally.

Participant Male: We should go on a fast.

Jesus:

We should go on a fast (laughs), a forced fast between the entire sessions.

9. Avoiding emotions by becoming over-cloaked by spirits

Jesus:

One thing I'd like to talk to you about is that some people had some emotional experiences during the break. That is that many of you have the emotion that you would like to get away from your own emotions. Now that is a very, very dangerous emotion that you have, particularly if you're mediumistic, because if you're mediumistic and you want to get away from your own emotion then what happens is you finish up inviting a spirit in who wants to get away from their own emotions and they can over-cloak you quite easily in that state. Before you know it, you're in a state where you are experiencing a spirit's emotions and it doesn't benefit the both of you at all.

That happened a couple of times in the break. So what I did was I stopped the person from doing that and got them back into being inside of their own body again, back into being with themselves. So if you could just bear that in mind when you're processing emotion, that if you have a desire to get away from your own emotion, that is when you're in the most vulnerable state when it comes to spirits. So if you want to do some progression and you're mediumistic, you're far better off praying to God to just keep aside these spirits from you for a while and, before you deal with other emotions, firstly focus on your emotion of neediness, which is the addiction that's driven by the desire to get away from yourself.

When you have a desire to get away from yourself you go out of body basically and any spirit in that mode can take over your body and to be frank with you the mental institutions are full of people who are in that state and that's not a state that I'm encouraging you to get into. Because it's quite easy in that state to be heavily influenced by a spirit for a long time. My suggestion is to not allow that state and the way you not allow it is by owning your own stuff, staying in your own body.

9.1. Determining being spirit influenced or over-cloaked

Participant Female:

What if you don't know if you're mediumistic?

Jesus:

Generally if you're not sure that you're mediumistic, just be very sensitive to your own emotional experience, because a lot of times you'll feel; either there are times when there's people talking to you trying to get you into a certain state, or you'll find that you go into a sort of a heightened awareness state that's not normal for you. Or you go into a very detuned state that's not normal for you. So any major change in your state is usually going to be influenced by spirits and if they're influenced by spirits, there's a high likelihood it's driven by desire that you have to get away from your own emotion.

So try to focus on your own emotional state all the time. Stay in your body – you don't need to let anyone else take over your body – stay in your body. A lot of us would like to have someone else take over our body, because we don't want to have responsibility for it. Get back into your own body and stay in your own body. [00:04:05.19]

9.2. Spirits attach to us when we deny emotions

Participant Female:

AJ I'm just wondering about when you are beyond knowing that you're trying to escape your own body, it's into a denial, meaning that you don't even know that your denying it, because you're so afraid. I wondered if for example these films would normally terrify me because I am frightened of the spirits, but they don't terrify me. So I was aware that there was tensing, but is that implicating that there is greater fear than normal fear?

Jesus:

(Laughs) The goal of this isn't to terrify you. The goal of this is to help you go through an emotional fear experience and come out the other end of it. So firstly we need to look at what the goal of this is. It's not to actually terrify you into a state where you're now living in your fear constantly. It's actually to allow yourself to go through the fear and into the underlying grieving that actually your fear is generally covering.

Now with regard to the spirit attachments, those attachments are going to occur every single time you deny an emotion. So many of you today have brought along spirits who are with you because you're denying your own emotion.

Some of the emotions that you have are like anger, that's a capping emotion, and then some of those spirits connect to that emotion. Some of the emotions are like an angry grief if you like, which is still not the underlying childhood experience, and so some of the spirits with you are in angry grief as well, and they connect with that emotion inside of you.

The key for you to remember all the time is stay connected with your body and yourself, and if that means you have to stop emotionally processing and go for a jog, or go for a walk or do some exercise, or do something else that re-connects you with your body, so that you stay in your body when you're processing your emotion. [00:06:10.18]

It's pointless you getting out of your body to process an emotion, because firstly you don't process the emotion and secondly a spirit can use your body for whatever they want to process their emotion. They don't finish up processing theirs either to be frank, because it's driven by an emotion within the both of you to avoid your own emotion. So this is why it's so important to own your own stuff, all the time. Own your own stuff. Nothing that's happening around you in your life, all the events, everything is all happening because of our emotions, we need to own that and stay in that.

9.3. Working through being spirit influenced or over-cloaked

Jesus:

Now if you're worried about how to tell the difference the key is to deal with that fear firstly. So allow yourself to feel that maybe you are being over-cloaked or whatever it is, if that's the feeling that you have. Talk to God about it. Remember yesterday I said one of the major ways in which you can deal with all of these fears is to talk to God about the truth of them, what you really feel all the time. Stay connected with God through these processes. If you stay connected with God you will never get into a state where you're what people would call "out of control", where you have to be committed or something like that.

It's only when you get away from that connection and away from the connection with yourself – that's when you're inviting these spirits to come in and other people around you even come in. Now you can feel those needy emotions in you, many of you can feel them. Sometimes I get people coming up to me who don't want to give me a hug, they want to get a hug. You need to look at your emotions about that. Can you see, there's something in there for you, why do you want to get a hug from somebody? It's because of something going on within you. Of course I'm happy to give you a hug, but I don't need a hug from you though.

So allow yourself to feel why you're needy like that, because it's those needy-based emotions that finish up disconnecting you from your own self and connecting you energetically and emotionally with everyone around you, and that's when you become heavily invested in their opinion, heavily invested in a spirit's emotion. When that happens that's the beginning of what you would call spirit obsession.

So many of you who are mediumistic, if you want to follow the Divine Love Path, own your own emotions. Most of all that's the most important thing for you to do and stay connected with God before you begin anything and as you're going through everything, stay connected with yourself and with God through the process, then you'll find it a lot easier.

10. Audience questions

10.1. An example of a participant who was sexually abused despite believing in God

Participant Female:

What's really confused me is that I was sexually abused by my neighbour when I was six, I had no memory of it, but my sister remembered it, but I had dreams, I had nightmares of vampires coming and sexually molesting me. What really confuses me is I really believed in Jesus and God then and I used to go to bed and cry and talk to God, and I was really emotional as a child, so why didn't that help me?

Jesus:

You had some opposing emotions already in you from your parent's condition, and that's what would cause you the damage in fact. See what happens with all childhood abuse, it's the parent's condition that attracts the abuse, not the child's condition. [00:10:04.19]

Participant Female:

But I used to go to bed every night just to be with God and talk to Jesus, and I think that is why I lost my faith.

Jesus:

Yes many of the people who been abused as a child have lost their faith in God certainly, but also bear in mind that false beliefs don't help you either.

Participant Female: But I really did believe in Jesus and God.

Jesus:

I know, but understand that your parent's false beliefs don't help you. You see what's happening is most of you are still not aware of how much as a parent you affect your child and how much you as children have

been affected by your own parent's condition. You see it's the parent's condition that attracts everything to the child, including any abuse that occurs to the child – it's attracted by the parent's condition. Parent's fears, parent's unhealed sexual fears and sexual responses and so forth, and there are a lot of other things about fear of protection. I could list hundreds of different emotions that finish up combining in the parent's condition and it's the parent's condition that protects the child. So if a child is unprotected it is because of the parent's condition.

Now in your case, Mary, you actually were protected as well, you've just not had the memories of it yet, but the times when you were unconscious of the experience were the times when you were in the state I mentioned earlier to Vertika; remember I said that she was actually taken out of body and kept protected so she didn't have to experience the events. That actually also occurred to you. This is why other people can tell you about the events, but you can only remember perhaps before or after, or not even remember that at this point.

So the truth is you were protected, but you need to actually work your way through the emotions that God doesn't love me, God didn't protect me, and you need to allow yourself to feel those emotions. [00:12:13.00]

10.2. The impact of parents' soul injuries on children

Participant Female:

So there's no chance when you're a child; because we had a big property and I was able to externalise my emotions down the beach where no one could hear me and I would scream and yell and cry, but there's no chance when you're living with parents who are so damaged.

Jesus:

It's very hard when you are living with parents that are damaged, because all they're doing is re-infecting the emotion you're releasing. So every day you release something, the parent's the next day re-infect you with the same thing. They treat you badly, they punish you, they maybe corporal punish you and all those kind of things. So you release something one day and express the emotion and the very next day they do the exactly the same thing that made you sad the previous day. So it's very, very difficult.

This is part of the multi-generational problems that we face on the planet and this is why one generation has to make the change, because if this generation, our generation, does not make the change, the next generation now is faced with the same issues and the same problems, because of what's going on in terms of soul damage.

So the issue always gets back to the fact that if the parents are completely owning their own emotions, then the child is fully protected in that place, but that is rarely, if ever, happening on the planet. You can feel even in yourselves at times when I say that how much resistance there is inside of you to that truth. There is so much resistance inside of us as parents about owning the damage that we have done to our own children; to actually own it emotionally, own the causes of it I mean, not to take the blame in the sense of the effects, I'm saying own the cause.

10.2.1. An example of AJ's sons

Jesus:

Both of my sons have had to work through huge amounts of emotions about their relationships with women. They both go down the track of choosing women who are princess type of women and then pleasing them as much as they possibly can to their own detriment.

Who created that? I did; I created that. I need to own that and the way I own that is not just by saying the words. The way I own that is I go back and feel my causal emotion as to why I did that, inside of me. Feel that emotion; focus on that emotion inside of me. I can take responsibility for that emotion that's inside of me.

Now as I'm doing that what's happening with my boys is that they are automatically now working their way through those emotions, because dad has already done that in his own life and is already working through those emotions in his own life and every change I make in that area affects them.

So I need to own the fact that I created this with my own children. One generation has to do that, but all of us need to understand that we are not to blame for most of the emotional injuries inside of us – we are only responsible for the releasing of them. So I'm not to blame for the emotional injuries inside of myself, I am only responsible for releasing them; only I have control over who releases my own emotions. I am the only person who can release the emotions now that they've entered me.

And this is one of the sad, sad results of mankind walking away from God, because if we had never walked away from God, we wouldn't even have these emotions in us to deal with. You will see in a few generations time, maybe even one or two generations time, the effects of people living in Divine Truth and what effects it has on their children and you'll look back at this generation that we're living in now and say, "Wow, wasn't that a bad dream. Look at this terrible place we've been in and look at what was possible all that time and yet we just didn't know, because we just carried this multi-generational abuse, multi-generational

abuse," and away we went and carried it down generation and generation and generation. [00:16:16.03]

But what you state Mary is very true, as a child it is very difficult to protect yourself against anything unless you're really connected with God and even then you're going to get generational abuse from your parents, because they are going to keep doing the same thing until they change. Many of you feel that that is very unfair and that's the emotion you need to release. Let go of the fact that it's so unfair, allow yourself to feel that. You might firstly need to yell at God about how unfair this system is and then go into that emotion and release the emotion. You'll come out of it understanding the benefits of it and the truth of it and also in fact the love in it, because there is actually love in everything that God has created, but only when you've dealt with that emotion.

11. Connecting to fear and other emotions

11.1. Breathing to connect to fear

Participant Female:

AJ with the breathing with your fear, diaphragmatically – what you were talking about before – do you just need to do that and then you'll drop in to something else? Is that all you need to do, just breathe?

Jesus:

A lot of the times that's all I've ever needed to do to get into my emotion. Just to breathe, but you have to breathe fully into your diaphragm to make that happen and that's why you're doing that bending from the waist and lifting on the inhale to really get things going and open up inside of you. Now after a while you don't need to do that so much, because you're so connected emotionally you're like a child.

So you imagine a child running around, trips over, starts crying straight away, doesn't it? It's not like looking around firstly to see whether anybody's there and then cries (laughter), because that would be a needy projection. Or it's not like it falls over and cries and then looks around and somebody isn't there and then they cry because they're scared of being seen to cry, because that's another projection. Normally the child will just fall over and cry. That's what you'll be like in the end, you won't need to breathe to get in contact with it and you won't need to do all these other things to get in contact with it.

11.2. Breaking down layers of resistance to emotions

Jesus:

But what we're doing – and this is something that's very important to understand – what you're doing is you're breaking through all of these

walls and barriers that have been piled on you for years and years and years. This is multi-generational walls and barriers that have come down through the generations.

If you look in the Padgett Messages we called it multi-generational sin, or multi-generational missing the mark. "The sins of the parents being visited upon the son" – this is what that means; it doesn't mean that you have to pay for their faults in the sense of a physical effect way. What it means is their unhealed emotions inside of them got transmitted into you and now you're paying for their decision to not heal their own emotion.

So let's make the decision to heal our own, but to do that we're going to have to work through some of this injustice feeling that we have. "Why do we have to do it? Why couldn't they have done it?" You know all those kind of emotions. "Why did God make it this way?" and all of those kind of things.

Now when you come through those emotions and out of them, you'll realise why God made it this way, and in fact rather than me telling you, I'd love you to go through some of those realisations, because when you do they're such powerful realisations that you start understanding God so much in the process of realising, why God made it the way She made it. But let yourself just feel and experience the emotion.

Mary:

I just wanted to add that I don't think breathing's the only thing you have to do. You have to be in a state of willingness to experience your emotion, then you can breathe into the emotion, but personally for myself getting to the point of willingness to experience all of my emotion, it's the hardest thing and I need to do a lot more than breathe. [00:20:14.08]

Jesus:

It's the hardest thing. You're looking so beautiful today, darling. (Laughter) Sorry about that but I just had to say that, I just felt that. The thing that Mary brings up is a very important point, because remember yesterday I said that one of the biggest blockages is this feeling we have that we're not going be able to cope, that we won't be able to deal with these emotions. You see that creates an unwillingness within us to deal with them.

So I start talking about anger, I get a lot of the audience feeling, "No, I don't want to deal with that emotion. That emotion's yucky, it's bad." How many times has it been drummed into us with the New Age belief "You're in an angry state, you're not very developed," and so it goes on, there's so much judgement.

What about from the Bible? If you get angry, you sin. There's actually a passage in the Bible that says you can be angry and not sin, believe it or not, but nobody quotes that one, it's always the other ones. So what we finish up doing is, we read all this holy literature, if we could call it that, and then in the process we come up with all of these ideas of what it means to be a spiritual person. Then we realise, "Wow, I'm not really like that. So what I'll try to do is be like that in my head," and that's not the Divine Path.

The Divine Path is to be like that in our heart, and to be like that in here is going to mean and require of us the willingness to release emotion. It's going to require not just willingness, but remember what I've said humility is? A passionate desire to fully experience all of your own emotions, that's what you're going to need in the end, on this path and if you don't have a passionate desire to experience just one emotion, then that emotion will prevent you from progressing. When you think about it that makes sense, doesn't it? That's our free will in action isn't it? We have the free will to passionately avoid an emotion or passionately desire the emotion, don't we? We can choose either.

12. Audience questions

Jesus:

Well what I'd like to do is trigger a little bit more fear though if we can. Is that all right? What's the subject? Still fear?

12.1. Assisting others who are spirit possessed

Participant Female:

With the expulsion of the demonic spirits – a loving way – like I see them quite regularly, how do you help somebody that has got someone with them and it's not very nice?

Jesus:

The reason why a spirit is with a person, and if the spirit isn't in a very nice condition, is because of the person's emotions. Now just earlier, do you mind me relating something Liz, for you? Just earlier Liz had an emotion in the break; you may have heard her screaming in the break. Liz had an emotion where she wanted to get away from her terror. As soon as she had that emotion there was another spirit around her who also wants to get away from her terror and she wants somebody else to share in her terror with her. So what she did was she just over-cloaked Liz.

So Liz is there screaming and I can feel it's not Liz screaming anymore, it's this spirit screaming. So what attracted that was Liz's desire to get away from the full experience of her own emotion.

Because she started getting terrified, she went out of body. She didn't want to feel the terror herself, and as soon as you do that you're inviting someone else to come into you. In the process, you want it to actually happen, you see. [00:24:04.03]

Spirit attachment cannot occur without the person's emotional involvement. Now notice I'm not saying their intellectual involvement; I'm saying their emotional involvement, there are emotional reasons why that person is attached to you. The key is to help the person identify what the emotional reason is, inside of themselves.

So all I did there was just held Liz on the ground for a little bit, if anybody saw that, and just talked into her ear saying, "Liz come back here. Liz come back here, Liz come back here," until after a few times I said that, Liz came back. She stopped screaming and then I said, "Liz, you need to stay with me now, stay here in your body, stay in your body." She stayed in her body and then when she got out of that process I sat her up and we talked about why the spirit did that with her. That's what we need to do with all of these people who are having trouble with spirit connections.

If you're having trouble with a spirit connection, it's because of something going on inside of yourself that's attracting this connection. The way you can help the person is to focus on the emotion that caused that attraction, and that emotion will be very, very different for every person, but focus on the emotion that caused the attraction.

12.2. Going out of body and experiencing emotions

Participant Female:

I don't really understand what happens when you go out of body; like do you have control over your body?

Jesus:

Well the truth is you always have control over your body. When you go out of body or away from your body what you're trying to do is relinquish control, you want to get away from how you feel, you see and when you try to distance yourself from how you're really feeling, that is when you're opening yourself up to someone else coming in and influencing you. By the way that someone might be a person on Earth as well as a person in the spirit world; any one of them can influence you. It's while you're not connected with yourself that other people can influence you.

The truth is not a single person on this planet can manipulate you or control you unless you have an emotion that allows it. So you need to look at the emotion that allows it.

Participant Female:

Because when you were just talking before that made me think of times when I have been processing and just like before when I left, I was lying on the ground and then sometimes I feel like I'm so in the emotion that it's sort of like I'm not aware of what's happening with my body. Is that sort of what it's like?

Jesus:

When you're fully in the emotion itself, you will feel the emotion completely and that's what I mean by staying inside of yourself. It's when you feel a distance between what's going on outside of yourself – so Liz was feeling a bit of distance between this physical expression that was going on and actually her own feelings. There was a bit of distance happening between there, which is a good indication as well, but if you're sensitive emotionally to other people's emotion, you will feel when a person's separating from themselves and not staying in the emotion itself.

You will also feel when a person's going into anger, but using tears as a method to do that. So there are plenty of times when we do what I would classify as angry crying, which is actually not getting at a causal emotion at all. What we need to do is look at the issues of why. Remember it's our blockages to emotion that cause us to step away.

In your case, because you're doing pretty good with your emotions, what's happening is you're staying in your emotional experience, you're fully experiencing your own emotional experience in that place. You're not necessarily conscious of your body or not conscious of your body, because you're fully in the emotional experience itself, and that's a different place than what I'm trying to describe with regard with a spirit over-cloaking you.

Participant Female: That's really good, all right thank you.

12.3. Living in fear and Law of Attraction events**Participant Male:**

I just wanted you to clarify what you said earlier on about in the next month to six weeks doing fears, if we don't do our fears, or if we don't want to, that some unfortunate things or bad things will come into our life. I just didn't quite ...

Jesus: Well I hope I didn't say it like that, that's not what I meant.

Participant Male: My words not yours.

Jesus:

What I meant was that if you lived in your fears; I'm not suggesting for the next six weeks you live in your fears, because if you live in your fears you will certainly attract negative events into your life during the next six weeks if that's what you choose to do. What I'm suggesting is instead of living in your fears, I'm saying experience emotionally the fear and release it from you and that doesn't need to have to be a long period of time, in fact with one of these fears you might work through it in an hour, or two hours, if you fully commit to feeling the fear itself.

The problem is most of the time we don't fully commit to feeling the fear, instead we live in it, and certainly the danger of living in your fears is you start attracting what those fears are quite rapidly. This is why a lot of New Age beliefs have, "Don't you ever think about what you're afraid of. Think about all these positive things instead." That's how they came about because often when people start connecting with their fears don't experience them and release them. What they do instead is they live in them, which causes more of that attraction.

And so I'm just providing you a warning. If you want to deal with your fears and you decide to fully experience your fears everything's going to be fine, but if you want to deal with your fears – you think – and then you live in the actual fear itself, without releasing it, you're not going to be fine, that's what I'm saying to you. [00:30:07.01]

A warning to you; that's the Law of Attraction at work if you like. There's no threat involved here of, if you don't do it then you're going to be in trouble. None of that, it's up to you. It's up to you what you choose to do.

12.4. Spirit attachments create some physical diseases and illness**Participant Female:**

I just had a very large response to that movie, the lady looked very much like my sister who died of cancer. I always had a feeling perhaps that was what I would have called a possession in those days; I'm just not sure. I know the end result is I've got to clear my emotions around it anyway, but there's just a huge reaction that I've had. I tried to speak to Mary and I just couldn't speak at all, I get very terrified to speak when that sort of thing comes up. I seem to tie a lot of things together with the fact that I had polio and I can't remember anything for twelve months at that point. It feels like suddenly today that things seemed to sort of be connected. I don't know whether I've got a big imagination, and I guess I would like to make some sense of that if I can.

Jesus:

What's going on is that yes, many of the diseases that have occurred in almost every person's family, not just your own, are due to different spirit obsessions going on. What happens is the spirit has a certain group of emotions when they pass, often the spirit might pass with the disease itself, like cancer or some other disease, and then what happens is that spirit then connects to a familiar figure, so a family figure on Earth. Usually it might be a granddaughter or a grandson, or some kind of relation, someone who they actually like, in terms of their personality.

And what happens in that connection is they start impressing – just like a parent would impress – their damaged emotions upon that child. The problem is that often the person in the spirit world is still not very progressed and they often feel the same disease is still within them in the spirit world and that impression gets impressed upon the child as well.

This is the cause of a lot of diseases, particularly in children, and polio is certainly one of those diseases. I don't know if you'd really call it a disease, but it's one of those illnesses that are caused by a lot of spirit interaction, along with many other childhood cancers, child-onset diabetes and lots of other different emotions, sorry diseases – but notice I have a habit of calling them an emotion, because they are all driven emotionally.

So yes, in the next month I'm up at Mackay and I'm giving a talk up there for two days about spirit attractions to people on Earth and then the damage that does to people on Earth and spirits in the spirit world (see 20091205 Spirit Relationships – Law Of Attraction and 20091206 Spirit Relationships – Suffering Caused By Spirit Interaction). You'll find that there are huge amounts of damage that is done through these attractions, these attractions that are still happening between the spirit world and here on Earth. When you talk to many mediums you find the level of those attractions, because many mediums have often had to deal with those particular illnesses and they get told through their spirit friends that, "Oh this is actually about an attraction to a certain spirit."

Participant Female:

Can I just ask the difference, because I saw many similar behaviours with my sister to what was in the movie and also dreams where I was made to eat spiders and all sorts of things. I guess beyond the disease as such, beyond just the sickness, it felt like very much a mental sickness.

Jesus:

Yes most of the spirits who are in this condition are in very poor condition, they are full of unhealed emotions, many of them are in what you would classify on Earth as a psychotic sort of a state, even in the

spirit world, in the darker areas of the spirit world. Then when they connect to a person through the emotional connection, then you see huge connections.

12.4.1. "Thirty Years Among The Dead"

Jesus:

Mary's just reading a book at the moment which I've suggested quite a number of times for people to read, it's called "Thirty Years Among The Dead" by Dr. Carl Wickland. If you want to know about spirit possession and spirit obsession and how much it actually influences almost all illnesses and diseases there are on Earth, that is an excellent book to read. It's about a doctor who was in the twenties and thirties who worked with his wife who was a very good trance medium and what he did was he documented time after time after time all these different illnesses that he cured, by actually dealing with spirit obsession.

It's a very, very well written book with lots of case studies of each situation in it and it's really worth the read. It's downloadable on the Divine Truth website.

13. Presentation of material to expose fears of Earth changes

Jesus:

Let's get onto the next subject, shall we? A lot of you have been asking me about this subject of Earth changes and you think what I'm going to do is give you all of these heads up about Earth changes, don't you? I'm not going to give you any heads up about Earth changes, what I'm going to do is help you address some of your fears about Earth changes and that's a different thing altogether. [00:36:02.18]

Now what we're going to do is just perhaps read a few little things that we've got printed out. On this little session we'll do is a bit of channelling about Earth changes if we can manage that and we'll also talk to you about some of the Earth changes, and then we'll show you some movies about it. Now to my mind the best movie about this subject is going to be "2012", which is coming out I think November 13th.

My suggestion is go and see it, I'm one of their greatest advertising fans I think, it's a good movie as far as I can see and many of the events portrayed in it are actually going to be quite realistic to the future. So, it's a lot of channelled or semi-channelled material that's been presented in book form and then written for a movie. Of course there's some embellishments and so forth.

Now this is one of Mary's most unsavoury subjects I suppose you'd call it, so she doesn't want to be involved in this. One of the reasons why is

because in the past every time I've spoken about Earth changes with groups of people, it's greatly polarised people's emotions and often afterwards what's happened is I've had lots of people very angry with me. Of course when you get angry with me I can feel those projections, so I've had to work my way through those kind of things.

Mary's very frightened of people getting angry with me, because last time that happened, not very nice things happened to me and therefore not very good things happened to her life either. So that's one of the issues that Mary's having to work through about this subject. I feel quite good about dealing with the subject with everyone, but I want to talk about a few emotions about this subject that you have.

13.1. Resistance to experiencing Earth change fears

13.1.1. The ostrich emotion

[00:38:08.18] **Jesus:**

I'd like to talk about the Ostrich emotion, the emotion to just bury your head in the sand and hope it all goes away type emotion.

OSTRICH

Now many people in the past have got quite angry and upset with me about this subject and then they've done that. Now you're totally able to do anything you want of course. That's your emotion; you're having your free will, that's your experience, so you're allowed to choose to bury your head in the sand if that's what you want. I'm going to keep talking about it because Earth changes are coming.

Now as to when they come, well obviously that will depend on a lot of factors, some of it is soul condition factors and some of it is actually physical factors that are to do with alignment with the sun and the Earth in the galaxy, and quite a number of other issues. Now you can read about all of them on the Internet, so I'm not really interested in talking about all of them, they don't interest me very much at all. All that interests me is helping you with your soul condition about this issue because to be frank with you I would love for the majority of you to survive it.

The reason why I'd love for that is because the Earth is going to need people who are in a better soul condition, who are able to show others how to live in harmony with the Earth in the future and if we all finish up passing, we'll have to all start again. So all of you people here who are all living on the coast and doing your thing and feeling like you want to bury your head in the sand about the whole issue, that's up to you. I would prefer that you want to live alongside of us in dealing with the future

events. For myself that's what I would prefer to see. What you do is totally up to you. [00:40:01.19]

Now a lot of people said, "Oh now AJ's just being manipulative," and whatever else. No I'm not; I'm just don't want to have to do the same work again. (Laughter) Like honestly, and can you imagine the environment? Like instead of having this beautiful pristine hall to do it in, we'd have to do it out in the sticks somewhere, where there's probably for some time no power generation and we'll have together a heap of solar panels or whatever else just to get an amplifier to speak to a group of people. It's a lot easier isn't it to deal with this issue now than it is later. To be frank with you, it's a lot easier for you now to deal with this issue right now, than it is going to be later as well.

13.1.2. Potential scenarios during Earth changes

Jesus:

Let's put a bit of a scenario to you – and by the way I'm not going to talk about specifics so much – but I'm going to give you some details of what may occur here for example.

You imagine for a moment here that firstly there's an earthquake, around nine on the Richter scale, which is a massive, massive earthquake. Imagine that all the way along this coast. So you've got all these earthquake events happening and then out in the sea, in the Pacific a land mass rises very, very rapidly. Very rapidly, it's a thousand feet, or two thousand meters or so under the sea, and it comes up overnight and then you've got all this water displacement, huge amounts of water.

So you've just had an earthquake, there's no power. There's no pump water coming to you and now you're also going to have to handle a water event hitting the coast, where the water is maybe a hundred to two hundred metres high. So it's not your average little wave, it's something pretty big. [00:42:08.04]

Now can you imagine the devastation of that? Just those two events, and by the way that's not the only potential of what may occur in this region, but just those two events only. What would happen to us as a group of people? If you think about the whole coast you're not going to see much of it left except for Buderim maybe, because we're on a high hill here. Then of course a bit more inland and inside of having the Sunshine Coast, we'll have to call it the Maleny Coast or something like that. These are the kind of things that may happen.

So when I say may happen, there is a high potential of likelihood of these things happening. This is getting channelled from many different sources, you're not hearing this from me, there are all sorts of spirits

channelling through all sorts of different people that these events are going to occur. There are even some spirits channelling that Australia won't even exist anymore, because they say that there'll be a two kilometre high wave that hits Australia, which of course would wipe out pretty much all of Australia.

Now I don't personally believe that, but when I present this material, when you get a print out of this material downloaded from the net, I'm going to put some of these quotes in that material from other people so that you can start having some of this fear that you're trying to deny or get away from. So the "ostrich emotion" is a very big emotion in us, what we do is we hope that something's not going to happen.

Of course it may not happen and that's what connects with our hope that it's not going to happen, and then we don't do anything about it happening, or the potential of it happening. [00:44:00.25]

Most of you have the ability to work through different emotions on this subject. All of you also have the ability to survive any coming events, just by changing your soul condition, but some of you also have the emotion that, "I'm going to put off my changes to my life. I'm going to put it all off to the last minute. I'm sure AJ's going to let us know a week in advance," type of thing. (Laughter)

It's not going to work like that. There are going to be a series of events that occur over a long period of time. When I say a long period, maybe even two or three years of time, a series of events and at the beginning of those events we might be having a chat, but do you think there are going to be Earth satellite stations for us to continue having those chats? And do you think I'm going to have the fuel to get to the coast anymore? Probably not. Unless I can teleport there's no other way to get here easily. So we can't have those discussions after that point. So you won't know unless you keep yourself informed and you develop your own relationship with God and your own relationship with your spirit friends, then you'll know. So can you see there are a lot of things involved in this particular subject?

13.1.3. Taking personal responsibility to love ourselves during future events

Jesus:

My feelings are if you want to bury your head in the sand, you're totally able to. This is not a fear discussion for me. Now while I recognise for many of you it might be a fear discussion; to be frank with you that's your problem, in the sense that it's your fear and you need to let yourself work through that fear. I'm not trying to scare you here. What I'm trying to do is ask you some questions about love of yourself.

Now how is love of yourself involved in an Earth change discussion? Well isn't that quite obvious really? If I loved myself and I knew from all these different sources that there's going to be some Earth based events that are going to affect my life and I have a round about time frame that they're going to happen, any time between now and maybe 2016 over the next let's say, five, six, seven, eight years or whatever, and I know they're going to occur, then if I loved myself wouldn't I just make preparations for that? Now that's not a fear-based discussion is it? That is a loved-based discussion and if I loved other people, would I rely on them to make the preparations for me? Of course I wouldn't, would I?

It's lovely that ones like Peter and Graham and Brad and others who have paid for the property out at the sanctuary. It's lovely they've done that and it's also lovely that they've said to you that you can go out there any time you want, that's lovely too. But at the end of the day, if I don't provide for myself, am I being loving to Peter and to Graham and Jen and Brad and these other ones who've paid for that property? Am I being loving to them?

If I'm expecting them to be the people that do everything and I do nothing, but then I expect at the end of the day if I want somewhere to run to, I go there, now that doesn't seem very fair to me; does it seem fair to you, like does it seem loving to you? That's the way it is at the moment, so we need to look at that. We need to look at our own emotions in that.

Now also we need to look at our Law of Attraction, there have been some things suggested. I've heard back from some people that some people seem to think that I know everything. What! When have I said to you ever I know everything? When have I said that? Haven't I said there's only one Being in the Universe that knows everything? Who's that?

Audience: God.

Jesus:

And if you connect with God then you'll get to know eventually, the more you connect to God, the more you'll get to know, isn't that right? So you relying on me to know more than you know is ludicrous. Whether I do or not know more than you know, it's still ludicrous to rely on me with it. So stop relying on me with these things. Stop relying on other people to do things for you and start preparing for what you personally believe is going to occur. [00:48:22.19]

Now if you don't personally believe it's going to occur then don't prepare. You don't have to; I'm not going to stop you from coming to

groups anymore to learn about Divine Truth just because you never prepared for Earth change events. (Laughs) Like it's not an important issue to me. I want to survive them, because I want to stay here and teach some more, that's my desire. What's yours? Is yours the same desire?

Some of you I know don't have the desire; some of you have the desire to pass. I've heard you say it. I've heard you say, "If I've got to go and change my life that much, I'd rather pass." I've heard some of you say that. Now that sounds a bit suicidal to me, but anyway that seems to be an unloving emotion, don't you think? And some of you have said also, "I don't want to do it 'til right near when I have to." Well, while that sounds all logical, it doesn't seem like a very loving thing to other people, or to yourself, like to run around at the last minute in a panic. What if you get it wrong? What if you get the timing wrong?

Then I've heard a lot of people say, "Oh, it doesn't really matter to me much this issue," and I'm going, "What, how can it not matter to you? Don't you want to teach others the Divine Truth that you're learning?" Like we've talked about so much, all the different opportunities we're going to have here on the Earth, compared to being in the spirit world, of learning more Divine Truth, and also teaching and helping others.

What about all these spirits who are in dark places? Do you think there's going to be less of them after this event? No, what if, like some spirits have estimated, up to 54% of the Earth's population is going to pass? That's been some of the spirit's estimation. By the way there are survivalists who are receiving other spirit's information, who say 95% of the Earth's population is going to pass. Now I don't agree with that, but that's what they say. So let's say we go for conservative estimates that different spirits have given, 54%, that's one heck of a lot of people, that's 3.5 billion people, who are passing in their current condition, without a knowledge of Divine Truth, without a knowledge of Divine Love, many of them on natural love paths, firmly ingrained in natural love paths. How much help are they going to need? Lots of help.

Now you imagine the spirit world has been preparing for this for years. There are a lot of preparations that have gone on in the spirit world for the passing of these amounts of people, but there is so much we can do, particularly if we develop ourselves emotionally. There's so much we can do in also becoming a person who leads other people into this new place and that's not going to be a position of power by the way. That's going to be a place of service. So if we're not learning to serve others now and we want to boss others around or be powerful about others and manipulate others, then obviously we're not going to have the right

attitude either. There are so many emotions in this that we need to work our way through. So let's start working our way through them.

13.2. Channelling from a spirit, Stephen, about Earth changes

Jesus:

Now what I've been doing is just collecting little bits and pieces of different people's channellings about this issue. James did some channelling over the last few days from a spirit called Stephen that I'd just like to read for a moment. I'll just read some snippets of it for you.

"The feelings of fear are the ones that demand your attention at this time. These have been dominated your functioning for some time and are arising for attention. Many things have happened which have triggered your fears. The coming Earth changes are causing fear in you, although you feel that they are not bothering you as much as they are. You have felt within you an urge to move away from the city for many years and have done nothing about this and now fear that you have lost valuable time. You also now fear that you don't have the money to allow you to move in the way that you desire. Feel these fears and allow them to pass through you, as while they persist they will drive your behaviour.

"Earth changes will occur and have the potential to be very severe indeed. Many people will pass over and the face of the Earth will change considerably. Because these changes can be so massive, people are resisting acknowledging that this is a reality for them. Many feel that they don't want change of this magnitude and resist even the thought of it. If you ignore something, then it will go away. As you've said amongst yourselves the best one person can do is deal with their own feelings and persist in the Divine Love Pathway. You must pay heed to your own desires as there is error persisting with you in your present state of living, if that is not what you truly desire."

13.3. Not acting upon knowledge of upcoming Earth change events

Jesus:

Now I just want to comment about that. Many of you have had for many years a knowing within yourself that there is this Earth change stuff coming up, haven't you?

Audience: Yes.

Jesus:

What have you done about it personally? Now some of you, twenty-five years ago moved up to the hills and then twenty years later you thought,

"Hasn't come yet. Let's move down to the beach." So some of you have even done that. But you're not actually listening to your own hearts, on this subject. [00:54:17.00]

Now many of you have known for many years in the sleep state. In your sleep state obviously you leave your body and you're in the spirit world in your sleep state. Many of you have known for many years that these things are happening and even the intensity of what's going to occur, and yet we choose often to still live our life the same way as we've always lived it. Now does that make much sense to you, if you look on that?

Like I'm not talking about my desires here. I'm saying I can feel in you, your desire to listen to these things. Before you met me, many of you knew about this Earth change stuff. I had nothing to do with that. You knew this before you even met me. Some of you muscle tested it, some of you had mediumship with it, some of you did all sorts of things but you found out and even through your own feelings found out things. Is that not correct?

So why aren't you doing something about it? It's got to be an emotion. What's the emotion? We've got to face those emotions. What is the emotion stopping me from acting upon my own desire? So what's the emotion? What kind of emotion? One emotion might be this "ostrich emotion". "The changes are going to be so big that I don't know if I want to live after them." That could be one of the emotions, couldn't it, that we need to face? Another emotion could be, "The changes are going to be so big that I'm going to be uncomfortable." (Laughter)

Well yes, of course you're going to be uncomfortable if you don't make any preparation. Like do you think you're going to have a dunny (an Australian outdoor toilet) to sit on, if you don't make a dunny to sit on for the Earth change events? Of course not, so you're going to be uncomfortable and you're going to have to squat, if that's what happens when you survive. (Laughter) And don't you come going to my house, hoping that you can use my toilet. I'll say I told you, remember back, what's the date today? Twenty-fifth of October 2009, remember I told you, "Make a dunny for yourself." (Laughter) "Use your own dunny."

Now that's the thing we need to bear in mind is that all of us have this self-responsibility. Now many of you don't believe that Earth changes are occurring, fine you don't have to believe them, you don't even have to believe me or continue coming, that's fine too. Like I don't expect you to believe them or not believe them, that's up to you, but many of you do believe them and yet you're not doing anything about them. Now there's got to be an emotion in that for you. What's the emotion in that for you?

Participant Female:

You've only got to watch the general news or right in our back yard, there was recently a dust storm that came from down South Australia, up into Brisbane. Now on that day I drove to Brisbane thinking that I would be fine and I'm convinced about Earth changes, but I thought I would be fine getting to my son's house at Stafford. The amount of chaos that was on the road on that particular day was ...

Jesus: Just from a dust storm.

Participant Female:

... as astronomical and I thought I had time, I thought I had enough petrol, I thought I was going to be okay, until I got in to the middle of the chaos and you've only got to look at the news in the last little while, the amount of tsunamis in our general region that have been listed. What's that website, Graham?

Jesus: Doesn't matter, Jenn. [00:58:09.02]

Participant Female:

That shows us that the Earth changes are actually upon us.

Jesus: They're already happening.

Participant Female:

Yes. So even if you don't do things emotionally – and I'm not suggesting you don't – you just have to look at what's happening in the news to know.

Jesus:

Yes. Can I just talk about this though? If you choose to do physical things to address this issue and not deal with your emotions, do you know it's not going to hardly make any difference to your Law of Attraction. So you could choose to actually not deal with any emotions about this, but then go and get a whole supply of food, like I read on a website recently.

I was watching these websites that interest me a lot and some amuse me quite a lot, but there's one Australian survivalist website, where you can't mention who you are and you can't say your own name and they have all these silence rules. But they were talking on this website about the guns they're storing and all these different things that they are doing, building bunkers and all sorts. These are serious people, like they are serious, they are building bunkers and they are doing all sorts of things.

Many of the Ramtha followers – they are people who think they are following Ramtha, is probably the better way to say it – many of them

have been doing this for many years, building these places and quite often I look at all of that and I go, "Well if you can't change your soul condition, the Law of Attraction isn't going to work very well for you in those situations, even then.

My suggestion instead is to do a combination of things. Deal with the soul condition reasons: firstly why you haven't acted up until now? What's going on inside of you? If you haven't acted up to now, why haven't you? What's going on inside of you emotionally? [01:00:05.23]

If you have believed that Earth changes are going to occur, why are you still putting off doing something about it? And sometimes I hear people say, "Oh but it's nice and comfy down the coast here, we're right by the beach, lovely to walk along the beach." Yes, I know Mary and I enjoy that every time we come here, that's very true. But why haven't you prepared something else?

You've also got to start thinking and feeling about what's going on for you emotionally in this interaction with these events, because emotionally there's a lot going on here. A lot of you are so afraid of what's coming that you don't want to act and do something about it.

Some of you are so afraid you're even considering, at the soul level you're considering that it's better to pass than stick around. I can assure you it's not going to be better to pass than stick around. It's also going to be more fun if you stick around, because there's a lot to do here on Earth and it'd be great to be a part of that process. It's going to be so much fun. So we can enjoy. (Laughter) I'm serious, and it's just going to be so much fun to stick around and see what's going on and see the world change in one generation. Isn't that going to be so awesome?

Do you think we're going to be worried about the law that we broke yesterday? I'm not talking about God's Laws. I'm thinking more about you're not allowed to build that little tepee on that block of land because of all of these rules. Do you think they're going to worry about that after Earth changes? Of course not. They're going to want to be building houses galore, because a lot of people are not going to have any place to live.

And then we're going to have to live more in harmony with the environment because a lot of the environment has been destroyed, so that's going to be a great impetus to actually learn about proper culturing in terms of growing food and vegetables and living more in harmony with the environment.

So when you have an opportunity to go to a course about living in harmony with the environment, why do you stay home? "Oh, AJ's said I

shouldn't go to that course." I never said that, why would I suggest that? There have been people offering their services to you, to show you how to do things like permaculture and other things like that. Take them up; it doesn't matter where they're from. You might be able to talk to them about the Divine Love Path, they talk to you about what they feel, doesn't really matter what the outcome is, but you'll learn something in the process of how to look after yourself. Why would you put that off?

Often we're putting all of these things off, because we're just quite afraid and that's the issue we face.

13.3.1. Determining whether desires are fear-driven

Participant Female:

How do you know if you are driven by fear or not, in wanting to shift?

Jesus:

In wanting to shift, move to another location you mean? One of the main things you start to realise after you start to progress in your life, is that you start realising when you have a desire, things happen really smoothly. When you have a fear, things happen in a very haphazard and unfulfilling way. So notice what you're Law of Attraction is. If you have a pure desire you'll find the right property you want, you'll find all these different things. Everything starts fitting in together, things work together really easily for you and it all fits together.

But if you're finding that actually your Law of Attraction is you're getting a block here, and you're not allowed to move there and something happens there and you can't do this here, then probably you're acting out of fear and you need to just let those fears trigger you. Let those events trigger you. So let the Law of Attraction show you which mode you're in. When you're in desire things will definitely usually occur.

Now when I'm in desire I focus firstly on my emotion. I don't focus firstly on selling the house. I don't focus firstly ongoing and getting a larder full of rice or something like that. I focus firstly on dealing with the emotion and when I work through the emotion, then I'll feel what's the best thing to do, and I won't run around in a panic doing it.

I won't say, "Oh we've got Earth changes, AJ talked about Earth changes. Terrible, terrible," and away I go. Not like that right? You need to start trusting yourself and your Law of Attraction with this, not me, trust you. Trust how you're feeling on this subject. What do you feel?

Now I'm suggesting to you, if you feel that you'd rather pass than stick around, then that is a suicidal emotion and that's not loving to yourself and do you think when you pass, how good is your condition going to be

when you pass, do you think, with that emotion? It's not going to be as good as if you dealt with that emotion, is it? If you deal with that emotion then you'd love yourself more.

Many of you have an emotion too, that, "Oh, when it happens I'm sure I'm going to be in the right place at the right time." Well that might be totally true, but nothing else is going to be in the place with you. (Laughter) Like you think you're going to have a house in the place with you and a place to grow some plants and food for you? Do you think that's going to happen, unless you exercise a desire?

Can you see we've got plenty of warning about all these things; we've got plenty of "heads up" about it. Often times many of you have the emotion in you that you want to do something and yet you haven't done it. So why? Look at why.

13.4. Channelling from a spirit, Stephen, about Earth changes (continued)

Jesus:

I want to read a bit more of this one because this was quite good. Now where was I?

"As you are well aware the changes will be followed by massive upheavals of humanity, with many people displaced and many more feeling despair, with even greater displacement from God, with grave doubts that God could ever have done such a thing. Many will perceive it as great punishment."

How many Christians are going to view it as that do you think?

"Great punishment, and they'll seek to take revenge on the ones they think that God is punishing. This will usually be everyone but themselves of course. (Laughter) Don't ignore these thoughts and pay heed to the feelings that they engender. These possibilities are leading many people to want to hide away as far as they can from large population areas."

"The Law of Attraction will operate as before during and after the Earth changes as it always has and always will. Therefore the focus is now and for evermore on what you do within yourselves. You will always draw events to yourself, by your soul condition, so this is what you must deal with first. The vital first step is to acknowledge that you do have a soul and then that this soul is limited by many factors. Those steps you have taken and the consequent steps are those of prayer and dealing with the feelings."

Now James also asked, "To what extent would Australia be affected by the changes?" The answer the spirit gave, which by the way was Stephen from the Bible, you remember Stephen, who was called the first martyr for those of you who have background.

"Every continent will be affected and Australia will be less so than that of any other. Even though you hear and read of the possible changes you really have no concept of the magnitude of the changes or of their impact on humanity. Changes like this have occurred before, but there has never been the numbers of people living in vulnerable locations. The sinking of Atlantis is possibly the largest event of this type that is acknowledged in your history." [01:08:15.24]

There's a lot of fear in you guys.

"From what you know of the Law of Attraction now it is not hard to see that such changes are inevitable. Humanity as a whole has created an environment, which cannot be sustained, so changes will simply be the working out of God's Laws and have no element of punishment in them. Passing over or loosing accumulated possessions are not punishments. God's Truth goes much deeper than any of those things.

"As long as you live God provides all that you need for peace and happiness, both on Earth and in the spirit world. On Earth it's harder to see this as you've all been led astray by those who would have power and this has been going on for a very long time. Humanity has become addicted to having everything happen as it desires, rather than recognising that everything happens as God desires and God's desires incorporate the best interests of everyone and everything.

"The most essential aspect of Earth changes is the return of humanity to a normal, healthy relationship with God. This relationship will be different from what most now consider such a relationship to be. The Divine Truth will

become the norm and the false will be set aside and this will happen faster than you consider possible. There is so much change going on in humanity and most of this is invisible other than to those with eyes who can see it and awareness to feel it. Accept this without understanding as it is beyond your present capacity to understand.

"The concept that the changes will happen dramatically beginning on a certain date is incorrect; the day spoken of is somewhat an arbitrary date, marking a cyclical turning point." [01:10:10.14]

That's 2012.

"Changes are happening all the time and towards and beyond the date considered there will be an increase of changes of many sorts which will be largely considered undesirable. They will not necessarily build to a crescendo, but will increase and then taper off as the precipitating causes ..."

Which by the way are both soul condition and environmental event related.

"This is not unlike the working with and releasing of your own emotions. You will all require an openness to change, as change will occur and you will need to adapt to those changes."

There's some more there and James might like to post that if he wishes to.

Participant Male:

Could we have a copy and can we acknowledge James?

Jesus:

It's up to James, it's James free will. That was from James. Actually that wasn't from James, was it James? It was from Stephen, through James and so James provided the mechanism by which that occurred. One thing that you need as a medium to understand is that all you're doing is providing the mechanism through which this can occur.

13.5. Resistance to experiencing Earth change fears (continued)

Jesus:

Our spirit friends are the ones with the knowledge, they want to give you lots of knowledge, but at the moment so many of us are in terrible fear states that if they gave you a little bit of the knowledge you'd just go into a panic, and that's not what they want to do either. They don't want to trigger more panic in you, they don't want you to live in your fear or bury your head like an ostrich. What they want you to do is more than that. So that was the ostrich emotion we covered.

13.5.1. Feeling "I'll die anyway"

Jesus:

There's this other emotion that "I'll die anyway." And sometimes in there is the word that, "I want to die anyway." [01:12:12.20]

I'LL DIE ANYWAY
 ↑
 WANT TO

Now honestly many of us have these emotions of wanting to die at different times in our life. The key is to acknowledge them and to work

our way through them. You don't need to pass. Passing is not going to necessarily be the benefit that you think it's going to be even when you pass. The key is if you learn to work through your emotion, then everything will work out fine whether you pass or not.

But why wouldn't you want to stick around if it's going to be so much fun? Why wouldn't you want to? You see it's only because we're so afraid of the change and afraid of how much discomfort we may experience, or afraid of what might happen, that we start getting upset and start feeling like, "Oh what's the point then, we might as well change."

Participant Male:

I'm pretty sure you once said that collective fear will actually make the changes worse?

Jesus:

Yes, the more fear we are in, rather than experiencing and releasing, then the worse things get. Well you think about it. Have you ever been in an auditorium like this, where there are two or three hundred people and there's a fire alarm? Like, have you ever been in a situation like that, or where there's an actual fire? Now I know some may have experienced that, but it's so different.

All of a sudden what happens is nobody thinks logically, not a single person thinks logically at all. Everyone goes into their fear trigger, and there's mayhem. This is what it's going to be like to a degree afterward, because most people haven't dealt with their fears. But you'll be walking calmly through it, because you've dealt with all of your fears and for you there's no mayhem if you've dealt with the fears of it all, but if you haven't dealt with the fears, for you there's not going to be as much mayhem as everyone else. [01:14:19.16]

13.6. Spirit materialisations after Earth changes

Participant Male:

In Robert James Lees' book, *The Life Elysian*, there's a statement in there that said that there was going to be an invasion of the Earth. Is that referring to you and the fourteen?

Jesus:

(Laughs) There have been many spirit predictions of large amounts of what they would call, and you even see it called, "aliens" invading the Earth. Remember that every time you see these channellings, they're all relating to spirit and yes there are going to be spirits in the future who are going to be able to connect directly with us here on Earth. They'll materialise and you'll know them to be a spirit.

Up to now what's been happening a lot is that a spirit might materialise as a person, but you just think they're a normal person and so you don't notice it. But in the future we'll be able to have face to face conversations with many of our spirit friends that you're already having face to face conversations with by the way, when you're in your sleep state. So you will have face to face conversations with them now in your awake state. That will all be able to happen after these events occur.

Beforehand can you imagine what it would do if that all started happening. Most people wouldn't be dealing with their lack of faith and other issues. They wouldn't be connecting with God, they'd be connected with spirits; they'd think these people are a super race or something like that, and some of them would try to experiment on them and all sorts of things would be happening. Obviously the Earth has to change in its condition before a better way of communicating with our spirit friends can occur.

And yes, there are a lot of predictions that have come based around the fact that there'll be fourteen returning to Earth, but to be frank with you like, we're only here for the same reason you're here. What's that? Because we love you, and you're here because you love somebody too, isn't that right? And if you develop your love, what will happen is that all of us will be able to teach what we want to teach to have the changes occur. All we are hoping to be able to achieve ourselves, and particularly myself at the moment, is to be able to help you on that process that's all. There's nothing special in that.

13.7. Discussion about a channelling from a spirit, Ramtha, on Earth changes

Jesus:

But I want to move a bit forward through this. You're okay with doing a bit of channelling on the subject, Monica? We'll see how we go, okay. Monica's going to risk doing some channelling again in front of you, on this subject of Earth changes. Ah, it's going to be terrible. (Monica laughs) You know it's going to be terrible.

Monica:

I know – it's because I'm so fearful, but again I think it's good example to show people.

Jesus:

Yes, now one thing I need to say is Monica is fearful about this subject, so that is something to bear in mind and every time she gets afraid from it, she doesn't want to speak about the subject. The last time she did a bit of channelling with us privately about the subject Ramtha was doing

some chatting through her about the subject, and it's probably Ramtha I feel who wants to chat again. And Monica wouldn't say some of the things he wanted to say because she felt scared of even saying them. So you've got to bear that in mind in this channelling.

So this is a live channelling and Monica is again doing it, just like she was yesterday to help her through some of her own fears. That's awesome my sister.

Monica:

Okay, thank you. I think it's worth knowing as well, I'll be really honest, if I feel I'm slipping out of it I'll always ... well I mean AJ knows, but I think it's really beneficial besides for you all to see that when your emotions kind of intervene, you just lose that link instantly and you might even be able to feel when I kind of blink in and out. [01:18:16.10]

Jesus:

And what we'll do to is ask Ramtha, every time that you do get out of what he's saying, if he just stops and tells us that you're out of it. That way you can just relay that to the audience and then maybe we can actually talk about the emotion that got you out of it and then we'll go back in then. How does that sound?

Monica: Yes.

Jesus: We might as well do this live it's okay.

Monica:

Okay. This I find is so much harder because Ramtha's really, it's just a lot harder. He wants me to express exactly what he said exactly and if I don't get it right, he'll say, "Go back that's not what I said," and I start getting intellectual, so let's just see how it goes.

I'm feeling really blocked.

Jesus: Okay, what's it about? What does Ramtha say what it's about?

Monica:

He's started announcing himself as Ramtha Orion and as soon as he says that I go into doubt as to whether or not ... [01:20:02.03]

Jesus: So why is that?

Monica: Why am I doubting it?

Jesus:

Because all he's doing is presenting himself as himself and his

soulmate. So Ramtha is now in the Celestial spheres and he now presents himself as himself and his soulmate because they are both together, whereas before he was more sort of one side of that, but that's triggered Monica already.

Monica: Great start hey. (Laughs)

Jesus:

Yes that's good. So what's that about? Is that about the female, you're not recognising the female side of him?

Monica:

No because I've actually started connecting with her. It's a kind of detail thing, it's the whole ...

Jesus: You're afraid of getting the detail wrong.

Monica:

I'm afraid of getting the details wrong and being humiliated because someone can verify and go, "That's not what we ..."

Jesus:

No worries, well I'm going to try to humiliate you as much as possible then. (Laughter) It's a fear so allow yourself to feel the fear.

Monica:

He's just saying look how far we've come together in the last week building the bridges of trust with each other. Something to just focus on.

Jesus: Lovely, isn't it?

Monica:

And I think I'll just focus on he's actually with me as well just to ...

Jesus:

Yes, and let's talk about a few personal things first perhaps and then we'll warm into the subject.

Monica: Okay.

Jesus:

Okay. My sister's made a lot of progression, huh Ramtha? (Monica laughs)

Monica:

Yes brother. It has been quite an emotional roller coaster for me this week, but my levels for gratitude have increased most dramatically.

Jesus:

Yes, because you're starting to trust men again, hey?

13.8. Channelling from Ramtha about Earth changes**Monica (Ramtha):**

Yes, I think this is the most beautiful part so far. She has moments where she wants to get very angry with me, but it doesn't take much time for her to realise that I love her very much and that it is all a good thing for her, much to her disdain. [01:22:06.07]

Jesus: Even when you present the picture that you present.

Monica (Ramtha):

Yes, although that she's getting quite used to now, she quite enjoys that, because she's finding a higher level of gratification with the releasing that she's able to achieve.

Jesus:

Yes, a lot of people on Earth don't understand how powerful it is to release with the help of a spirit who is really helping you.

Monica (Ramtha):

No, there is much disillusionment about the ways of the spirit world and how our interactions actually are. Yes there is much fear around our ...

Monica: He's just saying, "Just hear my words, relax."

Jesus: All you've got to do is repeat him.

Monica: Yes.

Jesus:

So there's nothing with you involved in this, you don't need to worry because in the end if you repeat exactly the words he's given then there's nothing of you in the process.

Monica (Ramtha):

I am here brother. It's just taking some time for her to adjust to this procedure.

Jesus: Yes and the pressure is a bit more, greater than usual, hey.

Monica (Ramtha):

Just a little, but she's quite excited by this process also it has to be said. Yes, although there are still massive fears that she needs to work through but I'm happy with her progress, we've worked really well

together this week and she's beginning to fully understand that at an emotional level.

Jesus:

So what is it you'd like to talk about with the audience that's here?

13.8.1. Embracing and releasing fear rather than living in fear

Monica (Ramtha):

I would very much like to discuss how important it is as part of your process to actually embrace the fears you hold within you. Fear is not an enemy, fear can be such a close compatriot of your progress on this path. That very much it's the fear of the fear that you unwittingly hold on to that has such painful repercussions on your progress on this path. And if one could only see that this is a helpful and beneficial partner in this process, rather than something to be separated from, it would be so much easier for humanity to move through the unloving feelings that it currently has and would have exponential repercussions for the future on Earth and for humanity.

It is also really important to note that whilst most of you may be living in fear, it does not take much time with a loving intent to change this position into one of experiencing the fear fully and moving through it. It does not take much to make this change, however it takes a full and concerted effort on your part to make the decision to do so and to make this change. For to unwittingly reside in this fear and continue living in this fear, not only has a lack of self been instigated, but no progress can be made.

There is a grand difference between living in fear and feeling it and fully expressing it to the point of release and peace. This can be done on a gradual basis and does not need to seem so overwhelming. One can make a change in small increments, this can be done in small increments, but at least take action for allowing yourself to dwell in this fear simply achieves nothing. [01:26:23.19]

We would also very much like you to know that there are so many bright spirits friends – brothers and sisters – surrounding you on this arduous journey, however what seems arduous to you is only based on a fundamental emotional injury you have surrounding this path or this journey that you take.

To God it is not arduous and any feelings about this journey being arduous or a difficult task; simply remember brothers and sisters it is only based on a fundamental emotional injury that life may be difficult or life is tough, or that God is punishing us and all of these emotions would

need to be seriously addressed for anyone to make a substantial change in the area of dealing with their fears in an effective and efficient way.

13.8.2. Distinguishing feelings through bodily experiences

Monica (Ramtha):

I also feel it is very important at this time for you all to be aware of the possibilities with Earth changes. For as brother Jesus has already spoken, there is much complacency on Earth and with humanity at this time. It can be a difficult thing to differentiate between a true loving heartfelt desire and a fearful need.

If there is doubt around this matter simply allow yourself to feel what your body reacts to when you have a certain thought or emotion about a certain desire and allow your body to respond to you in this way and it will lead you to realise what is a truthful desire which in truth is a loving expression of the soul or one that calibrates in a fearful way by causing a negative reaction on your body. These may be symptoms as discussed earlier on by brother Jesus – palpitations, sweats, heart racing, a change in breathing pattern. [01:28:55.12]

Allow your body to guide you, not only in this process with desire and need but with every emotion that you may fully experience. Your body is one of the greatest gifts that God could possibly bestow upon you and indeed your body is very much your friend in this matter. You humans tend to distinguish or make a differentiation between the body and the soul, it is really important to remember that the body is merely an outwardly expression of your soul's contents and current condition.

Again it is important to be aware that if one could embrace the body as one does emotions and the soul, you might get along a little bit better and much progress could be made, far more than you can possibly imagine in this respect. What is important for you all to do as a race is to begin to return to God's natural rhythms and flows that She originally created for you. A close connection between the body and soul is one of these. [01:30:21.07]

13.8.3. Discussion about the medium's resistance to the subject

Monica (Ramtha):

The Earth changes will be a trigger for many of you and what might be recommended by myself, by all my brothers and sisters who know in greater detail, which at some point in the future we will instigate with brother Jesus a talk specifically on ... Monica has fears now.

Jesus:

She doesn't like you calling me brother Jesus.

Monica (Ramtha):

Possibly, she's still has many doubts, although that has changed quite dramatically since the time spent with you and sister Mary, but she still struggles somewhat as you know. Let us return. We were talking about bodies and she has issues in this department also.

Jesus: Of course. (Laughs)

Monica (Ramtha): As you mentioned to her before.

Jesus: When we were alone.

Monica (Ramtha): Yes. She is sticking quite profusely.

Jesus: She needs to have a cry about her own body.

Monica (Ramtha):

She does, she's not willing to accept that whilst it is a separate thing, it is created as a gift for her. It is not something to feel hatred or disgust towards. She has much to release around this and there will come a time where feelings that she has specifically surrounding sexual abuse as a child. (Monica becomes emotional) Maybe if we perhaps change the subject we may be able to flow for there is much to discuss.

Jesus: We'll get away from the subject.

Monica (Ramtha):

She would like that; there is much for her to feel around this in truth. She would gradually begin to understand that this is a gift that was created specifically for her. There is not another one of these in existence that is exactly the same as the one that was created by God for Monica.

Jesus: That's lovely Monica.

Monica (Ramtha):

She is finding this quite difficult. You see my friends everything is a gift, even the things we feel we've been lumbered with, or punished. Always a gift and that includes fear. [01:34:15.19]

Jesus: Fear is your friend.

Monica (Ramtha): Fear is a good friend.

13.8.4. Distinguishing feelings through bodily experiences (continued)

Monica (Ramtha):

Where were we, we were talking about bodies I think?

Jesus: Yes, that subject was the trigger.

Monica (Ramtha): That was.

Jesus:

You were mentioning about the Earth changes and how they affect us.

Monica (Ramtha):

Yes I recall. If one can start beginning to respond to the feelings that you can feel in this gift of a body and begin to develop a trust to those feelings in which this physical body emits, it is an excellent way to support the heartfelt desires that you may have and are unsure of.

So for example, if you have had a heartfelt desire to live in a certain location, but you think of many, many reasons why you should not move to that location, based on fear, concern for others, lack of self-love, whatever the case may be, if you take time out and be still, simply focus on one of the thoughts or emotions about the desire and listen to what your body tells you, in the same way that listening to your body and how it responds to fear, is essentially a way of connecting deeper to your emotions. For as I've already said your body is simply a reflection of your soul condition, which in turn are your emotions. Do you begin to see how important the link between the two really is? [01:36:19.01]

It is so common on Earth for those of you who are intellectual at heart, which in itself is ironic, if you can begin to realise that your heart is actually the intelligence that should be driving your day-to-day functioning, your life categorically would change in the most pleasurable of ways and most of you would not be so hesitant in this respect.

So one tiny simple thing that you can take home from this time – and I have waited so long again to talk to your group, much to Monica's dismay – if you take one simple step home with you along with brother Jesus' truth also, but a simple and effective way to change in a way that will feel comfortable for you possibly is to start aligning your emotions and the link between your bodily responses. It can be such an incredibly powerful tool to allow you not only make decisions that are heartfelt desire-based decisions – and not one based on need or fear – but also can take you to a far deeper level of emotional releasing than you can possibly imagine.

Are there any questions brother you would like to ask?

Jesus:

I think we may deal with the subject of the details of Earth changes at another time, when perhaps Monica's worked her way through some more of those fears. [01:38:09.05]

Monica (Ramtha):

That would be beneficial, there is much to discuss but I feel that might be the kind thing to do in the circumstance.

Jesus:

And I think is what we'll probably do now is trigger them with a few movies and visuals, which will help our audience get in contact with some of their fears about Earth changes.

Monica (Ramtha): I look forward to that.

Jesus: Yes, that should be fun, hey? (Laughs)

Monica (Ramtha):

I'm so appreciative of having the opportunity to speak in this way and to speak with truth. Much of what has been said by someone who refers to himself as Ramtha has been very misguided and misunderstood and misinterpreted. And to have the experience to talk alongside brother Jesus at this time is such a great gift, not only for myself personally, my soul union mate Orion, all my other Celestial brothers and sisters who love you all so dearly, but I do not think at this time you genuinely understand or realise what a powerful path you now walk, should you decide to take the first step.

The service you will be able to provide not only to those who walk on this Earth beside you in a physical form, but the amount of brothers and sisters in the spirit world who you are already directly or indirectly helping – much of which is unknown to you consciously – is greater than I can simply express at this time. I am so incredibly grateful. Brother Jesus, thank you.

Jesus: Thank you, Ramtha.

Monica (Ramtha): It's so beautiful again.

Jesus: It's lovely to catch up with you again.

Monica (Ramtha): It's a great pleasure, we'll talk soon.

13.9. Discussion about the channelling with Ramtha

Jesus:

I don't know you can express how you feel about that. (Applause) So what we're hoping to achieve with a lot of our mediumship and healing sessions is to actually have a number of different mediums who are in the condition where they can receive accurate information without getting into fear about what they're receiving and so part of what Monica's process is with Ramtha at the moment, is Ramtha is helping her through a lot of her fears so that she can get to a point where information can be given to you of more details about Earth change events.

But one thing that I'd just like to emphasize about what he did say and that is why aren't you already following what you know your desires to be? Most of the time you're doing that because you're afraid, or because you're afraid of abundance issues, or other types of issues. You actually believe that you need money to create and often you don't. All you need firstly is desire to create and a willingness to deal with any emotion that inhibits that desire. So that's a really important thing myself and Ramtha wanted to talk to you about.

When we talked about talking to groups as well with Ramtha a few weeks ago now, he actually made the suggestion to me that we have this fear weekend if you like. I modified it a touch and we worked together on the details basically.

But basically he recommended that we start really looking at the fears that each of us have and then I thought if we did a presentation on the Saturday where we looked at the fears and practical ways of dealing with it, and then on the Sunday actually started triggering some of those fears that at least we'd get closer to getting through this layer of fear that we have and down into the deeper emotions. So that's really good.

And then as we deal with those fears this information that Ramtha has – and by the way many of our other Celestial friends have – can be more clearly given to you and in more specific details to assist you in the path. But many of you need to firstly learn to trust your own desires. Many of you firstly need to learn what your feelings are about these issues – first. Rather than trusting a channelling, trust yourself first about those issues. So if you can remember that with regard to these details.

14. Closing words

Now what I'd like to do, it's getting fairly late now I think. Anyone who want to leave just feel free to leave. We might just have a quick showing though of some Earth change type events, just to leave you with

something to be triggered with on your way home, how's that? (Laughs)
Thank you very much, Monica.

(Applause)

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