

DIVINE TRUTH
POSITIVELY RESPONDING TO
SPIRIT INFLUENCE

Divine Truth

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

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Preface

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

This book is from the Spirit Relationship series from the [Divine Truth](#) website. Jesus and Mary explain Apostle Paul's Ephesians Bible verse about how to resist negative spirit influences by putting on the "armour of God", using truth, ethics, morality, integrity, peace, faith and logic.

The seminars used for this compilation are:

- Positively Responding to Spirit Influence S1P1 – [Oct 6, 2012](#)
- Positively Responding to Spirit Influence S1P2 – [Oct 6, 2012](#)
- Positively Responding to Spirit Influence S2P1 – [Oct 7, 2012](#)
- Positively Responding to Spirit Influence S2P2 – [Oct 7, 2012](#)

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

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Positively Responding to Spirit Influence:

Session 1 Part 1

1. Introduction

We would like to firstly welcome you all along for the first time in four or five months, since we last saw you. Thanks for coming along today. Have you found your life quite difficult over the last four or five months or quite easy? Interesting? Challenging? I feel that one of the main reasons we get quite heavily challenged relates to the topic we would like to discuss today. It's part of the Spirit Relationship series of talks and the topic is "Positively Responding to Spirit Influence". To introduce the topic we would like to outline with you some of the things that we notice happening quite regularly, particularly lately in our interactions with different people. [00:56:49.29]

We were talking to some people overseas who I have known for five years. They emailed me very recently and said things to me like, "I have never trusted you the entire time that I have known you." I go, "Well that's very interesting." And then they generally outline a whole series of reasons why they cannot trust me, or sometimes it's just a blanket statement like the one I just gave. None of their reasons are actually logical, or things that have actually happened and I find this quite interesting because it tells me that they are under quite a lot of heavy influence.

I have actually had people scream at me that they don't trust me. They have literally screamed at me. They were obviously over-cloaked by spirits at the time, so that has been very, very interesting. Now I am not saying that you have to trust me. What I am saying is that it is pretty unusual to know somebody for five years, to come along to many of the sessions they give for free, without actually developing some kind of trust at least. To do that for five years and still not be able to trust, there is obviously something else going on. There is obviously something else happening. [00:59:08.23]

We've also found this lately when we are invited to go around to people's homes. Many times we are invited to go to out to dinner to somebody's house, or something like that, and what we find is that before we go to the place the people get attacked by spirits so much, by the time we arrive they are so frightened of seeing us that sometimes we feel like we should probably just turn around and go back home, because of the fear that is being projected. [00:59:40.15]

Recently we went and visited somebody's house where this happened, and this is something that is regularly occurring now with us. We are invited to go somewhere, somebody feels that they would like to have us around or whatever, we go there, and before we arrive the person becomes so spirit-influenced that by the time we arrive they are literally shaking with fear of us. As if you have anything to fear from us! And a lot of times this is a very, very, very, heavy spirit projection of rage at any single person who has anything to do with us. That is really what is happening but most people don't recognise it as such, and they just feel really bad that they invited us. So this is something that is also happening very regularly. [01:00:59:00]

What we are also finding is that in many of the presentations that we do now there are large groups of people who originally say they want to come and then, when we actually do a presentation in a location, most of them do not come. They have invited us to go to a location, we go to the location, and we start doing something with the people in the location. But a lot of people have not bothered coming and we can feel how much of their not interacting is spirit influence.

When we were in Brazil there was a lot of spirit influence, influencing people to not even arrive or have that first interaction. It was so interesting how much that occurred. In the end we almost just went, "Okay there are probably only going to be three people here this time," even though there were seventy or a hundred people who had indicated that they wanted to come. And as it turned out, we finished up changing venues at the last minute because we just knew that the venues would just be far too large for what would be the audience. Again it's a lot to do with spirit influence; people being influenced.

Many of you have also been noticing that when you get under pressure you almost revert to old behaviours; have you noticed that? So while we were away, we heard from some of you: "Oh yeah I got drunk a few times while you were away," and "This kind of thing happened while you were away," and "That kind of thing happened while you were away." This happens because there are certain spirit influences upon you that occur and it causes you to go into a state that you sort of forget who you are, or the difference between yourself and what influence you are receiving. A lot of people are not aware of how much they are being influenced by spirits.

Now I am not saying all of this to frighten any of you because I don't believe there is anything to be frightened about. Firstly, we must recognise that spirits are just normal people. Many of us forget that in our interactions with them. They are just normal people who have lived on Earth who have now passed. That is all they are. So they have very similar

feelings to what you have about all sorts of stimuli, and they respond in a very similar way to how you respond. They are just normal people. The average person you meet down the street is no different to the average spirit you are going to meet. [01:03:30.02]

Mary: Who agrees with that?

Many do, many of you understand this. It is very important that you keep this in mind because these people who are now without a physical body can only influence you in the same way that any person on Earth can influence you. There is only one difference. They can influence you without you feeling or seeing their presence. That is the only difference. They can only influence you, most of the time, because you do not see them with you. And while you do not see them or feel them or even hear them, they are dropping thoughts into your mind. They are causing you to have certain interactions in your day-to-day life without you being aware of how much influence is actually happening. So we need to start understanding better how to combat these kinds of influences. How many years have you been waiting for such a discussion? (Laughs)

So the way this is going to proceed is that Mary has some subjects and topics that she would like me to cover during this discussion and she will probably be involved in the discovery of them as well. We are happy for your questions to be part of this presentation so please feel free to ask questions as you go. But please make sure that the questions are not taking us off on a different subject; stay on the subject we are discussing if you can. [01:05:24.28]

2. The two common pitfalls for people listening to Divine Truth

Mary: Okay, so you have introduced this idea of spirit influence. It is something that lots of the audience are quite familiar with already but there were two common pitfalls that people fall into when they hear the teachings of Divine Truth that you said you would like to emphasise. The first one is that people often forget that the Divine Love Path is actually about developing a relationship with God. So who can relate to that, kind of losing sight of that theme and going, “Oh it’s emotions, its spirits, oh it’s this, oh I’ve got to, wow... hang on isn’t this about God?” And it can end up going down a sidetrack. [01:06:18.04]

2.1. The Divine Love Path is all about developing a relationship with God

RELATIONSHIP WITH GOD

Many of us have forgotten that it is about your relationship with God. It's not about your emotions at all. You need to be emotionally connected in order to be connected with God, but it is not about focusing on your emotions at all. It is not even about focusing on your desires, although it is great if you have a desire and you follow that with passion, particularly if your primary desire is to have a relationship with God. There are issues to deal with to become more loving, but it is not about focusing on becoming more loving, or in other words, trying hard to be more loving.

The reality is that if your focus is on your relationship with God you will automatically become more loving through the relationship that gets established. On YouTube over the next few weeks we will be adding an interview that was done with Dane. It is a lovely interview by the way, Dane. I just really enjoyed and loved watching it. [01:07:24.02]

Mary: Very inspiring.

It was a very inspiring interview. In it, Dane was asked many things about his personal life and so forth and he was very, very open about his life. But one of the primary things that he realised and it comes through in the interview is his relationship with God. Focus on a relationship with God. When you focus on a relationship with God, all other things sort themselves out, you actually have more drive and desire in your life. You actually become more joyful, not negative, when you focus on this particular relationship. Many of us get influenced into focusing on everything else but our relationship with God and that is why many of us finish up feeling sad at times, we feel like we are being overwhelmed by emotion at times and so forth. The reality is that if you focus on that relationship everything will automatically come to you that you need in order for you to grow. It's very important for you to understand. [01:08:32.10]

2.1.1. Spirits cannot impact us when we focus on God

Mary: And when you compare a bunch of spirits with the awesome power and love of God, you know who is going to win that little battle, don't you? A lot of the time we are focusing on our relationships with spirits, or allowing our relationships with spirits to dominate our life, forgetting

about God. If we were to realign our focus to this relationship with God, a lot of the perceived power that we give to these spirits would disappear. We would realise, “Wow, actually when I am really connecting with God and focusing on God these guys can't even have an impact on me.”
[01:09:07.14]

They only have an impact when you walk away, really, from God. Remember the very first emotional injury that ever occurred on this planet? It was walking away from the Creator. So the reality is that every time we walk away from the Creator we are just involved in that emotional injury again. And we need to focus on dealing with that emotional injury because without this relationship with God, very little else can really occur in a loving way.

You see, natural love fails under certain circumstances. Have you noticed that? People, who are normally loving when everything is going fine for them, sometimes turn into monsters when everything is not going fine. A person who has God's Love in them does not change even if things are not going fine, they are still loving. That is a sign. You can't manufacture that place. You are not going to be able to try to do that; it will only come by your receiving Divine Love. Divine Love will transform your ability to be able to live in situations that are harsh at times and still be loving; that is the beauty of it.

So we don't have to try to be more loving, we need to have a stronger connection with God and receive more of that love from God. As we do that it will transform our ability to love. Natural love by itself, the love that normally comes out of your heart towards another person, can easily be manipulated by any addiction that you have. That's the reality. If you have an addiction of one kind, say it is a sexual addiction or an emotional addiction of one kind, or physical addiction to some kind of alcohol, drugs, some kind of substance, or food even, whatever the addictions are, you can be manipulated by those if you are reflecting on your own love. But once you have this relationship with God there comes a quality in that relationship that builds inside of you called integrity. Once integrity builds inside of you, you are unable to be hateful or hurtful or angry towards another person while that integrity remains within you. That's the beauty. That's partly how it transforms you. It gives you this ability to live in an environment that is often harsh but still be loving yourself, without trying. And if we have to try, that is just an indication that we have yet to receive enough Divine Love to no longer need to try. That is all it is an indication of.

2.2. Forgetting the opposition to Divine Truth

And the second pitfall is?

Mary: The second thing is that people often forget what opposition they are up against. [01:12:28.18]

Yes. So our relationship with God is our primary motivation for being here, okay? That's my personal opinion anyway. Now hopefully in the audience your primary motivation for listening is for the same thing; the development of this relationship with God. Many times we have selfish motivations, don't we, such as, "I want to become a better person," or, "I want to have a happier life," or, "I'm attracting harsh things at the moment and I would like to attract something better." These are all what I would classify as selfish motivations.

2.2.1. Addictions

You see we have to give up the selfish motivations and just focus on relationship with God, which is not a selfish motivation. We can talk about why in another talk maybe. But our list of selfish motivations are all driven by a group of emotions that we must call addictions.

SELFISH MOTIVATIONS ADDICTIONS

We have these motivations because there are certain things that we want that we haven't been getting in our life, or that we need more of in our life, and we focus on having that drive us, and they are addictions.

Interestingly enough, the very people who do not want us to have a relationship with God are also very interested in you maintaining your addiction. This applies not just to people that are in the spirit world but usually every single person who is currently in our life has some kind of addiction with us. Now you will know the ones who don't because when you don't give them what they seem to want they are still happy with you. How many times are people still happy with you when you no longer give them what they want? Can you see how rare that is actually?

The majority of people are actually having an addictive relationship with us without even knowing. Now this also applies to the people who we cannot see. These are people who have passed from this life into what we call the spirit life but who are still primarily Earth-bound; they still live around the Earth here. Now they desire to prevent you from having a relationship with God because they can see that if you develop

a relationship with God they will get fewer of their addictions met. So they do not want you to sincerely develop a relationship with God.

Now this was mentioned in the Padgett Messages. The very Prayer that was given to James Padgett mentions this problem, so perhaps we can quote that part of the prayer. [01:15:51.05]

Mary: Towards the end of The Prayer there is the passage, "Keep us in the shadow of Your love every hour and moment of our lives and help us to overcome all the temptations of the flesh and the influence of the powers of the evil ones who so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world." [01:16:15.29]

Can you see the relationship with all of these things that I am calling addictions? Let's call them "the pleasures and allurements of this world." And they sometimes tempt us, do they not?

PLEASURE
ALLUREMENT
TEMPTATION

Now these are spirits and people around us who are on Earth, who would like us to be involved with these particular things. Sometimes they can see within us very easily that we would like to be involved in those particular things. And it is much more easily seen by a spirit than perhaps it is by another person. [01:17:06.26]

2.2.2. Discerning our own thoughts from those of spirits

Participant: AJ, as you are talking, I am feeling about how with people we can see, such our friends and our family, we can feel when a person influences us, we can tell by their body language, we can see from the way their facial expressions are, how their tone of voice changes. In times in my life I have found that I have been easily influenced by my friends because I agree with a lot of the things that they are saying to me.

Exactly! Many people also have this attitude "If I disagree with my friends then I am going to lose my friends, and I am very invested in maintaining my friendships. So that means that I have to agree with them," and so you have this fear of being different that is present.

Participant: So then what I still struggle with, is discernment, because I still try to view them as spirit friends, even though they are not always friendly.

They don't always feel friendly, yes.

Participant: But sometimes their thoughts are so aligned with the things that I agree with that are in error I can't tell what's them and what's me.

Exactly, and we will discuss how to look at that during this discussion because this is a primary problem that many of us have; that our thoughts are so in line. The reason they are so in line is that these people are people who come from the Earth. They are people who have lived a life the same as we have, they often have exactly the desires we currently have, they often have exactly the same kind of experiences, they missed out on exactly the same things and they liked exactly the same things. So of course it is so easy for them to just drop a little thought here, drop a little thought there because we are so in alignment with them.

[01:18:53.00]

Participant: It's like they are the ultimate debate team of justification and reasoning.

Yeah. I sort of feel though that if they were debating it would indicate that there was some misalignment within ourselves. Most of the time we are actually perfectly in harmony with them and we don't need much convincing at all. We will talk about that.

The other thing that we want to talk about is this constant feeling that we sometimes have of, "How do I tell the difference between my thoughts, their thoughts, my feelings, their feelings?" and so forth. Many of you worry about that. It's actually quite easy to tell the difference many times, but we often do not accept that we have a sympathy for their feelings, we have a sympathy for their thoughts, that we would actually prefer to have their thought than the one that's being suggested that love is. Many times that's the case and we need to have a look at that. And part of what we will discuss will address some of that. [01:20:03.01]

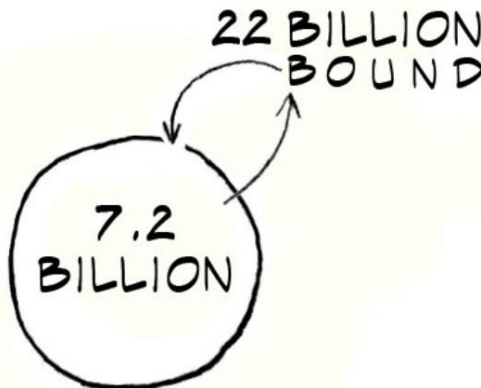
3. Earth-bound spirits are spirits that have yet to enter the spirit world

Participant: Could you just clarify Earth-bound spirits for me?

Sure. Let's just mention that because it is important to understand what happens with many of the spirits. On Earth there are I think 7.2 billion people, something like that. These are people who have physical bodies. When people pass or die, many do not know where to go, what to do, what life they want, or if they do many of them feel quite addicted to what they had on the Earth.

Imagine if you are a smoker on the Earth, you pass, and there is no cigarette smoking in the spirit world. What would you want to do? You'd come back to the Earth and try to connect to somebody who smokes. It is the same with a drinker; it is the same with many other emotional addictions that we have.

Many of the people who pass into the spirit world from this Earth, though they no longer have a physical body they do not want to remain in the spirit world in the location that they have prepared for themselves through their actions. So they come back to Earth and maintain connections with people on Earth, and those spirits become bound to the Earth. So for the majority of the time they are not in the spirit world in the sense that they are not in the location that would normally be their home, but rather they have made their home on the Earth somewhere. Many times it is in your own house actually, or other places that they have lived in their life, or their favourite places. There are around 22 billion spirits who are bound to the Earth in this way; on average three persons for every one of us. [01:22:13.18]



There are approximately 7.2 billion people on Earth and 22 billion Earth-bound spirits

We gave a seminar in England and there were at least a hundred spirit people for every person who was present. It was a very oppressive environment. That was the first talk we gave in England this year and it was very noticeable. One of the persons knew that they had a thousand

persons with them while they were present at the talk, and many of them communicate with these spirits regularly. [01:22:13.18]

3.1. Reasons that Earth-bound spirits are drawn to the Earth

These spirits are bound to the Earth in that, through their addictions which they still want to have met, they feel that the Earth is the only place where their addictions can be met. In addition, they often do not have a clear understanding about the spirit world. They do not understand that there is a home for them in the spirit world. It might not necessarily be a home that they like, and they may not want to understand that. But there are also many belief systems that we abide by here on Earth that cause us to not be open to the fact that we have even passed. And so many of these spirits don't even have any idea that they are not physical. I have spoken too many of them who say, "Why doesn't the person listen to me? They should be listening to me." And you find out that the person they are referring to is still alive on Earth. The spirit has died and so of course they don't even understand why someone they used to interact with on Earth no longer talks to them. There are very many spirits who are in that position; as I said three spirits on average for every single person alive.

Participant: Do they have a choice to go back to the spirit world?

Yes.

Participant: If they desire to go to the spirit world, can they leave if they want to?

They can only go back and forward to the place where their soul allows them to. For many of them that is worse than the Earth in terms of the location and so they don't want to go there of course.

Mary: It is very much based on their soul desire, Christy. It's not an intellectual thought of, "Oh I should go somewhere else." It's like when we have an addiction to something that is so strong that our intellect might protest but the emotion is dragging us to that interaction. That is what it is like for spirits; when people lose their physical body their life is much more strongly dominated by their emotions. [01:24:55.29]

In chapter nine of Mary's book group on "Through the Mists" by Robert James Lees that you have just recently done there was a description of that. It is well worth watching Mary's discussion about it.

Participant: For the Earth-bound spirits, when they have a very strong feeling of guilt that they have left and that they are not looking after the people they have left behind, or if the person who is left behind is feeling a lot of emotions towards the other spirit, is that holding them back as well?

Yes. Most of the time it is our emotions, the emotions of the people who are still alive on Earth, that draw these 22 billion people back to the Earth. If we did not have the emotions we have, these people's addictions would not be met and therefore they would never feel drawn to coming back here. And if they did want to come back through their own desire, they would not be drawn by somebody else but through their own desire, and there would be nobody that they could influence. That's the reality. We have the prospect in the future of having no spirits influencing the planet if we understand the truth about the matter. [01:26:19.05]

Participant: The other question goes back to pleasures and allurements. I was reading The Prayer the other day and the word “pleasures” just kept jumping out at me. I understand that the “pleasures” are the negative pleasures, the ones that are not loving.

Well, they are the pleasures that are driven by the addictions.

Participant: But they are not necessarily the ones that are really good ones and happy ones?

Well God has created our bodies to experience all sorts of pleasure. We are not talking about that in a manner that is being expressed lovingly but rather we are talking about it when we express those desires for those pleasures unlovingly. These are the ones that we refer to in the Padgett Message Prayer. [01:27:05.08]

Participant: And it's just a matter of understanding the difference? So perhaps you are being influenced by a spirit at the time and you are thinking, “Yeah this is a really loving one,” but then you realise, “Oops, no it's not.”

I've seen many people, for example, who are terrified of a riot, purposefully go to take photos. Now can you see that if you are taking photos of a riot at some point you might finish up getting involved with the riot, on the receiving end of the riot? But I've seen people who are terrified of a riot be so attracted to it because of the denial of their terror, they finish up taking photos of one. That is very interesting, isn't it; some of the things emotions can drive us to do. Placing ourselves in dangerous positions driven by some kind of a temptation or allurement, or even if it is just knowing what's going on that causes us to be in a location that is sometimes dangerous to our own health. [01:28:20.15]

3.2. Many Earth-bound spirits are not aware that there is a spirit world or that they have died

Participant: AJ, I'm just curious of the 22 billion Earth-bound spirits. I've heard you speak with spirits that are not aware of the spirit world. I am just wondering if you perhaps have an idea of the percentage of how many of those Earth-bound spirits are not even aware that there is a spirit world?

Around one third of the spirits that are Earth-bound have no idea that there is a spirit world and around one third of them also have no idea that they have died.

Participant: The same third?

Yes, often, and many of them have no idea. When I say no idea, they were taught there was a spirit world on Earth but it never entered their heart, it never entered their consciousness as a feeling, and so they just don't believe it. So when they pass they stay on Earth and many of them still think that they have a physical body as well. [01:29:19.12]

Participant: I don't understand - if they die and all their friends die, don't they get it?

Well, the problem is that many of them don't get it until all their friends die. Look at a person who dies in their 20's -30's, or 40's - 50's, how long do they have to wait before all their friends die? Usually it's thirty, forty, sometimes fifty years of waiting till all their friends die, and often people are Earth-bound for fifty years as a result of that. But then they get so caught up in some addictions with people on the Earth. It might be an addiction to drinking alcohol or some kind of emotional addiction and they then transfer the addiction to them. Then the person they had the addiction with dies and so they look for another person they can have the addiction with, without even thinking of moving on themselves or what happened to the person who just died. Things are not as obvious as what many of you believe, which you will actually find out when you arrive in the spirit world. (Laughs) [01:30:33.09]

3.3. Many spirits control people on Earth as well as other spirits

Participant: Thanks, AJ. Going back to Mary's book group on "Through the Mists"; when I was reading it, I was wondering about Marie, a spirit character in the book, who was drawn here, there and everywhere. And I wondered about the group of woman spirits who try

and control and so forth. Is it because their main feeling is control that that's what they are driven to do? [01:30:59.10]

Many of the group of woman spirits that you are referring to are women who, when on Earth, unfortunately had very little power. As many of you ladies know, in the past women have been treated quite terribly. The men had the power and the woman had very little power, and when these women pass into the spirit world, because of their addiction to having power, instead of feeling the emotion of grief about not having power, they desire to influence women on Earth to give them more power. They are trying to connect to other people on Earth because of their own unwillingness to feel the lack of power in their life when they were on Earth, and they connect to women on Earth who they believe will have more power if they help them. As a result they influence many women. In fact when we were in Brazil most of the women that we met were heavily influenced by women who felt powerless in the spirit world, and who are now Earth-bound, trying to create a matriarchal society in Brazil. And they are well on the road to succeeding, by the way. It is literally a matriarchal society. [01:32:20.12]

Participant: Can spirits in the spirit world connect to another spirit in the spirit world through addictions and can there be a chain reaction? Like, can a higher spirit who has been there long enough connect to an Earth-bound spirit with an addiction so that they can connect to the Earth?

I understand the question; it's actually opposite to how you think. The darker spirits often control lighter spirits who are in fear. Very dark spirits who are enraged often control brighter spirits who are in fear, still in the hells of the first sphere. And these spirits who are in fear, their entire life is dictated by these darker rageful spirits. They feel the threat of death and the threat of violence from these darker spirits and so the darker spirits often manipulate the lighter spirits into manipulating people on Earth. [01:33:33.16]

We've got to be careful we don't get too snowed under with all these questions because there is a lot more we need to say.

4. Developing a sincere longing for God

Participant: When one of us here in this room passes into the spirit world, should the first thing that we do when we arrive be to continue with our focus on our relationship with God and to ask for help?

Of course, but it has to be sincere, Peter, and many in this room are yet to even have a sincere desire for God. See; remember a prayer is actually a

sincere heartfelt emotion towards God. Unless I have a sincere heartfelt desire to have a relationship with God, then I won't have one. Also, unless I have a sincere heartfelt desire to get help, I won't get any help. It has to be driven by sincerity. Everything in the spirit world is driven by sincerity. Even the darkest of deeds is driven by sincerity. It's what they really want to do. [01:34:46.09]

Participant: So besides the desire for truth what's the spark that needs to ignite to cause that sincerity to occur?

I don't know, Pete; if I knew the answer to that question I would be convincing a lot more people about Divine Truth.

Participant: I've never heard you say that you didn't know an answer to a question before!

I've also said I don't know who made God! (Laughs) I've got no idea of the answer to those two questions.

My feelings are that unfortunately, with the way that things happen to us now, we sort of get beaten into submission before we develop sincerity, but that does not need to be the case. I often wonder with Mary in our private discussions why people have to get to that point before they start becoming sincere, and to be frank I don't really know why people have to have so much hardship in their life before they become sincere, because I do not believe that that is necessary to bring about our sincerity. [01:35:56.16]

4.1. Difficulties in giving up addictions in the spirit world

Participant: Is it easier to develop a relationship with God after you have passed?

No. It is very difficult. You could have some compassion for our spirit friends. Many of you are yet to have any compassion for them because you've not been in their position. When you arrive in the spirit world you'll be in their position, and then you will start to have some compassion for them perhaps. But we want to have compassion for them before then. Let's look at what their situation is. [01:36:33.01]

Many times on the Earth they have had a difficult life, just like you have. They have had difficult situations and circumstances, just like you have. They've had a difficult upbringing, just like many of us have, they have made many choices in their life that have been out of harmony with love, and their soul has become darker as a result of those choices. These are all feelings that they now have within them; they are feelings that are real that are sitting there inside of their souls and drive their actions.

Now here on Earth, the only reason many of you don't take a particular action is that there is a law against it, or that you are afraid of public opinion about taking that particular action. In the spirit world you will be attracted to a location where everybody has the same opinion as you, so if your opinion is, "I'm allowed to be angry with men, because all men are bastards," you're going to be attracted to a group of women who all believe they are allowed to be angry with men because "all men are bastards". They are going to have exactly the same feeling as you. Now can you imagine trying to get out of that feeling while you have a thousand other women surrounding you all with the same feeling? Can you imagine how difficult that would be? Very difficult.

So I have now attracted a group of people who have exactly the same opinions, belief systems and often the same history and life that I have had. How difficult is it going to be for me to get out of that position in comparison to getting out of my position on Earth? In addition, I now have unfettered restrictions. In other words I can come and go on the Earth as I please. See, when we are here on Earth we have limitations, do we not? We have limitations of cost, we have limitations of time, we have limitations of having to earn a living, we have to eat, we have to sleep, and there are certain things we have to do. Imagine for a moment that you have none of those limitations. None. You didn't have to work, so all of that forty hours a week that you spend working while you are on Earth you no longer have to spend working, imagine that. How much free time does that give you to do exactly what you want? Now if exactly what you want is to get some addictions met, it gives you forty hours more free time to get those addictions met.

On top of that, you now don't have to pay money; you don't need fuel or a car to get from A to B. You can just think your way from A to B. So I'm over here and I'm spending my time with Peter and all of a sudden I think, "That's right, Peter's got a cousin down in Melbourne. He's probably got the same addiction as Peter," and bang I'm there. Sure enough, there are two people now that I can get my stuff met through. Now can you see with all those allurements and no restrictions the majority of people will just go and do exactly what they want and the majority of people who pass do exactly that. There is no law in the spirit world preventing you from doing exactly what you want even if what you want is very harsh and harmful.

4.2. Sincerity is required to progress in love in the spirit world

Participant: So let's just say that we all pass right now, what would be your best advice for us?

You've asked these kinds of questions before, Peter. My advice would be to understand that you have your best opportunity of developing sincerity while you're here. You have the best opportunity of understanding truth while you are here. You have the best opportunity of understanding and developing a relationship with God while you are here. It is far more difficult than you can imagine currently to develop these things when you arrive in the spirit world if you have no foundation in them at all. So my suggestion is to develop these things here before you pass, not after. That's the whole reason why myself and Mary came here; because there is so much trouble for people who try to develop these things after they've left here. If you are in the unfortunate circumstance where you have not developed these things here and you pass into the spirit world, you are going to be faced with a much more difficult time to develop those particular things.

Participant: How is it then that the people who write messages in the Padgett Messages start off in a fairly dark place but in a relatively short space of time, with the help of the group who are there, make amazing progress and seem to go to a much better place quite fast?

I think you already know the answer to that, Pete, don't you? They are connecting with their friends, people who they can trust, who have demonstrated to them through their own personal appearance the condition they are really in. And because of that influence they progress positively. [01:42:38.14]

Mary: You know I think it's more than that, Pete. I think it's exactly what you were just talking about before. At the time where they have really asked a question, they've developed a quality of sincerity. And it's the same for us here, when we are really sincere about growing our relationship with God changes happen very rapidly. Some people stay in the spirit world for years and decades, and, some of them for centuries, before they develop sincerity. And when they develop it, they come to people to ask a sincere question and they get a sincere answer and they are off.

Pete, I also think you are selectively reading the Padgett Messages.

Mary: Yes. (Laughs)

Because there are many experiences in the Padgett Messages where higher spirits have gone to a person that is in a lower condition and the spirits said that they don't want to hear, they don't want to listen, they don't want to understand. Remember there was one experience of a man who said, "It's very hard to learn of heavenly things while you are in hell." We need to understand the messages as a whole system, not just a few of the messages.

4.3. Spirits connect to us through our fears

Participant: Going back to the comment that you made about the spirits in the spirit world who are rageful and then they attach to other brighter spirits in the spirit world who are fearful. That's very similar for us here to them isn't it? It's through our fear that they attach.

Exactly!

Participant: So if we allow ourselves to feel the fear of whatever the interaction with the spirit is, that will ease us through to the truth of it?

Certainly, but for many of us we are not feeling the fear, we are acting in the fear, which is a very different thing.

Participant: Can you clarify that a little bit, and give us a bit of an idea of what the difference might look like?

We will as we proceed in this discussion. Many of you are asking questions which will be answered in the natural course.

5. Apostle Paul's Bible verse on how to resist spirit influence

So getting back to the point that we raised earlier, the Padgett Message Prayer demonstrates that all of us have addictions that will cause us to be tempted to have interactions that are out of harmony with love. And the Prayer itself, as Mary read out, demonstrates that we need to start having a desire to no longer to respond to these temptations. And we need to discuss how we do that. [01:45:22.03]

Mary: Okay. So in order to direct our discussion today, we've chosen a Bible verse, which is a little unusual, and has really strong language in it, but we both feel that there are some very beautiful truths and lessons within the passage. I am going to read it to you.

Can I give a bit of background first about the Bible verse? This Bible verse was written by the man who is now called the Apostle Paul. I had my first interaction with Paul from the spirit world; he never met me on Earth. I appeared to him as a spirit and tried to influence him against his attacks on other Christians who were on Earth at the time. And Paul responded to that influence to such an extent that he became quite passionate in being a follower of my teachings, as he believed. Of course it was the teachings that he could discover at the time, a few years after my death.

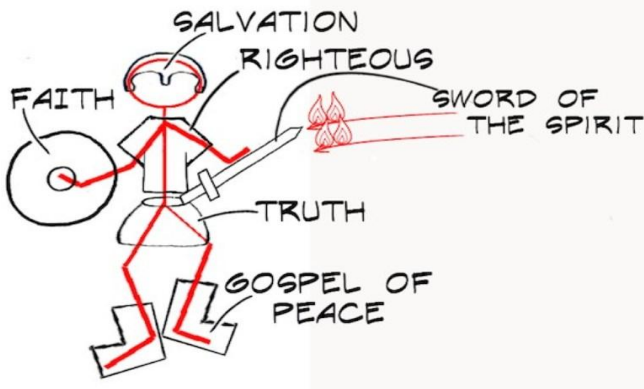
As a result of that he was often inspired. Paul and I often had a connection, with me in the spirit world, and him on Earth, where I could channel things to him because of his passions, and he was quite a good channel actually. One of the reasons he was attacking the Christians was that he was channelling a group of Jewish spirits before then who were enraged by the whole Christian movement in the first century. He responded to those spirits and he did what they wanted him to do until such time that he had this interaction with myself. So oftentimes we channelled correct information to him, but some of it has been manipulated since then through later Bible revisionists. But this is one verse that is very close to what was originally given to him. [01:47:28.00]

5.1. Ephesians Chapter 6 Verses 11-18

Mary: Okay. It's a verse from Ephesians Chapter 6. I have actually brought with me today a few different versions from a few different Bibles, because the language varies slightly, but I'll read it all through first and then we will go through line by line and discover the meaning in it. These verses are from the New International Version. Its Ephesians Chapter 6 verses 11-18.

Mary: It says, "Put on the full armour of God so that you can take your stand against the Devil's schemes. For our struggle is not against flesh and blood but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God so that when the day of evil comes, you may be able to stand your ground. And after you have done everything to stand, stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith with which you can extinguish all the flaming arrows of the evil ones. Take the helmet of salvation and the sword of the spirit, which is the word of God, and pray in the spirit on all occasions with all kinds of prayers and requests. With this in mind be alert and always keep on praying for all the Lord's people."

Mary: Sounds fairly full-on, doesn't it?



The armour of God described by the Apostle Paul in the Bible

So this Bible verse describes almost exactly how you can combat and actually positively respond to any influence. Shall we go through how that is true?

6. Putting on the full armour of God against spiritual forces of evil

Mary: Okay. The first part of the verse says, "Put on the full armour of God so that you can take your stand against the devil's schemes". So firstly, can you clarify this reference to the devil?

Yeah. That was added by a later revisionist. When we channelled the information to Paul, we actually talked about any person who was wicked. In place of "the devil's schemes" we actually said, "the wicked one's schemes". [01:50:31.29]

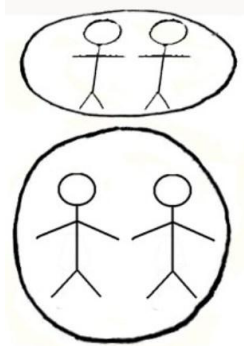
By the way for those who have not heard this before, there is no devil. Mind you, there are some spirits in the spirit world who are a lot worse than you can imagine the devil to be. (Laughs)

Mary: The next part says, "For our struggle is not against flesh and blood but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

6.1. Dark spirits have a massive negative influence on the Earth

Examine the fact that we have mankind on the Earth, and there are groups of spirits who guide what happens on the Earth, and who have

guided what happens on the Earth for many, many millennia, many thousands of years. These spirits in fact control most of the systems of the Earth. Almost every system that you can imagine on Earth currently has some kind of control coming from the spirit world, and often the more organised it is and the more violent it is the more control is coming from the spirit world. There are very large groups of spirits who are in the spirit world who actually control the events on Earth. They are the people who control, through suggestion, the people on Earth who are in power or responsibility and that causes these people who are on Earth to do particular things.



Spirits influence almost every form of system on Earth through the people on Earth

The reality, for the majority of us, is that when it comes to some kind of wickedness occurring on the Earth, we are not actually fighting against the person who is being wicked on Earth. The reality is that those people are under a very large amount of influence from the spirit world. Let's say that a person is acting in an evil manner, meaning out of harmony with love, and violently attacking. Spirits will be influencing that person into doing that. And the person on Earth doesn't understand how much they are being influenced because these people are unseen, as the scripture said. The people who are in the spirit world, who are unseen, are the people who have a lot of influence on what is going on. And because they are unseen, often the person on Earth does not know that they are being influenced so much.

For example many of you have heard of, or read about, people who have gone on a murder spree, and when you see them they often have a blank look in their eye. And they just say, "I can't remember what actually happened. Something seemed to overtake me; voices told me to do this." They say all sorts of things, which none of us on Earth generally believe, but these are actually the influences of spirits occurring, spirits having this influence over people.

So if I am a person on Earth who is wanting to develop a relationship with God, then the persons who are wanting to stop my relationship with God are not so much the people on Earth, but rather the spirits who are with me who are attempting to stop my relationship.

[01:53:52.28]

6.1.1. Spirits can choose to ignore the influence they are under from other, darker spirits

Participant: You were talking earlier about how spirits influence other spirits. Are there any dark spirits that are unseen by other spirits? Can dark spirits influence other spirits without them knowing it?

It's very unusual for them not to see. The darker spirits are the persons who are in rage and influencing the brighter spirits. The brighter spirits can choose to see them, but it is a choice. Do you choose to see the things you are afraid of? Most of us choose to ignore the things that we are afraid of, do we not? This is what happens too many of these spirits. These spirits who are little bit brighter are in fear and choose to ignore the sight of a spirit who is in rage, just the same way that you in your day-to-day life often choose to ignore anything that you are afraid of. So while they have the capacity to see the darker spirit, they often choose to not see it, just like many of you will probably do when you pass. (Laughs) [01:55:26.28]

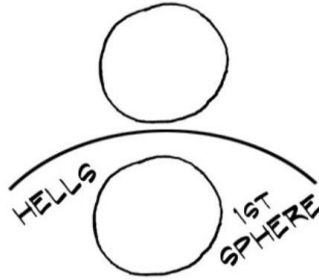


Brighter spirits who are in fear can choose to not see darker, rageful spirits who are controlling them

Mary: So is that clear for everyone? That in the New World translation when they talk about, “Against the authorities, against the rulers of this darkness, against wicked spirit forces in the heavenly places,” they are talking about the darkness that dominates the Earth plane?

6.1.2. Negative spirit influence on Earth occurs because the Earth is in a first sphere condition

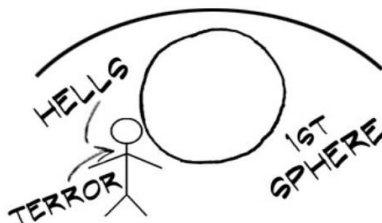
It's not just that. Our Earth resides in a spiritual condition that is the same as the hells, or many of the hells. It is in a first sphere condition in the spirit world; for that reason any person in the first dimension of the spirit world can access the Earth. If everybody on the Earth were in a second sphere condition then none of the people in the hells would even be able to come to the Earth because just by their coming they would feel so uncomfortable they would have to leave again.



If the collective soul condition of people on Earth moved from the first sphere to the second sphere it would no longer be under negative spirit influence from people in the hells

6.1.3. Negative spirits rule by manipulating people's fear and terror

The reason they feel drawn back to the Earth is that the Earth is very attractive to them because it is of very similar condition. This is the reason they are drawn back. The people who are the rulers are the people who are in the darkest conditions of the hells, and they rule through terror. They have a reign of terror in the depths of hell. Just like how the Jews would have felt in Nazi Germany, or how it would have been to be in Russia during the Stalin years, to be someone who was opposed to the government in the Stalin era; that's the kind of terror that these particular people rule by. It is the same kind of terror that often gets demonstrated on Earth. They have a rule of terror upon all the people who are afraid of them.

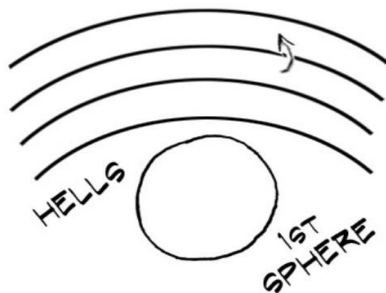


Spirits in the hells rule people on Earth through terror

Your fear is a very, very damaging emotion to this world because it allows you to be ruled by others who are willing to manipulate your fear. That's why it is such a damaging emotion. A lot of people would say that rage is the damaging emotion. Well, while rage is damaging, not a single one of us would be able to be ruled by an enraged person unless we have terror, unless we have fear. Every single one of us would stand up firmly to a person who is enraged if we did not have fear. Fear actually enables an enraged person. Every time you act in your fear, you are enabling the people who are the rulers of this darkness and these people are in the spirit world. You are enabling them every time you act in your fear. It's very important to understand that. If we understand that, we start to see the relationship between our terror, or our fear, and what it allows to be created around us. Now they are in the first dimension of the spirit world, as the scripture mentions, they are in the hells of the spirit world, and they have their reign of terror. And as a result of their reign of terror they are able to rule over the Earth by influencing people through terror, through rage. That's how they have control of this planet. [01:59:42.13]

Participant: In a channelling that I had once, I was actually shown the universe where I was looking down upon it. Once the Earth got out of the hells, from the first sphere into the second sphere, I saw the layer of love that God has put around the universe, and these spirits were all floating around and they could not penetrate through it. Around the universe was this darkness of spirits but they couldn't penetrate this layer of love because we had increased our level of love on the Earth. It was a very beautiful sight.

Yes. Remember that I mentioned that every new dimension or sphere is a boundary of love. And these spirits in the hells, although they rule over many people in the world and over many people in the first dimension of the spirit world, they are not able to affect anything above there. They can't affect anyone in the second dimension or the third or fourth or fifth. There are literally huge areas of the spirit world that are perfectly free from any of this negative influence. [02:00:52.11]



Spirits in the hells are not able to manipulate the spheres of love above them

Participant: The vision really showed me that God's Laws and God's Decisions are just beautiful. It was my fear that was holding me where I was. Once that was let go and we could deal with that, it just changed; when everybody did that it just changed everything. Just that one thing changed everything so dramatically for us here on Earth.

That's correct. If we all dealt with the emotion of fear we would not have this situation. That is very true. Many of us, of course, are terrified of dealing with the emotion of fear. We are afraid of being afraid, so we avoid addressing the emotion. [02:01:46.02]

6.2. Standing our ground on the day of evil

Mary: Okay. “Therefore put on the full armour of God so that when the day of evil comes you may be able to stand your ground and after you have done everything, to stand.”

Now for many of you the day of evil is happening every day at the moment. (Laughs) That's the way it is unfortunately. Remember that when we are speaking about “the day of evil” as mentioned in the Bible, later Bible revisionists turned that into being a time of Armageddon, or some kind of cataclysm, or something like that. This is why when a lot of media attack me, one of the first things they say to me is, "You're preaching a cataclysmic thing like all cults," and I say, "No, I'm not. I don't have any fear of the future whatsoever and I'm not preaching that there is some kind of cataclysmic event in the future that is going to harm most of society. I do believe there are going to be some changes on the planet but that is very, very different to feeling that it is cataclysmic or damaging. I certainly have none of those feelings". [02:02:49.12]

Mary: And actually the English Standard Version says, "That you may be able to stand in the evil day."

Yes. “In the evil day” can be any day that you are tempted to do something, to destroy your own relationship with God basically.

6.3. Explaining the armour of God

Mary: So then could you give us an overview of what is meant by this armour of God that we are hearing about?

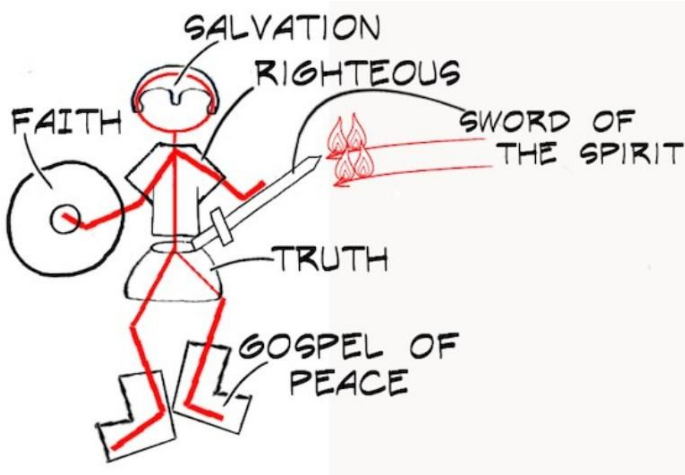
Well, Paul loved illustrations, as many of you will probably know if you come from a Christian background. What we tried to do is put together an illustration of something that was pretty common in the day, which was a Roman soldier with his suit of armour ready to conquer whatever he viewed as the enemy. The average soldier had a certain amount of gear that

he had on him, and if you talk to Cornelius you will find that sometimes the gear was pretty heavy; with the way it was made it could often weigh up to an additional fifty pounds more. It was like carrying around this suit to prevent you from getting injured or harmed of course; that's the primary reason why the suit was available.

What Paul is recommending is that we have a suit of armour that comes from God. This is all about your relationship with God. Each one of these particular pieces that are described in the armour that comes from God will help you in your battle to positively respond to any spirit influence that comes along, or as they say in the verse, "in your battle against the evil forces in the dark places". Now personally my opinion is that they are just human beings. That helps a lot with understanding their underlying motivations and how they feel, but they are still going to attempt to influence you because they want their addictions met. Now some of them want the addiction of power, some of them want sexual addictions; some of them want the addiction of control. All sorts of addictions exist, just like they do here on the Earth, and these addictions are what we are fighting against when it comes to dealing with it. So don't feel that you are fighting against the spirits themselves because you are not, you are fighting against the underlying emotions that these spirits are projecting at you and causing you to change or be influenced in your life. This is what the suit is! [02:05:38.23]

Mary: I'm borrowing the next verse from the New World translation. "Stand firm therefore with your loins girded about this truth, and having on the breastplate of righteousness." What does that mean?

Can we just read the verse again? And I'll write on the whiteboard what each one was. There was a shield of faith, a helmet of salvation and the feet were "shod with the good news of the gospel of peace". And the sword was a sword of the Spirit. So here we have a blueprint for how to combat any spirit influence that we may ever come against in our life. It's just a matter of understanding it, like any blueprint.



The armour of God protects us by helping to combat negative spirit influence

7. Girding our loins with truth

The very first one Mary mentioned was the loins girded with truth. What does that mean to you do you think? The loins girded with truth. Why this area? And what relationship has that got to do with truth, do you think?

Participant: It is because the emotions are kind of primarily located around the gut, around the loins?

Well it's actually the bottom two chakra areas that we are talking about here. Now from the metaphysical studies that many of you have done, what are the bottom two chakra areas about? Can you remember? The base chakra was a lot about...? [02:08:23.02]

Participant: It's our foundational belief systems as well as beliefs of the tribe, the family.

Mary: Family belief systems.

Family-related belief systems. Yes, and basically our entire family, which includes our environment of course. What else? What else is that base chakra?

Mary: Sex.

Okay there are some sexual issues here, aren't there, because we don't want to say that. When are you going to get used to talking about sex? (Laughs) Sometime in the distant future.

Participant: When I have some! (Laughter)

When I have some! (Laughs) Up until then I'm not talking about it at all! (Laughs) Okay beliefs, sexuality, anything else from your metaphysics?

Participant: I just thought to confront your fear you need to hold onto some truth.

Yeah but fear is the stomach area generally, that's where we store it in our body.

Participant: I think there is some self-acceptance stuff in the lower chakras.

Okay. Well now we are starting to talk about the second chakra. Self-acceptance with regards to sexuality in the first chakra and general self-acceptance and self-worth in the second chakra. That's where we see all those kinds of things.

SELF-WORTH
BELIEFS
SEXUALITY

Participant: I understand that the base chakra is described as "I am", in terms of "who I feel I am".

Yeah, who I feel I am.

Participant: And if you look at the development of the foetus we start basically at the coccyx, and so it's the basic development, the basic life, and the primordial. I know it primarily as survival.

Yes it's very much about survival. So can we now make some suppositions about what this "loins girded with truth" is about?

Participant: Just your grounding, you standing firm, you grounding your roots.

Yeah. Whose truth is it?

Participant: Well at this stage it's our truth.

Well yes but it really should be God's Truth.

Participant: It should be God's Truth but it's not at the moment.

We are talking about God's Truth here. We want our basic person to be totally grounded in what is the truth from God's perspective. [02:11:39.16]

Participant: Stand firm in the truth.

We want to protect the truth at all costs. Not by our words but by how we act in our day-to-day life. Once we have established a truth in our day-to-day life we want to make sure that we never let that truth go. If we have no idea then we can't do that but once we have an idea about what the truth is now we want it to be established as the truth. [02:12:15.10]

Mary: So would you add to that also the idea of my worth as God's child, my sexuality?

What's the basic truth about your worth as God's child?

Participant: The greatest of His creations.

You are the greatest of His creations. How many times do you believe that? Not very often for many of us but the reality is that we need to stay firm in that grounding of what we know, even if it is intellectual knowledge, that we are the greatest of God's creation. We are a person worth loving, we are a person who is able to be and is currently loved by God, and there is a lot of other truth amongst that.

7.1. God's Truth provides protection from spirit influence

God is a loving individual. God is not a punishing individual. God does not try to make your life hard on purpose. God always loves you in every interaction. All of God's Laws are loving, and these are all truths that we need to keep as a protection of our basic self, that we need to understand about ourselves. You see, while we have these truths protecting our core self, we won't be misled into thinking that somehow we are a person that deserves to be punished for the rest of our life, for example. [02:13:44.08]

Mary: And I know for myself, it's my willingness to drop those truths that has always led me to spirit influence. The feeling that it's okay to punish myself, or the feeling that I'm not really worth anything, the desire to avoid that feeling, and get other feelings from other people, have all been ways where I have discarded God's Truth, sat in my stuff and then wanted spirits to help me out of it.

7.1.1. An example of being protected by the truth that God loves us

Now if I was fully grounded in the basic truth that I am a person who God loves deeply, and I was fully grounded in the other truth that God is a God of love, can you see how much that would protect me from negative spirit influence? How many times do we do something that is completely out of harmony with those two basic truths? In other words, completely out of harmony with the basic truth that God loves you? How many beliefs do you even have currently where you believe that you are not loved, that God does not love you that much, that God does not care about you that much? And how easy is it to manipulate a person who believes that they deserve to be punished? It's pretty easy to manipulate a person who feels like they deserve to be punished, isn't it?

For example, you see a little child and oftentimes a parent is saying, "I'm smacking you because I love you," so they are saying that violence is a fact of love. But here, in this basic truth that we have just stated about punishment, violence is not a fact of love. Imagine how much that would protect the child in that environment? They would say, "Mummy, you can say that you love me but you do not because you belting me at the moment." And they would be able to say that definitely if they felt that inside of themselves; they would not be influenced by such a person. If they just knew that one truth, even a child would not be as influenced if they knew that truth inside of themselves.

Imagine now, as an adult, you know for certain that God is only loving and that you can and should be loved by God, and you are in fact loved by God. Imagine if you knew that for certain. It doesn't matter how much somebody told you how useless you are, how bad you are, or how disappointing you are, you would not believe them, would you?
[02:16:29.09]

Almost every single day I generally get a few emails telling me how bad I am, telling me how useless I am. It ranges through all sorts of things, doesn't it, babe?

Participant: From your addiction to your overall underlying evil intentions.

Yeah, and everything in between. And the reality is that my own feeling that I am loved by God prevents me from absorbing those attacks. Just that one feeling. Now if a person has a true complaint with me, many of you now know that you can come and talk to me about it and we can discuss it. But if you are willing to treat me badly in that interaction you also know that I will not do that with you. Why? Because I understand inside of myself more and more, although I still don't understand it perfectly, that each of us deserves to be loved, and that we are actually

loved. And no matter how bad you think I am, God still loves me. That's a pretty safe place, isn't it, when you can feel that? No matter how bad somebody else thinks you are, God still loves you.

One of the biggest complaints against normal Christian faiths on the planet is the judgement that comes from the Christian faiths towards people who do what the faith calls "evil things," the judgement towards prostitutes, drunkards, drug addicts, any person who they classify as evil. And I am classified as evil by the same people and so they tell me all the ways in which I am evil as well. In their eyes I'm much less than a prostitute of course, because I am the apostate of all apostates. Now with all of those emotions getting projected at you, imagine how easy it is for a spirit to hook into that and cause you to feel really bad about yourself. But if your loins, your basic sense of yourself, is firmly grounded in this understanding that God loves you and that you are a lovable person; that you can be loved, and you are firmly grounded in who you know yourself to be, you will not get upset with the person attacking you, and you also will not feel as attacked, will you? You will go, "Okay they are allowed to have their own opinion," but you will not change your actions and what you choose to do with your life.

7.2. How to deal with personal attack using God's Truth

Participant: AJ, I'm just wondering how I am going to put this into practice because if I'm getting attacked, I am already intellectually telling myself, "No God loves me, I'm a good person." So it sounds good what you are saying, but how do I put that into practice?

Well there are two very simple things that you need to do. One is to intellectually tell yourself the truth. The truth is that God does love you, and the truth is that this person who is attacking you does not. They are harming you. The second thing you need to let yourself do is feel the attack because if you feel the attack you will actually not change what you do, but you will just allow yourself to feel it and you will release an emotion. And in the process of releasing an emotion you will come to feel this truth, but you first at least have to tell yourself the truth otherwise you will never get to the second part.

TELL YOURSELF THE TRUTH
FEEL THE ATTACK

You will just go, "Yeah, you are right, I am terrible, I am worthless, I am unworthy to be loved, God doesn't love me, I may as well commit suicide." And then what do you have? You have fifty spirits who have all committed

suicide surrounding you saying, "Yeah go for it, you know here is a knife, here is a gun, here's this, here's that," and they will give you all the means to do it, because that's the way they work. But if you tell yourself the truth: "God loves me. What you are telling me is false. I know that because at least I have that intellectual knowledge," and then all you need to do is just allow yourself to feel the attack. In other words have some grief about being attacked by a person who does not love you. That's all you need to do. [02:21:31.13]

Mary: I think, Alex, what you are saying is, "What if I just tell myself the truth and I use that to deny the emotion?" And I know lots of us who have had positive affirmations in our background or whatever, have used a lot of words intellectually to suppress emotion.

Participant: Yes.

Mary: But something that I have really learned from AJ is that he does remind me of truth all the time and it does actually help me feel more. When I am willing to let go of the truth of the situation and go, "Yeah I am a bad person," it just sends me into this downward spiral where a heap of spirits jump on and suddenly I feel dreadful. And it's a lesson I'm learning, to remind myself of truth even if it's intellectually, but to stay focused on humility. It's when we use the intellect to try and avoid humility that nothing works. In my experience the only way that I have ever grown emotionally is to grieve the real situation that is happening. So, not to grieve that I'm a bad person but to grieve, "Gee it hurts that other people are calling me a bad person." [02:22:43.10]

Can you see the difference, Alex? One is a fiction statement: "I am a bad person," but the statement, "They are treating me as if I am a bad person" is not a fiction. That might be a fact. We can only grieve facts, we can't grieve fictions.

Participant: Yeah, I started actually processing anger that I'm in at the moment towards my parents and saying, "God loves me and you didn't." So I feel there is a change around that.

Yep, that's good.

Participant: So yeah, I just wanted some confirmation.

Often I find a person who is being attacked goes into accepting the belief and the belief systems of the person who's attacking them. Sometimes Mary will get a phone call or an email from somebody who attacks her and I just say, "Babe, you are a beautiful person and sure you might have some things to work on, but this person that is attacking you makes them not a very nice person. As soon as they attack you they are not a very nice

person. I don't and you don't go around attacking everybody. So you are a more beautiful person than that," and often just my saying that will result in Mary crying. [02:24:00.17]

Mary: It makes me feel like crying now.

Because she feels the recognition of the fact that she doesn't deserve the attack. You see, what the spirits want is to convince you that you do deserve the attack. That's what they want to convince you of. They want to convince you of that, just like your parents wanted to convince you in many cases that you deserve to get the violent belting because you did something that they disagreed with. Many times that's what parents want to convince you of, and that's also what these spirits want to maintain. While they maintain that with you they have control of you, and then all they have got to do is make you feel bad about yourself and you're theirs. You're basically theirs. [02:24:45.08]

You see while you have your loins girded with these beliefs about yourself, that you have an intention to do good and that you have an intention to love and you have an intention to be loving towards other people, these underscoring belief systems are protecting you. And if you have a desire to understand that God loves you, even though you may not feel that yet, it is going to protect you from all this dark attack that will cause you to get into this self-degrading and depressive state, where eventually we just want to top ourselves, to commit suicide, just in order to get away from how bad we feel about ourselves. And often it all began with our unwillingness to just stay firm in the truth that we have already been shown. Can you see the importance of just that one thing? Now how many of you have gone into these spirals? Many of you? Yeah. These spirals are often induced by spirits around you. They want to make you feel bad about yourself.

7.2.1. The example of AJ getting attacked by the media

I have just updated our website and have put a list of my responses to media attacks that have happened in the past on the website. If you look under Media Responses you will see it there on the website. And with the help of Luli, who has been great at getting all of the details together so that we can respond, we have put together some responses. Now if I actually believed everything about myself that the media said about me, I would be an absolute mess. I'd feel pretty bad about myself if everything they said was true. How do you hold onto beliefs about yourself that you know are not true? By grounding them in God's Truth about you. That's how you hold onto it. And it may be an intellectual process initially, but eventually you'll allow yourself to feel the grief of the attacks, and eventually the grief will be gone, and you won't even grieve the attacks anymore. That's eventually where you will arrive, but if that truth is not

grounded in you what will you do? You will go, “Oh yeah they are right. I’m a terrible person. Look at me, look at how bad I am.” These are the exact messages that many of us grew up with all our life; “Look at how bad you are, you are all to blame,” and so forth, and we go into this spiral and the spirits just grab on top of that and chuck us into this spiral because they love to torment a person who is down. That is what they love doing. Just as many people on Earth like to do. You notice that? [02:27:49.25]

7.2.2. An example of a Sikh lady getting attacked on Facebook

Just recently there was a Facebook thing that we heard about, because neither Mary nor I are on Facebook, of a woman who was a Sikh.

Mary: That was a nice story. It was a Sikh lady who, because of her going through a certain process in her faith, she has to wear five or seven signs of her faith but also she cannot modify her personal appearance.

She's not allowed to change her personal appearance under the guidelines of her own faith.

Mary: It's about being focused on service rather than appearance, and she had quite a lot of facial hair that she was not removing.

She has what looks like a beard.

Mary: It was almost like a beard. Obviously she has breasts but she also has this sort of beard. And somebody took a photo of her waiting in line somewhere and this whole campaign started on Facebook, taunting her.

Attacking her, making fun of her, making fun of her facial hair and just attacking her, attacking her, attacking her!

Mary: But a beautiful thing resulted in that she had this feeling about herself and she heard about it and she responded.

She actually put a response on the page.

Mary: Yes, saying, “This is actually me, and this is the reason why I look like this, and this is what I believe,” and she actually kind of flipped the entire interaction around. The person who posted the photo ended up writing to her to apologise and a number of people who had been cruel to her on the page went out of their way to apologise to her. So it was also a lovely example of love overcoming evil. But she was very grounded in the fact of, “I am who I am. This is what I believe in and I don't feel bad or ashamed about that.” [02:29:52.21]

It's a fantastic illustration of somebody who would not accept the attacks of others just because others believed a certain thing.

Participant: My understanding is that the second chakra is about our relationship with others as well. I read that story and she was so loving in her description of the truth, and I feel that another important thing about girding our loins with truth is being steadfast in our actions to be loving towards others. [02:30:38.04]

Yes, I agree.

Mary: That will come later.

7.2.3. An example of spirits projecting at a woman that she is sexually dirty

Participant: So, AJ, just in relation to what you are talking about with the attack of spirits, can I use the example of someone who is murdered?

Can I use your example?

Participant: Sure.

You have a history of; shall we call it, sexual promiscuity?

Participant: Yes.

You feel ashamed of that.

Participant: Yes.

The spirits with you want you to feel ashamed of that.

Participant: Yes.

Every time they attack you, because you are unwilling to feel the shame itself, you then feel what they are saying to you.

Participant: Yes. (The participant starts crying)

You feel that you are the dirty woman that they are saying you are.

Participant: Yes.

This then causes you to act in a manner that causes you to engage in further promiscuity, which is exactly what they want, because they can share in the act and do all sorts of things with that. [02:31:47.10]

Participant: Yes.

This is an example of what I'm saying. See, if you understood that you are loved by God, and that you are not a dirty woman, but there are

things that have happened in the past that have happened because of your upbringing and other issues and problems that you faced, that this does not define you, it is only something that happened to you, if you understood that and if you firmly understood this truth about that every time these spirits attacked you, you wouldn't then go down into a spiral of doing what they want. [02:32:21.11]

Participant: Yes.

Yes. Now does that answer the question you were going to ask?

Participant: Thanks.

No worries. Interesting of how we often want to use an example of somebody else. It's far more powerful if we relate it to ourselves.

7.3. Having judgement or other emotions associated with certain words

Participant: AJ, in the Prayer where it says, "...influence of the evil ones..." I am in a real quandary about that. One is that I am coming to the understanding that everybody is my brother and sister, that I need to have compassion for my brothers and sisters, and I just feel that phrase as a biblical term or as a judgement. Is that just my upbringing? Because I go into grief when I read that every time. I feel as if they're spirits that need my compassion and my love and every time I read that I get very upset by it. [02:33:18.28]

Okay. Let's look at that as well because it is an important thing that you raised. The English language has a word, and then it has a meaning. Almost every language is the same, by the way; it has a word and a meaning. There is no judgement associated with a word in a dictionary. Do you understand? The dictionary itself is just a piece of paper with a word and a meaning, that's all it is. There is no emotion coming out of the dictionary. [02:33:53.22]

So when we use the word "evil", is that not a word in the English language? Yes of course it is. It is a valid word in that it describes acts that are taken that damage or violently harm other people, doesn't it? And usually when we look at the term it's not a mistaken act, it is something that is purposefully done in order to damage or harm another person; that's our definition of evil. That definition is the exact definition I want to use. I don't have any judgement about the person who engages in evil but the reality is that they are engaged in an act that is evil.

EVIL

Participant: So for me to get so upset by it, I must have a judgement myself?

Yes. There must be some kind of judgement coming from somewhere into your life related to that word.

Participant: My Christian upbringing.

Yes, very much so. When we were young children and we did something mistakenly, we'd go, "Oh mummy I just did this," and often you did not even know what you did. You don't know whether it was right or wrong but you just feel bad about it, and they go, "You evil person, God said about evil persons..." and off they go. So now you have a connotation about the word, which is just a word defining an act in the dictionary. See, we were often mistakenly or purposefully accused of evil when we ourselves had never engaged in it. [02:35:32.12]

Participant: I had got to the stage where I was thinking maybe I considered myself evil.

No. You have been accused of evil when you felt it was unfair and so now whenever you hear the word evil you instantly go, "It's unfair." Instant reaction. The reality is that it is just a word that's in the English language. Just because we use a word, it does not mean that we have a feeling of judgement. The feeling of judgement comes from our feelings towards the person. If I said to you that these people who engage in evil are the degradation of society and they deserve to be condemned to eternal torment in the hellfire, and off I went like that, now I would be judging them. I would be judging their evil, which is neither my right nor the truth. That is very different to the word itself. And the problem is that in our history many of us have had these judgements perpetrated towards ourselves personally, so then when we hear a certain word we instantly go into some kind of reaction. [02:36:51.18]

Many of you did that with the word God, if you remember. Do you remember the very first interactions we had? Many of you went into a meltdown when you heard the word God coming from my lips. That is another word that describes the Universal Creator. I could have used the word Universal Creator and everyone would have been happy. (Laughter)

Participant: You wanted to trigger us, didn't you?

No I did not want to trigger you; I just wanted to use the dictionary definition of the Universal Creator in the shortest possible language, which is "g", "o" and "d". (Laughs) Why use the long word when the short one would do? Why would I want to say the male/female Universal Creator when all I need to say is God? You need to get over it. (Laughs)

So the thing with words is that we need to understand that words are used to correctly describe a physical description of something. That's all their purpose is. If we feel a judgement from the word, then there is something in our history that has happened associated with that word. Most probably we were called that word, either mistakenly or on purpose, when we did not feel like we were bad, and we often believed it. Yes, how many times when you were a child were you called bad or evil and you came to believe it? That's the trouble. And it might not even be a parent; it could be a school teacher.

You might have gone to a Catholic School or some religious school and they associated evil and wicked and devil and everything else all together, and you were evil when you did that naughty thing. And you were thinking that you were doing something very simple and basic and now the whole world was coming down on you, and God was coming down on you as well, and now of course you are going to have some emotions about that. [02:38:59.14]

When Mary and I use words, we are using the word because that is the word. For example, it's blasphemous to assume that God is a God of punishment. Now what do we normally associate with the word blasphemous? We actually think that we are going to be punished, that it's going to be eternal torment, and that blasphemy is the worst possible sin that you could know. But when we are committing blasphemy, the word actually means that we are misrepresenting the truth about the individual to a deeply negative extent, when we are claiming something about the person that is not true. It is just a word. It's the same with many other words that we could use. [02:39:52.21]

Mary: Another good example is: we had a lot of discussion at Book Group about there being a penalty upon the soul, and the definition of penalty is "A restriction placed upon you as a result of an action that you take." But it obviously carries a lot of emotion for a lot of people, that we would be penalised, and this feeling that it is about strict harsh punishment. In the end I think I said, "There is a penalty. Let's move on."

There's the word.

Mary: There's the word and then there are the emotions.

Yeah. So if you have an emotional response to different words always look at what happened in your childhood because there is usually some kind of link between these particular things. And usually it's related to injustice of some kind that we experienced as a child. [02:40:40.29]

7.4. Summary of the meaning of “girding our loins with truth”

That was a little digression. We are focused on the loins girded with truth. It sounds very biblical, does it not? And of course it is. So do you understand the importance of that in terms of combating spirit influence? Can you see how spirits want you to shift in your perspective of truth?

Now there are certain things that you don't know. Like, how many of you know how the cells replicate, and how fast they replicate, and all those kinds of things at the moment? Not many. You admit that there are certain things that you don't know. Okay. Obviously there is quite a lot we don't know. You can't be firm about things you don't know. So don't try to be firm about things you don't know. That is not what we are suggesting here. What we are suggesting is that the truth has to be God's Truth that you have personally come to know at least intellectually and preferably emotionally.

One of these basic truths is that God is a God of love. Now you might not know that yet! You might be assuming that God is not a God of love, or God is a God of love at different times. So when a spirit comes along and says, "Oh God's going to punish you," you go, "Maybe he's right." Can you see that that's an automatic hole that they can now manipulate? So we have got to be careful with these particular things that we don't know the truth about as yet.

But what I'm suggesting to you is, even if you can intellectually accept the truth that all of us are equal, therefore all of us are capable of being loved, particularly if we have pure intentions and we don't go out and automatically try to do evil things, that we are trying to be people who are good, even by our own definition, we can at least have some sense of ourselves in that place. And so when someone else comes along and says, "You bad, bad, bad person," we won't accept their definition of us under those circumstances.

If you do, you will notice how quickly that becomes a very negative downward spiral influenced by spirits. It's happened to many of you already, has it not? Where you have just sort of rescued yourself after being right, right down there. And that's because of not having this firmness for one belief. Just one belief about yourself that you are worthy to be loved and God does love you. Just that one belief. Can you see how important this is?

7.4.1. Protecting ourselves in areas of sexuality

It will also help protect you with regard to areas of sexuality as well. Many of us are misled by our sexual desires. Many of you have entered relationships with a person you have claimed is your soulmate, only to learn a few months later that that person was not your soulmate. And you have begun the relationship on that basis. Why did you do that? Because you were influenced by something sexual where you don't have integrity, because if you had integrity, you would not have done that.

So, this is where truth, God's Truth can protect us. If we have integrity to God's Truth and we have a sense of self-worth, we would never engage with another person sexually unless we were certain that we wanted to have a permanent relationship with them. Now if each of you were certain that you wanted to have a permanent relationship with the person you are engaging with sexually, do you think a one-night stand would be possible?

Well, it might be because if you want to have them for the rest of your life you have to start with the first night (laughs), however it's not going to be something where you go to one person the next night, and another the next night and the next night, is it? None of those kinds of things would happen because you would have some sense of self-worth. And this is very important to understand. While you have a sense of your own worth you will be very hard to manipulate. Spirits love manipulating you and they manipulate through the lack of sense of your own worth. This is why Mary and I are constantly trying to share with you, "You are worthy of love, God loves you." It's just a matter of desiring this love and the love can enter you. [02:45:25.06]

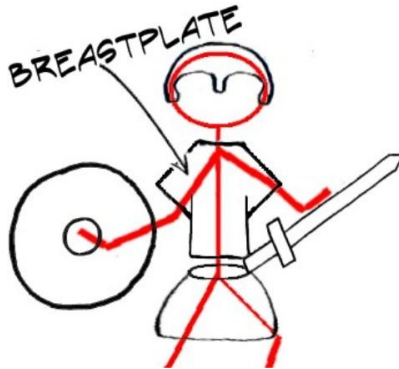
These are truths that are very important to understand because they will help you to maintain a sense of self-worth. You will not put up with attack. You will not put up with other people trying to destroy you in that place because you will have a sense of worth. Does everyone grasp the meaning of that? It's a pretty good idea of how we can combat spirit influence, so you know if we just develop that one thing, imagine how much less influence we would be under. [02:46:15.16]

8. The breastplate of righteousness

Mary: Okay. Next one. We have the belt of truth buckled around our waist, our loins are girded with truth, and 'the breastplate of righteousness' on.

Okay. What does the breastplate protect? Not just our heart but all of our vital organs. If somebody put a sword in and punctured your lung, if you

did not have quick support within four to five minutes you would probably be dead. And obviously if they hit your heart then that's a very serious issue. So we are talking about a heart and other vital organs that are assigned to our instant life or death. If we get punctured in other organs it might take a longer time to pass, but if we were in a war, imagine back in the old Roman times, you would want to protect these organs good and proper wouldn't you? If you got hit in any of those vital organs back then there would be a high likelihood that you would die within five minutes.



A breastplate protects vital organs such as our heart and lungs

So what is it the breastplate of? Righteousness. It's not the breastplate of self-righteousness, it's not that. So it's not about the self. It's the breastplate of righteousness. Now how does right protect the heart? What is our seated motivation? What causes us to do things? Desire.

We often say that desires come from the heart because they are motivated by the emotions of passion and longing, yes?

That's where our desires come from. If you desire something fully you can feel it in your heart. What does it mean to have a heart that is protected by righteousness? [02:48:53.08]

8.1. Righteousness is having ethics, morality and integrity

Mary: What is righteousness?

Participant: It means that you're in harmony with God's Laws.

Yes. Let's be even more specific. How many times do you ask yourself in the course of a day, "Is what I'm doing now the right thing to do?" What if everyone had that feeling of "What's the right thing to do here?" What do we mean by right?

Participant: Just what's ethical and moral.

RIGHTEOUS - ETHICAL
- MORAL

Ethical and moral, but who defines that?

Participant: From God's perspective.

But you don't talk to God yet do you? So how do you know?

Participant: I just know for myself that if I'm about to do something that's clearly not loving or I've misread something I feel like something just doesn't feel right. [02:50:05.13]

Perhaps what we need to do then is define wrong. (Laughs) What do we mean when we do something wrong? Does a murderer know what's wrong?

Participant: Yeah I think they do.

Do you reckon? I don't know about that. See, if he's brought up to believe that it's right all of his life, then how does he know what's wrong?

Participant: Is it like when you died the people thought that they were doing the right thing?

Exactly. Many of the people who were on the Sanhedrin said that they were doing the right thing. They didn't have any animosity towards me as an individual; they just felt they were doing the right thing, getting rid of a person who was an agitator.

Mary: If you were to look back on your life and think about the wrong things you did, how would you identify them? What would be the markers of them?

Participant: I think you are referring to the Golden Rule?

That is part of determining what is wrong or right.

Participant: Is it loving, is it as simple as 'is it loving'?

It is. "Would I want the same thing done to me?" is a very good question, isn't it? "Would I want the same thing that I'm considering doing, done to me?" That's a very good way of determining what is right, yes.

Participant: A good feedback system is how much pain it caused to you and everybody else.

It's not always a good feedback system because a lot of people around would always say, "Yes you are causing me lots of pain," when you are not doing anything wrong. So it's not always a good feedback system is it?

Mary: But I admit you can look at it.

You can look at it, but it's not always exactly the truth.

Participant: Integrity?

Yes, having integrity is definitely involved in what is righteous, I agree. And integrity is a lot about this ethical thing: "What would I like done to me? Am I willing to do to others something that I would not like done to me?"

So you are driving along and all of a sudden you have a bout of anger and you just want to smash the car in front of you. Obviously you would not like somebody to say to you, "Oh yeah I smashed into the back of your car because I just had the longing to do it." (Laughs) It would not be very nice, would it? So you would go, "Okay, I better not do that particular thing. It would not be right for me to do that." [02:52:56.23]

Participant: When you did the wrong thing there were consequences or punishment.

Yeah, but unfortunately we got punished when we were children for a lot of things that we did that weren't wrong, but rather somebody else did not like us doing it so we got punished. So it's not always a good way of deciding, is it?

The question I'm asking is "How do we determine it from God's perspective?"

Participant: Through your relationship with God.

Through your relationship with God obviously, yes, and that is all about receiving some more of God's Love and then God's Love will show you what is right and wrong in that process. But oftentimes, there are two layers of questions we need to ask here.

The very first thing that was said was about this issue of what was ethical and moral. Now, remember I gave a talk in Melbourne called "The Human Soul - Ethics and Morality". I don't know if you have heard that but I defined ethics and I defined morality in that talk. My suggestion is to have a look at that talk again if you can't remember it and look at what is ethics

and what is morality. We have talked a lot about ethics, and morality is a lot about God's definition of what is right. And that is only through experience that we can gain that definition. Unfortunately for many of us, determining what is right must first be based on ethics and eventually it will be based on morals. Now let me give you some examples.

8.2. Being righteous involves asking, “Would I like this to be done to myself?”

8.2.1. An example of being ethical in sexual interactions

Let's say I have no idea what God feels about any matter whatsoever. And I've got this opportunity to have sex with somebody's partner. She's offered herself to me, and she's pretty attractive, she's got a nice body and everything's looking good. She's in agreement and I'm in agreement. I might go down the track of, “I'm not hurting anybody,” but now let's ask myself the question: “If I was in a relationship how would I like for my partner to have sex with somebody else?” I probably would not like it. So if that's the case, ethics would demand that I don't engage sexually with this person. Can you see that? I might not have any other sense of morality, I might not know what is right or what is wrong in this particular situation, but just that one ethical principle of, “I would not want it done to me,” would prevent me from acting out of harmony with that principle. So, we could say that the first point of righteousness is asking myself the basic question, “Would I like this to be done to me?” [02:56:09.12]

Now you imagine if every single time you went to do something you asked yourself that one question, can you see it would be pretty hard for a spirit to influence you, wouldn't it? You might have fifty spirits around all wanting you to have sex with that person, because they might be able to share in the act or they want to create havoc in your life, and they want to see the slow destruction of your life through all of these different relationships. Whatever it is that is their motive, just that one question, “Would I like this done to me?” and honestly answered “No, I wouldn't,” would stop me from acting, just that one question.

Now that is different to the question, “What is actually right?” isn't it? What if that person is your soulmate and you are meant to be with them for the rest of your life, and you don't know this at this point in time? Then you might start to tell yourself, “It's right to have a relationship with her because I think she's my soulmate, I should go ahead with that. And if that's going to cause a breakup of their marriage that's going to be good,” and you come up with all this justification without asking yourself the question, “Would I like this done to me?” And this is where we go oftentimes. We go down a path that is definitely not ethical, where there

are no ethics involved. Now even if we just deal with the ethical question we will be more righteous. [02:58:20.01]

Mary: But we must still desire true righteousness.

I agree. But at the beginning of any endeavour we generally don't know. Do you know for certain that it's only right to have a relationship with one person?

Mary: Yes.

How many of you feel you know that for certain? That's very few. The rest of you could easily cheat on somebody if you don't know that for certain, can you see that? So there has to be something else guiding your actions that is not going to be influenced by spirits, and ethics will do that for you. Having a sense of ethics will do that.

Once this soulmate part of you opens you will feel the rightness of that statement, but until that point you won't feel that. So something else has to guide your behaviour in righteousness, and that's why I'm saying that this particular statement or question, "Would I like this done to me?" is a very good guideline for what is righteous. And it protects your heart. It protects your desires. In other words you can recognise your desires and then see which desires are out of harmony with ethics and which desires are in harmony with ethics. If the desire is in harmony with ethics then you might proceed with your desire, but if your desire is obviously out of harmony with ethics, then you would have to question why you're proceeding down the track of following that desire, wouldn't you? [03:00:16.07]

8.2.2. An example of being enraged with someone

Let's say your desire is to go into a rage with somebody because of what they did. If I ask myself the question, "Would I like a person to be enraged with me?" Probably not. Then I would have to go, "Okay my desire to be in a rage with them is out of harmony with ethics, therefore it is not righteous if I engage it." In other words, "If I follow along with this desire to be in a rage, that's out of harmony with ethics." How many spirits do you think are going to be with me doing this? There's going to be lots of spirits with me doing this and before I know it, I'm not only in a rage but I'm in what's called a blind rage because I'm so over-cloaked by spirits, enraged by the situation, that I now have no sense of reason. And that's what happens when we get out of harmony with this righteous protection of our heart. We get out of harmony with any sense of reason. It is very important to understand that. [03:01:26.03]

Mary: Therein lies the distinction: if our desires are led by righteousness then we will be safe from spirit harm. However, if we just let ourselves be led by desire without any measure of righteousness then we can end up in a very spirit-influenced state.

Yes, very much so. We might not even know from God's perspective what is right at this point, and let's face it, many of us are not yet in such a connection with God that we know what God feels on separate subjects. But most of us are in a state where we do know what we feel about a certain subject, and you know when it would hurt you if somebody did something to you. So this is a very good question to start with. [03:02:19.22]

Now once you receive more and more Divine Love you will have a sense of morals from God's perspective. But when you begin that won't be the case, you will just have ethics to guide you. Ethics will guide and protect your heart. It's like the breastplate protecting anybody from being able to manipulate your own desires against yourself. Many of us are being influenced by spirits through our own desires that are out of harmony with ethics. We are induced into doing something that we often regret later because of our own desire being out of harmony with ethics; we have not asked ourselves the basic question, "Would I like to have this done to me?"

Once you ask yourself that question your heart becomes very protected by righteousness. And once your heart becomes that protected it is very hard for a spirit to manipulate your desires that are out of harmony with love because the only way they can manipulate desires out of harmony with love is for you to be out of harmony with ethics.

This is a very powerful tool at your disposal to actually protect your heart, protect your motivations, to protect your desires, to acknowledge when your desires are out of harmony with the ethical stand that determines righteousness. It's a very powerful tool! [03:04:17.13]

Imagine now if you added that to the previous protection we talked about. You now have your loins girded with this truth that you are very fixed and firm about your own sense of worth, and about what your underlying capacity is as an individual, and that God loves you, that God does not desire to punish you and harm you. And at the same time you have this breastplate that is protecting your heart from your own negative desires. It's protecting your heart from your own desire to act out of harmony with love. There are two great big holes that are now covered over that spirits cannot influence you with.

The spirits can't come along and say, "Yeah go along with that, go on, do that," with you going, "Yeah, that's what I want to do. I'll go and do that."

A spirit can't influence you to do that because you ask yourself, "I want to do that but is that ethical? No it's not, I can't do it, damn it!" (Laughs) You might feel some sense of disappointment that you can't do it, but at least you can now acknowledge, and if you take it one step further, you can start to feel about the desire that you have now noticed that is not ethical. You can actually let yourself feel the desire, where it came from, what its source was, who taught you it, why you believe it, what addiction you get met by following that desire. You can ask yourself all those questions now, if you wanted to. It's a very powerful tool. [03:05:59.02]

Positively Responding to Spirit Influence:

Session 1 Part 2

Okay so how do you feel it going with this topic so far? Good?

Mary: Do you think we should just recap the verse that we've talked about thus far?

Sure, let's proceed with that.

Mary: "Put on the full armour of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against spiritual forces of evil in the heavenly realms."

When they say, "our struggle", many of you feel that with spirits that it is a struggle. It's not like there's a war, it's just a struggle between people who have different ideals, motivations than what we ourselves have, and so it becomes a struggle as a result of that. [00:05:51.13]

Mary: "Therefore put on the full armour of God so that when the day of evil comes you may be able to stand your ground and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place and with your feet fitted with the readiness that comes from the gospel of peace."

So that's the next one, isn't it, the feet? So far we understand the loins being girded with truth; we understand that there is quite a lot of meaning in that isn't there? And then with the breastplate we understand the importance of guarding the motivations of your heart, and we talked about the couple of ways that we can do that, in particular the way of using ethics as a guide until such time as you know what God's morals are about the subject. I'm not suggesting to you that you've got to read a book like the Bible and then say, "Yeah well the Bible said that I've got to do this and that, so that then becomes my moral stance." I'm not suggesting that's possible actually. What I'm suggesting is, there is the ethical stance that is possible right from the beginning of knowing something and the moral stance will come later. As you develop in love you will have more and more of God's morality enter you so therefore you will be able to determine for yourself what is moral.

But remember you have no right really to determine what is right for anyone else. This is very important for you to understand. You only have the right to determine what is right for yourself. Obviously there are

certain things that are ethical for the entire of society and society has the ethical right to determine what is right for society. That is a normal situation but you cannot impose your desires onto other people, and to do so would be unloving. We've got to forget about doing that, but we do need to have an ethical stance in our own life. It's very important.

[00:08:06.09]

9. Having feet fitted from the readiness that comes from the gospel of peace

So let's come to this gospel of the good news of peace with our foot shod with it. Why our feet? What do our feet do for us?

Participant: Direction.

They give you direction, I agree.

Participant: Just to lead us in the right way.

Right, so could you say that your heart feels something and then your feet take you to it?

Participant: That's what I was going to say - movement.

Good, so the direction in which we move is often indicated by our feet. Now have you ever taken off your shoes and then tried to walk through prickly bushes or whatever? It's pretty uncomfortable unless you have a very thick layer of skin underneath. [00:09:23.03]

I have a friend who lives in Canada and he's able to do that because he has a very thick layer of skin on the soles of his feet because he does not wear shoes. But aside from that it's very, very difficult at times to walk through a place that's full of prickles and everything else.

Okay, so what do shoes do for our feet? They protect them.

Participant: Support.

Support them, what else? They protect and support but if you think about that a little bit further, how often do you use your feet? All the time; every time you're walking, standing, everything, isn't it? Everything is about your feet taking you to the place where you want to be, isn't it? You see that? Okay. Now how does that relate to peace? [00:10:27.17]

Participant: It's like you were saying before about the person who's afraid of whatever it was, and they get taken...
A person afraid of violence.

Participant: Yes but they go to a rally.

They went to a riot, not a rally, which is obviously violent.

Participant: So your feet take you in whichever path you're treading, whether you choose to go with the violence or the other way.

Yes. There is an interesting comment in another part of the Bible, which says, "Do not have feet that run to badness." What do you think that might mean?

Participant: It tells me that you kind of have a choice.

Yes, always. And for feet that run to badness, what kind of choice would we be making? (Laughs) It's pretty obvious; we need to think about our choices. We need to ask ourselves, are our choices peaceful or are our choices automatically not peaceful? Do our choices create peace not only for ourselves but for other people too? And not only other people but also the environment? [00:12:14.12]

Peace is a beautiful quality. I don't know if you've noticed that every society that lives in peace generally grows very rapidly. Every society that lives with war or violence often remains completely stagnant for many, many years. Have you noticed that historically? You can see that with different countries.

If we personally have feet that are always running in the direction of peace, can you see that when violent situations come up our first response isn't going to be there to stand and fight, or to be rebellious, or to attack, or any of these kinds of things. Our first response will be to act in harmony with the peace that we feel. That will be our first response. Now how does that protect us from spirits?

9.1. Reasons that dark spirits want to negatively influence people

What condition are the spirits in that want us to act out of harmony with peace? And don't just say dark to me! What's the condition they are in?

Participant: They're actually wanting to be violent.

They want violence, yes. Why do they want violence? What does violence do for them?

Participant: They can feel powerful.

Good.

Participant: A false sense of power.

Right. So they choose violence. Because it feels powerful to them, and they are looking for power. What else are they looking for? What else is somebody who's in a rage with you, violent with you, attempting to achieve? Control. What else? There are many emotions you've had to start looking at yourself. What do you feel when somebody's in a rage with you? Fear. Why would they like you to feel fear? Well some people just like you to feel fear because it's funny.

Have you noticed that? Some people like you to feel fear because they get a laugh out of it. [00:14:49.16]

Many of you have grown up in families who gave you fearful experiences, just so they could have a laugh. How many times did a brother or a sister, often a brother perhaps, do something to you just so that he could have a laugh and see the fear inside of you? Can you see that often they not only want power and control, but they want to humiliate? You see, when a person is terrified, they will do all sorts of things they would not normally do. You will degrade yourself when you are terrified, just because you are terrified of what another person may do to you. And these kinds of spirits love to see the degradation of another person at their own hands. These are quite dark emotions, I agree, but they are the kinds of emotions that drive this violence. [00:15:51.23]

VIOLENCE
POWER
CONTROL
HUMILIATE

9.2. Making a stand for peace includes not responding to violence with fear

Now if we have inside of us an automatic desire for peace, can you see that we will not respond to violence? And neither would we engage violence ourselves. One of our biggest issues at present is that although many of you are engaging violence less, you are wanting to be in fewer rages with others and you are trying to look at your rage and feel it yourself now rather than project it onto others, but how many of you still respond with fear to the rage in another? You see if we have feet that are really connected with peace, then we will never be responding to anything that would not cause peace. And if we did that not only would we never act violently towards another person but we would never condone violence towards ourselves. We would never allow a

person to continually violate ourselves without actually doing something about it, saying something, voicing something about it. It doesn't mean that we would fight them because that would be violent, but we do need to make a stand for peace. And it's interesting that even the statement "Making a stand for peace" involves your feet.

Participant: And when you just said making a stand for peace, you are actually standing on your soul.

It is a pretty interesting play on words, is it not?

You see many of us have been willing in the past to act violently towards others. We have been angry with others, which is an act of violence, and at times we have even been physically violent towards others, particularly our own children. That is often something that is agreed to in society. But now we have worked our way through a bit of that. However for many of us we are still not working our way through our own fear of other people's violence towards ourselves and we need to address this if we are truly going to make a stand for peace, because the problem with not addressing that particular emotion is that you will be able to be manipulated into violence by other people; either violence towards yourself or towards others if you do not make a stand for peace. [00:18:58.16]

Mary: Can you see why we love this verse so much? There is so much strength in it.

9.2.1. The difference between making a stand for peace and keeping the peace

Participant: I can see how through my own experiences that sometimes you feel you are making a stand for peace but actually you are just acquiescing to other people's actions. You do things to keep the peace, rather than make a disturbance.

Yes. See when we keep the peace we are often making compromises of truth and of righteousness. When we make a stand for peace we are not compromising truth or righteousness; we are actually living in harmony with the ethics that we believe in, whatever those ethics are. Our unwillingness to run to violence means that we are also in harmony with truth and righteousness in that state. Our willingness to accept violence means that we are out of harmony with righteousness; we are trading off our fear for acceptance of violence. When I say "trading off", we are actually bartering with people who are violent to lessen our own fear.

Many of you still feel this way even with your families and your neighbours without you really realising. How many of you have openly disclosed the truth about your life to every single person who knows you? Surely the

only reason why you wouldn't do that is fear, isn't it? What are you afraid of? You are afraid of their potential violence, their potential attack of you, which is a violent act. Why would you be afraid of that? Because you have this internal system where you believe that violence rules. And while you believe that, you will allow it to rule. So when anybody gets angry with you, instead of staying firm for peace, you will cower in fear. And that's neither righteous nor truthful, nor is it being peaceful. In that place what we are doing is enabling the violent act, we are allowing people who are being violent to continue being violent without even saying anything about it. [00:21:51.26]

This is one reason why I began to respond to the media lately because I realised that by not responding I was allowing violent acts and untruth to go uncorrected, and this is not a very good thing to do. It is amazing how much we do it though.

9.2.2. An example of an interaction with the media

Recently we had an interview with a man who was from the media and he was quite condescending, belittling and judgemental, and generally pretty difficult to be with. He interviewed a group of ten people on the first day. Every time he asked a question that he did not want to hear the answer to, when the answer was not what he expected, he just dismissed the question, did not write down anything. He just dismissed it and rolled onto the next one. Any time that he got something that he wanted to hear he wrote it down. So he was very, very selective in his hearing as well. In this process, every single person who was present felt dismissed, uncomfortable, condescended to and belittled. This is what they told us afterwards. I think only three of them have actually said that to him. [00:23:12.02]

Mary: Can we say that only one of them said it to him in the situation?

And only one said it to him in the situation. So this demonstrates some things. If you include Mary and myself, there were twelve being interviewed. One person said something to him in the situation, one person said something to him immediately after the situation, three more said something to him during the course of events afterwards, but that still leaves seven people who said nothing. Now I'm not suggesting to those seven people that you now go and say something, what I'm saying is, "Why do we do that?" Why do we not say something to the person who did it, but we're willing to say something to people who had nothing to do with it? It's because we're afraid, because we're not willing to make a stand and have our feet run in the direction of peace. We are so afraid of potential further attack that we do not just say what is right and what is truthful.

Many of you have seen on internet forums, when somebody has said something that is obviously totally in error about myself and Mary, some of you have timidly got on the forum and have gone, “Oh but that's not really true,” and then just got five, ten, fifteen people all just attacking you. And what do you feel like after that? You even feel, “Maybe I am wrong.” (Laughs) Have you noticed that? You almost start believing that because they are the angry people attacking you they must have a righteous anger and that there is something they believe that must actually be true. You even lose a sense of what the actual truth is, through this attack. And this is something that happens regularly. This is one of the reasons why un-peaceful or violent actions still continue on the planet; because the people who are peaceful are not willing to stand up for the peace. There are many more people who are peaceful on this planet than there are violent ones. I know many of you may not believe that but that is a fact, I believe. However, the big problem that those peaceful people have is that they are afraid of the violence. And because they are afraid of the violence they allow it to continue without standing up. [00:26:05.21]

Now let's relate that to spirit influence. If you're afraid of potential attack from any person you cannot see and you don't have these feet that run in the direction of peace and take you in the direction of peace every time, can you see that the fear that you feel under from these spirits can actually even cause you to change the direction of your life and go in a completely different direction to what you want, just to avoid their attack? And that's what happens to many people that we see.

9.2.3. The parable of sowing the seed

There is a lovely scripture about this in the Bible, the one about the sowing of the seed.

Mary: Then he told them many things in parables saying: "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places where it did not have much soil. It sprang up quickly because the soil was shallow, but when the sun came up the plants were scorched and they withered because they had no root. Other seed fell among the thorns which grew up and choked the plants, still other seed fell on good soil, where it produced a crop one hundred, sixty or thirty times what was sown. Whoever has ears, let them hear." [00:27:44.28]

So what's that parable about do you think? What would the seed be in the illustration? Truth.

SEED - TRUTH

The seed is the seed of truth, that initial spark of mixture of desire and truth, where you have a desire for truth. The soil is the condition of your heart. So we spread out the soil, but it's on the beaten path, so the seed doesn't get a proper root system, it doesn't get enough moisture. It might just grow a little but then the animals or the birds just come down and pick it up. What do the birds represent do you think? [00:29:17.00]

Participant: Spirits.

Well it could be spirits. It could be any person who's prepared to act violently towards you, and they will often affect whether this "seed of truth" will grow in you or not. That's the reality. Many times we have seen people respond to the truth for a period of time and then, through the attack from others, completely ignore it from that point onwards. We see the attack and as soon as the attack occurs the person just goes off the truth completely. We have seen many millions of people do this over the course of our life. We have seen many thousands of people do this over the last four or five years, where they've come along, felt the "seed of truth" grow in their heart and then as soon as there's a little environmental pressure, and by that I mean attacks from family, friends, the environment, the media whatever, bang it's gone. Now if we have a longing to be led in the direction of peace then can you see we would never respond to a violent attack, verbal or otherwise? We would never change the direction where we are going just because somebody has acted violently towards us. [00:31:05.15]

Many of you have seen the movie "Gandhi", yes? You remember some of the examples in his early days when he was in Africa? He just encouraged all the people who had a tendency towards violence. He encouraged them and said, "Look, if you do that then they will just have an excuse to fight you back. What we need to do is stand firm for peace but also for the principle of truth." Remember that? Many of them got beaten, there were all those men and then they had a heap of women patching them up and even putting them back in line. That takes a lot of bravery, to be able to continually do that until the point is made. But this is the kind of love that we are going to need to have for peace.

Now if somebody is attacking you or anyone else can you see that if we accede to it or if we finish up going along with the attack all we're doing is enabling the violent act? We are not running now in the direction of peace, we're now running in the direction of allowing violence. So even though we ourselves may not personally perpetrate a violent act by running in the direction of violence, because of our fear we have lost direct control of our own feet. And that's what we need to bear in mind. [00:32:32.26]

9.2.4. Peace is one of the fruits of love

Mary: In the English Standard Version, this part of the verse says, "...and as shoes for your feet having put on the readiness given by the gospel of peace." So how can we prepare, or make ourselves ready, to act in peace? When we hear about the gospel of peace, is that then relating to truth again that we make ourselves ready to act in peace?

Well there's another scripture in the Bible, which is very nice as well and talks about the "fruits of the spirit." I don't know if you've ever heard it?

FRUITS OF THE SPIRIT

But we could actually compare it to: what are the fruits of love? One of the fruits of love is peace. There are also others. When we are truly loving there are a lot of different things that we would normally do, but one of the things that we would normally do is be peaceful. We need at some point to develop a readiness to be peaceful. Can you see from the discussion that we've had already about this issue we are going to have to confront fear to be peaceful? Have many of you thought about that before? It's an amazing concept that you actually have to confront fear to remain peaceful.

You think about the situation with Gandhi and the people who were supporting him; they had to confront huge amounts of fear in order to stand there and allow themselves to be beaten without moving. They also had to confront an emotion in them of wanting to act violently in return; they just had to stay unified in that place. There are a number of different emotions they had to confront. And this is what I believe develops the heart; being able to stand in a place where violence is being perpetrated towards you without acting violently in return takes a lot of courage and it also means that you will feel some fear. You will actually release fear in the process. The less fear you have the more willing you are to stand for peace. [00:35:02.26]

You wanted to say something too, babe.

Mary: I was going to say something about fear; how our willingness to do all three of the things that we have talked about so far; "To guard our heart in righteousness, to guard our loins with truth and to stand for peace," all of those things will bring us to a point where we confront fear. And really the only way we are ever going to be trustworthy people, people of integrity, peaceful people, is if we're willing to confront fear. If we're not willing to deal with fear there will come a point where fear is too much and we'll do something that's out of integrity. It means people

won't be able to trust us, that we won't live the life we say we believe in, if we're not actually willing to come up to fear, face it and move through it.

The least trustworthy people on the planet, I believe, are the people who are in the most fear; because you can actually make a person who is in fear do almost anything. That's the fact. All you need to do is provide them with the stimulus and they will change whatever their mind is at the time to be completely different and their action will be out of harmony with love. [00:36:24.22]

Mary: And remember, at the beginning we started talking generally about how to respond positively to spirit influence and a lot of you said fear. We know it's about fear and we have got to deal with fear. And we said hang on a bit, there's a lot more to it than that. Because if you are guided by these principles, that's actually the thing that will help you to respond to spirit influence, and you will deal with fear in the process.

You will automatically address fear if you have these principles.

Mary: If you just wander around saying, "I've got to deal with the fear, they're scaring me," and there is no compass or guide or things that you're remembering as morals and values inside of yourself, it's easy to get very lost, as many of you experience.

It's very important to understand that without some of these qualities, peace being one of them, truth and righteousness being two others, fear is probably never going to be addressed. You will be placed in fearful situations and you will cave. You will break your integrity in that place. We see that happening many times. I've seen people who are very passionate about the truths of Divine Love they've learned and receiving love from God and so forth, and also the other truths they've learned about God's Laws, but as soon as their fear is triggered that's it. They've never spoken or we've never heard from them again. And that's a lot about how much we are influenced by other people's attack of us. [00:38:12.06]

If we have a firm feeling about ourselves and a firm feeling about what is righteous and we have feet that are not willing to just run in any direction that a violent person is willing to push us, now we have some integrity. And when we have integrity we are able to combat almost any situation. Just by staying in integrity. So peace is just a wonderful quality to develop. The other thing important to understand about this is that peace can't come to a person who is terrified.

9.2.5. Acting in peace will expose fears

Mary: As you know, it's not very peaceful when you're terrified is it?

You are going to be agitated all the time until the terror is released from you. Until the fear is released from you, you will be agitated all the time. Many people expect that the way is to get away from their terror and, "Have some peace," as they call it.

"SOME PEACE"

Many times you hear, "I just wanted some kind of peace". And in most cases did they get peace? For the majority of the people; no. And the reason is that they have had to compromise in an attack in order to get peace. Whenever you compromise you're never going to get internal peace. Your conscience is going to nag at you and nag at you and nag at you and browbeat you until such time that you realise that you need to act differently. Instead of doing that, it is far better to confront the fear that acting in peace will always bring to you. And unless you're completely free of fear acting in peace will always bring you some fear to feel.

[00:40:09.10]

Participant: I had a rare event just recently where I actually remembered a dream. And in the dream I was, all of a sudden, surrounded by very violent angry men. And as I looked into all of their eyes, they were in total fear. And I just woke up and I realised that violence is driven by their own fear.

Yes, violence is always driven by fear, yeah. And I feel it's very important to understand this linkage inside of ourselves, that when we accede to violence, when we compromise and allow violent situations to occur it is only because of fear, and violent situations only occur because the people who are so afraid to feel their own fear act violently instead.

You think of all the rage you've ever had. How much of it has come from a terror that you've also had? You just get terrified and all of a sudden you're in a rage. And if you are regularly in anger it is because you are basically terrified and you are not acknowledging it, and so we need to see this relationship between violence, fear and peace. Peace can never really occur on the Earth until there are people who are willing to have violence perpetrated towards themselves but continue to act peacefully. Once that happens, once we are willing to act peacefully even in the face of violence, now there's going to be change. [00:42:15.10]

I've seen many, many people change. My own friend Cornelius changed from this particular feeling, didn't you my friend? While he was hammering the nail into my wrists, the feeling of love that I had for him caused him to feel some of this peace and just changed his actions immediately. And this is the power that it has over every single violent situation. Isn't it remarkable how we think violence has the most power and yet peace is actually more powerful than violence?

10. Audience questions

10.1. Correcting situations where we've acted out of harmony with truth

Participant: While addressing things like staying in the truth over the last six months I've found myself in lots of situations like that. There have been times where I've had the qualities to address things that have happened but then there have been times where I haven't. And my question is, if you can see a way of correcting those things, would you always go back into that situation?

Yes.

Participant: And go, "Look I need to say some things here and I need to do this," if that's possible.

Always.

Participant: Yeah I felt that was the truth.

Mary and I have often had discussions about this, Josh, where Mary has felt like she has acted out of harmony with truth or love in a certain situation, mostly because of fear, and I've said, "Darling, just go back into it".

Mary: The best lesson that I have ever learned, I think, is that you know you can go back. You don't have to have it perfect every time. If you realise that you've made an error just do your best to correct it. And anyone who helped out in the Opening to God workshops saw me do it every single time. Usually by Sunday I'd be up in front of the group going, "Okay I'm sorry I've really skipped over this issue of love with all of you," and usually it was the most powerful thing that happened. Everyone kind of opened because I'd opened and not gone in the direction of fear but rather in the direction of peace. [00:45:21.03]

And also it's a mark of humility, Josh, for us to say, "Okay I made a mistake."

Participant: Well I've been learning about that.

Yeah. To go back in after you have made a mistake and fix it is a very powerful thing.

Mary: And if you think about it, that's the whole situation we have to address on the Earth right now, isn't it? In the environment.

Participant: Yeah, because there is this whole situation happening all the time called "the world". (Laughs)

Mary: Exactly, which is error, error, error.

It's okay to make mistakes, right? Hopefully of everything that I've taught you, you'll remember that.

Participant: I've just had this real hang up about mistakes.

Yeah, I agree.

Participant: And I've just been learning from making mistakes where I'm coming to grips with this truth that, "Wow, it's a good thing," because then you can just see the lineage, a little timeline and go, "Okay, I fell off there. Why?" And start asking questions around that.

Yeah. Mary and I try to identify together whenever something is happening. So life is going along and then all of a sudden we make a mistake and it sort of feels like things go downhill from there and something terrible happens. So then we try to go back to this point just before the mistake. What many of you are doing is judging yourself for the terrible thing that happened afterward; "Why did I do that again, isn't that terrible?" all those kind of things. It's better to forget about that, that's just the results of the mistake; they are the effects. The more you focus on the effects the less you're going to see the causes, aren't you? So if you just focus on the effects you are going to get yourself into a bit of a morose mess generally. It's far better to go back to the point of the mistake and then ask yourself, "Why did I make that mistake? What emotions were present at the mistake? And how can I fix that mistake?" and you will also gain a lot of self esteem doing that. [00:47:37.25]



A graph illustrating that rather than focusing on the negative effects of making a mistake, it is better to focus on why we made the mistake in the first place

Participant: Relating to that, see where you've drawn that little slip just before you make the mistake?

Yes, just when you think you're going well.

10.2. Self-punishment is an avoidance of feeling the pain created by the people who taught us to self-punish

Participant: Just when you think you're going well you make the mistake. Now because of this childhood that we've had we go into self-punishment...

Sorry I have to stop you there, Josh. You say it's because of the childhood experience you had that you go into self-punishment; it's not actually because of that. We go into self-punishment because we were taught to go into self-punishment and we prefer self-punishment to actually addressing the truth with the person who taught us to self-punish. I know that sounds a bit long-winded. [00:48:33.23]

Mary: There's a distinction.

But it's very important that you understand this distinction. We often blame ourselves because it's preferable; we have an emotional investment in blaming ourselves rather than actually placing the responsibility upon the person who did the damage. Many of us would prefer blaming ourselves to blaming our parent who created the damage; we'd prefer to do that. Not only did our parent do that and say that to us but now every single day so many of us are choosing to blame ourselves for something that we are not responsible for. We like blaming ourselves because when we blame ourselves we don't have to have the confrontation with the violent person who may treat us badly again. That's why we do it, so we have an emotional investment to run in a non-peaceful direction.

I just needed to point that out. For people who attack themselves, it's not just about how you were trained to attack yourself, it's about your unwillingness to take personal responsibility for a decision that may result in more attack.

Does everyone get that? Many of you are self-attacking, and it's very important that you understand that your justification for attacking yourself is not that your mum and dad attacked you when you were young, but rather that if you placed the blame or the responsibility of the attack on the parent who actually did it they will probably attack you again. So you are just preventing further attack by blaming yourself. That's your motivation. That's the true motivation for blaming yourself. Does everyone understand that now? I think I've been about as clear as I can be. It's a difficult principle to get when you are used to attacking yourself. [00:51:03.07]

Participant: In other words it comes down to grieving the facts that this person did this to you?

Treated you badly.

Participant: Yep. And just feeling the grief and the truth of that.

Yep.

10.2.1. Self-punishment helps us avoid the fear of being attacked by others

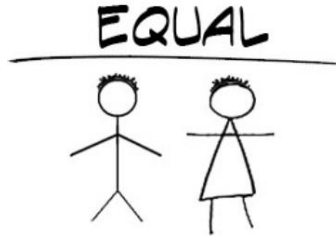
Mary: And a lot of times there's a fear you have to confront in choosing, "I'm not going to self-attack anymore," because that means somebody else might attack me. So somebody else might start punishing me. We often choose to self-punish in order to avoid external punishment, and so when we choose not to self-punish anymore it can feel really scary because we're anticipating punishment from others externally. From others, and from our environment.

Mary: And also there comes the confrontation of the truth that, "Wow other people did punish me and I chose this route in order to avoid their punishment," and that's grief.

So self-attack or self-punishment is an exercise in futility based around our own fear of addressing the issue with the person who originally harmed us. And we need to understand that because if we understand that we'll understand how we will use our feet to run to a situation. Blaming yourself and attacking yourself is an act of violence; it's just as bad as attacking somebody else. From God's perspective it's identical in nature. When you attack yourself you may as well have gone out and

attacked somebody else because it's exactly the same from God's perspective with regard to acting out of harmony with love.

You think about it, we are all equal, are we not? If we have this sense of equality, if we are all equal, if I am a man and I want to attack a woman, then that is an act of violence towards her. If I attack myself it is an act of violence towards myself. From God's perspective they are identical. You and her are identical and the act is identical.



Attacking ourselves is just as harmful as attacking another, because we are all equal in God's eyes

Can you see why we need to give it up? We need to see the real reason why we do it, why we attack ourselves; because we are not prepared to see or place the responsibility for whatever happened on the person who did it. That's why we attack ourselves, why we aren't willing to place that responsibility, because we are afraid that they might do it again.

10.3. Taking action in harmony with truth and peace allows fear to be exposed and released

Participant: I guess the other part to the question was regarding going for the peaceful way and to stand up for peace requires us to...

Requires us to address our fear?

Participant: Yes, but it's also looking at continuously living the Way, and the issues that stop us from doing that are those initial emotions that began with Amon and Aman, where they were wanting to rebel against God. There's that emotion but there's also this other issue of being controlled all our lives by people. [00:55:17.25]

See, I don't agree that the issue of not following the Way has anything to do with any anger or any other thing towards God. I believe in our relationship with God we substitute anger or rage with God because God doesn't fight us back and God doesn't get violent with us. God's an easy person to be angry with, let's face it. You can be angry with God for the rest of your life and you will find it really easy. God's not going to punish you;

God's not going to attack you again. God's not going to do anything violent towards you and that's why you want to be angry with God. The reason you want to be angry with God is that you want to avoid anger with the persons who actually did the damage who might be violent in return, that's the reason. Do you get that, Josh? It's not, we are angry with God because God did something wrong, but we are angry with God because we don't want to blame or make the person who actually did the wrong thing responsible. That's why we are angry with God. God's a scapegoat that we use to avoid the confrontation with the other person.

Participant: I don't know if I'm articulating what I'm meaning. In terms of living the Divine Love Path, having to have these qualities to continue to live this Way....

Or to develop the qualities as you live this Way, yes.

Participant: ...as you live this Way. So I guess what I was saying is we need to look at what causes us to not want to stand up for the peace.

You see I don't do that myself. I don't look at things before I've felt something. I think this is where a lot of people get confused about the path. I feel what you are expressing are a lot of what I feel are confusing things about the path, which you seem to believe but I don't actually believe.

For a start I don't believe that you can confront fear by sitting at home and feeling your fear. I don't believe you can do that. The only way I have ever confronted any fear is by acting, doing something that actually confronts the fear and then I've allowed myself to feel the fear in the situation and that has then cleared away the situation for me.

[00:58:11.08]

Participant: I feel like that's the only time I've ever released fear as well.

Totally; that's the only time I believe anybody has.

Participant: I have had situations where I've been trying to release fear, but that doesn't work.

Give that up, yeah.

Mary: That's why the feet are so important. When you act to confront fear, when you act towards peace every emotion that is blocking you doing that is confronted.

Participant: It pops up.

Yeah, you can't avoid it. That's the beauty of it.

10.4. Correcting past mistakes (continued)

Participant: The thing that is driving my question really is consistency. I want to become consistent. I feel like I can live chunks of the path but then things happen where I don't respond with my loins girded!
(Laughs)

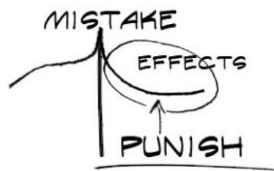
Yeah, so things happen when you make a mistake. Okay, so what do you do when you make a mistake?

Participant: Well I think it's so bad and, "Oh I've done the worst thing," and I don't even realise it but next thing you know I'm frowning and I'm being all bad about myself.

Okay, so you punish yourself?

Participant: Yep

And I'm saying to you that you have an emotional reason for punishing yourself, and that is because you are afraid of actually putting the blame of the action on somebody else who is to blame.



Often we punish ourselves for making mistakes rather than addressing the cause of why we made the mistake

Mary: Or taking responsibility for the act. When we act unlovingly and we realise it and we just go straight into self-punishment, we are not taking any responsibility for what we've done.

Participant: We are not correcting it?

Mary: No.

Participant: We are not doing anything?

No, we are not doing anything. It's a great cop-out. It's a great way to avoid the truth, it's a great way not to be righteous and it's a great way to have your feet running towards violence. We need to understand this; this is very important to get - that when we act, emotions will automatically be confronted. When we sit at home and try to feel our way through the emotions, well I don't know about you but I've never had an emotion come up that way, really. Have you? Haven't the emotions come through taking an action, some kind of resolve and then all of a sudden there is an emotion? Isn't that the way

it mostly happens? And if you had a willingness to feel the emotion then you will feel it. If you didn't have a willingness you wouldn't, you'd ignore it and try to plough on. [01:00:42.08]

Mary: Have any of you guys seen that doco drama “Touching the Void” about the two guys in the mountains? A catastrophic thing has happened, and one of the men is facing a very bad situation. The chips are down, it's pretty bad and he realises, “I just have to keep making decisions. If I stop making decisions all is lost.” And it's the same in life I feel. “I have to keep making decisions, be aware of the decisions I'm making and be humble in the process.” That's the done deal. As soon as we stop, we start analysing and stop acting and stop making decisions, stop wanting to be conscious of our decisions, everything stagnates.

But also many of us rage at God about having to make a decision. (Laughs) But that's what free will is, isn't it? Free will is actually making a decision. Making a choice here and making another choice there, and that's what living your life is all about. Yet many of us get very upset because we are so worried about the mistake that might happen and we are actually living in fear of our mistakes. Instead of going, “No, actually I can correct pretty much every mistake, particularly the mistakes that are done unwittingly.”

It's different trying to correct a mistake that was purposeful, that's pretty hard. If you purposefully want to yell and scream at somebody and you really feel justified doing it, it's pretty hard to go back to the person afterwards and tell them the truth about the situation and try to correct it. And they'd say, “Did you really want to do it,” and you'd say, “Yes I did.” How does one fix that situation? Not very easily. We would need to work our way through why we wanted to. The reality is that when we purposefully do things they are very hard to fix but if we unwittingly do things, things that are mistakes, most of them are actually pretty easy to fix. Most of them just require a little bit of humility. [01:03:10.05]

10.5. An example of a lady acting to stop processing spirits' emotions

Participant: I'm just a bit confused now because you're saying, “Take action, don't stay at home and feel your feelings.” I'm feeling like I've actually made the step of coming out of the grief that I'm beset with all the time, which you told me was spirits' grief, and I need to get to the underlying fear, which came from my mother's anger towards me at a very young age. I feel that I have come to feel some of that terror and that absolutely really intense dread that comes with it; it's extremely intense

and I've managed to find that and to start feeling it. And I feel that's a good way for me to go.

Mary: Can you see that you've taken an action?

Participant: I've just been processing at home and praying.

Mary: Yeah but what's the action that you took that triggered the emotion?

Participant: I prayed about feeling what was my own feeling and to have a desire to feel my own soul and all the emotions.

Mary: So what changed?

Participant: I've started to access that.

Mary: No, but there's an action you took beforehand that triggered the emotion. Beforehand you were totally entrenched with these spirits and then you said, "I'm not going to feel your grief anymore." I can guarantee you did that. [01:04:44.02]

Participant: Yeah.

Mary: That's an action. And that triggered the fear that you have about all their attack.

Participant: Okay, yes.

Mary: So you definitely took action. And when you take action and the emotion is upon you of course feel it, but you definitely acted.

Participant: Okay. Thank you.

The Law of Attraction will always bring you events too, when you go out into the world. You can't avoid them, that is the beauty of your soul and what it creates. If you go out into the world and engage the world, you'll find more and more that you will engage the things that cause you the distress that you need to feel. [01:05:23.16]

Participant: Sure, but I feel like I have such intense on-going, daily, hourly, from minute-to-minute pain that that's often enough.

I can't agree with that. I feel that you're placing a threshold on your pain, thinking that while you have your pain to a bearable controllable limit you are going to grow, but the reality is that you're only growing when the pain is worse than what you believe you can bear. [01:06:06.09]

Participant: It's already driving me absolutely crazy; it's just, like, shocking.

But I think myself and Mary have actually given you enough personal direction regarding what is the cause of your pain.

Participant: The terror of anger.

I don't believe that that is the cause of your pain, but I feel now that we are getting into a personal discussion about your emotions, which is not a loving thing to do for the rest of the audience.

10.6. Identifying the Law of Compensation vs. spirit attack

Participant: How do we know if we are under the Law of Compensation vs. spirit attack?

Spirit attack is part of our Law of Compensation for any emotion. You think about it; if you did not have that emotion inside of yourself then you would probably not be getting attacked. You are open to the attack because of the emotion.

Participant: I kind of meant like if we've done something and we're not sure if it was wrong or right?

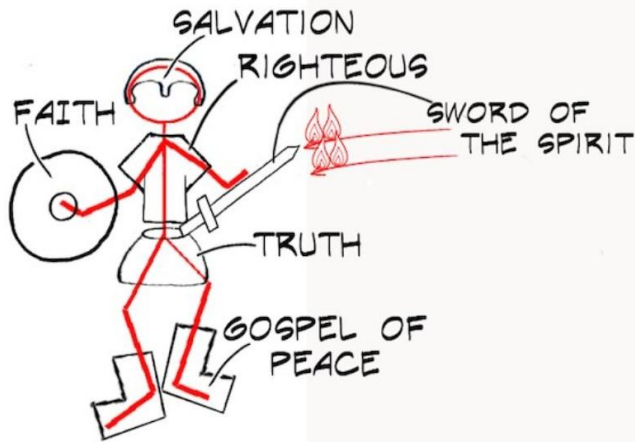
Can I address the issue that many of you have? This is, you make a mistake and then you're very worried that you're going to be punished to bits for the mistake by the Law of Compensation. Like, do you believe God would make a law that punishes you when you're repentant? Do you believe that? Yes, you do, but I'm telling you it's not true! When you're truly repentant for an action there is no Law of Compensation because now you are engaging a higher law, the Law of Divine Love, the very thing that we've been learning about. So when we engage the Law of Divine Love through this action of repentance, why would you need to fear any compensation?

Participant: Because I get all these voices and then I get the flashback and it's like, "Oh shit, I'm in pain."

So what's the motive of all these voices?

Participant: To make me feel bad.

Of course. Which is what the armour of God was about, wasn't it?



The armour of God that protects us from negative spirit influence

Participant: My girder or my loins...

Your girder was down! (Laughs) Yes, that's exactly right! See, if we get told over and over again, "You're a bad person. You're a bad person. You're going to get punished for this," where is that coming from? It's not coming from God, so it's got to be coming from somebody else who's not anywhere near God's development. Because when we engage this Law of Repentance we are now engaging this higher Law of Love. God loves you and God loves to see you notice when you have done something wrong, feel about what you've done, not in a punishing way but feel about what you've done, particularly for the other person that you've done it towards, and to feel the emotion inside of you that caused you to do it. That's repentance. Now when we are in a state of repentance we have nothing to fear... as if we've got anything to fear from any of God's Laws! But there is certainly nothing to fear about the Law of Compensation. It's the Law of Compensation. So any attack I'm getting is not anything to do with the Law of Compensation if I'm repentant, it's to do with the underlying emotion of openness to other people attacking me and my willingness to accept it.

Now you and I have talked about this. The general principle of being open to the attack from other people is something that we definitely need to address. Can you see that if we've got our loins girded with truth, our breastplate of righteousness on, we are not going to allow self-attack and we are not going to allow other people to attack us, even when we've done something wrong? [01:11:13.24]

The reality is that when we do something wrong it does not mean that we deserve to be attacked. God does not attack you for doing things wrong, God never attacks you. Any person who attacks you when you do something wrong is already out of harmony with love themselves. And this is very important to understand; every single time somebody attacks me they are not being loving, no matter what I did.

Participant: Really?

Yeah. No matter what you did, they are not being loving. You might have hurt them in the past, or something like that, but they are not being loving in the moment of attack of you.

Participant: Neither are we on the flipside, hey?

Exactly! Every time I attack somebody else I am never being loving. It doesn't matter what justification I have. If I'm in a righteous rage and I think they deserve it none of that matters. If I am attacking them I am being unloving, it's as simple as that. If I write a nasty abusive email to them, I'm being unloving. If I get on the website forum and sit behind a false name and spew out all this garbage, I'm attacking and I'm being unloving. It doesn't matter what the person's done. If instead of that I'm willing to stand up for the truth, stand up for what is right and speak with love and care for the person then it's different, but many times we don't do that. [01:13:01.11]

10.7. Identifying whether our desire is our own or a spirit's

Participant: I've got part two of this question. This is with the gospel boots or the peace boots.

The gospel boots, yeah.

Participant: I get this thing sometimes when it feels like I'm in the garden getting the mulch and I just feel like there's fire pouring out of me, like lava or something. And I'm kind of confused whether that's my desire or I am being spirit-addicted. How do you know the difference between the two?

It is ethical for you to care for your garden?

Participant: I don't know. It feels pretty good.

What do you mean? I don't know.

Participant: I don't know what the word means very well.

It is ethical for you to care for the environment?

Participant: I guess so.

Of course it is. Why would you not know? Can you see for many of you, and particularly for you, Chris, and Josh is similar as well, you both get influenced by spirits so much that you even question whether something is right or not, and this is just your openness to being told, "You're wrong, you're wrong, you're wrong," and your being willing to accept it. You see, if you have a firm sense of yourself you would say to yourself, "Well I've got a desire to help the environment." Planting plants is a great part of that, and you would go ahead and do it. And if you were in your passion doing it, and enjoying it, you wouldn't be going, "Maybe I'm being spirit-influenced," you'd be going, "This is fantastic I'm in a beautiful place here and I'm loving the plants." [01:14:28.18]

10.7.1. An example of a man being a secret gardener at night

Participant: What if you're doing it in secret, like somewhere where you are not meant to be doing it?

(Laughs) Then I would definitely address that ethical issue. This is where your desire has led you.

Mary: The secret night gardener.

(Laughter) It's a good question though! So this is where the guilt comes and then the spirits come before you know it...

Participant: So is it wrong or right to do that?

What do you think?

Participant: I don't know!

Let's say you had a back yard and you were planting it out yourself, and then some person come along in the middle of the night, like you're doing, and they start planting a heap of trees that you've never wanted and you didn't want in your garden. How would you feel? [01:15:10.13]

Participant: I'd be really happy.

You'd be really happy you reckon?

Participant: Yeah.

I doubt that, particularly if you had an interest in your own garden. I doubt you'd feel happy. You'd feel a bit annoyed. "What is that person doing there? I wanted to plant my gear there and I wanted to do this there." You'd have those kinds of feelings. So don't do that to other people.

If there's somebody you need to ask permission of, ask permission, then go ahead and do it if they say yes. If they say no, go and ask somebody else permission. I've got hundreds of trees at home; you could do it there! (Laughter)

Mary: You don't have to do it at night either. You can come during the day! (Laughs)

(Laughter) The key thing here is to recognise that that part of it is unethical. And once you address the unethical behaviour you might find you have a good relationship with whatever is happening. This is where, when you follow your desire and passion and you go and do something, you will generally find out whether something is unethical or not through an event that occurs that your soul attracts, and then you will be able to address it. You don't have to worry about it so much; you just need to address it when it comes up.

10.7.2. Taking personal responsibility for our lives

You get very afraid because in the past you have been punished a lot for things that you thought were okay to do but they turned out that other people thought that they were wrong, and then you got punished. So you want to ask other people all the time, "What's right?" and, "What's wrong?" There's your lack of self-responsibility. You want to ask other people what is right and wrong so you can avoid the fear of doing something wrong and then getting punished for it. [01:16:57.09]

Participant: So I'm better off doing things wrong.

You are better off doing things wrong.

Participant: And learning from it.

And if you get punished for them, feel that. If you realise that you are out of harmony with love when you did it, feel that. Look through it and sincerely address those issues. It's far better to do that than to keep on asking people all the time, "What's right, what's right, what's wrong, what's wrong, what's right, what's wrong?" [01:17:19.02]

Participant: It's so boring all the time.

Exactly! But it also places the responsibility on the other person for the decisions of your own life and that is wrong; that is not ethical to do. I don't want to be responsible for your life and I don't want you to be responsible for mine. [01:17:38.08]

So more and more I'm resisting people asking me personal questions about their life because I feel they have the responsibility to ask and answer their own questions about their life. I'm happy to provide assistance about God's Laws and Principles, like we've been doing today. But I'm not happy to continually answer people's personal questions about their life when it's quite obvious to me, and it should be quite obvious to them, that they are trying to place the responsibility onto me for the decisions they are making. If I did that you would be in a cult. Can you see that? If I took responsibility and told you what I feel you should do with your life, which is not my right, you would be in a cult. That's why I definitely do not want to do that and in fact it's not right for me to do that. All I can do is tell you the principles that I've discovered in my own relationship with God, to give them to you and then it's up to you what you do with your life. You also need to remember that in your relationships with others. Stop asking them what they believe and start feeling about what you believe. And then act upon that and God will show you through this relationship whether you were wrong and made a mistake or not. That's a beautiful thing. [01:19:02.19]

10.8. Determining whether a desire is ethical

Participant: I just have a little question based on what Chris was asking. When you have a desire do you just ask yourself, "Is this ethical, do I want to do it, do I feel like I really want to do this?" and then just go for it?

Yeah. Ask yourself, "Is this ethical?" And what we mean by that is, "Would I like somebody else doing that to me or not?" Or, "Do I believe this is an ethical thing to do?" Once the answer to that is yes, if I still have the desire why would I not do it?

Participant: For me I just get really intellectual and I try and analyse where it comes from.

Yeah. Who cares where any desire comes from? Honestly. It might be the suggestion of a spirit who's nice or it might be the suggestion of a spirit who is nasty, it doesn't really matter. If you've asked yourself the ethical question and you're trying to protect yourself constantly with the truth that in God's eyes you're worth loving, you're equal to everyone else, and you're protecting yourself with that truth, then it's going to be very hard for you to make a wrong choice with a desire. Many people over-analyse. Do you know why we over-analyse? [01:20:18.24]

Mary: Because we don't want to make decisions.

Because we're afraid. That's why we over-analyse. The reality is that it's very simple to live your life in harmony with God's Truth. You need to just ask yourself the ethical questions, ask yourself what you know or believe the truth to be at that moment in time. You need to have your feet running in that direction and once that happens things will be shown to you. God will explain them to you and the only reason many of you still want to ask me personal questions about your life is that you do not want to make the mistakes yourself, and the only reason you don't want to make the mistakes yourself is that you obviously have some history of feeling afraid about making mistakes. I'm perfectly happy to make my own mistakes and I'm perfectly happy to let you make yours! (Laughs) In fact I'd prefer that, rather than you asking me a question and my giving you the answer. Now I'm to blame for your action. And that's very dangerous and damaging.

10.9. Determining what is real

Participant: I've got a question from earlier on and I'm now confronting my fear of speaking in front of all these people.

Awesome.

Participant: I was just wondering out of those 22 billion spirits that are amongst us and Earth-bound, you said one third of them don't know. How do I know that I'm not a spirit here?

No, these spirits do not have a physical body.

Participant: But how do I know I've got a physical body?

Because I can see it right now, and so even though you might not know, there are about 150 people in here that do.

Participant: I might be imagining that.

See, now you are getting very philosophical and there's not much that I can do with that.

Participant: Oh, okay. It's just a question I had.

Well I feel that we either face reality, or we don't. We can get very philosophical about reality and then go into this philosophical discussion. Philosophical discussions generally do not make us happier nor do they help us resolve any issues in our life. I feel that what they actually do is help us to avoid the issues in our life rather than resolve them. Sure, the question that I would ask myself is, "Whether I am here or not I am conscious that I am here. I feel an interaction with at least 150 or so

people in this audience and I can actually see them and touch them and hug them and discuss things with them.” We can have an exchange.

Whether it's real or not is really immaterial to me. “Am I happy or not?” And that's the real question I feel I need to ask myself. If I'm not happy then what do I do to change that? Philosophical discussions do not create happiness. In fact in most cases that I've found, they actually destroy happiness and cause us to go into states that never resolve any question, and I believe that every question is resolvable but we have to become real about it. [01:23:41.06]

Mary: Can I add to that? I understand that when we hear about all these other truths about things that are not commonly seen, and the spirit world, and the true nature of ourselves, and having a spirit body, sometimes I know in the beginning it feels like reality is being bent out of shape and I have to question a lot of things that I took for granted, or that I never thought about. But something that I believe is that God's Universe is designed to bring us truth in every way. If we desire it He will find us a way to show us what the truth is, as long as that desire is sincere. So with any question that I have now, I decide, “Well if I really want to know this God is going to give me evidence of what the truth is.” And so if I really have that question I would be sincere about it and perhaps use the hypothesis, “God would want me to know the truth about that,” and see what happens. And I think that goes for a lot of spirits who are listening here because I feel there are spirits who are really in a quandary about that. [01:24:53.23]

Some of them don't even know if they are real or not.

Mary: Yeah, but the truth is that God is trying to show them the truth about that pretty constantly. It's just that at the moment they are preferring some denial.

Participant: I was just wondering whether I'm in denial, that's all.

No, I think you're a real person. I can see you but it's up to you and what you believe you see. You see that is just what I was saying to Chris; in the end we can't make other people responsible for what we believe. We need to work our way through these issues and these questions that we have. So my suggestion is to just go with that belief until you're shown differently. Always go with what you believe the truth to be until some evidence points you in a different direction.

Mary: But be open to the evidence though. That's the key, isn't it?

When we are open like that you can see that we won't have fixed opinions until we've the personal experience. The beauty of that is that

we are always open to more truth until the personal experience is given to us.

11. Closing Words

Anyway guys, it must be time to finish. It's been going a long time. We've got three more parts of the armour of God to deal with; we've got the 'shield of faith,' the 'helmet of salvation,' and the 'sword of the spirit' to deal with, so we will do that discussion with you tomorrow in Session Two of “Positively Responding to Spirit Influence.” You're welcome to come along if you want to. Thanks, guys. Thank you. (Applause)

Positively Responding to Spirit Influence:

Session 2 Part 1

12. Introduction

Once you understand how spirits hook into you and what you can do to combat that, and you understand that it's all to do with your own emotional state, then there are so many things that do not affect you anymore. Most of us are heavily affected by negative influence from spirits because of what they are allowed to hook into inside of us. We'd like to talk about that more with you today.

Today we'd like to cover the rest of this "suit of armour" we can put on that we described yesterday in session 1, that helps us with spirits and also helps us, as you would expect, with influence from people on the Earth as well. Of course the difference between people on the Earth and people in the spirit world is just that we cannot see the people in the spirit world who are influencing us. Many times we interpret the words coming from them as our own thoughts and this is where it becomes very muddy for us when we're influenced by spirits.

When you are influenced by a person on Earth you'd usually have them sitting down or standing up in front of you, looking at you, saying the words and you at least know the source of these words. You can also feel their attitude towards you better because you are right in front of them. But when the person is unseen it just makes it a lot more difficult unless you are very sensitive emotionally and can feel the difference between their thoughts and your thoughts and their feelings and your feelings and so forth. While you are open in these ways that we have described it can often be very confusing and very easy for spirits to influence us, and that's why so many spirits are Earthbound - because they find it very, very easy to influence the majority of the population.

13. Apostle Paul's Bible verse on how to resist spirit influence

Shall we proceed with the next part?

Mary: Sure. Shall we hear the verse up to where we have covered and onto the next?

Yeah.

Mary: Maybe we'll read it from the English Standard Version this morning. I like to mix them up.

Mix up the versions. No favouritisms.

Mary: *“Put on the whole armour of God that you may be able to stand against the schemes of the devil, for we do not wrestle against flesh and blood but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armour of God that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened the belt of truth and having put on the breastplate of righteousness and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith with which you can extinguish all the flaming darts of the evil one and take the helmet of salvation and the sword of the spirit, which is the word of God, praying at all times in the spirit with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.”*



Illustration of the full armour of God

Mary: So we're up to *“In all circumstances take up the shield of faith with which you can extinguish all the flaming darts of the evil one.”*

14. The shield of faith

Yes, let's look at this shield. For many of us when we first begin investigating Divine Truth the shield is like this. (Laughter)



Initially we start with a very small shield of faith (illustrated in the right hand of the man)

It's not very effective. It barely covers anything and it's pretty much not usable. But as we progress, and in particular as we progress receiving Divine Love, our faith grows because once we've established a connection with God; then our faith grows.

The problem that we have is "How do we have faith when we are just in that infancy stage of discovering truth?" This is where some basic principles about faith need to be kept in mind. To actually have a large shield of faith, as one of the other translations says, we need to have the ability to grow our faith but also to hold onto a few basic logical principles that will assist us with our faith. [00:08:13.02]

14.1. Developing faith in God and God's nature

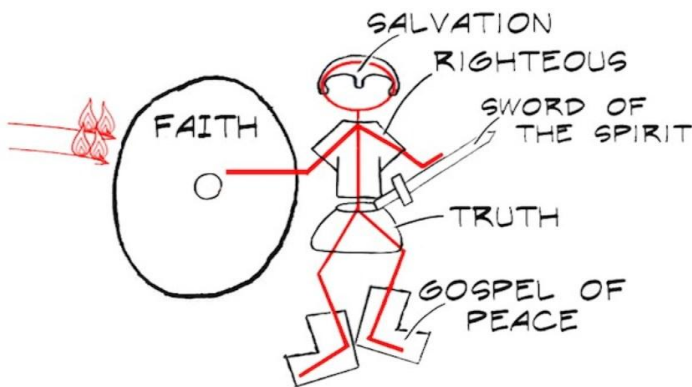
Some of these logical principles are surrounding God and God's nature. We need to have at least an understanding and some kind of faith that God is better than we are. In other words, God is more loving than we are and therefore better than any person that we've ever met here on the planet in terms of the expression of love and also kindness, compassion and other emotions like that. You see, it's our lack of faith in God most of the time that causes us to have a lack of faith in our process of discovery of truth. By that I mean that if we do not have faith that God

is good then it's going to be very, very hard for us to have any faith that we can ever discover truth at some point in the future.

It would be very difficult for us to develop a large shield of faith if we do not believe that God has goodness, so much goodness that God wants to share the truth with all of God's children. This is a primary part of our faith. This is one of the things that we firstly need to logically understand, but as we progress and start establishing a relationship with God we'll start feeling God and then we'll have a stronger faith because we can feel the truth of that logic. But we need to begin somewhere. We need to at least begin with some of this logic. [00:09:48.05]

When we start, our shield might be quite small, and our shield being quite small is established initially through this ability to be able to use our brain in a logical way to determine what God's nature may be, even though we've never really had any personal interaction with God. Then as we receive Divine Love our faith grows, because we've now had a personal relationship with God or we are establishing one.

As we establish a personal relationship with God we start learning more and more and more about God's laws. We start understanding the truth about how God thinks and feels about things. We start seeing our relationship with God, that we can actually establish one and have communication with God where through this emotional communication God lets us know the truth about the world and the universe that we live in. As the number of those interactions grow our shield grows, and eventually we would like to have a shield that covers our whole form, that protects all of us - all of our personal being, our soul, from anything that may be aimed at us.



Having a large shield of faith can protect us from anything that others attack us with (illustrated with flaming arrows on the left)

Now you can see in that process, that the beginning of any discovery point is the time when you are the most easily affected by the influence of other people. As it says in one of those translations, other people 'shoot some darts' at you, or flaming arrows. Back in our time in the first century they often used to conquer people who had shields that were very large; they used to shoot flaming arrows with tar on them and eventually the wood in the shields would catch fire and then of course the person would throw away the shield and that was the way to get through the person's defences. So if our shield is made of a more solid substance, and faith is far more solid substance, then any time any arrow or something that is burning comes at us, something that is intended to harm or destroy us, the faith itself held by our soul prevents the influence from occurring. It prevents somebody else's action from damaging us at the soul level, so we need to think about our faith and how to build our faith.

14.2. Faith affects all aspects of our lives

Remember I gave a talk about faith, "Relationship with God - Faith" in 2010? I think it was in Buderim. In that talk I described in a lot more detail how important faith is for your life. I'm not talking here about religious faith. I'm talking about faith in almost everything that you do. For example, to have a relationship with your partner you've got to have some faith that they want to have a relationship with you in return. They might say they do but you don't know for certain and there has to be some faith in order for the relationship to start to become established.

If you have a new pursuit, something that you are investigating for work or for something that is one of your desires that you are investigating, you always need some faith that you might discover some more truth about that particular thing. That's the whole point of doing it. If you had no faith at all, no idea that something beneficial will come from the interaction, why would you even begin it? [00:13:48.02]

14.2.1. An example of playing a musical instrument

We actually have faith in many areas of our lives most of the time. The person who picks up a new musical instrument only does so because they have the faith that at some point in the future they will be able to learn how to play it. They have the faith that if they go through a certain process they'll be able to learn that particular instrument well enough to play and enjoy it themselves and perhaps even others will enjoy it. Without faith, you would never even bother doing that and yet it's right at the beginning that it's the most difficult.

Imagine if you picked up a musical instrument and you started playing it and nothing's coming out very well and you're just sort of discovering how to press the keys. If it's a guitar it's often buzzing at you as well and if at that point in time everyone around you said, "You're an idiot, you're terrible, you're never going to be good at this," and all those kinds of things and you had no faith, what would you do? You'd just give it up straight away. But as soon as you have some faith, no matter what anybody around you says about what you are doing, you still have the internal conviction that you're going to succeed, and this is why faith is so important.

14.3. How the shield of faith protects us from spirit influence

Mary: In this instance we are talking about warding off spirit influence. Our faith is in something about God, in God being good, would you say?

That's what I feel the basis of the faith is, yeah.

Mary: For me when I feel about faith, it feels like the thing that fortifies my strength to walk in ways of peace. Would you agree with that?

Yes, definitely.

Mary: So when we have this shield of faith, how does it help us directly combat the spirit influence?

Well, as Paul mentioned, the spirit influence is like flaming arrows coming at you pretty much constantly; that's how many of the spirits in the spirit world are acting towards us on a daily basis. They want to attack us, they want to harm us, they want to humiliate us, they want to laugh at us, they want to make fun of us, and some of them even want to kill us. That's the way it is with many of their emotions; that's the way they feel.

We need to go "Okay, this is the stuff that's coming at me. What is going to help me go through all of that stuff and still maintain a relationship with God and with ethics and love? What's going to help me get through all of that?" Can you see that in a way faith is probably one of the only things that is going to help you do that? Faith that things are going to get better. Faith that your own condition is going to improve if you get through this. Faith that God is good and God wants to give you more love. Even faith that you can become at-one with God. [00:17:03.07]

Nobody who has been told that they can become at-one with God has ever become at-one with God on the planet so to actually have faith in it, to actually continue this path, you are going to have to have some faith that it is possible. You're going to have to have some faith that it's possible. That's what I had to develop in myself in the first century. Faith that this

was possible, what I knew based on my logical reasoning that God is good and that God was better than I, and that God had as much love to give to me as I wanted to receive. I had to focus on those particular emotions and that allowed me to develop faith and then develop this relationship with God, and as the relationship with God grew, my faith grew. As I received more love the faith grew; as I received more love again it grew again and so forth.

It's very hard to have faith in something when nothing is happening, have you noticed that? If you look at a relationship, if your partner is saying, "Yes I want to be with you," and then every time you walk down the street, he or she is looking at somebody else and then every time you're not there you hear that they've flirted with this person and that person and so forth, do you think your faith in what the person is saying to you is going to be very big? Of course not. Initially for faith to be established we've got to have some trust that what is being said to us, or trust that it is actually true, but then time and some kind of effort in a certain direction will either prove it to be true or not. It's only when it's proven that faith really begins to grow. You can't really have faith in the end without something being proven to you. [00:19:01.29]

The only way that can happen on this path is for it to be proven to you through your personal experience. It doesn't matter how much information I talk about with you; until you've had a personal experience of it you'll not be able to have faith that it's true. But you might have some logical faith at least, some intellectual faith in the sense that you might at least try to see if it's true. That's where we need to start with the quality of faith, I feel.

14.4. Holding onto faith when it is challenged by doubt

Participant: I've had times in my life where I've felt my faith has grown and then I feel from outside influences that it's been tested incredibly. And then I feel like I question the experience that I had that caused my faith to grow in the first place, so then I find myself giving up on that, going "okay, that wasn't real."

Yes. This brings us to our next thing though. There's a mixture of things going on here. One is that faith is built from some kind of personal experience and then you have another personal experience that knocks your faith around a bit. It's as if it is chipping away at this shield that you have and under those circumstances we don't generally hold onto logic. We become very illogical. [00:20:32.00]

Participant: Yeah, it's easy to hold onto doubt.

Yes. In fact doubt is an emotion that we create because we're afraid. Can I just say that to you again? - Because I feel that many of you don't realise that. Doubt is an emotion we personally create because we are afraid of something.

Mary: Can we not even call it an emotion? Because you can't even process it.

Sorry, it's not even an emotion.

Mary: It's a state.

It's a state.

Participant: Then am I afraid that what I have faith in is not real?

Yes, so feel the fear of that. Or, you have not used your logic. We often have an experience and then we have another experience that confirms the first experience and then another that confirms the second experience and we have four or five experiences in a row that all confirm the truth about something that we seem to be growing in knowledge of. Then all of a sudden something goes wrong in our life.

At that point most of us throw away all of those experiences in our mind because they are all past experiences. We throw them all away and we only focus on our current experience. The problem with doing that is firstly it's not very logical. We've had all these past experiences, which have all established something at least, and by throwing them away we are actually throwing away a lot of our life and experience in this process of what we've learnt. It's not a very logical thing to do. [00:22:08.15]

But also when we are having this negative experience, let's call it, this one that's got a bit of pain in it, and we've got that going on because we are so focused emotionally on this experience, we have a tendency to forget about any logic. This is a very damaging thing to do, and this is why I gave that talk in Melbourne called "The Human Soul - Logic, Emotions and Truth" because we need to have a mixture of logic and emotions to discover truth. We can't just focus on our emotions because sometimes our emotions are going to be very negative and also some of them we actually purposefully create in order to avoid other things. For example, rage is an emotion we generally create purposefully to avoid something else: fear. If we trust our rage we're not always going to be in harmony with truth. We need to have some logic going on in the background that checks us and that also reminds us of the previous experiences.

14.5. Developing faith in ourselves and in God

Now faith is established by those experiences but faith also has this unique quality in that it is future-looking; that is, we look into the future with a degree of hope and a feeling of belief that we are able to achieve something that we currently cannot. I often use the example of flight. People had to believe that it was possible before, and there is plenty of proof that it is possible, birds do it every day, so there's plenty of proof that it was possible. They had to believe that it was possible for humans to do it before they would engage the process of trying to construct something or experiment with the construction of something that may support flight. But if there was no physical evidence around them, imagine how much more difficult it would have been to construct the first aeroplane. There was nothing to copy; there was nothing to even prove that it was possible. That would be very, very difficult, wouldn't it? [00:24:18.21]

In a lot of ways this is how difficult becoming at-one with God is. At the moment for all of us, there is no one around proving to you that it's possible. You don't have a bird flying when it comes to the issue of becoming at-one with God, where you go, "There it is, that's what it looks like, that's what it feels like, that's the kind of thing I want to know," and that is the difficulty that we face. We are discussing a process with you that nobody in front of you has yet achieved and that's where faith becomes difficult; that's going to be all about your relationship with God and reminding yourself about your past experiences.

Mary: I've got a question about that. You are actually talking about having faith. We are used to building faith in ourselves, aren't we? When we pick up the guitar we have the faith that "I will learn this," but this shield of faith is constructed of faith in God isn't it, not in our own capacity? And I just wondered if you would mind sharing with us some of your experience with faith in the first century? When you were becoming at-one with God?

I actually feel that it's both a faith in yourself and a faith in God.

14.5.1. Developing faith in ourselves

Whenever you are discovering something new you've got to have some kind of level of trust inside of yourself that you're capable of understanding it and doing it. Now that is about faith in yourself to a degree. Also many people, when they look at something new go, "But if I follow that and it happens to take me down the wrong path then my life will be a mess." If you have faith in yourself you won't think that because if you have true faith in yourself you'll feel yourself going down the wrong path

and you'll go, "I can change this at any time. I can fix this at any time. I can stop and choose another path." You have a belief in yourself, and that's what I would classify as a faith that it is possible for you to see something going on that you do not like or you cannot accept and then to change your mind and to walk another path.

If you have true faith in yourself you will accept that. If you don't have faith in yourself you'll accept what everybody else tells you. This is how many people stay in religions all of their life when they don't really agree with them; they continually accept what everybody else teaches them without actually feeling for themselves whether it's right or wrong, and then trusting their own feelings and having some faith in themselves that they are allowed to walk a different path.

God has given you free will, so God is allowing you to make any choice you wish at any time you wish and you can change your mind any time you want. You might listen to AJ for six months and go, "Yeah, it's a crock of rubbish," (it might not be said quite that politely) and then you might go, "No, I'm not going to listen to that." And then three years later you hear about it again and you go, "Oh yeah I remember that. Last time I thought it was rubbish, but I'll have a listen." And then you listen, "Oh, maybe things are not so much rubbish anymore," and you can change your mind at any time. The beauty of the discovery of truth on this planet and in the spirit world is that you are allowed to change your mind at any time. In fact you are so much allowed that God will not punish you for changing your mind because God is good. God will never punish anybody for changing their mind or making a mistake.

Our belief systems here on Earth prevent us from changing our minds and our belief systems here on Earth do not allow us to contemplate making mistakes. If we have faith in ourselves, we will contemplate walking in a direction that is potentially a mistake, knowing that we have enough knowledge and enough feeling in our heart to determine whether it's a mistake or not and if it is, at some point in the future to then change our minds. To change the course of our life, this is what self-determination is all about.

With the question that Mary asked, in the first century I had to first have enough of a concept of myself to understand that I could change my mind and discover new things whenever I wanted. This was a great help to me. I'm not really sure why, but at a very young age I could feel my parents had certain opinions and I couldn't agree with them. Unlike most people on Earth I did not feel like I had to either. By the time I was eleven or twelve years of age working with my father in carpentry and the building business that he had, I would sometimes argue with him. (Laughs) I would sometimes say, "Look dad, I can't agree," particularly when it came

to discussions about the messiah. My father was a Pharisee and he was very focussed on the messiah coming and also on trying to force me to believe, in the first century, that I was the messiah. I would often reason with him, asking him what he expects the messiah to be. He basically wanted this warrior king and I would say, "No, no the messiah is not going to be like that." And my father would disagree and then we would have a bit of an argument about it but I did not feel that I had to agree with him. [00:30:11.13]

Why do we feel like we have to agree with people? Because we're afraid and because we don't have any faith in ourselves. We don't have to agree with anybody. You do not have to agree with me. I'm not expecting you to. All I'm doing is presenting some things to you and giving you the space and time to do what you want with it, whatever that is. That's all anybody who presents anything to you can do, isn't it? Isn't that the same thing that happened when you were at school? Although I don't know if they gave you the space and time; there was often a deadline, a Friday test, and you're there on Friday swotting up for the test.

Divine Truth is not like that. You are not swotting up for anything; this is life. That's why we call it "The Way." It's the way of life and you can choose to follow it or choose not to, or choose to half-follow it or quarter-follow it or one eighth follow it or 5% follow it, it's really up to you. If you have some faith in yourself you'll be able to do that and then later on decide to change your mind, if you want to.

You won't have fear. A lot of people say, "Oh it's a cult starting and these people want to control you and they want to take all your money," and all these kinds of things. These things that are said are all said because people are afraid. It's not their personal experience with me. It might be their personal experience with somebody else that they are talking about but it hasn't been their personal experience with me. They are just afraid.

When we have some faith in ourselves we are not afraid of making a choice where we later go, "It probably wasn't such a good choice," and change our mind, we are not afraid of that. So I feel that the first level of faith is all about having some kind of faith in yourself and your personal ability to intellectually and feeling-wise acknowledge truth and see when something is wrong, and to question it. I don't believe it gives you the right to be angry or in a rage about it, just to be able to question it and change your mind and to change your course of life as a result. [00:32:24.13]

14.5.2. Developing faith in God

So if you at least have faith in yourself you will be able to do that. That is the beginning of faith I feel. Once you start doing that and you start developing this relationship with God and using a bit of logic, which we'll talk about in a minute, you start establishing faith now that comes through relationship with God.

This is very similar to, for example, faith that would come through my relationship with Mary. Initially we might establish a relationship. It would be Mary and me in a relationship with each other. We might not know each other very well when we begin, but over time and experiences I get to know Mary's character and she gets to know mine. When you think about it, this allows faith in the character and nature of the other person to either grow or to be destroyed, doesn't it? The more you get to know the person, the more you might see either their integrity or their lack of it. You might see their sexual integrity or their lack of it, and as time goes on your faith in that person will either grow or it will diminish depending upon the experience. What I am suggesting with this shield of faith is that our faith will grow once we have this personal experience with God.

This is why we said at the start of this discussion yesterday - our relationship with God is something we must never forget when we're talking about the principles of the Way, the path to God. It's not about avoiding your pain, it's not about making your life better, it's not about, you know, becoming some superhuman. It's not about any of those kinds of things. It's about a relationship with God. If you establish a relationship with God your faith will grow but a relationship with God can only be established through this feeling process with God. As your faith grows you now become more firmly convinced and people in the first century were so convinced that they were willing to stand in an arena with 100,000 people around them shouting for their death and have a heap of lions come out and tear them to pieces. That's how much faith they had. That's a lot of faith, to be placed in a situation like that and still trust God's goodness. That's a lot of faith because they had not yet become at-one with God but they still had enough experience in their relationship with God to know that God was good. So that's how I feel about the importance of this thing. [00:34:59.21]

14.6. How faith in ourself and God protects us from spirit influence

If you look at our spirit influence issue with this, can you see that if you have a little bit of faith or none at all, somebody just has to make a

suggestion to you and you'll go off on another road? If you have no faith in yourself and no internal conviction in yourself, somebody will be able to suggest, "You're not a very nice person," and you'll be thinking, "Yeah, that's probably true." Somebody will be able to say to you, "Oh I believe that we all come from Martians and everything." "Oh yeah, that's good. I'll go down that level of investigation." And I'm not saying not to go down that level of investigation, I'm saying that if before that point in time you had investigated it and you firmly believed that not to be true, but somebody can just speak to you and then you are off on that course of action, then that to me indicates a problem with your own faith in yourself and faith in your own analysis.

In addition, if somebody suggests to you (and this is more the suggestions that are coming at us from spirits), "You know that woman over there - just check her out, have a relationship with her" when you are already in a relationship with somebody else, and you're so easily led that you just walk off and do it, then that means that you have no faith in yourself. You've got no personal integrity, you've got no honour of the truth, your feet are running to some kind of violence in a relationship, and there's no righteousness involved. Your heart is being led by a desire that's out of harmony with ethics and there's no conviction. So what's going on there? There's no faith at all, not even in yourself in that place. [00:36:50.13]

I believe that faith begins firstly with some faith in your ability to make your own choices and decisions and to determine the course of your own life. The second layer of faith comes when you choose to make the choice to connect with God through a relationship and in the experience of that relationship you feel God and now your faith in God and God's goodness will continue to grow and that will convince you whether the Divine Truth is the truth or not. That's what will convince you.

Mary: It seems to me you're talking about the shield of faith and that we first build it in terms of having a good sense of self and knowledge of our own will and our own capacity to make decisions and a knowledge of our own character. What is my desire? Do I want to be a good person?

What are my intentions?

Mary: Do I want to grow? What are my intentions? And then it seems you are saying that through exercising that I can begin to develop a relationship with God, which then gives me faith that God is good and God does want what's best for me and God will support me if I follow His Laws.

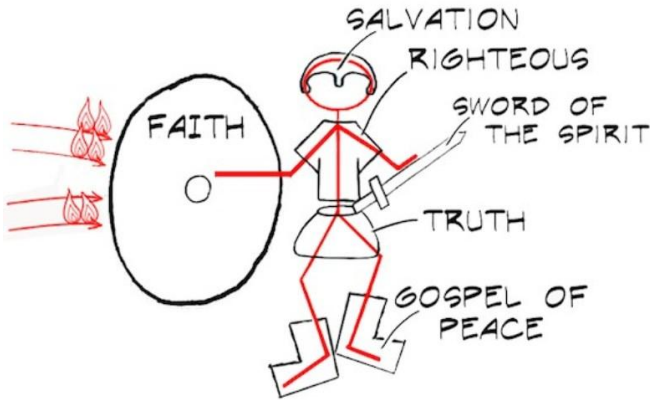
And also that God has the capacity through that relationship to educate me to tell me more truth that I have not currently understood or obtained. [00:38:29.29]

Mary: Yeah. What occurred to me as you were speaking was that, in order to have a good sense of myself I must be humble and in order to develop the relationship with God I must also be humble. So they seem like partners in a dance that I have to marry together; this desire to know myself and to know God, which I know we've talked about ad nauseam.

We talk about it ad nauseam. (Laughter) Do all of you feel sick to the stomach about that?

Mary: I love talking about it but sometimes I think people feel a bit sick. (Laughs) But then it occurred to me that the flaming arrows; a lot about the way that we can be most attacked is when we are attacked about our sense of self. And attacked about the nature of God. And then I was feeling about how many of us carry these feelings of a terrible sense of worth and terrible disillusionment with God. And if we were to start there, then they are the building blocks of faith and also protect us against further attack on those issues.

That's very true. Does everyone understand what Mary's saying? We are often being attacked through these arrows coming toward us. We are often getting attacked and obviously there has got to be some way to repel the attack. If we can't repel the attack then it is going to hit us and potentially, if we are in a war here, one arrow hit in the wrong place and you're a goner. This is often the case spiritually as well. One arrow hit in the wrong place often makes us a goner for many years, for hundreds of years with some people that I've seen. Some of our friends in the first century, two thousand years and they are still a goner in the sense that they are still in the place where they are angry, resentful, rageful, in the hells. These were our friends who knew us. Because of some offence that they took, because of some underlying emotion they were unprepared to feel, the lack of humility that they had, they are still there. [00:40:48.11]



The shield of faith protects us from many arrows of attack

Mary: So if I build my shield based on this knowledge of myself, then growing into this certainty about God, I'm going to be able to repel all of those attacks.

Yes, and also with the knowledge of ourselves I feel it's very important to understand, it's not just a knowledge of yourself but a knowledge of your capacity to change your mind at any point. The knowledge that you are allowed to make a different choice if you want to at any point in your life. This is where I feel there is a huge problem with most organised religions on the planet and also most other pursuits. They force you into a certain train of thought and then if you change your mind, what happens? You get condemned, degraded, humiliated, all sorts of methods to keep you under control. This is not your relationship with God. God does not do this with you. Even if I did that with you God does not do that with you. God never does that. This is what is important to understand. [00:41:59.05]

Participant: I'm just trying to see if I've got it clearly in my mind. I think I understand that if I have faith in myself, that faith in myself will help me to determine the source of the voice, or the thought or whatever, but it's faith in God that will help me to determine the loving action or the truth of it? Is that right?

The faith allows you to continue on your path, whereas the truth will be determined through mistakes you make and other things that you might do and you will get feedback. I don't feel that the faith will necessarily help you to decide what is the right or the wrong thing to do; the faith just keeps you plugging away at trying to find out what is right, whereas other things such as truth, and looking at ethical and moral behaviour as we talked about yesterday, these things determine what is right and what is wrong. But even if you don't know what is right or wrong, faith will keep

you plugging away at discovering the truth about that because you have a faith that God wants to give you all truth. [00:43:23.03]

Participant: So the faith in God is really the faith that no matter how many mistakes I make or how many wrong turns I take, God is always there saying, “Just hang on a minute, have a look at this, maybe you want to consider this and that.”

God is always loving.

Mary: Loving you.

Always loving you. Every mistake you make, God's not like a parent that bends you over and belts you on the backside, God's not like that. Every mistake you make, God realises there is an automatic thing that goes on because of the laws. Sooner or later you will feel every mistake you make. God knows that so God doesn't have to punish you for anything that you do wrong or actually reward you for anything that you do right, either. The reward is intrinsic in what happens in your life. Once we just start to understand that "God is always good to me no matter how bad I am, no matter whether I chose to be bad or made a mistake and was bad as a result of the mistake, God is still good to me." And if we have that amount of faith in God, that God is always good, then we will plug away trying to discover the truth even when we get attacked by other people. Even when everyone says we're an idiot and so forth we will still plug away. [00:45:43.12]

Participant: So it's the faith in God that keeps me going?

It keeps me going. Yes.

14.6.1. An example of Mary getting attacked

Mary: Can I give an example from my life? Yesterday we talked about girding our loins with truth, where truth is the things that I know for sure. As we talked about yesterday, when I carry those things, even in my head but also in my heart, that does help a lot to keep me spiritually safe.

Mary: We get attacked a lot and whenever there is a media campaign we get a slew of emails telling me that I'm a silly woman or that I'm a slut or they want to do something horrible to me. Or we're actually ripping people off and the poor people, and that I am going to hell and all of you poor people that I'm hurting; all kinds of stuff. How could I ruin my family? All kinds of things.

Mary: These feel like arrows and sometimes when I feel really low, they hit me, and I go into a place of feeling terrible about myself. I think, "Wow, it feels like the whole world is against me and what is really going on? Is it really bad?" And I haven't got everything figured out, I haven't really come to terms with who I am and I get into this thing, "I really should have it all figured out, I should be perfect, am I doing exactly the right thing all of the time? What if somehow this is all wrong and all of this horrible thing can happen?" [00:46:24.21]

Mary: But I could bring it back to faith, and sometimes I've had to go really low in that place in order to remember faith. We talked about the two aspects of knowing myself and having this feeling for God, and if I search inside myself, I know "Hey, I know I want truth, I really know my heart is to serve, I really know that I want to grow, I know these things about myself. So if I keep walking in that way in humility things can't get worse, they can only get better. And I know I have received God's Love, I know God loves me. No matter what all these people feel about me, God loves me, and I have faith that God will bring me truth because I've had that experience. God will bring me truth if I keep desiring it."

Mary: That helps me ward off so many arrows because I go, "Hang on, when it all comes down to it, I don't have to know all of the truth right now. I just can walk in faith knowing this about myself, that I don't want to harm anyone, that I really sincerely desire forgiveness and love for everyone in my life." If I walk with that knowledge and I also walk with the knowledge, "I know God that I'm not perfect yet but I know that you're telling me that I'm lovable and that everyone around me is lovable," then I can keep walking towards truth and I don't have to have it all right now.

Participant: So Mary, in that example, when you spiral down into those periods of self-doubt, those are the flaming arrows coming at you, aren't they? The barbs shooting at you trying to push you off course, trying to foster self-doubt.

Mary: Yeah, trying to foster self-punishment really. And that is spirit attack.

It's also another thing though, isn't it? For Mary there's still this feeling that the way to avoid the rage of others is to be upset with herself and then that sort of alleviates the rage of others. [00:48:47.00]

Mary: If I question myself I don't have to feel how painful it is that other people are doing this to me. As with everything, if I'm self-reflective in my spiral I learn a lot about my emotional self and that actually

happens far less than it used to because I've recognised this desire to placate rather than feel.

Participant: So the faith in yourself then is where you're recognising, “No, hang on a minute, I know this”?

Mary: “I'm not like this. I know this. Why am I all of a sudden accepting this when a week ago I knew this about myself?”

14.6.2. Having faith in our ability to grow and change

Even if you've done something wrong, Linda, even if you've done something wrong on purpose you can still sit down and go, “Okay I definitely did that wrongly and I definitely did that on purpose. But what's my underlying intention? Is my underlying intention to fix this, to make this better? Or do I still want to do more things wrongly?” Now if you are self-analytical like that, you'll go, “Okay, if my intention is to make it even worse, then I need to have a very good strong look at myself to analyse my intention. But if I believe that I am capable of change I will at least believe that I am capable of analysing my intention even when it is negative and change it.” You'll believe that. This is what I mean by the kind of faith you need in yourself. [00:51:20.09]

Mary: Yes. Many of us have evidence that we can change now and yet sometimes we reach these points where we go, “I did it wrongly and I can't change it,” and it's not true because as you spoke of earlier I have the evidence of past experience to show that I'm not the person I was three years ago.

We're not really suggesting that you need to have faith that you're a good person when your actions would demonstrate that perhaps you are not so good. What we are suggesting is that even if your actions are demonstrating to you that you are doing things that are out of harmony with love, you need to have enough faith to know that you can always change your life, you can always change who you are by actually analysing and feeling your way through why you are doing the things that are negative. This requires humility to examine yourself but it also requires faith, a belief in yourself that you are capable of change. Because otherwise, you will just throw your hands up in the air and say, “I may as well be as bad as I can be,” and to be honest, a lot of people on the planet have actually made that choice. They've made the choice to be as bad as they can be because they don't have any faith that they can be better.

Mary: And can I say I've been that person too? I shared with all you guys a lot of things that I've done in the sleep state where I was just, like, “I'm

bad and I'm going to be bad and I don't have any faith that I can change and I'm angry about what's inside of me," and it took faith to move from that place. And I'm different now. It took faith not only in myself but this is where a relationship with God is so beautiful. The knowledge that God loves us even through all of that also helps each of us to change.

Yeah.

Participant: Thank you, that's really helped to clarify that.

Imagine, in Mary's experience where she was doing those things in her sleep state, if there was no faith inside of Mary, she would probably also have thrown her life away on Earth to a large degree. Rather than actually being self-analytical, going through the process of humility, realising what's going on and wanting to change it, there had to be some faith all through that process that she was capable of doing that. That's why faith is so important. [00:52:38.14]

Faith in yourself is so important even when you are bad as you could be. Even if you are a murderer and a rapist and you know, whatever it is that you can think of that is the worst thing that you could be, even if you are those things, having some faith that you can change is such an important quality to help you grow.

Mary: Often some of you guys share with me that seeing me change gives you faith, and so we can look around us as well and say, "Well, I've got evidence even though I feel like I'm a terrible person and I can't change, I've got evidence from just seeing people around me. I know we are all equal in God's eyes, so if they can change I can change." So there's a lot of ways that we can build faith.

If you just held onto the faith of that one thing, that you are capable of change in a positive direction, can you see how much less influence spirits would have on you than when you allow yourself to get into big depressive spirals, going, "I may as well give up, it's all pointless. Let's go and have a drink and go out and have sex with this person and that person, let's just do everything possible that is bad, I may as well give up"? You just give up and then just be as bad as you can possibly be. That only comes from a lack of faith in yourself. [00:54:16.25]

Participant: Throw in the towel.

Mary: Yes, throw in the towel.

As the saying goes. Yeah.

14.7. Differences between having faith in oneself and being arrogant

Participant: Hello. I feel like I've got the self-trust thing more these days but with faith in God, how do we strengthen that? Because I feel like I have faith indirectly where I pray about something and then my prayer gets answered and I'm like "Wow, God's really there for me," but how do we strengthen that feeling?

Can I first say to you that faith in yourself is not the same as arrogance?

Participant: Thanks, okay.

Okay. Arrogance is where you feel that you're better than other people or you feel that you know more than other people and that you have more worth than other people or those kinds of emotions. Faith in yourself never becomes arrogant. It's very important for many of us to understand that just because you've heard Divine Truth that does not make you better than anybody else and just because you might practice it that does not make you better than anybody else in God's eyes either, actually. [00:55:43.25]

Participant: Yeah, I kind of meant more the trusting myself to follow what I feel and...

Yes, but what I'm suggesting for you personally is that there is also this arrogant part that has developed.

Participant: There is.

Where you do feel better than other people who are not there on the path, or do feel better than other people who are not practicing the same thing, you feel like you know more and understand it better and those kinds of things. That's not the kind of trust in ourselves that I'm speaking of, and in fact that kind of trust in ourselves indicates that there is a problem. That needs to be addressed. That's very different to having a pure faith in yourself, which is a faith in your ability to be humble and eventually see everything clearly by following a process. That kind of faith is not arrogant at all. It's very open to people saying things to you and everything else and it's even open to getting hurt but it allows itself to hold on to the pathway of correction. That's one part. The second part of your question? [00:56:56.24]

14.8. Developing faith and trust in God

Participant: So you're suggesting to me then that if I develop my real self-trust, not just this self-deceptive thing that I think I've got going on, I will strengthen my faith in God as well?

Well you will naturally be more humble and you will naturally see more things coming at you that need to be corrected as a result of that. But you will have enough faith in yourself to know that you are able and capable of correcting these things with God's help. This is where our faith and trust in God also has to begin to develop. Once we have faith and trust in God we start trusting that "Even though it looks impossible to me at this point in time to change something inside of myself or feel my way through a certain emotion that looks terribly overwhelming or become a different type of person than I currently am, from God's perspective change is possible and with God's help all change can occur," and then we actually start putting even more trust in God than we have in ourselves. [00:58:02.19]

If we analyse things right from the beginning we can see that we ourselves are imperfect creatures, are we not? When we start this process all of us are imperfect creatures. God is not an imperfect creature. God is perfect in all His ways. Everything God does is perfectly attuned to everything in the universe because everything is based around love. Everything that God does is based around love and truth. Because God is the perfect creature and I am the imperfect creature, as my relationship with God grows my faith in God is going to become greater than my faith in myself. And my trust in God will become greater than my trust in myself. That makes logical sense, doesn't it?

14.8.1. Trusting people who are brighter than ourselves

If a person is perfect they are more trustworthy than a person who is imperfect, even if the person who is imperfect is yourself. So we can trust somebody, any creature, including Celestial spirit beings and so forth, who are more perfected than us; we can always trust them. When I arrive in the spirit world, I can trust anybody who is brighter than me more than I can trust myself. Imagine I arrive in the hells of the spirit world and I get really dark and then this person comes along and he's a bit brighter than me. He's not much brighter but he's a bit brighter; this tells me straight away I can trust him more than I can trust myself, so I should listen to what this guy has got to say because he's more trustworthy than what I am, myself. [01:00:43.27]

Now if I were in the spirit world and I had a Celestial spirit come and he's really quite large and bright and he's very happy and joyful and his life is

demonstrating that, I go, “Wow, I'm a bit dark and he's really, really bright. I can trust him a lot.” I can probably trust him with almost everything he's got to say.

Mary: That's when I get out my notebook and go, "What have you got to tell me?" (Laughs)

And away he goes and you listen in and you listen in and whatever time he is willing to give you, you'd love to have because he's a person who is even more trustworthy than your own self.

14.8.2. Trusting God above ourselves

Now let's look at God. God is the most trustworthy being in the entire universe. Eventually you will come to see that if there is a disagreement between yourself and God then who do you trust? Well you trust God. Not yourself. If there is a disagreement between yourself and that very bright Celestial spirit who do you trust? The bright Celestial spirit, because they are brighter and therefore there's an indication that they have more truth and love. This is what will happen with us as we grow.

We will get to the point where we understand that our trust and faith in God will sort of start growing out of our faith and a trust in ourselves. It will be like a seed. The fertile soil is that faith and trust that we have in ourselves that we can change, that we can grow, that we can become better people and we can become more loving and more happy and more joyful and all those things. That's the seed that starts growing but in its growth, in this connection with God, we start growing so much that we start realising that actually, I hardly need to trust myself anymore now because I've got another person who I'm in contact with more constantly and now I can trust God more than I can trust myself because God is better than I am. I can always trust somebody who's better than I am far more than I can trust myself. That's what I feel the relationship is between the two faiths, if you like. Faith in yourself, faith in God. [01:01:58.21]

Participant: Yeah that's really humbling actually. I can feel that difference.

Yeah.

15. Audience questions

15.1. Determining which spirits to trust

Participant: Hi, AJ. I'm from Brazil. I'd like to ask this because after

your talk in Brazil I felt that the spirit guides thought they are guiding us. It's so easy when maybe you are in your spirit body, you know who you can trust, which guides you are able to trust. But here we cannot see and we in Brazil thought the guiding would be from a high level of spirit guides, we think they are better than us, so we give our power away to them. How do we know which of the spirits are brighter than us and who we can trust?

Well firstly may I point out that whenever we give our power away to anybody we are automatically out of harmony with love of ourselves? Even God does not expect us to give our power to God. God gave us power as a gift that we can then use. God doesn't want the gift back. God doesn't want us to somehow give our power back to God. God wants us to use the gift of our power, which is also very similar in a way to the gift of our will in a direction of our passionate desire. That's first. [01:03:46.21]

If we have a basic understanding of truth, we are ethical in our behaviour and we've got this shield of faith where we have a firm connection with ourselves that has developed, where we understand that we are always capable of change, and we are always capable of growth, and we have feet that are not running to violence but are standing firm for truth all the time. Anybody who converses with us who tries to convince us of something different to that, we won't accept the conversation. We may converse but we won't internally go, "I've got to do what they're saying to me."

The big problem we find with many people who deal with spirits on a daily basis is that they automatically accept what is being said without feeling about any of those factors: whether their will is being influenced, whether their faith is being influenced in a direction that they don't want to go, whether they are being influenced into some kind of violence or some kind of attack, whether they are being influenced away from the truth they have already received. And I feel that this is why a lot of people who are in spiritual circles find it very difficult. They give away their power, as you said, to the spirit and that's no different than giving away your power to any person on Earth, it's exactly the same thing, not something that God would agree with and not something that God wants you to do. But it is something we need to look at emotionally - "Why do we do it?" Most of the time we do it because we do not want to take personal responsibility for our own choices and decisions, which is an ethical thing. Remember yesterday we talked with the heart about ethics? That's an ethical thing. If I want you to take responsibility for my life I am not being ethical with you. [01:05:42.21]

Quite frequently we see in spiritual circles that people are not being ethically honest with the spirit and therefore they are going to attract spirits who are not ethically honest with them as a result. If I am ethically

honest I'll go, "I don't want this spirit to tell me what to do, or what I should do in my life, or follow their directions on a day-to-day basis. I want to make my own decisions and choices but I want to bring those decisions and choices into harmony with love." If the spirits are going to help me bring those choices into harmony with love then I'll accept their help, just like I would accept any person's help on Earth who wants to do the same thing. But if those spirits want to influence me to give away my power to them and give away control of my life and I wake up every morning going, "What do you want me to do?" and I go and do that, now I am completely out of harmony with ethics and love. I also have no honouring of myself.

Remember, the loins girded with truth was about honouring yourself and your right and your own will, your own power, your own choice to make decisions that you can make any time you want, and we don't give away that power to others.

So I feel for many people in spiritual circles they are so used to giving their power away to others. They give away their power to a minister, they give away their power to an organisation such as a church or something like that, or they give away their power to spirits or they even try to give away their power to God, thinking that that's even possible. One thing we need to all come to terms with, God's got enough power of Her own. She does not need yours. (Laughs) [01:07:36.02]

Participant: Is that the reason why the spirits thought they were helping us and guiding us, because we gave this responsibility to them?

Yes. When you give the responsibility to somebody else to guide your life, if they are not ethical in their nature that person will take that responsibility and run with it.

Participant: But they think, they believe, they truly believe that they are loving and they are bright and they are they're guiding.

I agree, but the reality is that just because a person believes they are loving, it doesn't mean that they are. If we have some faith in ourselves and in our relationship with God we will finish up discovering who is loving and who is not.

Participant: That's right.

Whether they say they are loving or not won't make any difference to us. We will guide the choice by how they have acted with us and how that feels to us. And in our relationship with God eventually we will even sort that out.

Sometimes when we initially do that, we may think certain things are loving that aren't but then as we grow and as we grow towards God we iron those things out of our life and then we realise, "Wow, back then I thought it was loving to just pander to somebody's emotions. I thought that was loving but now that I've grown a bit more in love I realise "Wow, that is not very loving. It has actually helped the person to not take responsibility for their life, helped the person do a lot of damaging things to themselves, so I can see that it's unloving." Just because a person claims they are loving does not mean they have learnt how to love. [01:09:10.13]

Participant: That's right.

It's just their current understanding of what love is.

Participant: Yeah, I think it was beautiful that you went to Brazil. Thank you for that because I think you opened the minds and the hearts of many people, even the spirits. They realise the arrogance they live in and it was beautiful that the truth is coming out to them. So hopefully in the future there's going to be better work with the spirits and us because in Brazil I feel so many mediums are already giving love, they work in spiritual centres and they want to help. Their intentions are really good.

Yes I agree.

Participant: But the work needs to be in more harmony and loving. So it was beautiful that many spirits started to realise that they need to grow, they have to grow a lot, and lots more to learn. Hopefully in the future we could all work together in a lot of ways. So thank you.

I feel very strongly that places like Brazil have huge amounts of potential, if they only recognise the spirit influence and the spirits themselves who are influencing recognise that the spirit influence on the people is not yet in harmony with love as God defines it. I feel once that happens there is so much potential in that country for growth. [01:10:37.01]

Participant: Yes it's beautiful. Thank you.

Mary: Could I just add something to that?
Just budge in darling. Mary's feeling a bit shy today.

15.2. Differences between trusting and giving away power

Mary: I am. I don't know what's going on, anyway... Something we talked about through our exploration of "Through the Mists" was the fact that God has demonstrated a lot of mercy for us here in the nursery of our soul on the Earth plane in that consequences aren't immediate. We have

time to figure out that we've made a mistake and remedy it before we are consigned to the hells and a really horrid environment. Something occurred to me as you were talking about this idea of there being a difference between trusting and giving away our power. Trusting is about having a relationship with someone but also staying very connected with ourselves. I have this idea that God is demonstrating a lot of mercy to us here in that we are able to stumble, get back on the horse, stumble again, figure things out and learn before there is immediate justice or consequences placed upon us. In doing that it means that we develop all of these qualities really firmly within us.

Mary: If we just arrived in the spirit world and everything was, “Oh, trust the brighter one,” can you see how we miss an opportunity to really discover and develop these qualities within ourself? So I feel that that is a real gift. Often we feel frustrated, like “Why can't I tell who is the brighter one like in the spirit world. This would be much easier.” But if we can embrace it as a process of actually developing the qualities of faith, understanding truth inside of our soul, really understanding what is right, what is right in the eyes and the heart of God, those kinds of things, I feel that we start to see the gifts of the mercy.

15.3. The benefits of developing the qualities of the armour of God while on Earth

We find that many people who have not developed these qualities of the armour of God on Earth and arrive in the spirit world, spend many, many years trying to develop the qualities and generally have a lot of difficulty. The people on Earth who have developed these qualities, no matter what religious or non-religious faith they are from, they might even be atheists, are often the ones who do the best in the spirit world. [01:13:07.24]

Mary: By far and wide, yep.



Qualities of the armour of God

The people who do not develop these qualities on Earth come to the spirit world devoid of them and when you come to the spirit world devoid of a whole heap of really important qualities it's very, very hard to develop them when you are in an environment that is not conducive to developing them.

Imagine if we did not develop any of these qualities and we arrived in the spirit world without any of them. We would usually arrive in the hells or the first sphere of the spirit world. Every person around us would not have any of those qualities either. Now could you imagine how difficult it is to develop these qualities when you've got no-one mirroring it, no one talking about it, no one discussing it, no one mentioning it to you, no one helping you understand it, no one modelling it as a role? It's so difficult to learn under those circumstances. This is the opportunity we have here on Earth.

Mary: This is also why the Natural Love Path flourishes in the spirit world.

And on Earth.

Mary: And on Earth. Because when you arrive in that state without having developed any of those qualities and someone brighter comes to you who says, "You just need to do this different thing," then you change your action and not necessarily your heart. So faith has not grown, an understanding of truth has not grown, you just begin to modify yourself in order to get to a brighter location and the soul work has not even commenced. That's why a lot of people get to the sixth sphere and realise, I've got to go all the way back there and really start to know and develop my soul.

Mary: I just feel that there are so many gifts in this experience. It feels messy. It feels painful. We feel like, "Whoa, are we ever going to get it?"

But there are so many gifts and I just see so much beauty in all of you guys who are taking these steps. Because a few centimetres' faith developed here is like a metre's faith when you get there. (Laughs) Because people who have none find it really hard to develop once they hit the spirit world.

15.3.1. Differences between the Divine Love Path and Natural Love Path

Yeah. It is possible to act lovingly without feeling more love. Many of you have already tried that and you know that it is possible. You know it is possible to act more lovingly without feeling more love. On the Way, the path to God, you are going to have to feel the love before you will start acting more lovingly. That's the primary difference between the paths. And these are the qualities that are going to help you to develop in this love.

Once you have these qualities you are going to constantly want this relationship with God and that is what is going to help you have the love that you are then able to automatically display to others without having to try. Remember, I keep saying this many times, "Without having to try." See, at the moment if you think about it, many of us have to try to be more loving before we are more loving. This is an indication that we have yet to really be on this relationship with God because if you develop this relationship with God properly you get to the point where you don't have to try and you are more loving. It's not something that you have to struggle to do.

This is why most religious forms on Earth don't work, because everyone's in a struggle to try to be more loving rather than the heart actually changing and becoming more loving. We need to have enough faith in God to understand that God's Love will transform us if we only have this connection. God's Love will transform us into this point where we receive Divine Love and it changes us and helps us become more loving through the reception of it. [01:17:08.12]

15.4. Common reactions to bright spirits in the spirit world

Participant: I think part of my question has already been answered, but when you were answering Aurelia's question and you were talking about trust, where you will see a brighter spirit and you will just go, "Oh I can trust this person," I was laughing my head off because that just feels crazy to me.

It feels crazy, yeah.

Participant: Like, I have to get out of my own way to be able to do that. I'm so just so scared of... I don't know.

You know what most people who see a brighter spirit in the spirit world do initially? Run. (Laughs) The brighter spirits are more trustworthy than they themselves are, and they're running. The person they need to start running from is themselves, logically, under those circumstances, but instead they start running away from a spirit. Or they go, "Yeah he looks a bit strange." "He's a bit different to what I am." "Is he some kind of other creature or something?" That's also the feeling. [01:18:20.24]

Mary: Or they feel judged.

Or they feel judged.

Mary: They immediately feel they are going to be judged.

Or they get enraged. "How dare you come to me, how dare you!" This is the normal reaction of people who arrive in the spirit world. You'll see some more of them in the discussions in Mary's book group on "Through the Mists," where there are more and more of those interactions with somebody who is really bright. I think there is one line in one of the books that Robert James Lees wrote about the patience of angels. It was something like - you're taking advantage of the patience of angels. I can't remember exactly how it goes but there was a man who arrived in the spirit world in rags, obviously in a very dark dirty condition. He was a minister or a... [01:19:11.19]

Mary: A bishop I think.

Yeah, in church.

Mary: Something like that.

And he was saying, "Where are my garments? Where are my garments? This is rubbish, what's going on here, someone's made a mistake," and he's ranting, and the poor angel who's trying to help him is just listening to the rant. That is unfortunately how most people who pass into the spirit world behave when they see a brighter person.

Participant: Any tips on how to trust them? (Laughter)

Well, Anna, how old are you now?

Participant: I'm twenty-five.

You're twenty-five. Now even if you have a bad life there is a good chance you will get to seventy-five or so, isn't there? So rather than me giving

you tips about the spirit world I would prefer to give you some tips about the life you are living on Earth.

15.5. The benefits of developing the qualities of the armour of God while on Earth (continued)

I think the kinds of qualities, qualities of the armour of God, are what we need to develop, because if you develop these qualities on Earth, when you arrive in the spirit world you automatically attract all the things you need to grow after that. But if you arrive in the spirit world without any of these qualities you are probably going to be quite attacking of other people. You are still going to have very similar emotions, you are not going have developed any sense of worth, sense of ethics, sense of peace, sense of truth, sense of faith, and as a result of that all of these senses will still need to be developed at some point in the future. But it's going to be very difficult because you are going to be living with a whole heap of people who have not developed those qualities either. [01:20:52.21]

If you develop these qualities on Earth you will eventually be attracted to a group of people who are also developing these qualities no matter what religious faith they are from, no matter what walk of life they take, no matter what country they live in, you are going to attract them. Then when you arrive in the spirit world you will also attract people around you who have already developed these qualities and can feel the longing inside of you that you want to develop the same kind of qualities for yourself. So that's going to be the most powerful, positive effect on your life, forever.



Qualities of the armour of God

15.6. The futility of wanting to share our emotions with others

Participant: Hi, AJ. When I've been in the hells I've cried out in outrage towards God, and I can understand that my guide or guardian is with me because of the Law of Rapport and they probably had similar Earth experiences. But when I've been in the dark place I've cried out to God and I can understand that God can feel everything that I'm feeling but I've actually been really upset feeling. "How do you truly know, God? Have you actually been through the hells, have you lived through what I've lived through or experienced?" That's where I've questioned my faith in God.

You mean you sort of expect God to live through that in order for God to understand you?

Participant: Well yeah - has God actually experienced what I've experienced? Or has God just been in perfection from the start?

Mary: It's a good question.

You're philosophically saying "God cannot understand me unless God has been me."

Participant: Similar, yeah.

Mary: Or do you mean that God can't have compassion for me in this place because God's never been in it? What's the feeling?

Participant: Well for me it's a bit of a quandary because I conceptually understand that my guardian has probably been appointed because of similar experiences and has got through to the other side. I can conceptually understand that God can feel exactly everything that I'm feeling. But I've been in a rage I guess, towards God going, "Well how do you truly know? Have you lived through what I've lived through?"

Yes, and I would question why you are in a rage with God when God didn't put you through these particular experiences, somebody else did. This is where I feel we get our logic way out and as we said yesterday, we finish up blaming God for actions that other people have taken and that's a very damaging thing to do. You see, we are not actually processing much emotion in that place because the real person who has damaged us has not been God; it's been somebody else who has caused us to have this particular feeling.

The feeling that we often have on Earth is, "Unless you have had exactly the same experience as me, you can't understand me." That's the feeling we have. Now that feeling comes from somewhere. This is why we love to share our emotions, but sharing your emotions is impossible. I'm going to say that again. Many of you do this. We come up and say, "How do you feel?" "Oh there's this and oh that." There's a real feeling of wanting to share your emotion. That's impossible. Nobody else shares your emotion. The emotion is inside of you. It's your energy in motion, it's yours. Nobody else can share it. Your desire to have other people share it is out of harmony with truth and love.

The fact that we want God to share our emotion is just as out of harmony with truth and love as it is wanting somebody else to share my emotion. I am an individual. It is the beautiful gift God has given me to be an individual and therefore all of my emotion is my emotion. I can't share it with somebody else. I can't.

This is why you will find in the future that describing or attempting to describe your own emotion to another person is generally an exercise in futility. You might be very, very descriptive with words and be very good at it and get to a point where a person can sense the feeling, but unless they can feel you, they will not even be able to understand the emotion. And you can't share it anyway, it is yours. It is only yours to experience. We need to understand this. Once we understand that we will stop blaming God for the emotion that exists inside of us and we will start placing responsibility on the people who caused events to occur that created emotions that we then felt inside of ourselves. They didn't transfer the emotions to us, they created events and situations and attitudes that caused us to have an emotional response. And those responses are our own. Only we can address them. Only we can feel them. [01:26:25-29]

15.7. The origin of God is unknown at present

Participant: Can I ask another question, just to satisfy my own curiosity?

Sure.

Participant: Did God go through a development to achieve where God is at?

It is another question I cannot answer. So that is number three, is it? (Laughs) It is impossible to answer because I don't know enough about God yet to answer the question. I haven't found out, through my relationship with God, whether God had some kind of pre-existence, whether God Himself or Himself had some kind of creation. I have not got the

development to understand or even philosophically discuss those particular principles. I suspect that God has been around forever but I do not understand how that is possible. This is my suspicion only. I can't say that for certain and I don't know the answer to the question. [01:27:32.24]

Participant: We'll leave that for another one or two thousand years.

15.8. Discovering soul truths

I feel that we will be able to answer those kinds of questions in time because one of the things that I've learnt through my relationship with God is that God wants us to be able to answer every question we have. But one of the things I've come to realise myself is that my soul has to be developed enough to understand the answer. I feel that this is the big problem we have intellectually; we somehow feel that we can ask a question and get an answer. Most of the time though we do not actually understand the answer. To be honest, even in our discussions together, most of you are yet to understand what your soul is. Even though we've talked about it and talked about it and talked about it, I think I've given ninety talks that are on YouTube about the soul, but most people who have listened to every single one of them still do not yet understand what the soul is because they are yet to feel their own soul. [01:28:38.28]

Once you feel the experience of your own soul, now you can start to understand. I've found myself that every single time I try to ask a question that I do not have the development to understand, I can intellectualise and philosophise till the cows come home, as the saying goes, but I will still not know for certain. I'm only going to know for certain once the soul expands enough to be able to accept the concept.

A great way to compare it is to imagine if you are just going to school at five years of age, and instead of putting you in pre-school your parents in their wisdom decide they are going to grab you and put you in university course. You've never been to school before in your entire life. How effective do you think that is going to be?

Participant: Counterproductive.

Yep, definitely counterproductive. The person is just going to sit there and be totally bamboozled by everything that is being said, and have no development to understand it. This is something that we must understand about truth; you cannot receive truth without the development to understand it.

Remember, all truth is soul-based knowledge. If we think of it from that perspective, if our soul is at a certain level, it's going to be very difficult for us to do anything but intellectualise about what is above the development of our own soul. Once I get to the next level of development, say the second level, I will be able to go even higher than that intellectually in terms of thinking about what is possible. But I'll only be able to understand that second level of truth about the soul, the universe and so forth. Once I reach the third level of development it's the same - I'll intellectually be able to imagine things above that. I have not yet personally experienced them but I now have enough grounding to know that the first three levels are true. And so forth and so forth, infinitely.



We can only understand certain truths with our soul when we reach certain levels of development, and can then learn higher truths as we progress higher

Now if I understand that as a process, I understand that I can be bombarded with all this intellectual knowledge about the soul and still not understand a single word at the soul level about the soul. There are many people who have listened to the Divine Truth for thirty years on this planet and still do not understand a single word of it. A single word, because their soul has not grown enough to be able to absorb any of it and so they do not understand it. They think they do and to think you understand something is a very, very dangerous thing. [01:31:32.11]

Participant: Painful.

It's also very dangerous because you enter a point of arrogance. You go into a place where you think you know something that you do not know anything about and once you do that, it is a very, very difficult task to actually learn something new.

So my suggestion when it comes to knowledge is to understand that true knowledge is only going to occur when your soul develops, and you cannot understand things higher than your soul development. You can think you do but you won't until your soul develops to that higher understanding.

Through our personal experience, we know that we have come up with many, many ideas and concepts that we have had to throw away as soon

as we have had the experience. Things that we thought we knew, we threw them away pretty readily. We are not addicted to holding onto them. But many people in the spirit world are so addicted to holding onto a concept that they intellectually believed was true because they heard all the words and they interpret it to mean a certain thing but they were not able to have the experience that would have proven whether it was true or not. We have got to be very careful about that. [01:32:56.27]

Faith will always lead us through this emotional soul-based growth process. It's our lack of faith that causes us to constantly go back to the intellect and prevent ourselves from having an experience that we could be having today that would answer the truth.

15.8.1. An example of sixth sphere spirits refusing to determine whether God exists

For example, I've often have discussed with spirits whether God exists or not. There is one single simple experiment that can be undertaken to understand whether God exists or not. All you need to do is too long for God's Love and feel what you receive. Now as a spirit that is quite a simple task to employ. Almost every spirit I have ever discussed with who has been on the Natural Love Path who is a sixth sphere spirit has refused to undertake the experiment. This is because they do not see any logical reason why they should, or they do not see any logical reason how it could work, or they do not see any logical reason why it would be true. They do not see any logical reason that it could be that simple; they want it to be far more complicated. They have such a high esteem of their own intellect that they believe that something so simple can be dismissed without a second thought. [01:34:12.15]

Participant: Which is quite arrogant.

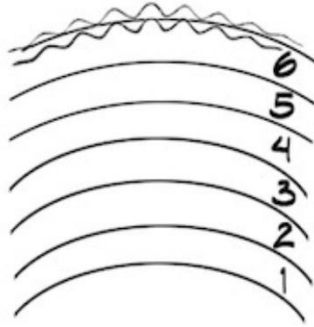
Which is very arrogant, yes, but that's what happens when we believe that we know a truth just because we have heard the words of truth. The people who really know the truth are the people who feel and practice it every single moment of their lives. They know the truth. You will meet many of them in your future. Some of you will become them in your future.

15.8.2. Limitations of understanding truths with the intellect

But it is a soul-based process, not an intellectual process, and that's the thing that we need to remember. It's a soul process based on faith that the soul can grow, not faith that your intellect can grow. By the time you hit the sixth sphere your intellect will not be able to grow further. That's why you

will be completely unable to understand any principle that's higher than the sixth sphere without soul development.

Imagine you are growing and growing intellectually, from the second to the third, fourth, fifth sphere, and into the sixth sphere. There is your limit. No matter how fast your intellect is, no matter how much computational power you have with your intellect, you will never get beyond that point, ever, without soul development. [01:35:38.20]



Many truths cannot be understood by the intellect, and require soul development higher than the sixth sphere

God's constructed it that way because there is a whole heap of things that are only understandable by the soul. The soul has far more intelligence than our intellect, and we're only capable of understanding them by opening up the soul. The sixth sphere is the layer of limitation that is placed upon any person who wants to discover anything through their intellect. Now I'm not saying that the intellect is worthless, as we'll soon discover; however there is this limitation. Soul truth cannot enter you through your intellect. It can only enter you through an experience that your soul has. That's the only way. So it's very important to understand that and to have faith that that is true.

15.8.3. Society's aversion to emotions and emotional-based learning

Part of this path that we have been explaining to you is about actually connecting emotionally to things, and that's a part of this faith. You see, people on this planet at the moment want to keep saying to you, "It's not that, you need to use your intellect." That's why they criticise you when you get emotional.

Do you know what happens when we have media in an audience? As soon as one of you cries the media zooms in on you. That's the one the camera is focused on. As Luli pointed out to one of the media people, there were two hundred people in the audience, none of them were crying except one

person, and that was the person the media were saying AJ's destroying because he is now crying. That's how fearful people are of their emotion.

We need to have some faith that if we connect truthfully with ourselves, connect truthfully with our soul and receive Divine Love, our soul has the capacity to grow. When it has the capacity to grow it has the capacity to understand. Truth will just come to us bang, bang, bang.

That's why I love the interview with Dane that I talked about yesterday; he mentioned some truths that were just coming at him because he went through an emotional experience. That's what you explained in the interview, wasn't it, mate? And you realised in that place you could be having an emotional experience every single day with new truth coming to you every single day for a million years and still not know the truth. And that is one of things that comes to you through that process and then you are no longer addicted to the intellectual method of understanding everything. You also ask fewer questions, interestingly. [01:38:18.22]

16. The shield of faith (continued)

16.1. Developing faith through life experience

Participant: So we can ask God for God's Love, and in the prayer there are the words “may I have faith.” We are the ones who grow that faith; God can't give us faith in God?

No, let me clarify. You can grow your own faith in yourself through your life experience. However, faith in God grows only through this personal relationship that becomes established with God. When you first receive Divine Love from God you will start to establish this faith in God. The faith in God comes with the Love that comes from God.

For example, if you have never walked through a wall, you're never going to have faith that you can do it. You might have an intellectual concept that it's possible but you are not going to know for certain inside of your heart that you can do it until you have actually done it. It's exactly the same with our relationship with God. You might have an intellectual concept that you can have a relationship with God, and that's a part of faith. But true faith comes from actually establishing the relationship, to actually feel love enter your soul and recognise that the relationship is now being established. That's when true faith comes. True faith in God grows with the reception of Divine Love. True faith in yourself grows with the building of your own love of yourself. That's how true faith in yourself grows.

16.2. Assisting children to grow in faith

Participant: How can we help children grow faith?

Firstly, we need to give them enough faith in themselves to enable them to discover new truth, make mistakes without feeling like they are going to get punished or harmed, or any of those other things that we've been told. Once they establish some faith in themselves they will start trusting their concept of the universe which will often be very, very different to what the adults around them conceive in the universe.

Most children are fully capable of seeing spirits so they are fully aware that there is a spirit world. They are fully capable of feeling those spirits so they are fully capable of feeling emotionally. All we need to do then is to educate them that there is a God that also exists that you can feel and let them experiment with that. The children that we have seen do that under the age of six or seven all do that quite easily, far more easily than the average adult does. [01:41:14.20]

Mary: I think we need to take lessons from them sometimes.

Yeah, definitely. Some of those are actually your children. They actually understand more about God than many of you do, because they have actually received some Divine Love from God and they trust it far more than you do. They trust the feelings that they have.

So the way we help our children is firstly by helping them to develop a faith in themselves. Once that faith in themselves is established, you can just inform them that God exists, and if they want to they can have a relationship with God and they'll do the rest. You barely need to do anything else after that. Of course, you still need to train them or teach them the Laws of God and of course, remember they are reflecting your own unhealed emotions, but that's a different discussion.

If we are talking about just building our children's faith, build the faith in themselves and give them a concept that God does exist but they are allowed to choose whether they want the relationship or not. That's all that any nursing spirit in the spirit world does with any child in Summerland. That's all we need to do.

17. Audience questions

17.1. How developing qualities of the armour of God assists us to form a relationship with God

Participant: AJ, I feel that there's a spirit with me that wants to ask this question. The question is: if the underlying intention is to have a desire to know God and to want to change and they develop righteousness and truth and understanding that they are going to require some faith in themselves, does developing these qualities of truth and righteousness and the gospel of peace then help them to have a relationship with God?

It will greatly assist them in their relationship with God but the primary thing that helps us in our relationship with God are the three points that we have always discussed, and that is our humility to be able to absorb our own nature and feel our own emotions, our desire for truth, for universal truth, and most importantly the desire for God's Love to enter us personally. It's the love of God that enters us personally that will establish the relationship.

These qualities of the armour of God are important to combat the forces around us that do not want the relationship established, so these are the qualities that we need if we are going to have some kind of repulsion of the feelings and attitudes of the world and also much of the spirit world coming at us that are trying to influence us away from a relationship with God. [01:43:58.17]



Qualities of the armour of God

Participant: Can these qualities be developed for a spirit to help them combat the influence of others in the spirit world?

Yes. These qualities are universal in nature and they have the same effect on everyone around us, and that is they create a person who has some personal integrity, has some faith in themselves, has an honouring of the truth, has an honouring of ethics and this kind of a person is already ripe and open to having more of a relationship with God. If a person does not have those things they generally have a lot of influence around them as a result, that is constantly taking them away from any relationship with God.

17.2. Being firm with the soul truths that we have experienced

Participant: I had a question from when you were talking to Aurelia before about developing our faith in God but needing to start from a humble place of faith in yourself. I had this feeling that it was the transition to always having the focus on our relationship with God to grow our faith, that it takes us from that place of self-reliance to God-reliance?

Certainly it does. But we do need to understand that as we grow in our relationship with God we will become very firm about what we do know. We are not going to be very easily influenced by others away from what we do know. In the first century nobody else on the planet believed the same things that I did. Even now nobody else on the planet believes the same things that I do, and that includes Mary and other people who are close to me. Nobody else believes the same things I do but that does not mean that I'm going to change my mind because it is my personal experience that I know for certain is true.

So you can try to convince me otherwise, but unless there is some logical argument that agrees with the reception of Divine Love that I can feel, I am not going to change my mind. It's not because I'm arrogant; it's just that I'm not going to change my mind from what I've already discovered to be true through my personal experience. [01:45:58.24]

Participant: It's not what you think you know; it's what you have felt to be the truth.

Exactly. It's not what I think I know that I'm holding onto. With anything I think I know, I'm willing to change my mind instantly. Mary

will tell you that. But with anything that we know for certain we become unmovable.

17.3. Discovering soul truths for ourselves through a relationship with God

Participant: I'm really interested in this connection between faith in ourself and faith in God. Mary alluded to something like that yesterday; I can't remember the point exactly but it was, I'm just interested that you talked more about this amazing connection, this amazing way God's created the universe in that as it is for us, it's the same with our Father. There's some amazing stuff in there.

Yeah. Here in Australia people basically come from Christian understanding. Even though many of us may be atheist or not practising religion, we still have many similar attitudes about God and about faith that were brought to the country in the 1700's or 1800's. We need to understand that God has given us a number of personal abilities that we need to honour. We need to honour these personal abilities and if we are truly going to come to understand truth we need to go through a personal process ourselves. We can't rely on the words of another person. You cannot rely on my words, you cannot. You need to go through a personal process of your own to discover truth. That is the reality. That is the only way you are going to discover truth. What I'm sharing with you is how to do that, that's all. It's a method. In fact I prefer to not share the truth but the method of discovering the truth. That's what we talked about in the first century with everybody, that's what we're mostly trying to talk about now. [01:48:14.04]

Now I'm perfectly willing to answer people's questions about what is truth but you must understand I only know the answers because of a personal experience. And you are capable of having a similar personal experience and are capable of answering just as definitely through that personal experience as I am. There is no superiority of a person just because they've had a personal experience you have not had. You are capable of having a similar personal experience with God that will cause you to be able to answer every question you ever ask.

I've had nobody telling me anything that I had to discover, nobody. My history for two thousand years has been that nobody has told me what I need to discover. So how did I discover it? Because I had a personal experience with God that I'm encouraging you to have. If you have a similar personal experience you will discover all the same things yourself through the experience.

This is where you need to trust yourself more. You need to give up trusting me so much. I'm not saying "Trust me." You can see my nature; you can see my personality through years of interaction, that's one thing. I'm saying you need to give up trusting that what I'm saying to you is truth and attempt to go through a personal experience to discover the truth for yourself. What I'm suggesting as the fastest way to do that is the way that I've discovered to do it but you don't have to believe me, you can try some other ways first if you want. That's all I'm suggesting. [01:98:52.25]

This is the beauty of faith. If we start with some kind of personal conviction in ourselves that we are able to discover truth, that we are able to have a relationship with God, that we are able to have free will, that we are able to make our own choices and decisions, that we are able to take personal responsibility for our life; when we know we are able to do every one of those things then we start to understand that we have enough personal power to actually establish this relationship with God, and we do not need another. You do not need a mediator. You do not need a teacher. God will become your teacher, just like God's become mine.

18. Over-cloaking by spirits

Participant: My question relates to over-cloaking. Do we only over-cloak other spirits in a similar or lesser condition? Or can we over-cloak higher spirits?

Do you mean "Can we over-cloak higher spirits or can higher spirits over-cloak us?"

Participant: No, can we over-cloak higher spirits? Like, can a spirit try to and over-cloak you?

18.1. Over-cloaking in adults is always by a spirit of higher development

It's very, very difficult for a lower spirit to over-cloak a higher spirit. The reason is that the higher spirits have already learned all of these principles and a lower spirit does not know them. When a person who is in a lower condition tries to influence you in any way, you automatically feel the disharmony to the development of these qualities. There's automatic disharmony. I have never in my entire history seen a person of lower development over-cloaking a person of higher development. [01:51:44.24]

Participant: Does that then come down to the fact that if you're more highly developed you can feel it happening so you can stop it?

Of course you can feel it happening but your soul's condition of love stops it automatically. There are many people on Earth who are over-cloaked by spirits who they believe are in a higher condition than themselves and that is certainly possible. But it is very, very difficult to be over-cloaked by a person who is in a lower condition than yourself. Very difficult. You could be influenced by them, which is a different matter because you might have one emotional injury that allows the influence.

Let's say you have a high development of love but you have a very dark emotional injury relating to sexuality. Then you can have a group of spirits who are in a lower condition than yourself influencing you just in that area. They can certainly influence a lot of things you do in that particular area.

But to be actually physically over-cloaked by somebody permanently a person has to be in a lot of agreement with the person who is over-cloaking them, and if the person who's trying to do the over-cloaking is in a lower condition, it's very hard for them to achieve such a thing. [01:53:08.20]

18.2. Differences between spirit over-cloaking and spirit influence

Participant: What's the difference between spirit influence and being over-cloaked? How do you feel the difference?

Well, you can look at the armour of God. Can you see that, for example, we said our heart can be influenced under some conditions? Our loins, our sense of worth, can be influenced under some conditions, and our thoughts can be influenced under some conditions. Faith protects us from the attacks that come, so the attacks can influence us under some condition. If we don't have our feet shod with the desire to go towards peace, the tendency towards violence can influence us under some conditions. These are all influences.

Over-cloaking is when a person spends most of their life completely over-cloaked by a spirit. Now there are some in the audience who are like that, who are over-cloaked and who are not aware of it, because of the definite rapport that exists but also because of many times this over-cloaking begins right at the time of birth and there is an acceptance in parents to allow it. [01:54:23.17]

18.3. Children can be over-cloaked by spirits in a lower condition

Mary: I feel that there is this case: when a child is born they can be over-cloaked by someone in a lower condition; that is the only time it can occur.

Yes of course, because it's not the child's condition that determines the over-cloaking.

Mary: It's the parents.

It's the parents. The only way for a child who is in a good condition to be over-cloaked by a spirit in a darker condition is for the parents, through their attitudes, emotions and beliefs, to allow the influence to occur. The parents establish the protection for the child; I think we've discussed that many times.

So in the case of a child, because the child does not have the mental cognisance necessary to understand these particular concepts, the child is not able to combat spirit influence on its own and so it needs its parents' protection. But if the parents have not developed these qualities, now we've got an instance where a child can be over-cloaked by a person in a darker condition.

18.4. Temporary and permanent over-cloaking

Mary: When you are over-cloaked your will is given away to the person who is over-cloaking you. They direct your actions, your words...

You are really completely subservient.

Participant: Is that more of a long-term thing or can they just jump in and out?

It is possible to jump in and out through experiences in our life. A lot of people find that they become over-cloaked when they have an experience in their life where they just want to die or they just want to give up. They go through this thing and then all of sudden some spirit comes to them, over-cloaks them and now they feel like they know everything.

I think I read out a case of that in the talk "Spirit Relationships - Possession and Obsession," where that actually happened to a man who is quite famous. He just became completely over-cloaked through that experience. These experiences happen very, very regularly. In some

countries they very regularly happen at the time of birth because of the acceptance of spirits and spirit influence.

Mary: Often you read accounts of people in times of extreme stress, where obviously they want to vacate and suddenly they have a blank in their memory and they come back and they realise they've murdered someone, or something terrible has happened, and that's over-cloaking.

But that is a temporary over-cloaking. Some people are permanently over-cloaked. As I said in our discussion in England with the ninety or so people that came, about seventy-five of them were over-cloaked. They live their life in a permanent state of being over-cloaked. [01:57:41.15]

18.5. Going out of body

Participant: Hi, AJ. Hi, Mary. Sometimes I have out of body experiences and I know I'm out, and I get in a real tether. So what's happening with spirit influence in that? Is that a temporary over-cloaking or...?

Well there are a number of issues going on when we are having an out of body experience. We are not holding on to ethics for a start. If we were truly ethical in our nature we would always want to have our own experience, no matter how painful or potentially painful it is. The only reason we go out of our body is that we don't want to have our own experience, which is really not an ethical decision. So there is an ethical issue.

There is also an issue of truth in the sense that if I understood that the only way for me to work through issues truthfully is to stay present in my own body while I do it, then I would be very reticent to go out of my body at any point in time.

In addition, there's an issue with our feet because whenever we go into a situation that we then want to run away from, our feet are running away from something, and the only reason why our feet would be running away from something is that we are afraid. And remember I said yesterday in Session 1 that that is not in harmony with peace but in harmony with violence either towards ourselves or towards others.

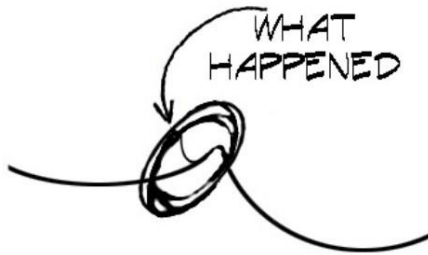
So can you see that even with just the things that we have already learned, by going out of body we have already broken quite a number of different principles that we have been discussing for the last day and a half?

Instead, Max, we need to have a direct feeling that we want to honour our personal experience. If you truly have worth and you truly love yourself you will always wish to honour your personal experience, no matter how painful. The way you honour it is by being in it, by feeling it; that's how you honour yourself. You honour yourself by feeling your feelings and staying present with yourself at all times.

As soon as you decide to get away from yourself there will be spirits who want to come in. There will be other people who want to come in and influence you and this is a very dangerous place for you in reality. Often we are trying to get out of our body because we think we are in a dangerous situation and we'd like to leave but we can't do it physically. The reality is that when we go out of our body, or try to go away from ourselves or are not conscious of what we are feeling, what we are actually doing is exposing ourselves to more danger. We need to understand that that's what's going on.

18.5.1. Discovering the reasons why we go out of body

Mary: And, Max, similar to what we talked about yesterday in Session 1, if you discover, "Oh I've gone out of my body," I would go back to that point and ask myself, "What was going on for me right then? Who was around? What was just about to happen?" For me that has helped me a lot to develop awareness of my fears.



A graph showing that when going out of body it is useful to reflect on what happened that caused us to want to get away from ourselves

Yeah. If we do that we would be able to see - "Just before, I was in my body, I was feeling okay, I was present and then all of a sudden I went away" - then I would have to rewind a bit with my life and try to remember what happened just before I went away. Just before.

Mary: This is a benefit of self-reflection. That's where we all have to start when we feel numb or not really aware. If we just realise, "I've gone away" or "I've made a mistake," we could go back to that point. If I learn

something about myself then I can start to pray about that fear or that issue for myself.

19. God's Truth is absolute

Participant: With God's Truth, is that the same across the board for everyone, even though my personal experience in finding out the truth is different to your personal experience? We still come to the same conclusion? It's not like we have a personal slant on that truth?

Exactly. You are absorbing God's Truth eventually, and remember that the experience of doing so is personal to you. What I'm saying is that you don't need anybody else to discover God's Truth, but as you discover God's Truth you will find that it will be the same truths that other people who have done the same thing and have also discovered. [02:03:12.17]

Participant: So it's different to an emotion where if everyone's learnt that truth then they know that truth no matter how they experienced getting there? Which is different to an emotion where you can have a similar experience but it's always a different emotion.

Exactly. Our emotions are our own. Other people often have similar emotions and we can often feel the type of emotion they have but I can't take away Mary's emotion. She can talk about it with me, expect me to sit with her and listen to everything...

Mary: I've never done that by the way, ever. (Laughs)

...and it does nothing for her, nothing. It only takes up my time, because I can't have the experience for her. It's her experience, and it's an experience she needs to have for herself. That's very different. Once she's gone through that experience she'll discover some truths that I already know because I've also had to go through similar experiences to discover those truths. As a result we will get closer even though it's her personal experience. This is why everyone in the Celestial spheres feels very close to each other; because they have all discovered the same truths through hundreds and hundreds, thousands, millions of different processes. [02:04:29.15]

19.1. With growing soul development people know more and more of the same truths

Participant: So really the higher you go, you're going to a place where everyone else knows the same thing as you, until you go the next place?

Yeah, that's correct, but you must bear in mind that everyone still has an individual will. And the beauty is, because you have grown to a new location you have more freedom. You actually have more freedom to express your will in the directions you want; while at the same time you're understanding the same truths that everybody else does.

Mary: You have your own personality so your desire is expressed in a different way.

Participant: Yeah, I didn't expect that we would all start looking and being the same.

No, no, it's not like that at all. Good question though. Once we become at-one with God we are in this sort of Celestial spirit state where we are expressing our will exactly how we want to be, but as soon as you meet another person you can have a fantastic discussion about certain things; they already know what you're talking about because they have had the same personal experience. You both bring your personality to the table which is fantastic because you get to know each other's individual nature and it's just a wonderful experience being able to converse with people who have not had exactly the same personal experience but do have exactly the same knowledge of God's Absolute Truth. It's just a wonderful discussion. [02:05:54.05]

Mary: And you're right. As you're going on the way you get to talk to people who have the same kind of grounding and you're all launching off onto the next discovery together so you don't have to waste time on the philosophical argument. You can go, "Right, this is what we know. What more is there to learn?" and it's very beautiful. I miss it.

19.2. Opposition to truth on Earth

You know how on Earth everyone wants to argue with you about truth? We present all of these things for free on the Internet, and you'd be surprised how many emails we get. "Why aren't you putting a 'comment' for us there on the Internet?" Because I don't want to hear your comments. (Laughs) That's the reality. Why would you want to hear somebody's comment when you know they are only going to give a heap of attack or verbal abuse, and in the end it's something I already know

anyway. I'd love to have a discussion with somebody about something that I don't already know. That's fine by me. But a person who's trying to discuss something with me that I already know and is trying to criticise it, well I just say you haven't had the personal experience yet, that's fine, but I have so I can't agree with you and it's a pointless discussion really.

But if it's somebody who has had more personal experience than I have, I'd love to sit down with them. In fact if it was me I'd be sitting down with them every day if possible, if they'd allow me that time, because I'd love to find out what they know and understand and actually how they got to the point of knowing and understanding those particular things.

I feel though, that most of us want to voice our opinion to others, whether we know or not. That is a big issue we face on the planet and this is one of things that you don't experience in the higher spheres in the spirit world. Everybody knows the truth that they already know, so they are not arguing about it. Here on Earth everyone wants to argue, whether they know it or not.

I feel that it is a big impediment to discovering more truth. If we all had a co-operative effort of discovering truth rather than attacking it, if we all had a questioning nature rather than an attacking nature, then it would be easy to have these discussions on Earth. But the problem is that many of us have a violent attacking nature because we have all these unhealed emotions inside of us that cause us to believe that our opinion is true even though it's not the truth of God. As a result of that we want to convince everybody else that our error-based position, which is based around violence in our childhood and all these other things, is true. A person who has gone through all of that can't believe you that it is true. They can't accept that what you are saying is true, no matter how much you try to convince them or swear at them or curse them - they still won't. No matter how much you attack them and no matter how violent you are towards them they are still not going to be able to accept it. [02:08:48.11]

This is the thing; "Error always wishes to attack, truth always wishes to enlighten." That's something that you learn after a while. After a while you learn that you can put things out there and just let it take its course and you don't have to hear all of the responses. It's up to every person how they respond; I have no control over that. You have no control over that. You don't even have any control over how your wife responds, you know that (Laughs) so how can you have control over anybody else? You don't have any control over how your children respond, how can you have control over anyone else?

The reality is that we only need to explain what we feel we know and other people will be either attracted to that or not, based on their personal experience.

Positively Responding to Spirit Influence:

Session 2 Part 2

20. Over-cloaking by spirits (continued)

Participant: At Mary's workshop a couple of years ago I was really angry and I was asked to leave because of that.

Yes.

Participant: And sometime late last year you said something to me in passing about when I was over-cloaked then. So I'm thinking, if an over-cloaking spirit is in a better condition of love than me and they're angry and I'm angry, I can't quite understand how that works.

Yeah, you see again you're analysing everything that I'm saying intellectually rather than feeling about what I'm saying. So let's discuss that.

20.1. Temporary over-cloaking by lower spirits can occur when we lower our condition temporarily due to rage or resistance

Remember how we talked about over-cloaking when a person is over-cloaked for most of their life and a lot of times they are in a worse condition than the person over-cloaking them? Also, oftentimes we are in just the same condition as a person who is influencing us from the spirit world.

In the moment of rage you lowered your condition to the point where a woman in the spirit world who had experienced the holocaust in Germany, who had huge amounts of rage, could over-cloak you and then begin to express herself through you. Whenever you get yourself into these kinds of rages, you are temporarily lowering your own condition to the point where almost anyone in the spirit world can connect with you.

So remember that the statements about over-cloaking are more about permanency with over-cloaking spirits. In your case you experienced a temporary over-cloaking, which happens to most people in the course of their life. We have had it happen in our relationship as well. It only happens when we lower our condition and refuse to deal with certain emotions that are being triggered at the time.

If we are actually open and humble to the emotion that was triggered at the time it's very rare for an over-cloaking experience to occur. But as

soon as you are not humble to the underlying emotion and you become enraged - in your case you were not humble to some fear that you had and this caused you to become enraged - you lowered your condition temporarily and in that place pretty much anybody in the spirit world who's in a similar place can connect with you and express themselves through you.

That's how many murders occur actually; many murders occur through exactly that process. The person lowers their condition temporarily through some unhealed emotion that they are unwilling to be humble and experience without harming somebody, and then before they know it they have been over-cloaked by a spirit who feels very much the same and they have taken an action that has harmed and killed somebody else. It's very dangerous. [00:06:05.00]

Mary: So maybe we need to clarify that point about the condition.

I feel that too many of us often overestimate our own spiritual condition. You didn't like that comment much, hey? We overestimate our own spiritual condition. Many of you do have similar levels of rage to a murderer in the spirit world who would over-cloak you under certain circumstances, and you are not aware of it at the moment because you heavily suppress it. In the heavy suppression of the emotion there is a denial of the emotion, there's a denial that the emotion exists within.

When we deny that an emotion exists within us we finish up creating circumstances that are there to expose the emotion. If we allow ourselves to experience the emotion we won't damage another person. If we have some ethics, if we have some focus on truth, if we have our feet shod with the peace, where we want peace rather than violence, then we would not respond to such a spirit. But many of us don't have those kind of feelings and so when a feeling overcomes us that we are in denial of, ethics go out the window, peace goes out the window, truth goes out the window and before we know it we are pretty much doing what a spirit who's in the same state wants us to do. In that place we can even have hordes of spirits come to us, in that particular moment, so we can lower our condition in an instant through taking a certain course of action.

There's a beautiful part of the Robert James Lees books where he said, "Issues of the rest of our life often turn on a diamond point." What he meant by that is that often it's just one tiny little sharp decision that is made that can affect the rest of our life negatively if we do not have these kinds of protective things to guide our life.

Mary: I need to ask a question to clarify that. When we make that decision though, and we act, we kind of become fertile ground for the

negative spirit rather than God's Truth, don't we? And then they add their intention to our own. Ours is to suppress or deny, they have theirs, and we take a course of action that actually does degrade our soul condition. So in that in that sense, someone in a lesser condition can over-cloak us?

Well, we have lowered our condition temporarily to enable them to over-cloak us and then in over-cloaking us they can influence us to make a choice or decision that degrades our condition that could also result in our being permanently over-cloaked by a person. [00:09:18.11]

20.2. It is possible to permanently lower our condition through spirit influence guiding unloving choices

I have met many people in our personal interactions in this life where that has happened. For example, a person comes to me and says, "AJ, I'm willing to get any feedback from you that you are willing to give me." Now you are opening a can of worms when you say that. But anyway I take the person at face value and say, "No worries, here's the feedback." And I don't plan when to say it or how to say it or how public or non-public it is. I just say it because they have said to me they are open to any feedback and I've taken them at their word.

From that moment on many people have become very enraged and all of a sudden groups of spirits who dislike me attach to them. Some of them have spent the rest of their lives just attacking me. They have spent their resources, money, websites, all sorts of things, to attack me, just because they were unwilling to actually receive the feedback that they originally said they were willing to receive. In that moment they asked for feedback, so they were on the path, if you like, of trying to discover more truth. They got feedback that they did not want to hear and instead of going, "Well I don't want to hear that, that's fine," they decided to have feet that ran to violence.

As soon as you make that kind of active decision you are going to have a lot of spirit mates helping you. You become over-cloaked by spirits and now those spirits and you, acting out of violence, degrade your condition. This is not because I'm anyone special but because any person you attack is going to degrade your own condition, every time. If you attack somebody you are acting violently and you are going to degrade your own condition, so they are degrading their condition every time they engage this attack.

Now the more they engage the attack, the more they degrade their condition, the more these spirits can have influence over them. Eventually some of these people have gotten to the point where they are not even living their own life anymore; they are living the life of the spirits who are over-cloaking them. That's how a spirit who is in a lesser condition

than yours finishes up helping you get into the same condition as they are, by your having openings in this area, of how you put on your suit of armour. As soon as you have openings there is a possibility of temporarily lowering your condition in a moment. Because you're not staying firm to some of these principles, spirits over-cloak you in that moment and instead of recognising the mistake, which is an option, you actively choose to act in harmony with the mistake you have just made. As soon as you start doing that you are on a very, very fast slippery slope downwards, into the hells and eventually you will end up being over-cloaked, generally by the groups of spirits who influenced you to that degree.

We have met people who are not over-cloaked. We have had discussions with them where they have said they are open and we have said something to them where they have become either offended or angry or upset. After that point in time, they lowered their condition through the desire to attack and as a result of that from that moment on became over-cloaked. Because of this, just as many people who have benefited from what we are talking about have actually harmed themselves from what we have talked about. Sobering thought, isn't it?

Unless we are willing to act in harmony with these principles of ethics and morality, of truth, peace, faith; unless we are going to act in harmony with these particular principles, eventually we will be led by any person who wants to attack us. We will be led down a path that eventually creates our own destruction, not that our soul can be destroyed, but the actual soul is so shrivelled in the end that that we're definitely not being saved. They are the results of those actions. [00:13:57.10]

Mary: Karen, can I just add that in that situation in the workshop I felt that there were a lot of very rageful spirits around you, and you are used to doing what they say.

You are terrified of them.

Mary: When there was a challenge put to them around their control of you, just by your participation, you became very frightened. Because I was consistent about it, I feel they became more enraged, and you became so frightened that then you were willing to just be angry with me because of the level of terror that was coming up in you about not doing what they said. So I feel that some of it was your rage in response to avoiding terror but then also, obviously because you avoided the terror and went into your own rage, they could add to that as well.

Yes that's exactly right. Okay, there is someone else.

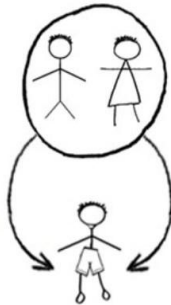
20.3. Assisting people who have been permanently over-cloaked since early childhood

Participant: Hello. I have two questions that kind of go together if I may. My first one was about the permanent over-cloaking of a baby?

A baby, yes.

Participant: Yes. How then does that person who doesn't ever know that they are over-cloaked, how do they actually come out of that? Does someone else have to work with them to help them or....?

It's very, very difficult to be honest. The reason why a baby is permanently over-cloaked is that the combination of mum and dad's emotions allow this child to be over-cloaked. Now those emotions have obviously also been absorbed by the child, in the sense that the child's been living with these emotions for all of its formative years, and so the child accepts that those emotions are normal.



A child absorbs emotions from both of its parents

With this child who is permanently over-cloaked, eventually somebody or some people will start noticing that there are irregularities in their behaviour. It's like they have two personalities. Sometimes they will have a personality that seems to be one type of person and then other times they will have a personality that seems to be another. Unfortunately, under those circumstances the medical profession notices them. It is good that they are noticed, but then they medicate them, and that actually just attempts to suppress the link. Most medication only suppresses the link between the spirit and the person.

Often this person has an addiction by this time to the spirit; they have no understanding of what is going on. So the best way to help any situation with regard to spirit over-cloaking is to tell the truth. Truth is the most important thing but it needs to be told by a person who knows the truth.

So if we notice somebody is exhibiting behaviour that sometimes seems to be one personality and sometimes seems to be another, it would be an act of love to say, "Look, sometimes I notice you're one person and sometimes I notice that you're another. Have you ever considered that perhaps you are over-cloaked by a spirit a lot of the time?" [00:16:59.12]

Participant: So that spirit still allows the person to be themselves at times?

Well there are usually only a couple of times that they allow the person to be themselves. One time is usually when the spirit feels that their relationship with the person is not threatened with the activity the person wants to engage in. That's one time. The other time is when the spirit can no longer maintain energy and has to recharge their own energy to allow them to continue to influence the person due to the exhaustion of the energy between the person and the spirit, because quite often the spirit is actually trying to maintain the person's life in order to maintain the connection.

In those two circumstances there will generally be a break, if you like, and if you are living with the person or if you are a close friend of the person you will generally notice the break. The key is to always tell the truth and allow the person to make a decision.

We have found that the person who is over-cloaked, who has an addiction to being over-cloaked, and many of these people do, is very, very difficult to convince most of the time because they and the spirit want to maintain the connection. When you've got a situation like that there's very little you can do if their behaviour becomes psychotic in nature, which it often does under these circumstances. And then the medical profession's response is probably the most logical one because there is very little you can do until the person themselves is educated about the truth.

It does not help though, when this person is told that there is no such thing as spirits. "You've only got a mental illness," and saying all those kinds of things unfortunately tells the person that they've got a physical ailment rather than an interaction with a spirit problem, and that is quite damaging actually. In fact people who are told that very rarely recover for the rest of their life. They are usually on medication for the rest of their life on Earth and the only time they recognise a change is after they pass into the spirit world and they are no longer over-cloaked.

Participant: In what way would one pray for help for that person? What would you actually be asking for?

If it was me, if I knew the truth about the situation, I'd be praying for an opportunity to be able to have a conversation with the person about the situation. I'd also be praying for help from our spirit friends to create an opportunity when this person is not influenced by the spirit with them while I'm talking to them because if they are influenced by the spirit with them while we are having a discussion the spirit will most likely govern the outcome of the discussion. [00:19:57.13]

20.4. An example of a participant who gets over-cloaked and has no memory of what happens

Participant: Okay. Can I just ask the next question?

Certainly.

Participant: I just want to know the difference. I spoke to you a long time ago about this, and you might not remember, but I have quite a few hours, sometimes up to twelve or thirteen hours, that I absolutely have no memory of. I am still doing that even though I have done lots of things you suggested about staying in my body. What can that be? How do we know the difference between over-cloaking and leaving my body? I don't know; I haven't got any idea about what I do.

Well, when you are over-cloaked you often do not have any idea of what you do. It's very rare for a person who leaves their body to not be over-cloaked at the time they leave their body. The reason is that whenever you vacate responsibility for your own body there are often at least three spirits around every person waiting for access. This then allows opportunities for other spirits to take over.

For it to be of such long duration, you must say and do things to people, and sleeping and waking up and all sorts of things happen in between, and it's not you controlling that, it is somebody else. So my suggestion is still the same with you. I know you believe that you've worked on them but... [00:21:27.17]

Participant: Probably not enough though.

Yeah.

Participant: I'm not saying I worked enough because obviously...

My suggestion is very much about your fear; fear about your own personal life experience and your own personal emotional experience. A lot of it has to do with your childhood and what your parents did with

you and what that created in you, trying to avoid some of the emotions involved.

Participant: I don't consciously know that I avoid it because I do ask to see them, to feel them, but obviously not.

When you say you ask to feel it, remember that prayer is a pure desire, not an intellectual one. At the moment you do not have a pure desire to feel your terror. You have an intellectual thought that you should feel your terror, which is very different to a pure desire to feel it.

Participant: Yeah. So do I pray for a pure desire?

Pray to develop a pure desire and also look at addressing the reasons why you do not want to feel terror. Look at why you don't want to do it rather than telling yourself you do. [00:22:35.11]

Mary: That would be my recommendation. I would just be praying about why I want this situation. Oftentimes when we go through this process intellectually, which is where you were a while ago, you became intellectually aware, "Hang on, something's up here."

"Something's wrong."

Mary: Once we are in that phase we usually seek some information, we try out some things and sometimes we then begin to have more of a desire to deal with it emotionally. I feel that for yourself, because it has not happened, I would be asking myself. "Okay I really want this situation. Even though intellectually I see there's an issue, emotionally I must want it. So God, could you help me find out why I want this? There must be a big reason because I'm kind of fighting here between my intellect and my desire." And, as AJ says, it's a lot about fear.

Participant: The type of thing that frightens me very much is what I might do because I have no idea what I do unless I'm with someone who is telling me later what I've done.

I think it is very good that you're a little frightened about what you might do.

Participant: Terrified about what I might do. (Laughs)

(Laughs) Because the reality is, you are not even doing it but you are going to be blamed for it. (Laughs)

Participant: Exactly; that's right.

So yes, you have good reason to be a little frightened about what you might do in this state but your fear about what you might do is not yet great enough to stop you from doing it.

Mary: It's not bigger than the fear that's keeping you doing it.

Participant: Okay. If I continue to raise my soul condition does that mean that I won't necessarily attract doing anything too terrible? Does it mean it that I would not be able to, I wouldn't then be able to be attracting someone who would make me commit a murder or something that consciously I wouldn't ever want to do?

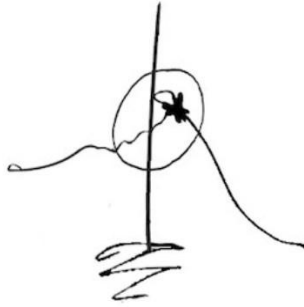
Certainly. Even in an out of body state, a spirit can't use your body to do things that you would not have some kind of tacit support for doing. The reality is that if you raise your soul condition in other areas, the spirit can't influence you to do things that you would not normally do if you were present in your body. However can I point out that you are much more terrified than you believe you are at this point? Remember what I said about terror; terror is an active element that allows violence to continue or occur when we are terrified. We can be terrified by a spirit who may then influence us to do something that we would not normally do. This is where I feel it is very important that you start addressing and seeing, allowing yourself to fully see how much terror is within you and how much you want to get away from your life.

Participant: Apparently I do show a lot of terror when I am in that place but I don't remember doing it.

That's because there is a spirit over-cloaking you who is doing it through you and that can only be happening because you have enough terror in you to express it in that place. But you're not wanting to own your terror. Even now in this discussion, actually, you do not want to own the terror. You are not being ethical in your management of your terror because if you were ethical you would stay present while you are terrified. When you are not ethical you are going away from yourself while you are terrified.

Participant: I don't know I'm going through it. I have no memory of going....

No, there is an event just beforehand. Remember, Mary said earlier; there is an event just before you left that you need to trace your life back to, because that is the trigger for you going. There is an event that happens and then there is the spiral. You need to go back to when that event happened, the last things that you remember, and you need to ask yourself more questions about that because that is the trigger for you leaving. And you have been unwilling to do this.



A graph indicating that the time at which we went out of body is the time to return to in order to discover what the trigger was

20.4.1. Dealing with terror

You just want a solution to the problem without dealing with your terror.

Participant: I don't think I do, but I must. (Laughs)

I know. Many people who have lots of terror want some alternative solution rather than feeling their terror. If the audience is honest, many of you have come to terror. How many of you have come to terror and avoid it? See, it is a very common thing to do. You come to terror and you think that you want it but you want to run away from it and in that moment you will go out of your body, you will do different things. You will distract yourself, you will eat, you will take alcohol, drugs, whatever it is to get away. You will do all sorts of things including what you are terrified of doing because the spirit's trying to manipulate you into doing it.

That's the trouble with terror. Terror is not an honourable place of integrity. Terror is - "I'm going to do what anybody that I'm terrified of dictates." So terror goes to the highest bidder of violence. Do you see what I mean by that? The person who will perpetrate the most violence towards you is the person who will own you if you have this terror within and leave it in you. You need to release the terror so it's no longer there so you will no longer go to the highest violent bidder.

Participant: Can you say that again? The person who will perpetrate the most...?

Mary: The person who will perpetrate the most towards us is the one we are most frightened of. If we are in a habit of avoiding our fear and terror,

then we will do the most for that person because we are the most afraid of them. By placating them we get to avoid more fear and we end up pleasing people who are very angry and violent. But we are talking about all these subjects today because we can make a choice in that situation. Even if we've got the terror inside of us, when we reach a situation, if we've got some self-awareness and awareness of what's going on around us, we can go, "I can make a choice for righteousness, I can make a choice in harmony with the truth that I know." Obviously the fear will start coming out of me then, because I've taken an action that is not in harmony with placating the fear.

Participant: So the other part of it is to continue building as much as possible with what we've learned.

These qualities of the armour of God, yeah.



Qualities of the armour of God

Particularly in the case of terror. The biggest qualities I feel that need to be developed are ethics and faith because if you have some ethics you will not go to the highest bidder.

ETHICS

No matter how potentially violent they are you won't do it, you won't go out of your body, you will stay present, no matter how frightened you are. You will stay with you. You've learnt this process at a very young age, Nancy, and it's a habit. It's become a habit. You learnt it at a young age for obvious reasons and we won't go into those but I think you know them well enough.

Participant: Yes.

You go out of your body. You went out of your body then to get away from the discomfort, the shame, the guilt and other emotions that were all involved in it. Going out of your body has become a habit for you now, so whenever there is a little bit of stress that occurs in your life, bang, you're out, and this is a habit that began in your childhood, that has formed over many years. So the key is to develop some more ethics and develop some more faith that you can actually feel terror. Remember, terror is just an emotion.

Mary: Who feels like getting it tattooed on your wrist? Terror is...
(Laughs)

Terror is just an emotion, and we are capable of experiencing all emotions so we are capable of experiencing terror. Allow yourself to develop the faith that that is true, and allow yourself to develop the ethics that "Whenever I run away from myself I am out of harmony with ethics on a lot of levels."

Firstly, I'm expecting other people to put up with a different person to who I really am, which is not a very ethical thing to do. But I am also trying to avoid my own emotions which is not an ethical thing to do. Any person who avoids their own emotions, or attempts to, is not going to have much success in growing. So we need to hold onto these ethics and pray about those particular things.

20.4.2. Praying to develop qualities of the armour of God

If Mary could read the last part of the scripture perhaps, the bit about the prayer.

Mary: *"And pray in the spirit on all occasions with all kinds of prayers and requests; with this in mind be alert and always keep on praying for all the Lord's people."*

When we notice ourselves not having one of these qualities, that is the time to pray about developing a sincere desire to develop that quality. Pray to God to bring us situations and circumstances that challenge those qualities so that we can develop them. Then over the next few days you will notice - "There is another situation that came, oh I wasn't ethical there. Another situation came, oh I didn't have much faith there" and then you can start to develop the qualities with the situations that your soul attracts.
[00:32:30.10]

Participant: Yes. I never thought of this situation as being to do with ethics. Interesting.

Exactly. Every situation that involves spirits and people on Earth interfering with our life in some way is always associated with ethics, interestingly enough, as well as these other qualities. That's why this information was channelled to Paul.

Participant: Thank you.

21. Audience questions

21.1. Determining why desires are not fulfilled

Participant: When we work towards achieving an end but that end that we are working towards isn't happening or it's not coming to us, how do we know whether it's not happening because perhaps there's an interference due to spirit influence or it's not happening because it's not actually meant to be for us, it's not part of our path?

Well firstly, there's no such thing as meant to be. Remember that we are free will beings, which means that anything we desire can come to be, so therefore there is nothing that is not meant to be. But in answer to your question, we need to understand that there generally are two possible outcomes for any question. One is 'yes' and the other is 'no.'



So if you are saying we're wanting a certain outcome and it's not happening then there are only two possible answers to why it's not happening. Yes and No.

So what is the question? The question is, "Why is it that I express a desire that I feel is pure in its nature and yet the outcome doesn't happen?" That's really the question. And the answer to that question is very simple. The desire cannot be pure or it must be out of harmony with love, otherwise it would always come.

So if anything that I'm desiring to do in my life is not happening, I would ask myself this question - "What inside of my desire for this particular thing to occur is out of harmony with love and out of harmony with purity?" That's the question I would ask myself. If you answer that question for yourself, you will find the thing that is out of harmony.

If you don't know, it comes back to what we just said: pray to know. God, through this beautiful law that He has made called the Law of Attraction, can bring you circumstances and events that can show you why something isn't happening the way you want it to happen. [00:35:23.11]

Mary: When our desire is not pure in some way, then spirits can become involved in it, but the safeguard against that is to bring that desire into harmony with love. So if we have a desire for a certain thing and it's not happening we can say to ourselves, "Okay, I know there must be something that is not in harmony with love in this desire. If I heal this thing inside of myself then one of two things will happen. Either I won't have the desire any more or the desire will become purified in its form and the thing will happen.

21.1.1. An example of a participant who is trying to have children

But can I be frank with you? If you had been more specific with your question I would have been able to give a more direct answer. (Laughs)

Participant: Would you like me to be more specific?

Well you are referring to a certain situation in your own life that is not happening and you're unwilling to speak about it.

Mary: I think I can guess it.

Participant: Yeah, I think you might be able to guess it. My husband and I would like to have children and I've just had my third miscarriage.

Okay, that is a far more specific question and it can be given a far more specific answer. You desire to have children but you're having miscarriages. That's the question?

Participant: We're having difficulty in getting pregnant and then when we get pregnant we are having miscarriages.

Yes, but that is not on this subject.

Participant: No, well I was just wondering about the spirit influence. That's where I was.

You were hoping it was spirit influence.

Participant: Okay.

But what if, and I suggest to you that this is true, it's got nothing to do with spirit influence and it's got everything to do with your emotion? Would you then be willing to consider that? I'm suggesting to you that it does have everything to do with your emotion. Look sincerely at why you so much want to have a child, because when we have a role that we place on children, children don't necessarily feel comfortable with us anymore. So look very strongly at your reasons for wanting a child, be honest with yourself about them. [00:37:37.05]

Mary: And for your partner to look at if they really do want to have a child.

Yep. Both of you need to look at that.

Mary: Whether that's a pure desire for both of you. Can you see that sometimes for men they want to have a child because they want to please the woman? Which is not really about having a child?

It's not a good reason.

Mary: And sometimes women or men want to have children because they want to develop their sense of self through this child, which is also not pure.

Or they want someone to love them in their old age, or they want someone who loves them back, or someone who will give them unconditional love. You know, there's a long list of reasons why we choose to have a child that's out of harmony with a pure desire. The fact that you can become pregnant means that you are not infertile, so when your desire is pure you will not only conceive a child but carry it to full term.

Just as an aside, many women have found that when they give up the desire to have children that's when they have the child. Very strange that.

Mary: Or they adopt a child and then suddenly they fall pregnant.

Yeah, they adopt a child and then all of a sudden they have two children, one from their own pregnancy. And this is because they have released a lot of that emotion that keeps the child wanting to leave. When a child leaves its body inside the womb, when the child's soul and spirit body leave the body of the child in the womb, a miscarriage automatically occurs. The only reason a child would want to do that is that there are some emotions they feel from their environment that they are not comfortable with. They will automatically leave and when they leave they terminate themselves. That is actually what a miscarriage is, a self-termination from the child's decision. A great thing would be to ask yourself, "What emotions

in me would cause the child to want to leave?" Wow, there are a lot of women in the spirit world pretty upset with this particular conversation. [00:39:51.21]

Mary: There are a lot of others that are really pleased though.

Yeah. A lot of people do not realise that. I'm not saying that you're to blame. I'm just saying that the child is leaving because it feels emotions that it does not wish to feel from you, or your husband, or both of you, or your environment. So the question to ask you is - what would those emotions be?

Mary: Often parents have the feeling that they really want to love a child but actually the feeling is, "I need a child, I need a child." I'm not saying that's your case but just in general, that feeling projected at a baby is very intense, where it feels it has a lot of holes to fill here, just as we often feel like leaving a relationship where someone's wanting us to really fulfil them.

A lot of the times we are not willing to see how intense our emotional projections are upon others. We are not willing to see. If it were Mary and me wanting to have a child and we couldn't have one, the first question I would ask myself is "What emotions inside of me place expectations upon this child before it even comes out of the womb?" Also, "What does this child give me, what are the reasons why I want the child so badly?"

Now many women will find that the main reason why they want a child is that they feel they are incomplete as a woman without having a child, and this is very much a multi-generation emotion that exists for many women. They do not feel complete as a woman and even society has a tendency to suggest this that they are not complete as a woman unless they have a child. This is also one reason why women are becoming more and more fertile at younger and younger and younger ages, right down to eight or nine, or even seven sometimes. Unfortunately children are able to have a child whereas back one or two hundred years ago many times they weren't able to have a child if they had sex until they were thirteen, fourteen or fifteen. This is happening because of the imposition of this emotion, that a woman is not a woman until she has a child, and this is something to also look at.

21.2. Determining truth and receiving Divine Love as a spirit compared to on Earth

Participant: I'm just wondering, you said earlier, and I'm not sure whether I got it right, that it's easier to ask for and receive Divine Love

when you are a spirit? Did I hear that right before when we were talking about faith and spirits?

Well it's easier in some ways, certainly. For example many of you are yet to understand that you have an eternal life. When you die you arrive in the spirit world and you now know that you haven't died. So straight away, if you're aware that you have died, there's an instant feeling of, "Oh there's life after death." But many of you are still not certain about the truth of that and the only time many of you will become certain, if you don't deal with that feeling emotionally, is when you die, and then you'll realise, "Oh, AJ was right, there's life after death. Wow, this is a new thing; this is something I've now experienced." Once you know certain things like that of course it is easier for you to come to terms with other things being possible. [00:43:50.05]

Here on Earth we have a lot of jaded emotions, emotions of disillusionment, cynicism, we have a lot of these kinds of emotions. We love doubt, because doubt also causes us to avoid action, so many of us actually love doubt. We love to be in a doubting place, we like to be philosophical because it's so great; it helps us never make a choice or a decision. But by the time we die we have been forced into at least one awareness, and that is that we are dead. We have been forced into a different state and now we are at least going to investigate what it's like after we have died.

Mary: Some of us really fight that decision for a long time though.

Honestly, the majority of people on the planet fight death tooth and nail. Why do you think people hang on in their hospital beds for years rather than going to the spirit world? In the spirit world I've got legs, I've got arms, I can move around, I don't have to be bedridden, I don't have to have the hospital, I don't have to have all these things. And yet they'd prefer to lie in their bed for five years and be on support systems. There must be a decision they are making involving fear about death that causes them to do that.

Once you have died you realise that it was not as painful as you thought it would be, that it frees up you to a lot of other investigations, which are quite interesting to engage even if you are not on the Divine Love Path. You also start realising that there is more to life than what you thought and as a result of that, there is more of an openness to experimenting with the relationship with God.

Many of us on Earth get so inundated with the pressures of our life and so confused by the attitude of the people around us that we have no faith whatsoever in God or in life after death or anything like that, so we start

embracing a life on this planet that we feel is the only life that we can have. As a result of that, when it comes to thinking about spiritual matters, one hour a day or even less is about the most time people spend. It's pretty rare for most people to spend more than one hour a day; because they are so involved with the rest of their life they give it very little thought. They are busy with their life, busy with their time, busy with their family, busy making a living, busy doing all these other things but also busy trying to stay in denial, busy trying to stay in their fear, busy trying to even deny that they have any fear or any other emotion. They are busy doing all those things.

When you pass into the spirit world you've got a lot more free time so therefore a lot of time to investigate. It doesn't mean that you will automatically do it but generally it is a little easier to investigate in the spirit world because of all of those factors. [00:47:03.18]

22. Over-cloaking by spirits (continued)

22.1. Motivations for people to allow themselves to be over-cloaked

Participant: Hi, AJ. For many years I've had spirits shadow me. I don't know if you'd call it over-cloaking but they've certainly made their presence known to me. And I haven't always known, they don't always give me an indication of why they are doing it. But even as I speak now I can feel just a mild over-cloaking and there are different sensations over my face so...

Yep, and the different sensations would be different people.

Participant: Yeah. So I've often wondered if it's good. Sometimes I've acted upon the influence of the spirit that's been around me and I've accepted it. But when I have acknowledged it as the total driving force not being myself, the spirit has then been revealed and it overshadows me as if it's been flushed out.

Yeah. Can I suggest to you though that you do actually like it happening? This is something that I feel that many people who have had these experiences feel - you like it happening because it gives you a sense that you know more things than the average person knows. It hooks into some feelings; it hooks into some feelings of lack of worth but more some feelings of avoiding the feeling of the lack of worth. This is one reason why a lot of people allow spirits to come and influence them regularly. Sometimes they make choices and decisions that they weren't happy with and they go, "Oh maybe it's not as good as what I thought."

The reality is that no spirit who is in a loving space will ever wish to over-cloak you. That being the case every spirit who over-cloaks you is not in a loving space. Therefore every spirit who over-cloaks you will have some negative reason for doing so. I'm not talking now about spirits who over-cloak in situations where they are healing a person on Earth through you or something like that. I'm referring specifically to spirits over-cloaking us just to influence our life.

Many times we like it and this is what we have to address. These are the issues of truth and righteousness with regards to the armour of God here.



Qualities of the armour of God

We are often not truthful with ourselves about our worth and how much our worth wants propping up. We are also not very truthful oftentimes with our ethics, with our righteousness, what we actually believe is the right thing to do.

Many people on this planet are sort of over-cloaked on and off through the course of their life, even in the course of a day, and we need to honestly examine our own motivations for allowing such things to occur. This is what we need to do. If we were ethical we would actually do that. Our own motivations are generally not as pure as we believe them to be. They are driven by some unhealed emotional addictions that drive these particular desires.

So if I were having these kinds of experiences myself, I would be looking at the area of truth and of righteousness on my suit of armour. I'd look at my area of truth with regard to my own emotional injuries, about how I feel about myself and my sense of worth and why I want these spirits with me

very frequently. I would also look at the ethics involved, the righteousness involved from God's perspective, as to whether it is right for me to continually accept these people's direction.

In the last five years we've been together, Mary and I have met many people who are almost completely over-cloaked and who give up their will only for one reason, and that is that they don't want to take responsibility for their own lives. They want these spirits to help them in different areas of their life. The spirits make them feel safe and secure and they help them know things that they wouldn't normally know. There are people in this audience who are addicted to spirits helping them know things that other people don't know and they love these spirits with them. These spirits don't have good motives because any person who over-cloaks you and gives you that kind of information generally doesn't have good motives. But we assume their motives are okay because we want their motives to be okay and we want this because we have a feeling in us, an addiction in us when we interact with the spirits in these ways; they give us something that we want. And that's what I would look at in your situation. [00:52:26.28]

Participant: Okay, thank you.

23. The helmet of salvation

Let's proceed to the next very important part of the armour of God. If someone shoots you in the head, how fast does it take for you to die? Pretty quick, right?

Mary: I love how this weekend has been all about life and death - like they shoot you with an arrow here, what happens here.

You can see I don't have many hang-ups about death.

Mary: Okay, so the next part of our verse is,

"Take the helmet of salvation and the sword of the spirit which is the word of God."

Let's look at this "Helmet of Salvation." What is salvation?

Participant: Being saved.

I know it's being saved! (Laughter) Goodness me. What does that mean? What does being saved mean?

Mary: What's the opposite of salvation?

Participant: Damnation.

Damnation is the opposite of salvation, damnation has a connotation of...

Mary: ...judgement attached to it.

Yeah. I don't believe it's the opposite of salvation but has anybody got any ideas what the opposite of salvation is?

Mary: Salvation and damnation are really biblical terms.

Damnation is a religious term generally taken from the Bible and is all about judgement and condemnation and death of a person. That is not what I'm talking about when I talk about the opposite of salvation.

Participant: Being lost - like people refer to lost souls.

Yes, that's a very good analogy. Let's look at it. Let's say our soul condition is a certain level of love. What options do we have? We can stay the same.

Mary: Can we really?

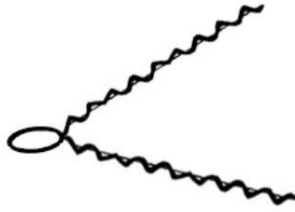
It's hard to know whether we can stay the same; pretty much everything in the universe either grows or dies, does it not?

Mary: Yep.

So it's pretty hard to suggest that we would stay the same by trying to stay the same.

Mary: In the words of the famous philosopher, Bob Dylan (laughs), "Get busy living or get busy dying."

(Laughs) So can we say then the opposite of salvation is getting busy dying? Getting busy degrading our soul. And the salvation is in growing our soul, improving our soul. That would be salvation. So we've got one way, which is a degradation of our soul and the other way which is the saving, if you like, of our soul, the salvation of our soul. And then we've got this fictitious place (laughs) that we think we can maintain called constancy. It never occurs in nature and it never occurs with your soul. Isn't that interesting? So there are our two options - salvation or degradation, chosen by ourselves. [00:55:47.02]



Our soul condition can either grow or degrade

Now how does the helmet come into place? What does the helmet protect? That's a silly question, of course - the head and the brain. What is our brain generally taken as? Our mind, our intellect, our reasoning ability, our ability to determine logically what is wrong or right, all of that is a part of what is occurring in our brain, is it not?

23.1. Using logic to not act in harmony with our emotional error

How does that relate to salvation?

Participant: If all else fails we can use our brain and our logic to determine what is the right thing to do in any of these other situations, if we don't know emotionally. We can use our brain and our logic to do that and make a right choice.

Yes.



The helmet of salvation protects our head and brain, which allows us to use logic

This is telling me that logic is essential in my relationship with God and essential in my relationship with being able to ward off influence from other people, negative influence in particular. Without logic I will often revert to emotional choices that are out of harmony with love but totally in harmony with my condition.

How many of you, at some point in your past, have been so angry that you would have liked the person you were angry with to just die? Obviously that

is an emotional feeling. It would not have been very logical for you to take the action because you probably wouldn't be in this audience at the moment, you'd probably be in jail with a life sentence instead. So you can see that your emotions are not always trustworthy.

Those of you who thought that the Divine Love Path is all about your emotions, you need to reconsider because it is not all about your emotions. The Divine Love Path is all about receiving Divine Love and changing your soul so that it becomes more and more in harmony with love, and your emotions and everything will change as a result of that. Now you have to be emotional, you have to allow the emotions to flow in order for that to occur, but the Divine Love Path is not all about emotion. Because we are not perfect, some of our emotions right now inside of us are completely out of harmony with love. It's one thing to feel them, but if you act upon them you can get yourself in very serious soul trouble.

This is where God has given us this beautiful tool of our mind, which is actually residing in our spirit body, that influences our brain. The mind of our spirit body therefore influences all of our ability to act. It's this mind that needs to be protected.

23.2. Thought packages can be placed into our minds by others

One way that spirits influence us is by dropping thoughts into our mind and many of us, generally unknowingly, receive thoughts that we think are our own but are not, and we are in harmony with those thoughts. We have certain emotions inside of us that allow these thoughts to be dropped into our mind. They are like little email packages.

Think of your mind as your inbox. You've got this little inbox going, "Give me information, give me information," and there's these little email packets that come from other people's minds. Actually there is a description of these packages in the Robert James Lees books; they are actually real. They are packages of thoughts.

Once you are knowingly able to do this you don't need email and that might be a good thing. In my email box there might be five hundred unread emails so with this method you can't not read one of them; they just sit there until they are read. You can dismiss them of course but these packages are available to be fed into your mind. These packages can come from any other person who exists, spirit or on Earth.

If that's the case we've got these packages and our minds; there is this little in-box processor and we've got these packets of information

dropping in. Now some of the info you can email to yourself, can't you? I do it all the time: "You're a wonderful person." (Laughter) Nobody else wants to tell me that. No, that's not true. I do email myself all the time but most of the time it's information that I want to remember.

Mary: Remember to do, yeah. (Laughs)

23.3. Using logic to determine which thoughts to act upon and how to act in harmony with love

We can email ourselves and receive emails from other people, and it's the same with our thoughts. If you can think of our thoughts as emails, thoughts can come from yourself but they can also come from other people. And you need to use some kind of protective method to determine whether you should act upon certain thoughts or not.

For example, what if someone sends you a thought a kill AJ? I know four or five people in this audience right now who have had those thoughts; someone has given them those thoughts. They have come up and told me that they have had these thoughts. Now if you had that thought and you had no method of determining what is right or what is wrong or no logic, what would you do? You might act upon it. You might think it's your own thought and act upon that. Obviously that's not a good idea, not just from my perspective but from your soul's perspective.

So the helmet is going to help you logically determine things that you need to be able to determine in order to stay in harmony with what you at least know intellectually is the right thing to do.

See, the heart is all about what you feel is the right thing to do. Sometimes our heart can be wrong because we might have emotions in our heart that cause us to feel things that cause us to have certain addictions that lead us down a certain path. So what is going to be the regulator of that? We need to have some sort of intellectual concept of what is logically right that we can impose upon or use in harmony with the other part of us, the heart-based part of us, the righteous part of us, the part of us that determines ethics or morality. And they work together in order to maintain our system in harmony with love and truth.

So when our heart's not working right, in other words we have a desire to do something that's obviously out of harmony with love, at least our head might regulate our behaviour through this application of logic. [01:04:09.05]

Mary: It can also work in the reverse, can't it? If I have some knowledge of love, if I have grown and I have understood certain things about love in my soul then in a situation where I don't know the right thing to do I can use my logic based on what I already know about love to make a loving choice, can't I?

Yeah. Many people say to us, "Oh I don't know what love would do." I just can't agree with that statement, I'm sorry. Almost everybody on the planet knows what love would do because all you have to do is to ask yourself the ethical question, "What would I like done to me?" That's a very good way to determine what love would do most of the time.

If that's not accurate then your logic will start telling you things as well like, "What you are doing now is actually going to cause you some damage." So the logic can help you to make some decisions.

23.3.1. An example of wanting to commit suicide

For example, a person wants to commit suicide. That is probably a heart-based desire, driven by some kind of emotion of wanting to avoid their life, or some kind of rage or some kind of terrible sadness that they feel they cannot feel, and so they want to commit suicide.

Now if they just followed their heart, they would probably do it. Of course if they just followed their heart under those circumstances all these spirits would be coming and saying, "Yeah, yeah, go for it, this is how you do it." They would give you a list of ways to do it. There are many people who have contemplated suicide who have told me they had a list of fifteen or twenty different ways that they could do it. Where do you think they got that list from? From many spirits who have actually done it and have given them ways that have worked.

Now if you've got this protective head gear on, the helmet of salvation, the focus of the mind is on growing rather than degrading; that's what it means to have a helmet of salvation. The logical focus of this mind is to help you grow rather than help you destroy yourself. That's what it means to have the helmet of salvation on. We are only going to think about what is going to assist us to grow; we are not going to ever contemplate anything that will assist us to destroy ourselves. That's what we mean by this helmet. The helmet is working in this direction.

So whenever a situation comes up where I feel like committing suicide, I can think - hang on a second, logically that is not going to help me grow. It terminates life, which is not growth. It is probably also going to affect other people's lives, which is not going to help them to grow, and then

on top of that I'm probably going to pass over with some feelings about it that I still have, which is not going to be a very logical thing to do because none of it will help me to grow. If anything it's going to help me to degrade my condition, so would I choose to do it?

If I had the helmet on I wouldn't choose to do it. No matter how many spirits were around me telling me to do it, I still would not do it if the helmet is on, because my mind is focussed on growing my soul, on saving my own soul, rather than destroying it. That's the purpose of the helmet of salvation, to focus on growing rather than self-destruction. That's what we need to focus on. [01:08:07.24]

23.3.2. The importance of self-reflection

Participant: I think that the greatest gift of the Mary's book group has been the practice of developing my abilities to self-reflect.

Mary: That's good, Yvonne, and that was the point.

Participant: Yeah, just thinking about it when Jesus was talking, I probably use my brain more now than before when I just came automatically from that place of "I know," where you just act automatically as opposed to thinking through.

Mary: Yeah.

Once you become at-one with God you will act automatically. But because you're at-one with God everything you do will be a loving choice so you don't have to think about it as much, but before then there is a need for self-reflection.

Mary: Yeah. As we were saying to someone earlier that's how awareness of your emotional condition often starts by having this self-reflective process. It is intellectual but also emotional. You can use your intellect to help you navigate I suppose.

23.4. Using logic when discerning our own thoughts from spirits

Participant: Yesterday I asked you about discernment of whose thoughts they are, because sometimes the thoughts can sound so much like your own.

Yep.

Participant: So the question I need to be asking myself is, "Are the thoughts that I'm hearing corresponding to feelings inside of me? Is it going to help me grow or is it going to degrade myself?"

Exactly, that's the question.

Participant: And if it's going to help me grow then the chances are that it could be a loving spirit that is encouraging my growth.

Exactly.

Participant: And obviously the opposite.

If it's going to help me destroy myself or degrade in my condition or degrade somebody else's condition then it's probably not a loving spirit who is giving me this information. [01:09:50.10]

Participant: Big 'aha' moment for me - thank you.

Mary: This is also what we were talking about earlier, giving away our power or just trusting, just taking guidance. When you have that discernment inside of yourself, then you are growing but you can also accept advice that will help you grow even more, compared to just blankly taking everything on.

Participant: I've felt in the past that the struggle with discernment has been with the overwhelm of all the feelings, that it's like sometimes in those moments the feelings are coming up so strongly it's hard to be clear on what you are thinking, especially if there are a lot of thoughts coming at you in those moments.

If we are in our feelings and not fully in them there will be huge numbers of thoughts coming from all sorts of spirits about the subject we are feeling about but not yet fully feeling.

Participant: And when I'm fully feeling I'm not thinking anything.

Yeah. When you're fully feeling you will find that it's very hard for spirits to drop any thought into your mind. You are fully engaged in your feeling and so therefore it is very difficult for any spirit to drop thoughts into your mind. But if they do you can also ask yourself the question, "Is this going to help me grow or is this going to degrade my condition?"

23.5. Using logic to determine if our actions will lead to another's salvation or degradation

I feel that many of us avoid asking ourselves questions like that. We take an action and then we say we did it because we felt to do it. That's not a good reason to do something, to be honest with you, because we know we are imperfect and therefore we could have imperfect feelings, so we shouldn't just do something because we felt to do it.

For example, people come up often and tell us something about how they were projecting a certain emotion at us three days ago and I feel like saying to most of you, to be frank, "Why are you telling me this?" I don't need to know that. Even if I do know it I don't need to know it. I don't need to know what feelings you were projecting at me three days ago. What I would love to know is whether you know if you worked through something as a result of it; that would be fantastic.

We often want to tell persons things because we actually want to make a point to them, but we are not looking at our underlying motive. For example, "I was angry with you three days ago because you did this and then I realised that..." And I'd say to the person, "I'm sorry but you are still angry with me now and the proof of that is you had to come up and tell me that you were angry with me three days ago and you wanted to dump some of that on me. Why did you want to do that?"

Spirits often get involved in those kinds of things. They like doing that because it makes the other person, maybe not so much myself, but it can make the other person feel bad about themselves. It can make them attack themselves and feel bad about what they have done and go into guilt and all these other things that we have a tendency to want to cause in other people to control their behaviour. Spirits are so happy for us to do that.

Now this is where we need to ask ourselves even further with this helmet of salvation. Is it also going to assist the saving of another person or is it going to degrade their condition? Remember, if we are ethical we will ask the same question of ourselves that we would also ask for the assistance of another.

If I'm about to take an action that I know is probably going to harm the person in their life and I still go ahead and take it, can you see that it's out of harmony with having this helmet of salvation? Because now we are not focused on the saving of the other person, we want to destroy them. And to be frank, there are a lot of emotions in most people about wanting to destroy those who don't agree with you, or that have harmed you in the past or whatever it is.

If I have a focus of, "I want to grow and I want to assist every single person that I meet to grow," then I would ask myself the question, "With this feeling that I have towards them, is the action, or are the words, that I'm going to speak in this particular case going to help them grow or is it just going to destroy them?" From God's perspective is it going to help them grow or is it going to destroy them? What is my motivation? Is my motivation to make them feel bad or to say something that I wouldn't normally say, or to get away with something, some behaviour that I just want to get away with? What's my underlying motivation? Is my motivation because I love them and I want them to grow? Is my motivation because I love myself and I want myself to grow? This is what it means to use your logic and to have your head covered with the helmet of salvation. It's pretty logical. [01:14:53.26]

24. The sword of the spirit

These things we have so far covered are all defensive; they are defensive mechanisms. The only thing that is attacking in here is the sword. Everything we've gone through: the feet, the loins, the breastplate, the shield of faith, are all defensive apparatus in a war. These are all defensive apparatus that can assist us to reduce the amount of spirit influence we are under. We positively respond to spirit influence by having the development of these particular tools as a part of our nature. Every single one of these particular tools plays a part in helping us with regard to spirit influence. It can greatly assist us once we know what part of ourselves is being challenged by the particular thing or event that is being projected at us at the time.

Then we come to this thing.

24.1. The sword of the spirit is the Word of God

Mary: The sword of the spirit, which is the Word of God.

Does anyone know when Paul wrote the book of Ephesians? Not many Christians in the audience.

Participant: I thought it was a few years after your death.

Yeah, I think it was around twelve or thirteen years after my death. It's near the middle of the first century, almost two thousand years ago. When was the Bible put together? Does anyone know that?

Participant: Was it was under King Constantine in 365AD?

Well it started around 320 - 325AD, and then there were a different number of meetings that he had with a synod that put together what became what is called the Bible Canon. So when Paul mentions the Word of God, did the Bible exist when he said those words? No. So logically he cannot be referring to the Bible.

24.2. How the Apostle Paul acquired the Word of God

Mary: What would he be referring to?

Many Christians would say he is, but he can't be because the Bible wasn't created by that stage.

Participant: The Torah or whatever the Jewish scriptures are referring to?

That was what was available to him but that's not what he believed to be the Word of God.

Participant: I think he was referring to you and your teachings.

A little closer but there's still more to it than that.

Participant: God's Truth.

God's Truth, yes. As defined by?

Participant: You.

No, I don't define God's Truth.

Participant: This is a wild card - the Commandments?

No, because the Commandments came from men actually, and Paul knew that by this time.

Participant: This is a wild card too but from his own experience in his relationship with God? What he has learnt?

What's his personal experience in his relationship with God? That's the question we've got to ask. What is it? What have you learned through your own personal experience? [01:18:51.26]

Participant: I have learnt that God loves me; I have learnt that God is good.

So you would call that a truth?

Participant: It's hard to distinguish what I've learnt from you and what I've actually learnt from God.

You need to forget about what you've learnt from me and find out what you've learnt from God.

Participant: But the other thing that I've learnt from God is what is loving because I feel it.

Right.

Participant: I can feel if I've done something that's not loving; so that's feedback.

What would you call that, being able to see yourself and all that stuff?

Participant: Humility.

Yeah.

Participant: And I've learnt love from God.
Why?

Participant: Because I've felt His Love.

Okay, you've felt Love from God; you've felt Divine Love enter you.

Participant: Yes.

Okay. Isn't this exactly what Paul had available to him?

Participant: I'm guessing that's true.

Yeah. Humility has created an openness to truth and the openness to truth meant that you desired love at some point and received some and that told you what the absolute truth was about at least one subject. You haven't resolved all subjects of course, because if you had done so you would already be at-one with God, and even then you would not have resolved all, because absolute truth is continuously growing even after that.

Participant: Infinite.

There is a common concept that once we are perfect we also know everything and that's not true. Perfection doesn't mean knowing

everything, it just means perfection in the way we express our love and we know the absolute truth through this process.



So here we've got this thing, which is called the sword of the spirit.
[01:20:50.13]

Mary: Which is also the Word of God. It says, "The sword of the spirit, which is the Word of God."

So we know that to get the Word of God in our heart we have to go through a process of becoming humble, opening to truth and eventually getting to the point where we receive Love. With the Love we receive revelation, which is the Word of God, through that connection. That connection is very dependent upon the Holy Spirit; without the connection with the Holy Spirit the Love cannot flow and therefore we will not receive the Word of God. Each of us is capable of doing that; you do not need another person to do that. It's an individual process. This is how the Word of God comes to you, through this process.

Okay. So Paul knew that; that's what he was taught and he knew that it was what I was teaching. Remember, he was alive only a few years after my death, and he found out much of this truth so he could talk to people about what I was teaching.

24.3. How the sword of the spirit protects against spirit influence

Okay, when we look at that, how does this relate to the sword thing?

Participant: Well, that's where you're going out, you're giving; it's like a giving flow. All of the other ones are defensive, you're stopping or defending, and now with the sword you are going on the charge with the word or the truth, and that's the giving out to...

With what attitude are you going on the charge?

Participant: Oh, with love and humility, and the desire to share truths around love and from God's perspective.

Yeah, and remember your helmet's focused on saving, not destroying people.

Participant: Yes, exactly. I don't mean it in a warrior sense.

Yeah, that's fine. These are just questions and not judgments. (Laughs)

Participant: So the sword is like, "Now I'm going forward, I'm going out into the world to share."

True, but there is something about a sword. What does it do? It's pretty obvious - it slices between things. It's penetrating. There's this scripture in the Bible that says, "It can even separate the bone from the marrow." So it has to be something very sharp. Often when a soldier had a sword they'd be there, sharpening her up every single day. Just ask Corny about that; they'd be sharpening the sword. You never know when you are going to have to use it. So you want a very, very sharp sword. How can that be likened to something spiritual in this case? [01:23:53.14]

Participant: To separate truth from untruth.

Yes. This is very important, isn't it? This sword of truth or the sword of the spirit is actually a way that we can cut through all the bull-crap that goes on in the world, to put it bluntly, and determine in every situation what the truth is, not only for ourselves but also, because we are interested in the saving of all men and women, for others too. This is the beauty of it.

Imagine now that you are getting attacked by spirits. Spirits are trying to influence you to do something that you know for certain is an unloving influence. You know for certain these spirits are not in a good condition; what would the sword of the spirit get you to do? Attack? (Laughter)

Participant: Take action and speak the truth.

Yes it would do that.

Participant: Cut through the lies.

Cut through all the lies yes, but not in an angry way as you just described, Chris. (Laughs) Not like that because we would be coming from a place of humility and love for the person. So it wouldn't be like that.

Mary: But I feel because it's the sword of the spirit, this sword can only exist when we are in harmony with God, can't it?

Yes. This sword does not even exist when we no longer have a connection with God. As soon as our connection with God fails we can't use the sword because it doesn't exist. Remember, it's the sword of the spirit; it's the sword that is actually the result of our connection with God. This sword can only exist through this connection with the Holy Spirit that is maintained, through which love flows. So it's basically suggesting that this sword only exists when we have connection with God.

Now when you have a connection with God, do you feel like going and just giving the truth? Isn't it more like a loving feeling coming out of you towards the truth and exposing the truth, and cutting your way through all of the rubbish that's present using this sword? Can you see how that would help you with spirits? [01:26:48.01]

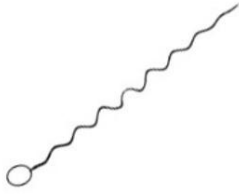
24.4. Using the sword of the spirit for the salvation of mankind

Mary: I also see that it would help me if I'm walking out into the world and I'm encountering other people who may or may not be influenced by spirits in their interaction with me. If I'm using this sword of truth, love and humility, because it's the sword of the spirit it will expose that within those people very rapidly, won't it? So it's also indirect. We've talked a lot about direct spirit influence, but I would say it would also expose indirect influences that you may be under.

Just your very presence in a state of connection with God means that you almost become God's sword yourself, to determine between truth and error. Every interaction you have will challenge others or free them at some point because of the state you are in personally.

If you think about it from that perspective, we are using it as an attacking device in the sense that the purpose of this is our wanting to cut through error. We don't want to leave error on the planet that everybody then imbibes and lives with for thousands of years afterwards, with huge amounts of pain. We would like to expose the error, destroy it through its exposure. Then we are just left with the truth and the truth can now influence any person's life, in any religion, in any walk of life. Every single person on the planet can be influenced by this truth, and as a beautiful part of that it means that we have the ability as humanity to grow.

So you know how we were talking about salvation? Now we are talking about the salvation of an entire race of people, not just ourselves. The beauty of this particular device is that it assists us to assist the world to change. But it is only available to us when we have a connection with God.



A graph showing that the salvation of an entire race of people is possible with the sword of the spirit

Every time you have told the truth in anger - that wasn't it. Every time you've told the truth in resentment - that wasn't it either. Every time you told the truth when you were crying your heart out, it's closer to it but it's still not it because once you're in a state of connection with God in love the other person will generally feel your love when you are giving the truth.

They might not always do that of course, because they might be in error, and therefore very resistive to it, but you will deliver it in the manner that displays your own connection with it and your own connection with God. So this device becomes an important part too in your relationship with spirits.

24.5. How the sword of the spirit protects against spirit influence (continued)

Spirits who are in error often come to you and what do you tell them to do?

Mary: “Rack off!” (Laughs)

“Rack off,” for many of you, or you go into some kind of fear or some kind of self-attack, or you go and do what they want. If instead of doing all those things we decided to engage them with the Word of God that we know, the things that we have personally learned in conjunction with our relationship with God, and we decided to engage them in a conversation and help them work through different things as a result, we would be able to express our love to them. That would have the greatest imaginable effect on their life, wouldn't it? - in comparison to all the others; in comparison to running away or avoiding it or trying to get out of the

situation or telling them to get lost or getting in a rage with them or all of those different things. They are not going to be effective ways of helping a person. They are also not effective ways of helping any person on Earth, by the way. By now you should have noticed that if you have been associated with the path for a while. [01:31:02.26]

Participant: My soul's degraded, I've done an unloving act and obviously there are spirits involved. Sometimes I've feel like I've been trying to talk to spirits but obviously not dealing with the emotions. I'm trying to give some truths or something. If I deal with the emotion and have actually cleared and maybe even healed it and then tried to communicate with the spirit, how long do spirits generally hang around? Because of the Law of Attraction, if you've dealt with an emotion, do they sort of feel like, "Well I can't influence him, I'm out of here"?

Yeah, you'd be surprised actually how much of a positive effect it has on them. Firstly, when you deal with the underlying emotion, you remove an addiction inside of yourself. Once the addiction inside of yourself is removed, the spirit who's trying to connect to your addiction, they can no longer connect to it. So now they are automatically challenged.

Do you know what they normally do with that? Remember I gave a talk called "The Human Soul - Addictions & Bribery, Fear, Threats & Blackmail"? They firstly try to bribe you. Bribing is like a nice kind suggestion, with a carrot on the end of it, like a carrot on a stick leading a horse type of idea.

BRIBE

When that doesn't work, they generally give up the bribe and then what do they do? They threaten you. By this stage most people have already caved because we receive a couple of threats from the spirits with a bit of intention behind it and all of a sudden it's, "Alright I'll do that." We normally give in to the situation.

THREAT

A person who's in this space here connected with God doesn't do that. So then the spirit blackmails you. By now they are starting to get violent with you. [01:33:10.08]

BLACKMAIL

It's pretty obvious now who you are dealing with. Before it might have not been obvious. Now it is. Once they get to this stage you can talk to them about it all, talk to them about their anger. "Yes, you need to feel your anger. I'm not feeding your addictions anymore but you need to feel your anger. You need to go through some processes like this," and after you demonstrate to them that fear is not your primary motivator they will give up blackmail.

Once they do that it is very interesting. In my personal history, I've had many times in this life and also in the first century where spirits went through that cycle with me only to become supporters of the Divine Truth in the end, because at that point all of their emotions are starting to be challenged and I've encouraged them to feel the emotions and talk their way through them and help them through that process. Often you can end up with a friend at the end of it. In fact Mary and I have many friends in the spirit world who actually harmed us while we were on Earth because we did not respond to their bribe, their threat or their blackmail and we eventually helped them through getting through some emotions. And it started by not feeding addictions.

25. Audience questions

25.1. What happens when spirits project rage and resentment towards us

Participant: Just so I get a visual in my mind, when you say they are dropping thoughts in... Someone could be right there just going, "Bla bla bla"? When it gets more intense, are they actually visually jumping up and down and screaming at you?

Yeah, when it gets really intense and they are really in a rage. By the way, that is not as bad as it gets. There's another thing on top of rage - resentment, and that gets pretty bad because resentment is a cold rage. Do you know what I mean by a cold rage?

In a rage a person is generally very expressive, yelling and screaming at you, animated with all of this rage and anger being projected at you, and it's almost childlike in some ways, when a person's like that. However, when they go into cold clinical rage and resentment then it's very hard to help a spirit or a person. A cold clinical rage is the source of most people planning to destroy another. You think about your own plans to destroy others when you've had them, if you've ever had them. Can you see how it's always related into getting into this cold place, this hard...? [01:36:05.01]

Mary: Steely.

Cold.

Mary: A steely rage.

A steely rage yeah. It is very hard to help a person in that place. When a person is just engaged jumping up and down that's fine. Many spirits are like that - in a rage jumping up and down when you don't meet their addictions. But most of us get so afraid we go back to meeting their addictions.

Participant: So you literally could have tens or hundreds of people jumping up and down yelling at you but you can't see or hear it? Because I've got ringing in my ears all the time and sometimes the tone just goes way up or way down.

Yep.

Participant: And I hear it but I just go - "Right okay, it's spirits," but I have no idea what it means.

Yep. I frequently have millions of spirits screaming and yelling at me, wanting to kill me and all sorts of things.

Mary: Sometimes it would be so amazing to have a visual representation of what's happening, wouldn't it?

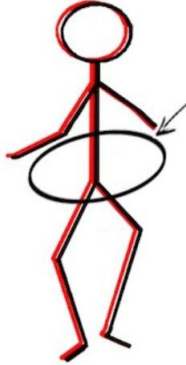
It helps because you know what condition they are in. It's great. I feel it's great when spirits actually display their true nature with you even if it's rage because in the end you know their condition, you know who to trust and who not to trust. You know who to listen to and who not to listen to. The problem that many of us have is that we listen to people who are enraged. People who are enraged are not usually very logical but we listen to them. We just absorb it.

25.2. Physical ailments can be caused by holes in the armour of God

Participant: I was just wondering with all these plates in the armour of God. Can it be related to a physical problem if one of those plates are penetrated? For example, in my teenage years I was very resentful towards my father and I started breaking a leg.

Yep, certainly. For every one of these things that we take off, if you like, these principles that we take off ourselves, if we do not practice them, it not only exposes our spiritual body to the influence of spirits, but also remember that our spiritual body is over our material body. Our spiritual

body and our material body are pretty much of similar size and nature and our spirit body maintains the energy of the physical body.



Our spirit and material bodies can be damaged when we have holes in the armour of God, for example in the loin region

If a spirit can upset the energy of our spirit body in a certain location we can attract certain events in that location, including sicknesses and accidents; they all become attracted because of that exposure. It is a very real thing, and many of us have had sicknesses and diseases and accidents that have been almost completely spirit-influenced. Of course, we've had the opening to it because of some hole in our armour, and that hole in our armour has caused the influence to be able to occur and therefore affect our life.

25.2.1. An example of a participant whose father in the spirit world was enraged

Participant: AJ, when my father passed he was in a rage with me. Obviously I was doing things that he did not want me to do. For weeks and weeks my arm got heavier and heavier and I could hardly move it.

Your right arm?

Participant: It was my right arm. Once it was identified that my father was responsible it was like, "Oh shit, your father's there and he's in a rage with you and he's got you by the arm and he's shaking you and shaking you. Once we started touching the area and massaging it, it all bruised. The whole area bruised and it looked like that was where his fingerprints were. Is that possible?"

Yes. Certainly the energy systems that he would be upsetting in your arm, he'd be physically doing that. He wouldn't even necessarily be conscious of it. But he would be grabbing you on the right side, because that's the side that the male would be doing it, shaking you, like physically trying to shake you. Because of your openness to influence from the male, because you are afraid of men and open to their influence, you have an energetic opening in that side of your body and that then causes upset in the energy systems of the body itself and the spirit body. As soon as the energy systems are upset, in terms of the flow, now there's a potential for bruising and all sorts of things to start developing, diseases and all sorts of things depending on how severe it becomes. Certainly.

As I say, there are so many spirits involved in sicknesses and illnesses and accidents. Of course, we are open to them because we don't have the armour on but the reality is that their influence is an ever-present fact in our day-to-day life. Many of us take medication and do other things as a direct result of trying to combat some of these influences. Of course it doesn't work very well but that's what we attempt to do. [01:41:36.23]

Participant: Well we spoke with him anyway, at the time, and I felt he moved on almost immediately because the arm healed.

Yes, once you realised what it was and you realised that you were being influenced by your father, once you went through that realisation he will probably also have had some realisations of, "Oh boy, I am in a rage with her and I have been shaking her and it's harming her body," and so forth, and he might have felt about that. But even if he didn't, just you healing that particular part of listening to dad would actually make it heal up as a result.

25.2.2. Spirits are often attached to our bodies in places where we have aches and pains

You know how many of you have aches and pains everywhere in different places of your body? Every one of those places has probably got a spirit connected to it due to some kind of interaction that's going on that you are emotionally preventing. And it's frequent. It still happens to Mary and me. It will continue to happen until you've healed yourself from that.

But this armour can help protect you from being influenced spiritually into actions to avoid the pain. A lot of people take actions to avoid it, not understanding that it's pain from spirits because of different holes that we have in ourselves that is being mixed together. We are trying to choose some kind of medication or some kind of other thing to overcome it when the

reality is that the only way to avoid it is to actually fully experience our own part in it and then it will go completely.

Many of you still don't believe that and so you choose many avoidances, different medical prescription drugs or whatever, just to avoid something. Even a headache tablet. We often do things like that, not understanding that we're surrounded by ten spirits at the moment who are yelling and screaming at us and all we need to do is cry. That's frequently the case.

25.2.3. An example of a participant feeling nauseated when experiencing fear

Participant: I just wanted to ask about the nausea, a feeling of wanting to vomit a lot? Is that a spirit?

(Laughs) I'm not laughing at you.

Participant: Yeah I understand.

I've had the same problem many times.

Participant: Yeah. I just want to know what it's about because it's becoming a lot more frequent. I've been trying to self-reflect upon who's around me at the time and what's going on at the time, and I feel it's about some fear or terror.

No, surely it's not about fear? Surely it's not! Yeah, of course!

Participant: Good old fear.

Good old fear! Yeah. When you start to experience fear, Jane, which is very different to recognizing you have it, you will actually start feeling it in your body, and you will go through things like vomiting, feeling very, very sick in your stomach and a lot of this is about processing through some of your fear emotionally. Both Mary and I have been through many times where we've had to process through a fear emotionally, including vomiting for a couple of days and all sorts of things and then it all just clears up; once you allow yourself to feel it, the spirit influence that created it goes away.

Mary: If you notice, Jane, you will probably find that you've been taking some actions lately that trigger your fear and the fact that you are having a physical response to it is showing that you are more willing to actually experience the fear than go rigid to it.

So it's a great sign actually.

Participant: Is it?

Yeah, it's some physical response. I know it feels uncomfortable physically but it's a great sign when your body's physically letting things out in this way. Remember, your emotions are stored in your soul but they all have a physiological response in both of your bodies, so your bodies will go through processes as you release the emotion. You won't be able to avoid them.

25.2.4. Physical ailments often flare up during emotional processing work

Participant: Yep, okay. And that's why you were also saying before that a lot more conditions are coming up in our body?

A lot more skin conditions.

Participant: A lot more, I'm finding.

Little patches here, little patches there.

Participant: Just things flaring up a lot more quickly.

You'll find that the more refined the process becomes, when you are out of harmony with the process, the more rapidly things will come up and disappear as well. I've had things come up and disappear, come up, disappear, come up, disappear. I've grey hairs come, disappear. I've had all sorts of things happen depending on what I'm resisting at the time.

Participant: So it's not just one, it could be five?

Yeah. At the moment, I don't know if you've noticed but right there, but I've got a patch in my leg where it looks different to the rest of my leg. Can you see it? I'll bring it up close there.

Participant: (Laughter) Yes, it looks very red.

That's me resisting something. I've got a fairly good idea what it is but I'm still working my way through it. While I resist it spirits can connect to that area, pull out the energy from that area, and that area almost feels numb as a result.

Participant: Yeah, it does sort of go numb.

Sometimes.

Participant: Pins and needles.

Depends on what type of energetic draw there is from the spirit and with yourself. Then when I work through the issue it patches itself up. It's been much worse than that. It went so bad, it went so hard, that all the skin just started peeling off and flaking off automatically, just by itself. I never injured it, nothing ever happened. It just happened. These are the kinds of things that happen as you work through different things emotionally.

Participant: Just one last thing. When you are lying in bed at night about to go to sleep can it intensify spirits hooking into some of those holes, some of those conditions?

Certainly.

Participant: It can intensify at those times, yep?

This is why some of you don't like going to sleep or going to bed and this is also why some of you don't like waking up. As I said before, if we can stay present in our body for as much time as possible, feel its pain rather than trying to avoid it, we'll get closer to the emotion. [01:48:01.29]

25.3. An example of a participant being attacked by spirits

Participant: My question is about channelling spirits. I started to open myself to channelling larger groups of malevolent spirits who are visiting me and I thought I had enough faith, that I was feeling that there was hope, because it's been a long journey to get to that.

Yep.

Participant: And I believed that these spirits visited me because I was in the same condition as them and they weren't very happy, they weren't very nice. I did see them; they were very angry and yelling at me. When they first did that I allowed a little bit and then I said, "I can't talk to you to because you are just so angry. When you calm down I will talk to you another day."

Participant: When they came back I explained what I was doing and I said, "You can see what I'm doing. You don't need to look at me, you can go and see other people who know how to do it better, but I have faith that I can do this." They called me a hypocrite and a whole lot of horrible things and anyway after a couple of these meetings with them I noticed I was just shutting down and not feeling good.

Participant: I thought I had enough faith that I could progress in the sense that I believe I have a chance now. But why did I shut down to talking to anyone then? It took me a good week to even want to talk to God again and my spirit guides. It made me feel like I just didn't want to go there and I'm afraid to channel again because I don't feel that I'm that strong. It's just that they came and I could see them and I know that there were a lot of them. I wanted to be of service to people who are not in such great state, since they are watching, because I don't feel my own state is that great.

We could both have answered your question probably five minutes ago (laughs) but that's okay, Laurleen. We understand the problem. What do you think is happening?

Mary: You know how we've been talking about this graph where you are going along, going along, things are okay and then suddenly, like you said, "I shut down all my mediumship abilities and all of my connection with God," and you know the event that caused that, don't you?

It was the attack from these spirits.

Mary: So the key thing is to just go back to that point, you know what it is, and recognise, "What were the emotions triggered in me in that interaction that I skipped over?"

I feel even more importantly though, Laurleen, we've got to ask ourselves one question when we are attempting to help somebody, and that question is "Do the people want help?" [01:52:13.16]

Participant: They came to me.

They came to you to attack you.

Mary: And they did attack you, didn't they?

They did attack you and you allowed it. It's okay that it's happened, so don't punish yourself about that.

Mary: Because it's actually that hole that they got into.

This was the hole, the desire for you to punish yourself and not have a good opinion of yourself.

Participant: You mean I allowed them to attack me?
Yes, in the guise of helping them. Can I put to everyone: If you allow people to attack you in the guise that you're helping them, you are actually

just enabling them to attack you. You are not helping; you are actually harming them further, because you are allowing something that is going to damage their soul and yours. So allow yourself to feel the attack and have a cry about it, because that's what actually occurred as Mary suggested. Feel the attack and have a big cry about how you were attacked, even though you loved them.

Mary: And I think you didn't do that. You thought, "I'm a hypocrite;" you agreed with them.

You agreed with them, yeah.

Mary: You didn't go to yourself with truth; you let them attack your feelings of worth.

And this is the hole that you have; you attack your own feelings of worth. So while you might have faith, and I do believe you have quite a lot, you do have a hole in the loins girded with truth about your own worth. When spirits come along they can see that hole and they think, "You beauty, she's giving us an opportunity to have a go at her," and so they have a go.

Now that's a bit different to a group of spirits who come to you, even though they are malevolent, and say, "Oh, we've noticed you're changing and we want to know how you change." That's very different to a group of spirits who come just to attack Laurleen because Laurleen's given them an opportunity. Can you see how this part has been the issue of truth about yourself?

25.3.1. Emotions relating to self-attack and self-worth invite spirit attack

Many of you completely reject the truth about yourself because you are very happy to accept that you're bad but you're not very happy to accept that you are the pinnacle of God's creation. In other words you are rejecting God's Truth about yourself.

This is something that you still have a tendency to do because there are some emotions to let go of. When you have this tendency you're rejecting God's opinion of you. You are saying, "I'm really bad, I'm really bad. I'm terrible; I'm not that good." These are the constant messages coming out of you. Many spirits in the spirit world are looking for people, they are just scanning the population looking for people with that emotion, just so they can attack them, make the person feel bad about themselves and then have a laugh, laughing that they've humiliated the person and made the person feel worse. Many spirits do that. [01:55:48.29]

They are just like people on Earth who get on to forums looking for somebody to attack; they will get onto almost any forum and just attack anybody. They are the same kind of person as that. They can do it in an unseen way without much response from the individual, so they just do it. That's the kind of person we are dealing with, and if you allow yourself to engage an actual conversation with these ones, firstly determine their underlying intention. Unfortunately, if you have not protected this area of yourself, the area of self-worth, their underlying intention is possibly going to be to destroy you, and under those circumstances you would not have an interaction with them.

Even with the media, we allow them to engage us and then when they display their intention we deny any further contact with them for exactly the same reason, because they are just looking for an opportunity to attack. They are exactly the same as the spirits who came and attacked you but they are on Earth in the physical.

Mary: But as I mentioned before, I have an opening in that area as well and sometimes when they attack I go into this spiral until I remember what has actually occurred, and I grieve what's occurred. I'm back in connection with God then, back in connection with spirits, myself, my soulmate. That's why I said, "Go back to that point." You missed an emotion there. You missed what actually happened.

We do need to understand that it is what we have attracted. We've attracted a group of people who want to attack us, so in your case, you've attracted a group of people who want to attack you in order to make you feel bad about yourself. The hole emotionally is "I am willing to go along with them, I am willing to allow an attack and feel worse about myself as a result of it." And that's the thing that God is trying to assist us to heal through the interaction.

You see, once you heal that, those spirits can come but there won't be the opening. They can swear at you and curse you and try to kill, or whatever, as much as they are able, and it will have no effect on your happiness, it will have no effect on your self-esteem, it will have no effect on your worth. And then you'll know you've healed that particular area of your soul. [01:58:34.13]

26. Praying to God

We haven't finished the verse, and we'd like to do that because it's pretty important that we understand the last line of the verse.

Mary: What if I read the full verse again?

By this stage we should have a pretty good understanding of it, yes?

Mary: Yeah, compared to when we first read it yesterday. Okay.

"Put on the full armour of God so that you can take your stand against the devil's schemes, for our struggle is not against flesh and blood but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armour of God so that when the day of evil comes you may be able to stand your ground and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist or guarding your loins, with the breastplate of righteousness in place and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith with which you can extinguish the flaming arrows of the evil ones. Take the helmet of salvation and the sword of the spirit, which is the Word of God, and pray in the spirit on all occasions with all kinds of prayers and requests. With this in mind be alert and always keep on praying for all the Lord's people."

You can see why we love it? It uses expressive language to describe some basic qualities that we need to develop if we are going to positively respond to spirit influence. But let's look at this last area just for a moment, this area of prayer.

Often, people come up to Mary and me and ask us many questions. One of the very first things I say to people is, "Have you prayed about this issue?" Most of the time, people who come up to ask me the question, look at me a bit blankly and go, "Well yes, I've prayed," or, "What do you mean?" They are not even sure what I mean when I say, "Have you prayed about this issue?" What do I mean when I say, "Have you prayed about this issue?" What do you think I mean?

Participant: Have we asked God about the issue?

Let's be more definitive about what it means to ask God.

Participant: To earnestly...

Okay, so you are using some words now that describes emotion. So, earnest, yep.

Participant: Yes, just earnestly feel.

Feel, yep. It's okay if you're stuck.

Participant: Yeah, I'm stuck.

No worries.

Participant: To have a huge desire and openness to ask God to show us the truth about the situation.

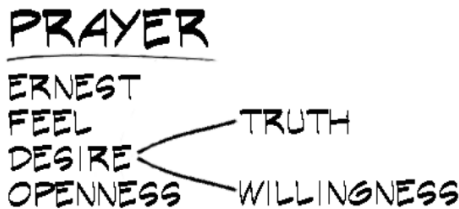
Desire and openness is very good. Desire often creates an openness and we want to know the truth of the issue, not what we want to believe the truth to be. Most of us ask for truth but we are really asking for what we would like to believe.

Participant: And be willing.

Ask for what is God's Truth about the matter. Good.

Participant: And be willing to hear that or to feel that.

Yes. A willingness, a desire will create a willingness to listen, yes.



How does God tell us things? If I'm not open to God and I'm not feeling God's emotions, how does God tell me things?

Participant: Through the Law of Attraction.



Yes, that's right. This amazing Law of Attraction. So there would also need to be a desire and openness to feel what is happening in my attractions? What is my soul currently attracting? Many people who come up to ask us questions, I say, "What have you attracted on this matter over the last week or month?" or whatever it is. Good, so now we are starting to get a feeling of prayer.

Participant: I also feel like you are saying, "Have you taken responsibility for this yourself?"

Yes. There needs to be a feeling of, "I want to take responsibility for the occurrence of this thing that I am attracting in my life. I actually want, not only to know what it is, but also to stop hoping that it's some other person's problem. Many of you do ask me questions and the feeling that I get is that you want me to say that it's something other than you that caused the problem in your life. That's a bit hard for me to do because you are the centre of your life, so it's pretty likely that anything that is happening to you has something to do with what's going on inside of you rather than something that's happening in a spirit or something that is happening elsewhere. They are all effects of what's going on inside you.

That's good. A desire to take responsibility is a very important part of the issue. Can you see that the more we study prayer, the more we see that it has to have a lot of sincerity in it?

26.1. The advantages of seeking answers from God rather than AJ

There is not a single question that you can ask me that you couldn't ask God first. In fact, in my opinion, God's a far better person to ask because She actually knows the answers better than I do. It would make sense to me that the person to ask is the person who knows the answers. The other beauty of asking God is that God's on your shoulder every single moment of your life. You know, with me you have to organise a time, where it's perhaps a week and a half, two weeks or three weeks in advance before you'll actually get any attention whatsoever. If you email me a question, my goodness, that might be eight months, ten months or even longer before I get to answer. [02:05:49.13]

Mary: I'd like to see the look on some people's faces where sometimes you just go through your inbox and go, "Oh I really should write to this person and send it back," and it's literally ten months after they asked the question. (Laughter)

I wonder sometimes whether they even want to know the answer anymore, but that's the way it is. But God's not like that; God can give you instant answers. God's able to give attention to all of Her children equally, including you. If you develop this relationship with God through prayer all the answers will come to you, just like everything I ask for comes to me, in exactly the same manner in fact. God doesn't think that I'm special and you're not. God doesn't feel that way. God's not like a parent on Earth who goes, "Yeah, I've got my special son and then I've got all the others." God's not like that, God's going, "No, all of my sons and daughters are special to me. I want to engage each of them individually and equally."

Every time you place me in the position of answering your question, you are forgetting how important your relationship with God is and how unimportant your relationship with me is. Your relationship with God is going to change your life, it's going to change your soul. Your relationship with me can't do any of those things. I can't change your life, I can't give you God's Love; I can't change your soul. I can make some suggestions, that's all I can do. I can't do anything else for you. God can do all these other things for you that I can't do and I don't believe I'll ever be able to do them, and if at some point in the future I do, I have a strong feeling that it's going to be some far distant point in the future before I can do them. But God can do them right now for you, so why would you not do this? Sometimes I don't understand why you would not do that.

You see, you seem to have this concept that God is limited because you can't see Her and you can't feel Her and none of that is true. Most of the time you can't see me because I'm out of your company and you can't feel me because you're nowhere near me, yet that doesn't mean that I don't exist and it does not mean that I can't have some influence on your life. God is infinite in power and understanding and in love; God has all those things to a far greater extent than I do. What's the point in connecting to somebody who's limited when you could connect to a person who's unlimited? Can you see it doesn't make much logical sense doing that?

I'm trying to share with you how to manage your relationship with God, and I strongly believe that if you follow some of that advice you'll benefit a lot. But with your individual day-to-day life questions, even if I know what the answer is, I don't have the capacity to share the answer with even one hundred people, let alone one thousand or a million. God can share the truth with billions and billions and billions and billions of people at the same time and give each single one of those people a perfect response every single time. God can always give you every single thing you need, every single thing. Most of the things you think you need you don't, by the way, and that's why God's not giving them to you and with the things you think you don't need, God's going, "Yeah this is really important," and you're going, "Nah, I don't think that's important, I'll ask AJ." (Laughter)

The reality is that this is the connection that we are trying to encourage you to develop. This really strong personal relationship with God will mean that you will be completely happy in God's Love. I can't give you God's Love either, I can't. I can't even give you any of God's Love that has entered me. Only God can share Her love with you, so sometimes it seems strange to me that people want to ask me questions and want to have individual discussions with me and all of those kinds of things when really the healing relationship is not going to be the relationship you have with me, it's going to be the relationship you have with God. Every bit of time

you waste on our relationship, the one you have with me, is wasting the time you have an opportunity to develop with God. [02:11:11.28]

Now I'm not saying we shouldn't have a relationship because I'd love to have a relationship with you. Many of you, I feel, are wonderful people and I love relationships with wonderful people, but I am not reliant on you and you cannot be reliant on me. We need to change this attitude and become reliant on God, and prayer is the way in which we do this, that's the important part. So when you feel under attack, or when you feel under the influence, or when you feel all these different things, take it all to God, in your relationship with God. Stop denying God's power, because that's what we are doing when we don't take it to God. We are basically saying to God, "These spirits, they are more powerful than You are." That's what we are really saying.

When you come to ask me questions, and I ask you, "Have you taken it to God?" and you go, "Yes, but I don't seem to be getting an answer," I'm going, "How can that be true?" That's not possible. Every time I ask a God a question I get an answer. When I ask the question with this attitude, I get an answer. Surely you would too, if you have the same attitude. So I say to you, "Question your attitude if you're not getting an answer."

Mary: ...as this verse also tells us. It says, "Pray on all occasions, with all kinds of prayers and requests." It's not like, "God, can you just let me know about this thing?" It's saying to go to God all the time: "God, could you help? I'm not understanding; could you show me more?" The verse says, "Be alert, be alert, keep on praying, ask more;" it's really engaging this process of prayer. It's not this dutiful prayer or a feeling of, "Ah yeah God, this is bugging me, could you show me?" We are talking about developing this relationship that's dynamic and constant and really asking from the heart for a lot of things a lot of the time.

God is really interested in you becoming the best you can be. That's God's primary objective, helping you become what She designed you to become, if you choose it. That's what God wants to accomplish with you. Now if God wants to accomplish that with you and God is the only person who can actually help you become that person, then surely that should be the primary relationship that needs to be developed.

I'm okay to answer people's questions, but I have a severe limitation. I am limited at this point in time, here on Earth, by time, I'm limited by space, I'm limited by location, I'm limited by power, I'm limited by my own things that I have to heal at the present. I've got lots of limitations.

Mary: There's already been three questions that you can't answer today. (Laughter)

There's already been three questions I can't answer today. I'm sure there'll be far more in the time to come and God can answer every one of them. God can do all these things that I can't do. God can be with each of you wherever you are at the same time, I can't do that. I am a limited person. God can help you have feelings at the same time that you all need to have. God can have individual conversations with each of you and give you as much attention as you are able to cope with and handle at any one point in time, all at the same time. This is the immense power of the God that created us. Surely it makes more sense to take everything to that Being than it does to take everything to Jesus? Can you see that? That's why I do it.

So I would like to encourage you; there are times in the future where you may feel under attack, and where you may feel influenced by spirits. Sometimes in the future you will feel like, "Why have I ever listened to any idiot who claimed he was Jesus?" You will actually feel that. Many of you have already felt that at different times. My suggestion to you is to remind yourself that this is not about Jesus; it's about your relationship with God. This is about protecting your character and nature; this is about developing qualities inside of yourself that will stay with you forever, if you develop them appropriately. [02:15:58.14]

God is interested in your character. God wants you to become the best person you can possibly be. Of course, I would like the same thing to happen but I don't have the capacity to assist you as God does, so that is the relationship we need to develop. When you feel alone, you are not alone. When you feel attacked by these spirits, they are not the most powerful beings around you - God is! And then God's spirits and angels who are actually in this place of love themselves, they are powerful too, more powerful than these nasty spirits who sometimes come around you, and if you develop these particular qualities through the interactions that you have with spirits, these brighter spirits and God can greatly assist you in your own progression towards God.

27. Closing words

If you allow these holes to remain in your own suit of armour, it is very difficult for a benevolent spirit or God to assist you to grow because you are always going to cave in to your fear. You are always going to cave in to the desire for violence; you are always going to cave in to a feeling of a lack of worth. You are always going to cave in to a lack of ethics; you will always cave in by going, "I don't know if I really believe any of this anyway." But if you keep remembering that it is your relationship with God that is going to bring you all other things, then you will want to develop these particular qualities and these qualities will greatly assist you

in having happiness on the path to God. So that's what I would like to leave you with.

Mary: Can I just reflect to all of you? Yesterday when we started this talk we said, "Coping with spirit influence, what's it all about?" Honestly, the mood was like "Oh, fear, oh it's terrible." And the feeling in all of you guys now, when we talk about coping with spirit influence, is like, "Yeah, we can do it." Can you feel the difference? (Laughter)

There's almost an excitement in you, which develops once you understand how. This is the beauty of understanding how; it just allows you to experiment with new things and new truths and it also allows you to feel safe and secure in a process that allows you to go through development.

Mary: Honestly, when I picture myself behind the shield of faith it's like, "Phew, I can relax back here; there's a shield of faith." I can be myself, I can breathe, and sometimes I feel like putting on this armour that we've been talking about. It feels heavy, it feels like, "Wow, I'm going to have to choose righteousness, I'm going to have to walk in the way of peace," and it seems like the boots are going to be heavy and the breast plate is going to weigh me down. But the beauty is that the more you do it, the more you strengthen under the armour. You become a strong developed person who has a good sense of themselves, a good sense of integrity and in the end it's almost like you're busting out of the armour in terms of your growth and strength and wisdom. So I just feel excited for all of you to start working with this stuff because I know it's really helped me a lot.

I also know that many of you are definitely okay with having your loins girded with something. There are a lot of times, if our loins weren't girded with something we would feel very naked, wouldn't we? (Laughs) So you could even start with that one, the desire to treat yourself better than you currently do, the desire to honour your own experience, the desire to feel your sense of worth more, to acknowledge that God is trying to give you this truth that you are the pinnacle of Her creation. If you could even just start with that one, there would be a huge amount of positive benefit in your life but also a huge amount of benefit in your interactions with spirits. Just that one thing would help you immensely.

Now imagine, if you could use all these things in the armour of God, you'd be a fairly self-sufficient person in your relationship with God. You would probably also feel a lot happier in your relationship with God. You'd be happier walking through the world knowing that nothing can really harm you or affect you because you have these underlying qualities. And even if you die you're not harmed because you've still got these qualities. You pass

into the spirit world with these qualities, and you are going to attract the people with these qualities.

This is what I love about speaking with you guys, because you are now attracting together a group of people who all have a desire to develop these qualities. I know you've had these little problems with each other and bickering and fights with each other and so forth, but at the end of the day there is still this underlying desire in everyone present to actually begin to develop these personal qualities. And that is a beautiful thing. God sees that beauty in you and acknowledges it.

Mary: Yep.

So we'd like to thank you for the last day or so.

Mary: Yeah, thank you, guys. (Applause)

Appendix: Spirit Relationships - Positively Responding To Spirit Influence Seminar Outline

Introduction

What is Spirit Influence/ Spirit Attack?

We have talked to many groups in our travels about different types of spirit influence – benevolent, malevolent, influences based on co-dependent addictions, and influences via familial spirits or spirits with common interests to us

All spirits are people who have lived on earth (not fallen angels etc)

Now that we have an understanding of who spirits are and how they influence us, we would like to discuss ways that we can combat negative influences and prevent permanent detrimental impact of spirits on our life

While we have emotional injuries there will be detrimental effects of spirit influence in our lives, but we can prevent them permanently influencing our lives.

The purpose of this discussion is not to ‘fight’ spirits but simply to understand what happens and how we can prevent their very negative long-term influence on our lives

Our aim is to provide you with more understanding of these issues.

How does spirit attack affect people?

Not trusting us, not trusting God

Fearing us, fearing God

Choosing doubt over feeling

Common Pitfalls For People Listening To The Teachings Of Divine Truth

People often forget that the Divine Love Path is about developing a relationship with God

People often forget what they are up against in terms of opposition

Bible illustration of ‘the sower and the seed’:

Then he told them many things in parables, saying: “A farmer went out to sow his seed. 4 As he was scattering the seed, some fell along the path, and the birds came and ate it up. 5 Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. 6 But when the sun came up, the plants were scorched, and they withered because they had no root. 7 Other seed fell among thorns, which grew up and choked the plants. 8 Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. 9 Whoever has ears, let them hear.”

The Real Lord’s Prayer

Revision of the Prayer with particular note of the passage:

Keep us in the shadow of Your Love every hour and moment of our lives, and help us to overcome all the temptations of the flesh, and the influence of the powers of the evil ones who so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.

Ephesians 6:11-18**New International Version**

11 Put on the full armor of God, so that you can take your stand against the devil’s schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.

18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.

Background on this verse

Channelled to Paul

11. Put on the full armor of God, so that you can take your stand against the devil's schemes. (New International Version)

11. Put on the complete suit of armor from God that YOU may be able to stand firm against the machinations of the Devil. (NWT)

11. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. (English Standard Version)

Firstly, do we need to clarify the reference to the devil in this text?

How would we interpret this reference?

12. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

12. because we have a wrestling, not against blood and flesh, but against the governments, against the authorities, against the world rulers of this darkness, against the wicked spirit forces in the heavenly places (NWT)

12. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places (ESV)

What does this mean?

Should we be afraid?

13. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. (NIV)

13. On this account take up the complete suit of armor from God, that YOU may be able to resist in the wicked day and, after YOU have done all things thoroughly, to stand firm. (NWT)

13. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. (ESV)

What is meant by the full armour of God?

14. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

14. Stand firm, therefore, with YOUR loins girded about with truth, and having on the breastplate of righteousness, (NWT)

14. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, (ESV)

What does this mean to gird our loins with truth or don the belt of truth?

What is the breastplate of righteousness?

15. and with your feet fitted with the readiness that comes from the gospel of peace. (NIV)

15. and with YOUR feet shod with the equipment of the good news of peace (NWT)

15. and, as shoes for your feet, having put on the readiness given by the gospel of peace.(ESV)

What is the gospel of peace and how does it make us ready?

What does it mean to fit ourselves with the equipment of the good news of peace?

16. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. (NIV)

16. Above all things, take up the large shield of faith, with which YOU will be able to quench all the wicked one's burning missiles. (NWT)

16. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one (ESV)

What is the shield of faith?

17. Take the helmet of salvation and the sword of the Spirit, which is the word of God. (NIV)

17. Also, accept the helmet of salvation, and the sword of the spirit, that is, God's word, (NWT)

17. and take the helmet of salvation, and the sword of the Spirit, which is the word of God, (ESV)

What is the helmet of salvation?

What is the sword of the spirit, the word of God?

The word of God is simply words of God's Truth

18. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. (NIV)

18. while with every form of prayer and supplication YOU carry on prayer on every occasion in spirit. And to that end keep awake with all constancy and with supplication in behalf of all the holy ones (NWT)

18. praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, (ESV)

New World Translation

11. Put on the complete suit of armor from God that YOU may be able to stand firm against the machinations of the Devil; 12 because we have a wrestling, not against blood and flesh, but against the governments, against the authorities, against the world rulers of this darkness, against the wicked spirit forces in the heavenly places. 13 On this account take up the complete suit of armor from God, that YOU may be able to resist in the wicked day and, after YOU have done all things thoroughly, to stand firm.

14 Stand firm, therefore, with YOUR loins girded about with truth, and having on the breastplate of righteousness, 15 and with YOUR feet shod with the equipment of the good news of peace. 16 Above all things, take up the large shield of faith, with which YOU will be able to quench all the wicked one's burning missiles. 17 Also, accept the helmet of salvation, and the sword of the spirit, that is, God's word, 18 while with every form of prayer and supplication YOU carry on prayer on every occasion in spirit. And to that end keep awake with all constancy and with supplication in behalf of all the holy ones

English Standard Version

11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

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Reminder From Jesus & Mary

Jesus and Mary would like to remind you that any document produced by Divine Truth containing any information from Jesus, Mary or any other person includes only a portion of God's Truth that they have personally discovered.

It does not and cannot contain the entire of God's Truth since God's Truth is infinite and humankind will forever continue to discover more of God's Truth as we progress in receiving more of God's Love.

Please remember that due to these limitations, information contained within this document may need to be revised in the future.