

DIVINE TRUTH ADDICTIONS

[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.

In the *Introduction to Addictions* seminar, (AG July 14, 2014) Mary introduces the concept of addictions, and basic material about how to recognize the feelings and emotions associated with our addictions. She also talks about the decision paths we take when our addictions are either satisfied or unfulfilled, and how these affect our positive growth or soul degradations.

In the *Recognizing Addictions in Relationships* seminar, (AG July 14, 2014) Cornelius examines the feelings and emotions involved in our addictions in personal relationships. He also talks about the decision paths we take when our addictions are either satisfied or unfulfilled by the relationship. Co-dependency in relationships can only be removed by working through these addictions. Co-dependent relationships prevent a relationship with God.

In the *Challenging Addictions* seminar, (AG July 14, 2014) Mary presents practical information about how to challenge addictions, and the importance of doing so if we wish to grow in love. If purposeful steps are not taken to challenge addictions, then we will definitely stagnate in our relationship with God. This is one of the main reasons why people do not progress towards God.

In the seminar *Expectations & Addictions* (March 21, 2010) in Brisbane, Queensland, Australia, Jesus and Mary discuss having expectations, and the addictions that we must release from our soul if we wish to have a deep relationship with God, or with any person.

In the seminar *Processing Addictions* (May 22, 2010) in Buderim, Australia Jesus describes what emotional and physical addictions are, how they get created within us, the negative effects of addictions in our lives, how to recognise our addictions, and how to work through them and release them

The seminars used for this compilation are:

- Introduction to Addictions – [July 14, 2014](#)
- Recognizing Addictions in Relationships – [July 14, 2014](#)
- Challenging Addictions – [July 14, 2014](#)
- Expectations & Addictions P1 – [March 21, 2010](#)
- Expectations & Addictions P2 – [March 21, 2010](#)
- Processing Addictions P1 – [May 22, 2010](#)
- Processing Addictions P2 – [May 22, 2010](#)

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

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Introduction to Addictions Outline

The Power Of Addiction

Challenging and removing our addictions is essential if we are going to process and release stored up fears and grief from within our soul

Without Humility Addictions Are Inevitable

If you don't want to feel an emotion you are automatically going to create an addiction to avoid it.

Addictions Support Denial

- Our addictions are in place to help us avoid our fears
- We deny any existence of fear by living in addictions
- Many of us have used addiction so well and for so long, that we no longer feel sensitive to what frightens us

Words Are Meaningless Unless Addiction Is Challenged

The only way to truly help people grow is to not meet their addictions
 Not meeting addictions can only come from our soul development
 Our actions and words will flow from the soul development

If a soul-to-soul interaction is engaged in meeting addiction, it doesn't matter what words are said, no challenge to the addiction will occur

Once a person is giving the soul message that:

they will not meet another person's addictions, and; that the other person is able to change, and;

that change is under the other persons' control

Then the person in addiction will:

become very challenged immediately, and;

likely become angry, resentful and bitter; and;

likely feel unloved, uncared for, and rejected

Examining some clips from the programme “The Simpsons” is a humorous way to demonstrate how language can form an insignificant part of our experience while we are engaged in addictions.

Introduction to Addictions S1

1.Introduction

Mary:

Who thinks we should do one day for every group that we have so that you can have the rest of the group to deal with that first day? Yes. (Laughter) That's a cool thing about it going on YouTube though, isn't it? You can go back and have your mini assistance group again. Who's been doing their homework? Top of the class – everyone, "A" students. (Laughter) Okay let's get under way because it would be great to get some person truth sessions in today, wouldn't it? It's hard to rush through all the important bits though. [00:01:31.06]

Today's day is all about addictions. I'm just the warm up to Cornelius. If you notice, the last couple of days, we've been trying to get you guys to connect with, "Okay, we've got all this theory in our head, what does it feel like?" What does it all feel like?

2.What wanting an addiction feels like

Mary:

So my question for you guys is, "What does wanting an addiction feel like?"

[00:02:01.21] **Participant Male:**

It feels like it's going to be really painful until I get it.

[00:02:14.12] **Mary:**

Okay, what do you mean by that? Like, unless you get it?

[00:02:21.28] **Participant Male:** Unless I get it I can't be settled.

[00:02:24.06] **Mary:** You can't be settled, okay, sort of a desperate.

[00:02:27.17] **Participant Male:**

It's always going to be there and it's going to hurt.

[00:02:28.23] **Mary:**

It's like a pulling desperate feeling, yes, okay good description. Eloisa do you have another description for it?

[00:02:45.24] **Participant Female:**

As well as desperate, it's like demanding and like this frenzy.

[00:02:50.07] **Mary:** Frenzy, yes.

[00:02:51.05] **Participant Female:** It's like a piranha.

[00:02:53.03] **Mary:** Give me, give me, give me.

[00:02:55.16] **Participant Female:**
And you want more and more and more.

[00:02:57.11] **Mary:**
Exactly, it's like there's a vortex in you, give me, give me, give me. You are like the cookie monster that can't get enough.

[00:03:02.03] **Participant Female:** And you can't ever satiate it.

[00:03:05.03] **Mary:**
Yes, exactly. So what was the first word you said was desperate? No, demand.

[00:03:13.22] **Participant Female:** Yes, demanding.

[00:03:15.06] **Mary:** Okay.

[00:03:26.25] **Participant Female:**
To me it feels like a compulsion, a pushing feeling.

[00:03:31.01] **Mary:**
Compulsion, yes – that is a very good word for it. Let's call it compulsion. Okay, in fact, I am going to take away desperate and demand and just call the feeling a compulsion. Does everyone agree that it feels like that? "I've got to have it and it's pulling on me and, 'I don't have any control.' "

Now what happens with this compulsion? Usually when we are in this, what I am going to be describing to you is like a cycle of addiction, if you like, there are two things that can happen, what are they? We feel the compulsion, we act on it. There are two possibilities.

[00:04:38.04] **Participant Female:** We either have it satisfied or not.

[00:04:41.24] **Mary:**
Yes, exactly. What do you call it when you don't have it satisfied? Let's call it, we get it met or not met. Is that a fair enough description?

3. Feelings that arise when addictions are met

Mary:

Okay, how does that feel? Let's talk about how it feels on the met side. What do you feel when the addiction gets met?

[00:05:37.16] **Participant Female:**

It just puts a damper on the frenzy or fully suppresses it, depending.

[00:05:42.28] **Mary:**

Do you think it puts a damper on the frenzy? I don't know.

[00:05:46.21] **Participant Female:**

It fully suppresses it.

[00:05:52.16] **Mary:**

Let's try someone else.

[00:06:00.00] **Participant Male:**

It feels like a whole lot of relief.

[00:06:02.02] **Mary:**

Relief, okay. Let's start describing some of these words. So we feel relief, what else might we feel?

[00:06:13.12] **Participant Female:**

You get the warm and fuzzy feeling.

[00:06:14.22] **Mary:**

The fuzzy, warm feeling, yes, warm and fuzzy. How else does it feel?

[00:06:38.21] **Participant Female:**

A safety, I feel safe, yes.

[00:06:44.08] **Mary:**

Yes, I often feel this sort of (sigh) safe, now everything in the world's okay. Yes, so safe. What else?

[00:07:03.00] **Participant Male:**

I have to confess, it feels a little naughty.

[00:07:06.16] **Mary:**

Naughty, ah, this is another type of feelings we can start to have, can't we? Now why does it feel a bit naughty?

[00:07:16.03] **Participant Male:**

Well, perhaps it's because I really know that I shouldn't but I want to.

[00:07:22.06] **Mary:**

Want to and you are going to. So okay, I agree. After some time after you've heard some Divine Truth and it's all floating around in the head up there, we go, "Oh, maybe this is a bit bad but we go ahead," so

naughty, naughty but nice. That's a good way of describing it. At this stage, we're still in a cycle, yes, I'm doing it, I'm doing it. It's naughty but it's nice and I am going to keep going.

[00:08:02.16] **Participant Female:** I feel loved.

[00:08:04.19] **Mary:**

Loved, yes, and I'm going to put that in inverted commas. It's "love", we totally believe it's love when we are in the throes of addiction. Okay, what else?

[00:08:23.27] **Participant Female:** I'm in my comfort zone.

[00:08:25.23] **Mary:** Comfort zone, so we're feeling comfortable, yes.

[00:08:31.02] **Participant Female:** Happy.

[00:08:30.09] **Mary:** Happy.

[00:08:32.22] **Participant Female:** Falsely.

[00:08:33.13] **Mary:** Happy, yes, okay. What else?

[00:08:48.15] **Participant Male:** Makes me feel stronger.

[00:08:50.14] **Mary:** Stronger, and is it a real strength, do you think?

[00:08:53.08] **Participant Male:** No.

[00:08:53.28] **Mary:**

No, but it does give you that sense of like, yeah.

[00:08:57.14] **Participant Male:**

Well now that I've got my fix, I can go back out in the world and get going again.

[00:09:01.11] **Mary:**

Right, this is what I needed in order to keep going forward. Okay, stronger, yes. And David just alluded to the thing that happens next. When we get it met, we feel all these awesome feelings, we go, "Oh, it's okay to keep that one, isn't it. I am going to go back in to life still having this compulsion." So we stay in a cycle, don't we? In fact, what happens with all the false beliefs that are driving our addiction?

[00:09:50.10] **Participant Female:** They are just reinforced again.

[00:09:51.13] **Mary:**

Yes, my false beliefs are reinforced and I continue on my merry way. Alright, that's great guys. I think that's a good description of a lot of the feelings that we have when we are in this cycle of addiction as we call it. It is an important point that our false beliefs are reinforced.

3.1. Feeling disappointed in addictions once the façade begins to be deconstructed

[00:10:36.08] **Participant Female:**

I just wanted to say that I feel disappointed actually when my addictions get met. I instantly feel like it's not satisfying and I feel really disappointed.

[00:10:51.15] **Mary:**

So you feel a bit, what do you feel disappointed about?

[00:10:55.06] **Participant Female:**

It feels unsatisfying actually, like deeply unsatisfying and it's never going to be met and I can't meet it.

[00:11:08.20] **Mary:**

Isn't that when you're addiction doesn't get met?

[00:11:16.12] **Participant Female:**

Maybe, I don't know, it feels like, maybe ...

[00:11:20.25] **Mary:**

No, it's okay. Are you saying it feels like your addiction is never going to get met, or what's the thing that feels unsatisfying?

[00:11:29.27] **Participant Female:**

The thing that I'm trying to get met or that the feeling that is trying to get met.

[00:11:37.08] **Mary:**

So far example, you are trying to get loved so you enter this addiction and then now there's this feeling of like, "This isn't love."

[00:11:43.17] **Participant Female:** Dissatisfaction, yes.

[00:11:44.26] **Mary:**

Yes, okay, so what's started to happen for you do you think? If you think to back to what Jesus talked about yesterday when he was talking about deconstructing the facade? He was talking about you go through a process, and this by the way is something that I will talk about again today,

but this process you go through of intellectual awareness, intellectual desire to change, now we start to have a soul awareness but it's not yet a soul desire to change, I think that's what happening for you, Rachel, around your addiction.

[00:12:18.21] **Participant Female:** Yes.

So that process that Jesus outlined yesterday counts for pretty much the deconstruction of anything that is in your soul that is out of harmony with love. You go through that process, so you're right, sometimes when we are in this cycle it ends up actually feeling a bit sleazy.

3.2. Feeling unsatisfied within the soul

[00:12:47.19] **Participant Female:**

But also going on from that I feel some addictions, and maybe all of them, is insatiable the right word? Like you really can't fulfil them ever so they feel as if you can't fulfil them.

[00:13:01.04] **Mary:**

You are drawn, aren't you, you get this feeling but it's not a big enough fix, is it? So you have to go back into the compulsion.

[00:13:07.17] **Participant Female:**

Yes, yes, so the cycle keeps on going.

[00:13:09.11] **Mary:** It keeps on kicking around.

[00:13:10.13] **Participant Female:** But never gets fulfilled.

[00:13:09.16] **Mary:** No.

[00:13:11.29] **Participant Female:**

To a full satisfied level unless it's chocolate and you pigged out for too long (Laughter).

[00:13:17.17] **Mary:** But what happens a week later?

[00:13:21.11] **Participant Female:** Exactly.

[00:13:19.19] **Mary:**

Yes, because really it hasn't satisfied. It hasn't satisfied the soul.

[00:13:26.26] **Participant Female:** So you can't satisfy it ever, really?

[00:13:29.11] **Mary:**

No, only when you keep going back into compulsion, you think you've got

a little bit of it and then, "No, it's not there." It is exactly like that, that is an addiction at play really.

[00:13:45.20] **Participant Male:**

Yes sometimes, a few times it feels kind of empty.

[00:13:49.18] **Mary:**

Yes, okay, Matt. Are we talking questions or still on feelings?

[00:13:56.19] **Participant Male:** Still on feelings.

[00:13:58.05] **Mary:**

Okay, because I think we've covered the feelings now. So we've talked about how, yes, it feels loved and wonderful, sometimes it feels a bit icky when we've got a growing awareness, "Oh, something's not right here," but it is pretty much insatiable anyway. We might feel a brief moment of satisfaction but then we need to go back into it in order to keep trying to chase that feeling of satisfaction, if you like. Good one, you guys know about addictions. (Laughter)

4. Feelings that arise when addictions are not met

[00:14:33.03] **Mary:**

What happens when we act upon our compulsion, and it's not met?

[00:14:42.11] **Participant Female:**

I feel like this one for me goes on both sides, I feel, there's anger but I feel justified and righteous. So even in meeting it I'm justifying the meeting of it and yes, I deserve this, for sure.

[00:14:59.29] **Mary:**

Yes, so when you get it met, you feel I deserve it, when you don't get it met, you feel this is unjust. "I should be getting it." In fact, yes, most people feel like that when their addiction is not being met. We feel this injustice feeling, indignant feeling. What else?

[00:15:38.13] **Participant Male:** I feel irritable and annoyed.

[00:15:44.13] **Mary:** Angry.

[00:15:45.22] **Participant Male:** Angry, pissed off.

[00:15:52.00] **Mary:**

I will just put it all under anger. As we know, it's very common.

[00:16:07.04] **Participant Female:**

It could be under anger but I feel like I pull out the big guns and start threatening.

[00:16:13.19] **Mary:** Yes.

[00:16:13.20] **Participant Female:** You better do it.

[00:16:14.22] **Mary:** Yes, come on.

[00:16:15.03] **Participant Female:** Yes.

[00:16:17.07] **Mary:**

That's a good one. We get into threats and what goes with threats generally? A bit of bribery, a bit of manipulation, all done in this, "I'm justified in doing this." So threats and manipulation.

[00:16:40.13] **Participant Male:**

If I don't get angry sometimes I get very moody, a bit withdrawn and sulky.

[00:16:49.04] **Mary:**

Yes, the old, "I'm not angry, I'm fine, I'm fine. I just don't want to talk right now."

[00:16:55.22] **Participant Male:** I am seething.

[00:16:58.12] **Mary:**

Seething, so it's another expression or rage, isn't it? It's just a passive-aggressive rage. Yes, absolutely.

[00:17:17.04] **Participant Female:**

I get this desolate, empty and then panic, like I wouldn't know what to do with that emptiness.

[00:17:25.04] **Mary:**

Okay, so you are kind of panicking and that's really feeling the compulsion, isn't it, like what's going to happen. I want it more.

[00:17:36.16] **Participant Female:** It's like a shock.

[00:17:39.02] **Mary:**

Let's not confuse panic with fear, because they are different. Panic is actually not being humble to fear. It's not being soft to fear, it's going, "Oh my God, oh my God ..." Isn't that what's panic like?

[00:17:53.18] **Participant Female:** Yes.

[00:17:55.23] **Mary:** And isn't that the complete opposite of soft?

[00:17:54.23] **Participant Female:** Yes.

[00:17:58.11] **Mary:**

It's like, "I've got to do something, I've got to do something, I've got to do something," which is actually a lot more like compulsion, isn't it? Yes, so okay panic. What about this one? "Argh, it's my addiction, no; I have to feel about it, okay, fine," and have a big cry. What are we really doing? Having a tantrum.

What about a really key one? Someone mentioned the opposite over here; this is what I see happening the most. It's that people feel.?

[00:18:50.02] **Participant Female:**

Usually, if it's me, it's that whole total justified anger.

[00:18:56.13] **Mary:** Yes.

[00:18:55.20] **Participant Female:**

But also too, then it's this anxiety and it's damage control because I don't want to feel unloved, I don't want to feel hated, I don't want to feel, so definitely for me, it starts in that first one and I often stay in it but then once anxiety comes it's damage control.

[00:19:13.25] **Mary:**

So you want to act more, you want to get control of everything.

[00:19:16.25] **Participant Female:** Yes, make it alright, don't hate me.

[00:19:21.10] **Mary:**

So you almost go into some kind of placating, sort of.

[00:19:23.29] **Participant Female:**

Yes, but usually, in the past, it's taken a lot to get to that point. I could be stuck in that for years.

[00:19:31.20] **Mary:**

This one, but do you think that the placating is actually dealing with the addiction? Isn't it more an attempt to control how people are feeling about you?

[00:19:41.18] **Participant Female:** Yes.

[00:19:44.02] **Mary:** So we want to control, we want to regain control.

[00:19:47.20] **Participant Female:** Yes.

[00:19:48.13] **Mary:**

Or perceived control, let's call it that because it's not really real control you have when you are in your addictions.

[00:19:54.00] **Participant Female:**

Yes and it goes back, for me, back to that safety, I feel safe now. So, yes, I'm with you.

[00:19:59.23] **Mary:** Yes.

[00:20:00.15] **Participant Female:** Thanks.

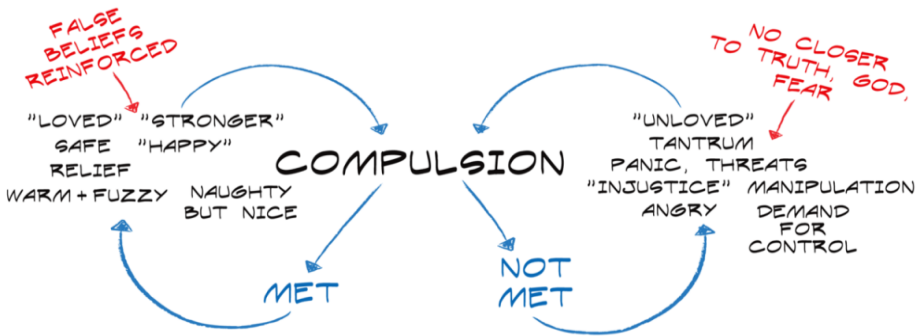
[00:20:06.22] **Mary:**

So demand for control and the one that no one has mentioned?

[00:20:11.26] **Participant Female:** Unloved.

[00:20:13.09] **Mary:**

Unloved. This is what I see happen for most people even when they don't revert to these other things, when an addiction doesn't get met, they feel, "I'm not being loved. This is horrible." Okay, and I am going to put "unloved" in inverted commas as well because as we hopefully know intellectually, when someone doesn't meet our addictions well, they are loving us in that moment, aren't they?



5.Common actions taken when addictions are not met

[00:20:53.10] **Mary:**

And what usually happens after that? We feel this; we get into these kinds of emotions.

[00:21:10.02] Participant Male:

Usually one of two things, we will fight harder to get to that addiction or we will swap it out and try and find another addiction, any addiction, any addiction.

[00:21:17.08] Mary:

Any addiction, right. "I can't get chocolate; I'm going for coffee." (Laughter) "If I can't get that, I'm going for a big warm hug from someone who's just going to tell me everything's alright. It doesn't matter, I need something." So we stay in this cycle. We haven't shifted. We just go, "If I can't get it from you, I'm getting it from you." "If I can't get it from this thing, I'm going to get it from this thing," and, "If I can't get it at this shop, I am going to walk five kilometres to the other shop." (Laughter)

[00:21:52.20] Participant Female:

More on an emotional addiction and not a physical addiction, self-pity, so if I don't get it met, I can go into self pity.

[00:22:02.19] Mary: Self-punishment.**[00:22:03.21] Participant Female:**

Go into my cave and don't want to come out, so that's not going back to that, is it?

[00:22:10.26] Mary:

Well you certainly haven't challenged it; the compulsion still remains within you.

[00:22:14.28] Participant Female: That's true.**[00:22:15.11] Mary:**

You are just engaged in another addiction.

[00:22:18.05] Participant Female: Right, okay.**[00:22:20.09] Mary:**

Which is, "Oh, I'm a terrible person," or, "Oh, my life is terrible." You are not actually, even if you have a big cry about that.

[00:22:29.23] Participant Female:

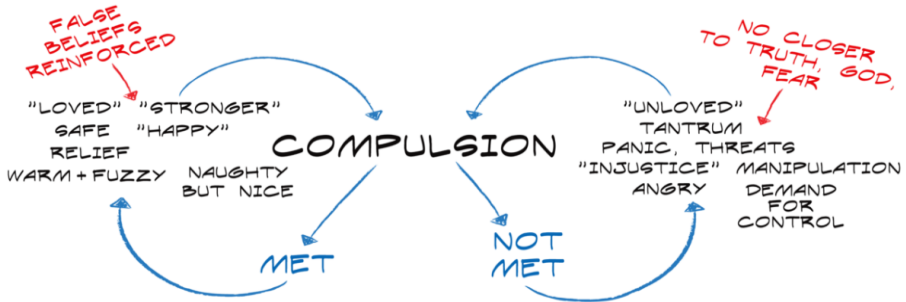
Mine is not that, it's a bit more self-punishment and that's why I go to my cave so I don't have to see anybody, so I can punish myself.

[00:22:37.04] Mary: Yes and self-punishment is an addiction.

[00:22:40.27] **Participant Female:** Right.

[00:22:43.12] **Mary:**

When our addictions are not met, even if we have a big cry or a big punch of a punching bag or a big release, have we really progressed? Are we closer to truth? Are we closer to God? Are we closer to whatever is driving the compulsion? No. It's fairly, damning kind of diagram, isn't it? It feels a bit heavy.



5.1. How life feels living in addiction

Mary:

But you are very right, as a couple of you have said, it gets into a really frenzied state, doesn't it? How do we end up feeling in our lives? When you are living in addiction all the time, what's life like? How do you feel?

[00:24:13.21] **Participant Female:** A roller coaster.

[00:24:15.16] **Mary:**

A roller coaster, so it's rapid and it's up and down, yes. It's fast-paced, isn't it, because there's always a compulsion in play? What do you find that you are often, busy, occupied, driven, frenzied, all of these things. So that's what I want to say about this, I want to draw it in here somewhere, this part of the diagram is that it's frenzied and driven and it's driven by the compulsion over and over again.

6. Challenging addictions

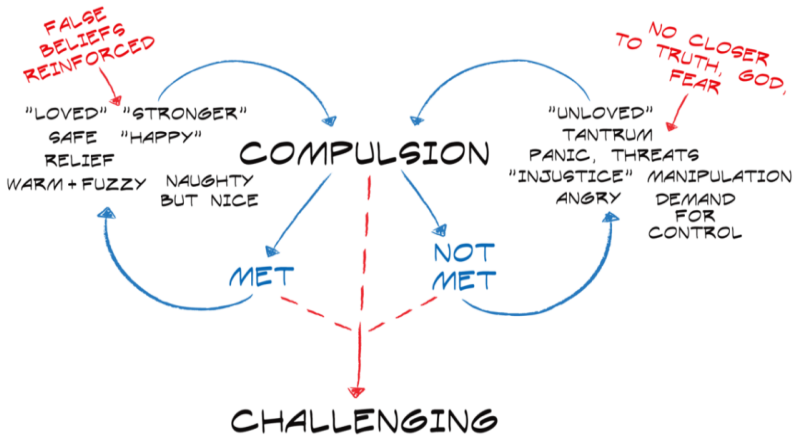
Mary: Now tell me, do we have another option?

[00:25:02.29] **Participant Male:**

Well instead of when it doesn't get met, trying to get it met again, I can just feel like what I am feeling, which is usually a lot of pain when it doesn't get met. I can just be humble to that feeling, which I don't often do.

[00:25:19.15] **Mary:**

You don't want to do. Yes. And until you want to you are not going to feel it. But you are right, we have a choice. We have a choice here, when we first feel a compulsion, we have a choice. When we feel it getting met, and we have a choice when we feel it not getting met, and that is to challenge the addiction.



I am going to be talking more to you today about how to challenge an addiction, but before that Cornelius is going to come and talk to you about some really important things that occur in this top half of the diagram, the compulsion phase of it all. Because, guys, you are not going to get to challenging the addiction until you become really aware, intellectually and emotionally, of what is going on in this cycle in your lives.

7.Closing words

Mary:

So Corny is going to come and talk to you about that more and a favourite topic, addictions in relationships. Who thinks they could do with a little bit of input on addictions in relationships? (Laughter) Awesome. So the one person who didn't raise your hand, I am sure you will still get something from this discussion. (Laughter). So Corny is going to come up very shortly and start that off with you and I will be back afterwards to talk to you more about challenging addictions.

Recognizing Addictions in Relationships

Outline

Introduction

How Do Relationships Normally Flow Or Proceed

What are the **initial** feelings? (spark of desire, honeymoon period, connection, understanding)

What are the **feelings over time**? (fading of original feelings developing into annoyances etc)

How does it **end**? (usually in anger, rage, frustration, sadness, no longer happy, hatred)

If it does not end, how does it feel? (co-dependent, addictions met, sacrifice, do it for children)

What do you do after it ends? (repeat cycle, become rigid & resistive to another relationship)

Why does this happen?

Why Do Relationships Seem To Go This Way?

All relationships usually begin by ignoring the relationship with God
Since we ignore God, we want others to meet the feelings we want but are not getting

So we are looking for 'good' feelings, and trying to avoid 'bad' feelings
'Good' makes me feel happy, alive, wanted, needed, approved, accepted, worthy

'Bad' makes me feel unhappy, sad, dead, rejected, unaccepted, unworthy

Refer To Addictions Diagram

We shall be covering the top section of the diagram

All addictions of any kind result in pain and suffering.

Will always be unsatisfying because they are a façade of the real thing and not the real thing.

Will always demand more to keep the faux good, happy (addictive) feeling alive.

Why Do I Want Addictions? (Refer to diagram)

How do you want to feel generally?

I don't want to feel 'bad'

I do want to feel 'good'

What do you want to feel about yourself?

I want to feel I am good, wanted, loving, truthful, even if I am none of those things

I don't want to feel that I am bad, unworthy, broken, wrong etc, even when I am ALL of those things
 I don't want to face the truth of my soul condition, the truth about myself

Who do you want a relationship with?

Not someone I cannot see! God is invisible, and must be felt.
 Not someone who does not feed any addictions! God challenges all of my addictions.
 So I really DON'T want a relationship with God!

So how do I go about knowing what is an addiction like?

How Do I Recognise My Own Addictions?

Discussion of diagram
 There are things I can do and feel to recognize my own addictions!
 What are the things we can do?
 We must feel the feelings of our addictions

What do my addictions feel like before I meet them?

Compulsion, obsession, frenetic
 Frenzy, insatiable urge, infatuation Desperation, driven, urgent
 How does this feel **before you begin a relationship?**

What do my addictions feel like when I meet them?

Happy, wanted, needed, relieved
 'Loved', satisfied, pleased, contentment, safe, warmly cared for
 'Fulfilled', gratified, rewarded
 What does the addiction **being met** look like in a relationship?

What do my addictions feel like when they do not get met?

Annoyance, anger, rage, injustice, indignation
 'Unloved', unwanted, unneeded, discarded, rejected
 Rebellious, tantrum, demanding, insisting
 Manipulating, managing, controlling
 What does the addiction **NOT being met** look like in a relationship?

What do my addictions feel like when I become conscious I have been living in them?

Sleazy, icky, draining
 Using others, being used ourselves
 Energy sucked, taken from
 Shame, repulsed
 What does a consciousness of my addictions feel like when I am in a relationship?

What do my addictions feel like when I am in co-dependency?

Co-dependency requires a bartering system between two or more people

What does co-dependency feel like in a relationship?

E.g. The placating man with the angry woman

E.g. The home wife who does everything for the man who wants to be mothered

E.g. Abused woman gets to avoid responsibility, financial responsibility etc but must barter the occasional violence. The violent partner gets to feel needed, and powerful, in control

What do my addictions feel like when I am actually abusing others?

- Powerful
- In control
- Coercion, manipulation

How does this feel like in our relationship with our children?

Grooming the child

Manipulating the child's will

Controlling the child's behaviour with force in order to feel in control rather than for the purpose of educating them in God's Laws

Why do I have no interest in developing my relationship with God, only with people?

- Because people meet my addictions
- Because people want co-dependency
- Because people give us instant gratification
- Because people want bartering systems
- God does none of these things!

The Advantages Of Seeing My Addictions

- Real growth in love now becomes possible!
- A true loving relationships with myself, and education of myself in love is now possible!
- A real relationship with God is now possible!
- A real relationship with my soulmate is now possible!
- A real loving relationship with children, friends, the environment, are also ALL now possible!
- I will no longer be influenced by people (whether I can see them *or not*)

Conclusion

We Learned In This Discussion

Why we want our addictions met

How to recognize our addictions

The benefits of letting go of ALL our addictions

Unless I am willing to learn what love actually is, and be taught by the Creator of Love (God), I will be leading a life with the only result possible being a painful existence

All addictions result in a painful existence

Final

Unless I am willing to learn what love actually is, and be taught by the creator of Love, God, I will be leading a life with the only result being a painful existence.

Addictions result in a painful existence.

Homework

Focus on feelings and emotions

Write down every time you felt compelled, obsessed, infatuated, in frenzy...

Write down what you do when

 You satisfy the compulsion

 The compulsion is not satisfied

Write down what frustrates you about your relationship with God?

Recognizing Addictions in Relationships

S1

1.Introduction

Cornelius

Hi guys; Mary told you that we're going to be talking about recognising addictions in relationships. So have all you been in a relationship for a start? A relationship of some kind? Are you in one now, like a love romantic sort of relationship? Nobody? No hands? (Some hands go up) Oh good, so you qualify for this talk, that's good.

2.How relationships normally proceed

Cornelius:

First thing I want to talk about is how do your relationships normally flow?

2.1. Initial feelings in a relationship

Cornelius:

Like when you first have a feeling, you get into a relationship, what's the first sort of feeling that comes up in a relationship?

[00:01:13.10] **Participant Female:**

Well you think it's love and you feel like everything seems rosy and really awesome, and like this is going to be the best thing that ever happened to you!

[00:01:31.01] **Cornelius:** Nice and rosy; it's all glossy and shiny.

[00:01:38.01] **Participant Female:**

And you want it; it's like an addiction! (Laughs)

[00:01:41.04] **Cornelius:**

It is! You're onto it. (Laughs) You're geared for this talk.

[00:01:44.24] **Participant Female:**

Mine was anyway. I wanted all this stuff, I suppose I had all these ideas.

[00:01:52.13] **Cornelius:** Yes, anybody else?

[00:02:04.01] **Participant Female:**

Yes I can feel like alive. This is where my life's finally taken me!

[00:02:16.20] **Participant Another Female:**

The butterflies are happening.

[00:02:19.04] **Cornelius:** Yes all the butterflies are fluttering away.

[00:02:20.17] **Participant Female:**

Stomach rolling over, in the anticipation.

[00:02:21.21] **Cornelius:** Yes so butterflies, what's that feeling like?

[00:02:26.24] **Participant Female:** Happiness.

[00:02:29.16] **Cornelius:**

Just happiness, yes, that's one thing we're searching for, isn't it?

[00:02:47.07] **Participant Female:**

All my other problems fade into the background.

[00:02:51.17] **Cornelius:**

So taking all my problems away? So what will we call that one? A feeling of relief from?

[00:03:01.06] **Participant Female:**

Yes relief from false euphoria I suppose, just relief I'm not thinking about all my other problems that were in the forefront previously.

ROSY
ALIVE
HAPPINESS
RELIEF

[00:03:12.06] **Cornelius:**

It's sort of like, suppose if you imagine you meet a person and start a relationship and you go, "Oh, she makes me feel so good! She's so awesome! She makes me feel so alive! This is unreal! I'm in love! I'm in love! We're going to get married! We're going to get married! Put a ring on it, yeah!" (Laughter)

Isn't that more like it? (Laughter) That's what I'm talking about! (Laughs) Come on guys! It's the honeymoon period it feels great. Everything's awesome! (Laughter)

2.2. Feelings in a relationship over time

[00:04:14.13] **Cornelius:**

So what's it like over time when those feelings start drifting off? When the dance is not happening there as much?

[00:04:27.24] **Participant Female:**

You start to wonder, was it really what you thought it was? And you start to question things and to be honest, basically, I started telling the truth about stuff, terrified that I was going to get rejected and only because I had a really nice man who completely pandered to my stuff.

[00:04:47.25] **Cornelius:** So disillusioned?

[00:04:52.15] **Participant Female:**

But it wasn't disillusioned with him, it was like it just wasn't what I wanted it to be, so the illusion was broken. And you had the everyday things: I was still there I still had all my crap and it just came with me.

[00:05:09.14] **Cornelius:** Just sort of flat-lining a bit, fading out?

[00:05:15.19] **Participant Female:**

It wasn't about Pete, it was more about I could feel all the horrible things in me again, so then the illusion that what he loved he wasn't going to love anymore.

[00:05:24.21] **Cornelius:**

Because you only put the pretty things out there in the first place, you didn't want him to see all the not so pretty things?

[00:05:29.10] **Participant Female:**

Corny I thought I didn't, I thought I was really honest, (laughs) but it was only to a certain degree.

[00:05:34.09] **Cornelius:**

What are some other ones you've got, some other feelings as the relationship starts going on? We start getting used to each other and our ways and things like that.

[00:05:43.29] **Participant Male:**

I think the complacency sets in, and that's addictive.

[00:05:53.09] **Cornelius:** Yes. [00:06:02.02]

DISILLUSIONED COMPLACENCY

So we have our little roles, and we just sort of do our jobs sort of thing. It's sort of like the guys going, "I'm married! I'm Married!" ... "Oh yes, dear, just doing it now." (Laughter). It hasn't got that excited feeling anymore, doing the thing, just making the peace that sort of thing.

Like before we were drinking a nice sugary drink, weren't we? It was all nice and sweet, like a cocktail. That's how the relationship looked like before. Now it's like a pretty boring old cordial, or something that isn't as flashy anymore – don't need to flash it up because I don't need to sell it.

2.3. How relationships usually end

Cornelius:

How does it usually end? What does it look like as it dies off?

[00:06:57.21] **Participant Male:**

I think it usually gets into the blackmail and the nastiness, and all the built up resentment gets unveiled and dumped on the other person.

[00:07:15.27] **Cornelius:** Yes, lot's of anger.

[00:07:17.16] **Participant Male:**

Lots of blame, I think you want to walk away feeling like, "It was all your fault; it wasn't mine."

[00:07:25.03] **Cornelius:**

There's anger, there's blame, all of the annoyances and things come up, don't they?

[00:07:32.19] **Participant Female:**

I'm looking for ways to get out and threats about leaving and that sort of thing.

[00:07:45.02] **Cornelius:**

Yes so threats. Still trying to get the person to do what you want them to do, but it never sort of happens.

ANGER
BLAME
THREATS

2.4. Common feelings when relationships continue

Cornelius:

So what if it doesn't end. We decide, "Oh it's not that bad, I'll just hang around for some of the good bits because they are not all bad, there is some good. What do you call that? What's that sort of feeling when it's happening?"

[00:08:15.21] **Participant Female:**

I just withdraw into myself and become very private, and don't communicate on a real level about anything.

[00:08:27.18] **Cornelius:**

So you're still in it but you're shutting down all the things in yourself, like suppressing all your desires suppressing any love you might have had.

[00:08:46.21] **Participant Male:**

Feelings of depression and disillusionment.

[00:08:54.16] **Cornelius:**

Yes it happens a lot in a relationship after that point, they start getting like depression – a lot of people do, because they suppress so much of themselves.

[00:09:00.23] **Participant Female:** Compromise.

[00:09:03.16] **Cornelius:**

Yes a lot, co-dependent relationships end up compromising in things we want to do, and in things we like in the relationship for ourselves, and we don't often express that; we just do what the other person does.

2.5. Common feelings after the relationship ends

Cornelius:

So what do you do after it ends? If you say, "Okay, I've had enough, I'm not doing it anymore." You get out of the relationship, what's it like then?

[00:09:29.23] **Participant Female:** Relieving.

[00:09:29.23] **Cornelius:**

(Laughs) It is relieving sometimes, isn't it, but what do we end up doing though? Do we end up sticking around or looking for another one?

[00:09:40.20] Participant Female:

You just jump on the band wagon again, because it wasn't your fault it was them. So if you find the "right" person, it'll all work.

[00:09:52.11] Cornelius:

And you hope the same method is going to work again don't you?

(Sings) "I'm in love! I'm in love!" And it goes on and on. It then ends in the cycle. And you go, "Love sucks, love sucks, love sucks". But somehow you get back on again don't you, because we trust and believe that that's going to give us the good feelings, so you keep wanting to have another shot at it.

[00:10:16.14] Participant Male:

You also get cautious and resistive of the next one, less trustworthy.

[00:10:29.04] Cornelius:

Yes you start shutting down yourself and become sort of rigid and controlling a bit more, and you don't want to touch those areas that hurt me last time. We start shutting down our whole soul really. Shut down to love completely if we keep continuing that cycle, and we don't want to keep doing that.

How Do Relationships Normally Flow Or Proceed?

- What are the **initial** feelings? (spark of desire, honeymoon period, connection, understanding)
- What are the feelings **over time**? (fading of original feelings developing into annoyances etc)
- How does it **end**? (usually in anger, rage, frustration, sadness, no longer happy, hatred)
- If it does not end, how does it feel? (co-dependent, addictions met, sacrifice, do it for children)
- What do you do after it ends? (repeat cycle, become rigid & resistive to another relationship)
- Why does this happen?

3. Why relationships proceed in this manner

Cornelius: Why does this happen?

[00:11:04.07] Participant Female:

I think from what I've heard now from Divine Truth is: because you've never dealt with anything that's causing it, your soul is attracting this perfect thing for you to deal with, and you don't deal with anything because you just think that the whole "getting married thing" is going to be so cool, and you don't want to look at yourself, you don't want to look at each other, and you don't want to look at the issues that are in the relationship.

[00:11:27.12] **Cornelius:**

We think that relationships will fix up all my hurts, make me feel great.

[00:11:31.18] **Participant Female:**

Totally, it's like mum and dad in one package, can you do everything that they didn't, and when they don't you leave them and go looking for the next mum and dad.

[00:11:43.01] **Cornelius:**

But you end up doing exactly what your parents did in the end, don't you? You start becoming them.

[00:11:46.25] **Participant Female:** You do.

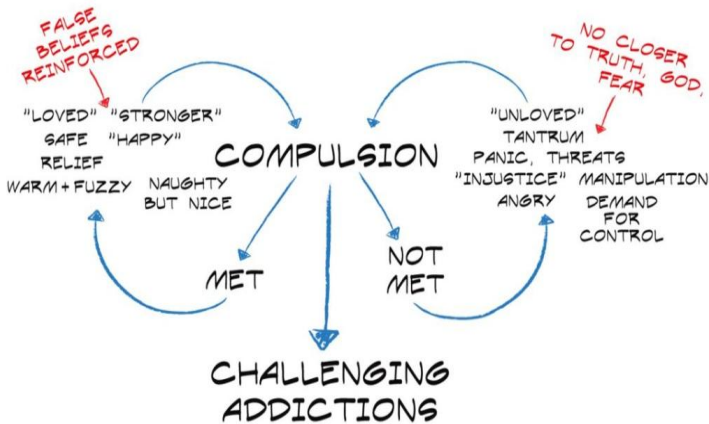
[00:11:48.16] **Cornelius:**

As much as you want to try to get away from it, from the damage, you end up being the same as the damaged ones.

[00:11:52.17] **Participant Female:**

Well you completely create it, and sometimes I think in worse ways. I don't know why but you do.

[00:11:58.03] **Cornelius:** It compounds, like the addiction cycle does.



The addiction cycle

Well the main reason is because we try to ignore the relationship with God. We're trying to look for love, but we're not looking in the right places. We just want to ignore the one with God, so we start looking for ones to try to get those feelings met through other people, but it's a quick fix to our problems, isn't it? Addictions are always a quick fix to the problem – basically just looking for the good feelings and trying to avoid the bad feelings. [00:12:33.09]

We just keep doing this cycle all the time, we just keep doing it. Like we said, the good feelings make us feel happy, alive and wanted. This is what I'm looking for when I go into relationships – I am trying to get those feelings met, but I don't want to feel the bad feelings. I feel like I'm sad, I'm dead inside, I'm unhappy, rejected and unworthy. I'm trying to avoid those at all costs. Relationships in addictions always make me feel full, they make me feel alive and make me feel worthwhile. That's not going to be the answer. [00:13:16.26]

As you can see from the addiction cycle diagram that Mary drew up here before, we're just keeping this cycle of compulsion. We get this urge to try and go and get something met inside of ourselves, because there's a feeling that we just don't want to feel, a feeling of bad, of unworthy, feeling alone. So we go and look for someone that's going to fill that up in us, and then it gets met and feels great. That's the way to go, that's a new belief – a new truth – this is how I get my good feelings met. We go the other way, if it doesn't get met, we end up being grumpy and pissed off and all jaded about love. It's the only way it gets met, and we don't know any other way, any other system it seems. So we keep on doing this system and feeling worse and worse and worse.

[00:14:01.13] **Participant Female:**

I had this belief that the right person would eventually come along – I just have to keep going on this cycle. I didn't even consider that there was another cycle. And I had false faith in that love will eventually always conquer. But I was putting my love and faith in somebody else, and never even considered putting it in God.

[00:14:26.05] **Cornelius:**

So you were putting faith in the addictions?

[00:14:27.24] **Participant Female:**

Yes and the relationships to supply it. So therefore what we know now, in reality, that's just a huge projection on that other person: to provide all of these things for us that we totally didn't want to feel or see.

[00:14:46.16] **Cornelius:**

So you want to get a damaged person to try and fix you up?

[00:14:49.01] **Participant Female:**

Yes but I didn't want a damaged person, I wanted the perfect person!
(Laughs)

[00:14:53.26] **Cornelius:**

But you'll have to become the perfect person that attracts the other half of you.

[00:14:57.01] **Participant Female:** Well I know that now.

[00:14:57.28] **Cornelius:**

Because the first statement you made was correct, there is someone, a love out there, but we just don't know a system on how to get that.

3.1. All addictions result in pain and suffering

[00:15:15.23] **Cornelius:**

As you've learnt yesterday and today – and hopefully you've been learning it before then too – that all addictions are always going to result in pain and suffering all the time. We're starting to get that now a little bit. Starting to look back at our old relationships and going, "Oh that's why it felt so crap. Oh that's why love hurts," those sorts of feelings.

They will always be unsatisfying, because they are a facade of the real thing and not the real thing. And when we're saying the real thing, we are talking about love. Addiction is just a facade of the real thing, a facade of love. We're constantly trying to get it, it's almost insatiable. We are just constantly going to be wanting more and more, constantly, and it will never feel as good as the first time.

The first love: it's always the best apparently for everybody. Everybody remembers that one, but then it feels a bit more worse than that, a bit more jaded, a bit more shut down, not opening as much. I'm not getting those highs as good as I used to, I'm not getting my lows as much as I used to as well. We still believe in the system though somehow, we've found it once, I can find it again. We just keep on going and going but it's just the wrong system in the end, we're just starting to find out because it keeps on hurting, and pain is our indicator that something is wrong.

- All addictions of any kind result in pain and suffering.
 - Will always be unsatisfying because they are a façade of the real thing and not the real thing
 - Will always demand more to keep the faux good, happy, (addictive) feeling alive

4. Why we want our addictions

[00:16:48.07] **Cornelius:**

So why do I want addictions? It's going to be a very simple answer.

[00:16:57.22] **Participant Female:**

I have no faith that there's another way that I'm going to receive love.

[00:17:03.25] **Cornelius:** That's very true, but what's a simple answer?

[00:17:08.15] **Participant Female:** Because it feels good.

[00:17:14.06] **Cornelius:**

Exactly! We don't want to have the bad feelings, do we? It's pretty simple; we just want to have good feelings. Which is a fair call, but how do we get them? Not through addictions.

4.1. What we want to feel about ourselves

Cornelius:

So what do I want to feel about myself? Anybody? What would I like to feel about myself?

[00:17:39.16] **Participant Female:**

I want to feel like I'm alive, I'm powerful, I'm worthy, I've got a place in the world, and I deserve all these things.

[00:18:00.05] **Participant Another Female:**

I want to feel all the things that I don't feel inside myself.

[00:18:10.05] **Cornelius:**

So all the emptiness, we want to feel fulfilled? We want to feel all the nice feelings all the time, don't we? We want to feel that we're good and wanted and loved. A lot of the times they're none of the things we want to feel. We just want to try and avoid the truth inside of ourselves. I don't want to feel that I'm bad, unworthy, broken, wrong, even when I'm all of those things. I just don't want to see those things, so I'm ignoring the truth about my soul condition in that state. I'm never going to grow.

Why Do I Want Addictions?

- What do I want to feel **about myself**?
 - I want to feel I am good, wanted, loving, truthful even if I am none of those things
 - I don't want to feel that I am bad, unworthy, broken, wrong etc, even when I am ALL of those things
 - I don't want to face the truth of my soul condition, the truth about myself

The thing that I actually want is love. We can't grow towards it while we're not acknowledging the truth about our soul condition.

4.2. Who we want a relationship with

[00:18:56.28] **Cornelius:**

So who do I want a relationship with? "I just want somebody who gives me all my addictions."

[00:19:15.19] **Participant Male:**

It's taken me five years but I want a relationship with God.

[00:19:19.20] **Cornelius:** Do you?

[00:19:19.20] **Participant Male:**

I'll see how the rest of the seminar goes. (Laughs) Well I guess my actions have changed to what they were six years ago so from the outside, that's what it probably looks like but ...

[00:19:36.09] **Cornelius:**

What's it like on the inside? Because it's the inside that matters.

[00:19:37.28] **Participant Male:** I struggle with it.

[00:19:41.02] **Cornelius:**

So who do you want a relationship with really?

[00:19:43.20] **Participant Male:** Myself.

[00:19:46.06] **Cornelius:** Do you give yourself addictions?

[00:19:47.14] **Participant Male:** Yes.

[00:19:50.00] **Cornelius:**

(Laughs) That's true, so trying to avoid the relationship with God by getting all the addictions?

[00:20:02.12] **Participant Male:** Yes that's true.

[00:20:05.12] **Cornelius:**

God's not someone I see. God is invisible and must be felt, so if I am shutting down all my feelings, I'm never going to get close to God; we're never going to find God in that way. God's not someone who's going to feed me any of my addictions; God's going to be challenging my addictions. Do I want any of that? No is the honest answer, we don't.

We just want something that feels good. That's like when we asked that question, we just want to feel good. The world's told us that this system is the way you feel good, but we're starting to learn it's not.

Why Do I Want Addictions?

- Who do I want a relationship with?
 - Not someone I cannot see! God is invisible, and must be felt.
 - Not someone who does not feed any addictions! God challenges all of my addictions.
 - So I really DON'T want a relationship with God!

[00:20:43.15] **Participant Female:**

I just realised – that from what Alan was saying that – because I've spent most of my life in a relationship with myself, obviously I've chosen that because I was fulfilling all of my addictions. That was much more comfortable than having a relationship with anybody else and even God!

[00:21:02.14] **Cornelius:** And it was safe.

[00:21:03.22] **Participant Female:** Yes.

[00:21:06.14] **Cornelius:**

There's safety in addictions and a lot of times that's what we do too.

[00:21:08.16] **Participant Female:**

I thought I was avoiding all my addictions by having a relationship with myself (Laughs) Far out I just realised! Thanks Alan!

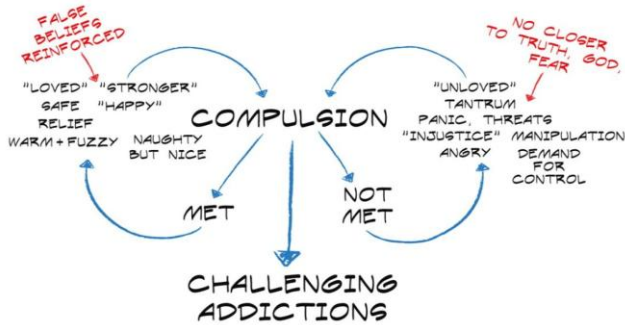
[00:21:25.08] **Cornelius:**

Basically I just don't want a relationship with God, do I, in the end? It just comes down to that one thing. I want to have a relationship with everybody else who's going to meet my addictions, anybody else that's going to feed me good feelings, but God's not going to do any of those things; none of them.

5. The addiction cycle in relationships

[00:21:54.02] **Cornelius:**

Mary's drawn the diagram here before, so do we still understand the diagram?



The addiction cycle

We have a certain compulsion going on inside of ourselves; it's insatiable, we've just got to have it! It's a feeling coming up inside of ourselves that we've just "Got to!" So we just go look for something that's got to feed it, and we just go and find it in the end, "Baby I feel good with you!"

So now I've got my addiction met with this woman. It feels nice and fuzzy and safe and it's feeling great, like "Oh this is awesome!" But then she doesn't like me anymore, she thinks I'm needy. "Oh what, I'm not needy! I want you bad but I'm not needy!" (Laughter) My addiction is not getting met from her anymore and I start getting, "But you need me too! You must need me!" And she says, "I don't need you, you're just like a little boy! You want your mum I think." Then she breaks up with me and I'm all sad again.

Then I go and look for another one, you know the cycle? It starts to get pretty messy hey? I've been doing that cycle all my life and it's pretty messy, I've had enough of it. There's something better out there; I'm chasing that.

6. How to recognise our addictions

[00:23:05.29] **Cornelius:**

What are some of the things I can do to recognise my own addictions? I'll throw it out to you guys.

[00:23:18.12] **Participant Female:**

I've actually found that process really hard – to see it. And the only thing I have done is starting to observe, well one – hearing stuff, and being told truth about it.

[00:23:40.08] **Cornelius:**

Is that like an intellectual awareness first? Wanting to find out?

[00:23:40.08] Participant Female:

Yes, and then a wanting to find out and then, like if I am specific in an example, like some stuff that's happening with my dad it's the same thing that I'm wanting from Pete.

[00:23:53.22] Cornelius:

So starting to connect the two feelings? First you have to have a will to find out, second you had to have wanted to start seeing it?

[00:23:59.29] Participant Female:

That process you guys talked about yesterday is – I suppose – what's happened. I can't say that I've let any of them go yet, but I can now see it feels a little icky on some subjects; some of them I still can't see.

[00:24:11.09] Cornelius:

You're starting to see them more clearly? First it's going to take our will, isn't it, to want to see it? An addiction is driven from our feelings we don't want to feel; we need to start wanting to feel – it's going to be a very important part of identifying your addictions.

[00:24:35.14] Participant Female:

I have a really distinct physical body thing that I recognise.

[00:24:49.20] Cornelius:

So observing what's going on in your physical body? Reactions?

[00:24:52.15] Participant Female:

Yes and it's a really fast paced pulse and I got a picture like Jaws (the movie), you know, that's what happens inside me, I realised, just about all the time.

[00:25:11.10] Cornelius:

So how does that help you find your addiction?

[00:25:12.20] Participant Female: Well it's a signal to me.**[00:25:15.26] Cornelius:**

That you're in an addiction? Or starting to get in one?

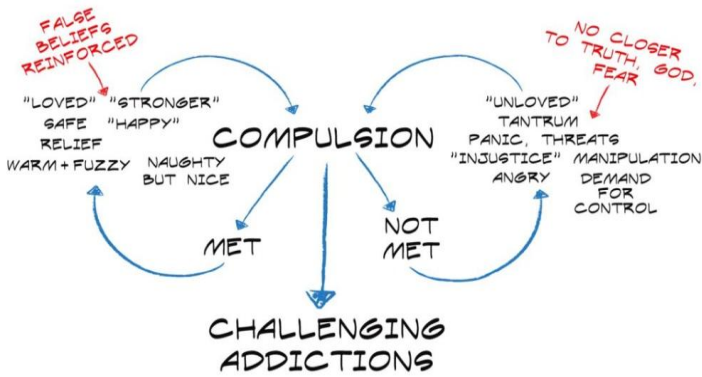
[00:25:17.10] Participant Female:

Yes, just being in that state is an addiction I've realised, because that numbs me and I am just in that state and I can't feel anything, any softness; it's like being on speed.

[00:25:35.25] Cornelius:

We want to try some of the things like up here, like what Mary's written

in the addiction cycle. We may not even notice ourselves in an addiction first, when we are in them, but we start notice these two things happening; one we're feeling great and fuzzy, or the other we can point out is when it's not getting met, we're starting to get angry.



Anger is always a good indication someone's not meeting my addiction. When I'm getting the warm fuzzies, I'm in an addiction, so we can start looking out for those things as well.

6.1. What addictions feel like before we meet them

[00:26:08.06] **Cornelius:**

What's it look like before I meet my addictions? They're feeling words, so what sort of feelings, what does it look like? I gave you a demonstration just before. What were the feelings that were going on in that demonstration?

[00:26:34.03] **Participant Female:**

To me they feel like they're enticing me, is that what you were asking?

[00:26:41.21] **Cornelius:** Enticing, yes.

[00:26:43.16] **Participant Female:**

Before I even meet them, there's a feeling of enticement of something coming up.

[00:26:50.24] **Cornelius:** Getting drawn?

[00:26:59.01] **Participant Female:**

I feel needy and it's like if I don't get this from someone I don't know what's going to happen; like I just need this!

[00:27:08.24] **Cornelius:** What's the need feel like?

[00:27:08.24] **Participant Female:**

It feels hollow and empty.

[00:27:13.15] **Cornelius:**

Feel the energy of it, what's the energy like?

[00:27:14.11] **Participant Female:** The energy is kind of demanding.

[00:27:17.17] **Cornelius:**

Yes we're getting there – Mary's given you a hint already.

[00:27:52.12] **Participant Female:**

It feels overwhelming for me like "I've got to have this!" Whatever it is.

[00:28:00.00] **Cornelius:** What's' the energy feeling like?

[00:28:03.09] **Participant Female:** Just full on!

[00:28:08.19] **Cornelius:** Yes it's full on!

ENTICEMENT
DEMANDING
FULL ON

I'll give you a hint; first Mary gave you a hint up here. It was compulsion, a feeling of just wanting to have it! It's like a driven sort of frenzied feeling, like an insatiable, just obsessed almost – those sort of feelings. They'll be the first ones that start coming up. That's when we notice they're our addictions, the feeling of the addiction. We'll be looking out for those ones.

Here are some of the descriptive words here; compulsion, obsession, frenetic, frenzy, insatiable urge, infatuation, desperation – that's a really good one too; you're desperate to have it.

What Do My Addictions Feel Like ...

- **Before** I even meet them (single word feelings ...)?
 - Compulsion, obsession, frenetic
 - Frenzy, insatiable urge, infatuation
 - Desperation, driven, urgent

6.1.1. How addictions feel before we begin a relationship

Cornelius:

How does this feel before you begin a relationship? Like before you are in a relationship and you're just single, what's it like then when you're by yourself, you desire to have a relationship?

[00:29:08.10] **Participant Female:**

I just feel embarrassed about this, but you're kind of like this scout, scanning the room – this potential like "Who's that?" "What does that one make me feel? Oh no we'll avoid that one." "Oh that one might be okay, oh no." It's pretty gross.

[00:29:26.24] **Cornelius:**

Yes like a window shopping pervert almost, like, "What emotions can I get from these people?" Almost like you're this dirty stalker, "What's she got going on. I wonder what I can get from her?"

[00:29:29.15] **Participant Female:**

Exactly! Except I'm trying not to look like that, so it's like, "Oh I'm not like that."

[00:29:43.23] **Cornelius:** So the facade is trying to hide it?

[00:29:52.24] **Participant Female:**

Actually I was so desperate that I would say yes to the first person that was offered to me.

[00:29:58.23] **Cornelius:** So you loved the perverted stalkers?

[00:30:01.29] **Participant Female:** Yes.

[00:30:04.10] **Cornelius:**

That's the addiction, just trying to please them? So you look for anybody that comes along and you're quite willing to enter addictions in this stage. As soon as someone comes along you're there! (Laughs) We're not too picky sometimes are we in our addictions?

6.2. What addictions feel like when we meet them

Cornelius:

What do my addictions feel like when I meet them? When they're met?

[00:30:37.27] **Participant Male:**

It's kind of like an orgasm really, like all the time in whatever way, whatever kind of addiction it is.

[00:30:43.29] **Cornelius:**

And people chase that feeling. It's an orgasm of the heart, but it's not really is it? (Laughs)

[00:30:54.05] **Participant Female:**

I can't identify with that yet, but mine is more the unloved or like the ones up on the board. Oh sorry, when I meet them?

[00:31:03.11] **Cornelius:**

Yes when I get one, what's it like when I get one?

[00:31:04.28] **Participant Female:**

Oh sorry I was already on the next question.

[00:31:05.20] **Cornelius:**

The first one was a feeling of what's it like before it even starts?

[00:31:09.24] **Participant Female:**

Yes I would say I feel loved, yes but I don't anymore though, so I can't even say that. It just feels fake and it's like I get this, "Yeah cool!" And then I get this "Urgh."

[00:31:26.13] **Cornelius:**

So what's the feeling? What energy are you feeling when you first had the addictions met?

[00:31:31.25] **Participant Female:**

I suppose I actually just feel like calmer it's like "Yes everything's okay now."

[00:31:35.07] **Cornelius:** Is that all?

[00:31:37.04] **Participant Female:**

Well it depends what you're talking about.

[00:31:40.14] **Cornelius:** It feels awesome!

[00:31:41.16] **Participant Female:**

But I don't always feel awesome. I just don't have an awesome feeling very often, so for me it's more like I just feel safe and relief for a bit.

[00:31:55.10] **Cornelius:**

So it's more like the safety that you're looking for is it?

[00:31:56.16] **Participant Female:**

Yes I think so and secure. I would love to say that I had like your little demonstration, but I can't say that I did very often.

[00:32:13.18] **Participant Another Female:** I feel successful.

ORGASM
SAFE
SUCCESSFUL

[00:32:16.10] **Cornelius:**

These feelings give us another feeling, don't they? We feel happy, wanted, needed; it's like a relief. I've had an addiction met and it's like the world feels better. It feels safer; it feels more in control now. All the warm fuzzy feelings are there when the addictions are being met. You know that frenzied feeling, that desperate feeling, it's almost like the end of that once the addiction's met; and then we get that calm sort of feeling, a relaxed sort of feeling.

What Do My Addictions Feel Like ...

- When I **meet them?**
 - Happy, wanted, needed, relieved
 - 'Loved', satisfied, pleased, contentment, safe, warmly cared for
 - 'Fulfilled', gratified, rewarded

6.2.1. What addictions feel like when they are met in a relationship

Cornelius:

What does the addiction met feel like when I am in a relationship? Once it's met and I'm in the relationship, what's going on then?

[00:33:21.23] **Participant Female:** Worthy and special.

[00:33:25.01] **Cornelius:**

Yeah! Feels good doesn't it? Feels like I'm somebody at last! I felt like a nobody before.

[00:33:37.23] **Participant Male:**

Yes pretty much the same. I feel loved and respected and noted; I'm seen.

[00:33:44.08] **Cornelius:** I have worth again?

[00:33:46.03] **Participant Male:** Yes self-worth.

[00:33:50.22] **Participant Female:**

Sometimes for me it just gets boring and I want to find something more exciting.

[00:33:57.16] **Cornelius:**

So you're over the addiction pretty quick? What's it feel like when you just got it met though? Originally.

[00:34:02.09] **Participant Female:** Really exciting and powerful.

[00:34:04.10] **Cornelius:** Inside yourself you feel?

[00:34:07.09] **Participant Female:** Worthy and loved and worthwhile.

[00:34:11.20] **Cornelius:**

Isn't that what we're looking for? We've got what we want; we're pretty happy now, aren't we?

6.3. What addictions feel like when they are not met

Cornelius:

What do I feel when my addictions are not met? After a while those feelings I was satisfied with start disappearing.

[00:34:31.01] **Participant Female:** That maybe he's not the right one.

[00:34:38.07] **Cornelius:** What's the feeling like then?

[00:34:38.07] **Participant Female:**

The feeling is a doubt that it was a bond in the first place.

[00:34:48.03] **Cornelius:** Yes.

[00:34:50.08] **Participant Female:** Disappointed.

[00:35:10.27] **Participant Male:** Abandoned and unwanted.

[00:35:13.02] **Cornelius:**

Yes it's really a good feeling isn't it? I mean it's not a good feeling, but it's a good answer.

What do we feel when we don't get those feelings met? Like when the person's not doing it for us anymore? We want them to so what's that feeling like?

[00:35:49.01] **Participant Female:**

I feel empty; there's something missing.

[00:35:52.20] **Cornelius:**

And how do you feel when that thing is taken away though? It feels like it gets taken away when it's not being met, so someone's withdrawn the

thing that we like to feel. What do we feel like then, towards the person; towards the relationship?

[00:36:06.06] **Participant Female:** Pretty resentful.

[00:36:08.11] **Cornelius:** Yes a really good word.

RESENTFUL
DOUBT
DISSAPPOINTMENT
ABANDONED
UNWANTED

What words have we got up on the screen? We have annoyance, anger, rage, injustice, indignation. Are you familiar with those feelings? It's happened a few times probably at some stage I'm sure.

What Do My Addictions Feel Like ...

- When they **do not get met?**
 - Annoyance, anger, rage, injustice, indignation
 - 'Unloved', unwanted, unneeded, discarded, rejected
 - Rebellious, tantrum, demanding, insisting
 - Manipulating, managing, controlling

6.3.1. What addictions feel like when they are not met in a relationship

Cornelius:

What does the addictions not being met feel like in a relationship? What goes on in a relationship then? What's the actions?

[00:36:42.25] **Participant Female:** Arguing.

[00:36:44.12] **Cornelius:**

Yes definitely, trying to maintain it, trying to get it back.

[00:36:49.09] **Participant Female:** "I'm right," type of thing.

[00:36:52.27] **Participant Another Female:**

You start withdrawing your side of the bartering, like, "Stuff you!"

[00:36:57.28] **Cornelius:**

Yes, the relationships not going to go too well then.

[00:37:10.22] **Participant Female:**

Yes sadly to say, projections, like really intense projections can happen, until you start feeling rage and remorse about it, and then you might start going to the axe and block.

[00:37:23.02] **Cornelius:**

Well at that stage there's not a lot of remorse going on. It's like the same feelings of the compulsion are happening again. You just want to get it back again and you will do what you can to get it back again, and it usually pushes the person further away.

[00:37:41.02] **Participant Male:**

Sometimes I've actually felt quite terrified in that place as well when they pull back.

[00:37:48.27] **Cornelius:**

Like the panic kicking in? What are you going to do when you start panicking?

[00:37:55.09] **Participant Male:** Try to get it met again I guess.

[00:37:56.08] **Cornelius:**

Yes the addiction! Get straight back into another one! We're so used to it, it's a horrible cycle, isn't it?

6.4. What addictions feel like when we become conscious that we have been living in them

Cornelius:

What do my addictions feel like, when I become conscious that I have been living in them and I want them?

[00:38:24.17] **Participant Female:** To me very dirty and sort of slimy.

[00:38:30.28] **Cornelius:**

Yes they start feeling a little bit yucky, don't they?

[00:38:30.28] **Participant Female:** Yes they really do.

[00:38:33.10] **Cornelius:**

You start to come and realise that they're not so nice anymore. I start becoming aware of the damage I might be doing as well.

[00:38:44.17] Participant Female:

I feel a mixture of rebellion and guilt. When I become conscious that they're there, I become rebellious because I want to continue with the addiction but I feel guilty that I'm doing it.

[00:39:01.06] Cornelius: Yes sort of like some shame maybe?

[00:39:03.08] Participant Female: Yes shame's a good one.

[00:39:09.28] Cornelius:

There's some ones up here on the screen: we feel like our energy is being sucked from us, that's what it feels like when we're starting to be aware of, "Oh, my husband's not so nice anymore, he just feels like he's always taking from me. He doesn't ever give; I can never feel a giving feeling coming from him. What am I doing?" It just doesn't start feeling nice anymore. We start recognising that something's going on, someone's pulling from me and taking from me. We don't often realise that we're doing something in return at that stage. We start becoming aware that something's not right.

[00:39:51.04] Participant Male:

I feel a lot less enthusiastic about the addictive cycle. Like I'm still doing it but it's not really that much fun. Actually it's hard and yuck.

[00:40:28.19] Cornelius:

Another good one, there is shame and repulsed – that's where you were getting to with that – it starts feeling like a repulsion. Even in a relationship we start to feel repulsed towards the things we're doing with them, it starts feeling quite horrible.

What Do My Addictions Feel Like ...

- When I become **conscious** that I have been living in them and wanting them?
 - Sleazy, icky, draining
 - Using others, being used ourselves
 - Energy sucked, taken from
 - Shame, repulsed

6.4.1. What addictions feel like when we become conscious of them in a relationship

Cornelius:

What does a consciousness of my addictions feel like when I am in a relationship? When we start becoming conscious of it, what actions might we take?

[00:41:05.16] Participant Female:

For me I'm realising when I get to the stage where I know that I want love, that's not love, but I try to turn to God, but I get angry at that relationship because I just feel that God can't give me the ... I want to substitute that with God. That person can't give me that so I want it from God, but I know God's not going to give me that, so I feel helpless.

[00:41:36.02] Cornelius:

Basically it's just substituting one addiction for another? Wanting God to give you the same thing as the addiction would?

[00:41:40.23] Participant Female:

Yes because if I can't get it from another human being, and I don't know how I'm going to get it from God, I feel hopeless and helpless, like I don't know what to do.

[00:41:48.00] Cornelius: Just give up sort of thing?

[00:41:49.12] Participant Female:

Not give up, just like, "Where's it going to come from?" Like there's no love and that no love feeling feels quite scary, so I'll go back to the person.

[00:42:02.14] Cornelius: So you end up staying in the relationship?

[00:42:05.18] Participant Female:

Sorry I thought it was just a desperate hopeless feeling.

[00:42:17.16] Participant Another Female:

I get self-punishing; I beat myself up really badly.

[00:42:24.02] Cornelius: Yes so that's still addiction, isn't it?

6.5. What addictions feel like when we are in co-dependency

[00:42:29.22] Cornelius:

What do my addictions feel like when I am in a co-dependency? We're sort of getting to that, in a way. Do you know what co-dependency is? Do you? You've been doing it for years, like forever! (Laughs) It's a good idea if you know what it is.

Co-dependency requires a bartering system between two people: like you give me this and I'll give you that. We've got a perfect match; we're both happy until one person takes a bit more it doesn't feel so good anymore. It's pretty much what you would call emotional prostitution really, isn't it

it? You're willing to give something to somebody and in exchange for something, to get a good feeling from it. That's out of harmony with love, and sounds pretty icky when you look at it in those terms, doesn't it?

What does it feel like in a relationship? You've all said you've been in one – you should have the answer for this one. What does it feel like in a co-dependent relationship?

[00:43:45.24] **Participant Female:**

It feels like I'm fulfilling a role.

[00:43:52.15] **Cornelius:**

Yes that's what it is. It's just everybody doing their role, in their job, supplying the thing for that person and supplying the thing for that person, so everybody in your life is happy.

[00:44:00.00] **Participant Female:**

And by society's standards I'm doing a good job.

[00:44:03.27] **Cornelius:**

Yes! If you stop doing your role there's going to be all hell to pay! That's what it's like in a relationship, isn't it? When the role starts fading off a bit, when the other person is not pulling their weight, and you're giving and they're not giving back.

[00:44:16.23] **Participant Female:**

Yes and that's what I was going to say before. That's when I start feeling fear; that if I'm conscious of it, that I could lose the relationship. If I don't fulfil that role then there's fear that the relationship could end.

[00:44:29.17] **Cornelius:** Fear you're going to enter this cycle again?

[00:44:35.08] **Participant Female:** It feels loveless.

[00:44:42.00] **Cornelius:**

Yes, but often we don't feel that, do we? Unless you're aware of it, because it usually feels quite good.

[00:44:44.24] **Participant Female:** It feels dead.

[00:44:50.23] **Cornelius:**

It is loveless that's true, but often it feels like everything's pretty much managed. I suppose we've managed our life perfectly and we've hit our comfort zone and this is where I want to stay right now; and don't anybody mess it up – particularly my husband!

[00:45:03.27] Participant Female:

But there's no excitement there.

[00:45:05.09] Cornelius:

No that's it; it starts becoming quite flat, like flat-lining the love in the relationship; if there was any there in the beginning.

[00:45:19.16] Participant Male: Feels flat and lifeless.

[00:45:22.26] Cornelius:

Yes there's nothing left in it really, but we still have enough addictions met to want to stay in it for some reason. It's almost like just satisfied or, "It'll do." It keeps me safe; it doesn't ruffle the feathers in the relationship. We pretty much put them back in place, or else we don't give the addiction back to the person. We put up with things a lot and sacrifice ourselves a lot.

6.5.1. What co-dependency feels like in a relationship**[00:45:55.28] Cornelius:**

What does co-dependency feel like in a relationship? Example: the placating man with the angry woman – this is pretty common isn't it? Do you know that one? The man is willing to give up his will and just agree with the angry woman, just so the angry woman can give him sex. Whenever he keeps her happy he gets sex, that's pretty good for him hey? The angry woman gets to feel powerful over the man so she gets something out of it as well with her anger.

Example: the home wife who does everything for the man who wants to be mothered – pretty common as well, isn't it? These are pretty common things we see in relationships. Or even in the worst cases, an abused woman gets to avoid financial responsibility because the man looks after the money. As long as she barter for occasional violence and occasional beatings, the violent partner gets to feel needed and powerful and in control. The woman gets to feel like she's looked after, even if she's willing to be hurt for that too.

What Do My Addictions Feel Like ...

- When I am in **co-dependency**?
 - Co-dependency requires a bartering system between two people!
 - It is emotional prostitution!
- What does co-dependency feel like in a relationship?
 - E.g. The placating man with the angry woman
 - E.g. The home wife who does everything for the man who wants to be mothered
 - E.g. Abused woman gets to avoid responsibility, financial responsibility etc but must barter the occasional violence. The violent partner gets to feel needed, and powerful, in control

6.6. What addictions feel like when we are abusing others

[00:47:04.28] **Cornelius:**

What do my addictions look like when I am actually abusing others? When I know I'm in addiction with the person. I am aware this is what I am doing, I am aware that I am in a co-dependent relationship, and this is what I am trying to get from that person, so what do I get out of that?

[00:47:31.01] **Participant Male:**

It's cold and callous, and like powerful and condescending.

[00:47:40.22] **Cornelius:**

Yes we're after some sort of control or power. We don't really care about the other person or what happens in that process at all. We just want to keep what we get and we're not really concerned about them. If it was a bartering system we don't want to keep our end of the bargain all the time.

[00:48:11.11] **Participant Female:** I get to stay in control.

[00:48:15.22] **Cornelius:**

Yes we get to feel powerful, some sense of control. Sometimes we enter the relationship because we feel out of control, and we look for a person we can manipulate and control and be in relationship with them, so we can feel in control – to try to avoid our fear of being out of control, of something happening in our life.

We use methods of coercion and manipulation – it's pretty common in relationships – we disguise it as love and we try to make it look more pretty, we try to sugar it up a little bit, and try to get the other person to keep continuing it on.

6.6.1. What addictions feel like when we are abusing children

Cornelius:

How does this feel like in our relationship with our children?

[00:49:04.10] **Participant Female:**

I think it feels pretty much the same except that ...

[00:49:12.08] **Cornelius:** What does it look like?

[00:49:15.02] **Participant Female:**

So you want examples of what actually happens?

[00:49:19.17] **Cornelius:**

Yes what's the co-dependent relationship with your children look like or feel like? What are you trying to do it for?

[00:49:25.01] **Participant Female:** Because I want them to love me.

[00:49:28.10] **Cornelius:**

Yes, so you're trying to get love from them; you're trying to extract love from the relationship with the child.

[00:49:42.02] **Participant Female:**

I want them to behave in a certain way so that it would look like I was a good parent.

[00:49:47.00] **Cornelius:**

Yes so you're trying to keep your facade up with everybody else, and using your children to get that.

[00:49:55.23] **Participant Female:**

There's a substitution that happens. So you're not going to get love from God, and you're not going to get love from a man, so you're actually going to trap your children in this cycle – that they're yours, it's an ownership thing.

[00:50:12.16] **Cornelius:**

They are your surrogate husband and surrogate wife, and we end up using children for that – it's pretty terrible stuff. We are grooming the child to be our supplier of our emotional needs, and we will manipulate a child's will. We will give the child some lollies and stuff to do things, like if you stop doing that and are good I'll give you a lolly. We start manipulating them.

We are controlling the child's behaviour with force in order to feel in control rather than for the purpose of educating them in God's Laws. We

always seem to put that last, don't we? While we are in addiction we don't care about God's Laws; we don't even want to know them ourselves. So not wanting to love the child in the first place, we start using a child to get a feeling met – which is not a very good thing at all – we just continue the cycle of damage.

What Do My Addictions Feel Like ...

- When I am actually **abusing others**?
 - Powerful
 - In control
 - Coercion, manipulation
- How does this feel like in our relationship with our children?
 - Grooming the child
 - Manipulating the child's will
 - Controlling the child's behaviour with force in order to feel in control rather than for the purpose of educating them in God's Laws.

6.7. Why we have no interest in a relationship with God, but only with other people

[00:51:10.08] **Cornelius:**

Why do I have no interest in developing a relationship with God, and only have interest in developing relationships with people?

[00:51:24.12] **Participant Female:**

Because God won't meet our addictions.

[00:51:26.22] **Cornelius:**

Exactly, spot on: we look for relationships with people to get that quick fix all the time. We want it to be easy, we don't want to go through the pain, so we want to look for the quick fix all the time, and for people who are going to meet that addiction.

But with God it's not going to work like that, never. It will never work like that with God, so we try to avoid God at all costs. But He doesn't make us feel good instantly, we don't want to have to do the work, we don't want to have to be involved, we don't want to emotionally have to open, because the only way to get there is to emotionally open up and it's the last thing we are trying to do! We're trying to shut that down and we're scared about what's inside of ourselves.

It's also because people meet my addictions; because we want co-dependency of people, so we can barter our feelings; because people give us instant gratification, yes, straight away; because people want bartering

systems we don't want anything different – we want this. We've got to realise how much we want this; how much we want to get it from people. How much we want to avoid a relationship with God. We are desperate, we are frenzied, we are infatuated with getting it. We've got to start feeling that feeling of how much we're trying to get our addictions met; how desperate we are to have them satisfied, instead of looking at our hurt and our fears.

God does none of these things in your relationship. He won't give you any of those things – none of these feelings in here – you will just not get them met. God isn't in this system, so if you're looking for God you need to get away from this system, and Mary will tell you a little bit about that later.

What Do My Addictions Feel Like ...

- Why do I have no interest in developing a relationship with God, and only have interest in relationships with people?
 - Because people meet my addictions
 - Because people want co-dependency
 - Because people give us instant gratification
 - Because people want bartering systems
- God does none of these things!

7. Advantages of seeing our addictions

[00:53:21.14] **Cornelius:**

What are the advantages of seeing my addictions? There's got to be advantages, doesn't there?

[00:53:30.24] **Participant Female:**

I can actually do something about them.

[00:53:36.14] **Cornelius:**

Yes you can! Everybody feels like they're hopeless and helpless but you can do something about them. You've got the most awesome gift in the world, which is free will. You can choose whatever you want to do, so that's a very good one.

FREE WILL

The thing is, what am I going to do with it?

[00:54:15.28] Participant Female:

Through all of this I can just see so clearly how I want God to come into this process – the addiction cycle. That means that if I did feel a bit of God's Love I get to avoid the whole hurt self, which is going to get me closer to my real self. So that's really bought the clarity of why would I be given something that would instantly help me avoid all of the feelings inside of me, all of the frozen parts of myself which I want to claim and be whole.

[00:54:52.22] Cornelius: So there's a possibility for personal growth?

[00:54:55.01] Participant Female:

Yes all of that would be gone if God just gave me my addiction straight away.

[00:54:59.20] Cornelius: God doesn't give addictions.

[00:55:02.04] Participant Female:

Yes but I never saw or thought what a great thing that is because I would avoid my growth and my richness of going into my hurt self and experiencing all the parts of myself.

[00:55:13.25] Cornelius: So the benefit would be, in a word?

[00:55:17.17] Participant Female:

Enlightening, like the clarity of seeing my addictions, and knowing that there is a process where no one's going to take that away from me magically.

[00:55:32.10] Cornelius:

So would you have faith in trying to get out of that system and trying God's system?

[00:55:37.26] Participant Female:

Yes I would see the full spectrum more.

[00:55:41.22] Cornelius:

Yes that's what happens; you do. Once you start getting out of that you start opening your eyes to lots of things, because you've opened up your heart. God's created the world like the soul of the heart. It's designed for you to experience it like that, and once you start opening up to all the things around you, you start feeling people properly. You start knowing when you're getting manipulated, you start being sensitive to your own feelings and start seeing your addictions and thinking, "Oh I didn't know I had that one, I've got to deal with that one." You start becoming very

sensitive, you start getting out of this cycle and more into God's cycle of growth and love. So it increases your awareness, yes.

[00:56:20.12] **Participant Female:**

So you've got your free will and you're choosing differently, and you can start to feel good about yourself once you understand God's version of ethics and morality.

[00:56:32.16] **Cornelius:**

In time that'll happen, but at first it won't feel so good.

[00:56:35.26] **Participant Female:**

No but once you start seeing your addictions, I feel.

[00:56:41.02] **Cornelius:**

It feels like you've got a sense of knowing what's going on in life.

[00:56:44.03] **Participant Female:**

Yes there's safety in that. Like you said, everything that God does is love, and then once you see the advantages of seeing your addictions, you can start to open up to love. Not that the opening's real but the awareness sort of starts to.

[00:57:07.26] **Cornelius:**

You have a direction now, whereas before, well, you know this is a cycle and hasn't any direction except back on itself. So you can go somewhere, you can grow, you can actually have different experiences rather than the same old experiences all the time. While it may not feel as good as the addictions at first, you start having faith that they actually work. You know that the addictions don't work because you've tried them lots of times, so it's quite empowering in the end for ourselves.

[00:57:33.20] **Participant Female:** Yes in the end.

[00:57:35.26] **Cornelius:**

It's self-confidence building in ourselves, and in our soul also, and we trust that's what we can do.

Real growth in love now becomes possible as we move out of this addiction cycle, which doesn't have any real love in it at all. It gets us out of the addiction cycle. A true loving relationship with myself, and education of myself in love is now possible. Before I believed that the addiction was the way to go, but now I start re-educating myself where the real feeling of love comes from. I don't have to keep going on this cycle trying to find a good feeling. I know I've got to go somewhere else

and do some work with it. I've got to be engaged in it; I've got to use my will for it.

A real relationship with God is now possible too, because now I'm choosing to feel. I'm choosing to connect with my soul and it's the only way you're going to have a relationship with God, is via your soul, via your feelings and emotions. Now I'm starting to open up to them. It's like opening up my door and God is opening up His door, – well God's door's always open – but you're opening up your door to allow some truth and some feelings from God in.

A real relationship is possible now with my soulmate, because you won't find your soulmate in that addiction cycle at all. You'll just find shitty relationships. (Laughs) They won't ever be satisfying. God made the souls and soulmates, so you'll have to start finding out from God what it's like in this system. A real loving relationship with children, friends, the environment, are also now possible. Lots of things change when you get rid of your addictions. It opens you up to love instead of pseudo-love, in all areas. [00:59:26.08]

I will no longer be influenced by people, whether I can see them or not – this is including spirits. When you're in addictions, spirits love those people. They're the ones they get their addictions feed through. They're all nice and quiet – you can't even see them, you don't even know half the time what's happening because you don't want to be aware. Because you can't see them, you're going to have to feel them. It's the only way you're going to know they're there, and if you don't want to feel, they're going to be getting away with lots of stuff. [00:59:51.16]

Once you start working through your addictions, you start to become more sensitive emotionally. You start becoming sensitive to, "Ah that's not really my feeling; someone's pushing me on that."

You might have a compulsion to go and eat food and think, "Hang on I just ate not long ago and my stomach is full. I actually feel full what am I going to get food for again? I don't want chips, well I do, but I don't really want them now, but oh I do." And we have to start working through that little cycle of feeling the compulsion pushing at you and realising logically that my stomach is full. Logically I am not hungry but when I'm feeling this compulsion something's going on, so what's going on? "Oh I'm starting to get sensitive now. Someone's trying to push me to do it, because they want to have some sort of sensation out of it." You start becoming very sensitive to spirits then too.

8. Conclusion

[01:00:39.04] **Cornelius:**

In conclusion, we learnt today why we want our addictions met: because it gives us that good feeling. (Laughs) We learnt how to recognise our addictions. We have to start feeling those feelings of compulsion, those sorts of feelings. The frenzy feeling, the first feeling that comes up you've just got to go and do something. It's pushed; it feels like you just must have it! Just start noticing that feeling, that's the very beginning of the cycle. You might not notice it at first, until you're sometimes in it, but at least start being aware of what to look for. [01:01:20.00]

What are the benefits of letting go of all our addictions? We're going to have a better life! We're going to have a happy life, a fulfilling life and it's going to keep growing. It won't stop there! It won't just be one little bit of niceness. It's going to keep getting better, forever. If you chose God's system that is, and want to get out of addictions. [01:01:50.14]

Unless I am willing to learn what love actually is, and be taught by the Creator of Love (God), I will be leading a life with the only result possible being a painful existence. It's the only possible result for addictions. The addiction cycle is the road to pain and suffering. The other road is eternal growth and love, and all the good feelings you're trying to chase through addictions. I know which one I want to take.

Conclusion

- We Learned In This Discussion
 - Why we want our addictions met
 - How to recognize our addictions
 - The benefits of letting go of ALL our addictions
- Unless I am willing to learn what love actually is, and be taught by the Creator of Love (God), I will be leading a life with the only result possible being a painful existence
- All addictions result in a painful existence

9. Homework

[01:02:26.07] **Cornelius:**

We've got some homework for you guys. Write down every time you felt compelled, obsessed, infatuated, in a frenzy, those sort of feelings. Write down what you do when: you satisfy the compulsion, the compulsion is not satisfied? [01:04:00.10]

Write down what frustrates you about your relationship with God. I'll leave you to write that.

I just wanted to thank you very much for your time today.

(Applause)

Challenging Addictions Outline

Purpose Of This Presentation

To outline the practical process you will have to engage if you are ever going to be free of addiction

To help you get from a place of intellectual awareness and into to emotional release of the addiction

Reminder: The Deconstruction Process Applies

Jesus outlined the process of moving from intellectual awareness and desire to change to soul-based awareness and desire to change

The deconstruction process Jesus outlined must be engaged with addictions

In this talk I will discuss the process of challenging addictions when intellectual awareness already exists

The process I describe must be engaged from a soul perspective

Mary's Personal Journey

Taking personal responsibility for addiction

Until I desired change, I took no responsibility for challenging my addictions

All challenges happened externally, mainly via Jesus

This did not grow my will to love muscle

This meant that I only made limited soul changes

This happened because I didn't yet have a sincere desire to change

Three factors limited & prevented my desire to change:

1. Lack of Faith

In self

In God

2. Fear of Emotional Overwhelm

3. Resistance to Truth

Before I was sincere challenging my addictions I had to:

Deal with some of my feelings of a lack of faith

Deal with some of my fears about emotional overwhelm

Deal with my own personal resistance to wanting God's Truth

Work on removing my façade & desire to know my soul condition as it really was

It was my soul's desire for truth that helped me through this process

As I worked through these issues I began to engage my will to love

It is only recently that I have begun to engage the process I am about to describe

That is, to emotionally notice and challenge addiction for myself
This is part of me now growing the will to love

Practically Challenging an Addiction

The deconstruction process of Addictions has already been described by Jesus

What are some additional practical steps we can engage to challenge addiction?

Notice the addictive event or interaction & acknowledge that it is a sin

Do I really feel that the addiction is unloving?

Do I really feel it is my responsibility?

Feel the addictive emotional responses

Refer: Addiction diagram

Feel the addictive emotional response before you do anything

Feel the addictive emotional response when the addiction is met

Feel the addictive emotional response when the addiction is denied or not met

Don't judge the addiction

Don't get caught up in shame or 'I can't believe I'm like this'

Self-punishment is just another addiction to avoid real feelings

Judging the addiction causes us to ignore the addiction

Don't feed the addiction

Instead stop satisfying the addiction; this will EXPOSE the emotion driving it

This is not an act of 'will power'; it will need to be a pure will based desire

When we are sincere our motivation to stop satisfying the addiction becomes more pure

We stop feeding the addiction so we can find and feel the emotion the addiction covers

You may choose to confront the addiction in many ways

You may even SEEK OUT confrontation of addiction to discover more about your emotions

Feel the addiction itself

(Addiction Diagram)

Allow the emotions of wanting the addiction (painful, desperate)

Allow the façade's justifications for the addiction to be exposed and felt

Allow the emotions of resistance to feeling hurt and afraid

Experience your false beliefs as emotions

e.g. Its not possible to feel this, I can't be free of this addiction

e.g. My partner is hurting me by not loving me as I want

e.g. Everyone is rejecting me by not meeting my addictions

Allow your hurt self's feelings whatever they are

Experience the hurt emotions that are now exposed

Some of these may have been suppressed in your childhood

Some of these you may have suppressed throughout your life into adulthood

Until we are willing to experience the hurt emotions that the addiction covers we will not release the addiction

Honour the increased awareness

As we engage this process sincerely we naturally become more sensitive to the price of addiction (you may think you are now but it is only a tiny awareness of how damaging and pervasive the addiction is)

We recognise:

How pervasive the addiction is

What other elements there are to the addiction

The effects of the addiction in our life and the lives of others

Actions that we previously viewed as harmless or loving but which we now see are sin

More linked addictive behaviour in our life of which we were previously unconscious

Further possible emotional causes for our addictive behaviour

We experience:

Increased sensitivity to our addictions

Increased sensitivity to the harm we have caused ourselves and others through addiction

Increased sensitivity to fear & grief, and our hurt self

Revisit until its done

In order to be free of addictions we will need to:

Repeat the process of challenging the addiction multiple times

Uncover more emotions that have been driving the addiction

Becoming more sensitive to the cost of our addictions makes us:

More likely to repeat the process of challenging the addiction

More likely to stop feeding the addiction

Conclusion

Addictions Will Not Leave Us Unless We Challenge Them Emotionally

Many people have been attempting to deal with their addictions through the use of will power

Will-power will never be effective, because the addiction comes from emotions in the soul

To truly release addictions we must engage an emotional process:

We must connect to the feeling that each addiction is a SIN

We must connect to the feeling that each addiction has harmful effects to ourselves and others

We must develop a sincere desire to expose and feel the emotions driving our addictions

Once emotions are felt, then the addictions will naturally leave us

Homework

1. Journal exercise

Challenging your addictions is necessary for each of you to engage if you are to progress.

What are the reasons why you aren't engaging the challenge of your addictions every day in multiple areas of your life right now?

What are the emotional reasons why you are justifying not engaging the emotional challenge of your addictions right now?

2. Challenge at least one addiction using the described techniques

Write about what you discovered in your journal

Common Areas We Live in Addiction That May Be Challenged While at the Group

Interpersonal relationships (Cornelius has provided homework in this area)

Change the way you communicate & relate to others

If addicted to Avoidance and façade this means that you will need to have more contact with others and commit to being honest and open

If addicted to Control and domination this means that you will be quieter, listen more and focus on ethical exchanges

Eating & drinking habits & personal comforts

Recognise and challenge an addiction in this area

Change your eating habits

Most of us eat for comfort

Others of us strictly control and monitor what we eat

Technology

Recognise and challenge an addiction in this area

Reduce your use of technology

Technology is a way that many people meet addictions and distract themselves from what they feel

You could commit to turning off your phone, your internet, TV and computer for 23 hours a day, or even days at a time

Challenging Addictions S1

1.Introduction

Mary:

I am going to be talking to you about challenging addictions. Who feels that by now they have a good intellectual grasp of what addictions are? It's been covered a fair bit. We know that the layers of addictions cover the fear or the anger above the addiction. We all think, "Okay, I've got that going on."

Who thinks in the last year they have made some serious inroads into changing their addictions? Two or three people. I don't know if I can agree. Some of you have, perhaps, but has it been life changing? Has your life a year ago been completely revolutionised compared to now? No.

Do we agree that for the main part, addictions still drive your desires and actions? How does it feel to want them? What does it feel like to get them? What does it feel like when you don't get them? Who feels that they are in touch those things in their life?

[00:02:43.17] **Participant Female:**

When you say in touch, do you mean fully in touch or just have some awareness?

[00:02:49.17] **Mary:**

In day-to-day life, how often do you catch them? Not much. If we are going to challenge and change our addictions, or release our addictions, we are going to have to get really good at catching them. This is where you engage this process that Jesus outlined to you in his presentation "Deconstructing The Facade Self" (see 20140713 Understanding Self – Deconstructing The Facade Self), about the intellectual awareness, intellectual desire, then getting into the soul awareness and desire.

For a lot of you, I feel there is still that soul awareness lacking. I am going to be talking to you about what happens once you have moved through some intellectual layers. A lot of you have moved through some intellectual layers. Can you tell me five addictions that you have? You have done some intellectual work here. Today, I want to take you beyond intellectual awareness. How are we going to get to this emotional awareness? And when we do, how are we going to move through it?

2.Three factors that limit and prevent desire for change

Mary:

Let's remember what Cornelius covered with you in his presentation "An Introduction To Love – Fear of Change" (see 20140712 Fear of Change). He covered three main factors of why we fear change. Who can tell me the first one?

[00:04:57.04] **Participant Female:**

We have no faith in God, true faith.

[00:05:00.18] **Mary:**

We lack faith. There are two parts to it. The first part is that we lack faith in God. What was the other thing we lack faith in?

[00:05:24.18] **Participant Female:** Also, in ourselves.

[00:05:26.06] **Mary:**

We lack faith in ourselves, in our capacity to change. What was the second thing?

[00:05:39.24] **Participant Female:**

We lack the willingness, the development of our own will.

[00:05:45.07] **Mary:**

That is a lot of what I talked about in my presentation, "An Introduction To Love – Strengthening Our Will To Love" (see 20140712 Strengthening Our Will To Love). I will refer to that as well, but there was a second thing.

[00:05:56.27] **Participant Female:** No desire for truth.

[00:06:00.05] **Mary:**

That's the third thing, desire for truth. It's really interesting that no one can think of the second one.

[00:06:16.14] **Participant Male:**

We believe we can't cope with being overwhelmed emotionally.

LACK FAITH
IN GOD
IN SELF

FEAR OF EMOTIONAL OVERWHELM
DESIRE FOR TRUTH

[00:06:19.08] **Mary:**

I call it fear of emotional overwhelm. All of our fears are connected to false beliefs. Our fears are false beliefs. We believe we can't cope with it. That means we are afraid of it, so fear of emotional overwhelm.

3. Mary's personal journey with addictions

Mary:

I want to tell you a little bit about my own journey with this. To be very honest, I haven't desired or engaged the process that I am about to share with you for very long, maybe a year. That is because there is work involved. There is change involved and all of you are going to have to go through those changes. Who is shocked that Mary, who has lived with Jesus for five years, just started challenging her addictions in a sincere way in the last six to twelve months? When I say challenging, I mean for myself.

Living with Jesus, my addictions got challenged. Ninety-eight percent of them got challenged on the first day and then the second day and then the third day, and then I left. Maybe it wasn't the third day. How long did we last, Jesus? I was angry by the fourth day. I was angry probably by the evening of the first day, but I hid it with a lovely facade for another forty-eight hours and then I was off. My addictions were being challenged. External to me, my addictions were being challenged. That has happened to a lot of you with Jesus, and sometimes with me, starting to challenge your addictions.

Then I got angry, and I fought. I didn't want to see it because I had zero faith in God or myself. I was really, really terrified. I am not talking a little bit. I am talking massively terrified of being emotionally overwhelmed. At that point my desire for truth hadn't really been developed. Our first year relationship was pretty rocky and we were off and on and in and out of the relationship. The challenges kept coming to my addictions. I didn't want to know about them because these three factors terrified me.

Then something grabbed me. The desire for truth is a big quality of Jesus' and my soul. There was no change in these first two factors. I still had zero faith in my ability to change, the fact that there was any hope for the world, with God. I wanted to believe that, but inside of me, no faith. I didn't want to be emotionally overwhelmed. But the truth got me. "He's telling me the truth. I want it because it feels awesome. I know that there is purity in that and I want that purity. I want to strive for that." So, back I came.

We had another two pretty rocky years. Honestly, it was pretty hardcore. There was a lot of projection. The challenges never stopped, because that's my darling. He tells the truth and he has personal standards and ethics and morality. There is no change. So, the challenges kept coming. I had a lot of tantrums. I cried, "This is so hard. I can't do it. I am just withdrawing. I am controlling. I have got to do something, I will divert. How can I get a sense of worth? Maybe I will do a blog. There has got to be something, because I don't want to do this thing. I don't want to be overwhelmed."

Then, after another couple of years, it got so forlorn. My desire for truth was pulling me, so eventually I broke down and I began to feel my lack of faith. It wasn't intellectual anymore. This was emotional. This was desolate. This is: "There is no faith. I feel like there is no hope. I am not good enough. I am not made well enough. I can't do this. I can't. I want to, I love the truth. I want to believe this is true." Actually, there is a soul feeling in me that it is possible but I am fighting it, because all my emotional damage is saying, "You can't. You are just not good enough, Mary. You are not even built that way. Other people can do this. What is wrong with you?" I had to move through a lot of self-punishment; the addictive self-punishment that I had in place to avoid this desolate lack of faith feeling.

More time passed. More of these feelings came up. "God, I know You love everyone else. I feel it. I'm passionate enough to tell other people but it is not for me. It is not me Your love, because I am a damaged, shitty thing. It's not going to be me and I understand it, so don't worry." There was a lot of crying about that.

In that process, I started to have a chink in the emotional overwhelm. It kept happening so much, that eventually I felt the overwhelm completely once. And honestly, you, too, are going to have to go through this feeling. You are going to go through this feeling of, "It is too much. I can't do it. I just can't do it. I have no faith. I can't do it. I just can't do it. I have no faith." Then you'll surrender to the emotion. Once you surrender to the emotion, change has a possibility of happening. This is where we can start to find that will muscle that I talked about, the will to love (see 20140712 Strengthening Our Will To Love). When you do it once, you say, "I am going to do it again."

About a year ago or maybe two, I am bad at judging this, my soulmate says two, I say six months. I always go through something and I say, "I wasn't even trying back then. Now I am doing it." Maybe two years ago, I said, "This is it. I want to change." This faith that had been totally smothered by my feelings of desolation and hopelessness, started to bloom again. I said, "Okay, I am going to go for this." I am still terrified

of emotional overwhelm. There is so much fear in me about that whole emotional experience. I have so many false beliefs about it, but I am going to go for it. I am going to try for it. I am going to challenge that.

A little while ago I stopped relying on the external challenge to my addictions. I stopped relying on my soulmate to say, "There you are. There it is again. What are you doing here?" I started to sense it for myself. I wanted to feel the sin inside of me and to heal it. I didn't want to keep trying to get away from it or get away with it. I wanted to find it. Now, I want to change it for real because my faith had grown.

My feeling was that my emotional overwhelm was the end of the world. Maybe it is not the end of the world. Maybe it is just a small catastrophe that I seemed to be able to move through and it is getting better and better.

Don't expect that it is going to happen instantly. It is going to require your will. It has taken me this long. If you desire to change that cycle in relationships as Cornelius discussed (see 20140714 Recognising Addictions In Relationships), what seems like an endless cycle of never being really satisfied, and actually feeling quite unhappy underneath, can change. If you love truth or if you can find some sincere desire to love or to grow yourself toward something that is positive, then you can engage that will and start to grow the muscle.

This is a process about how to challenge an addiction. Once you have an intellectual awareness, it is going to require engaging your personal desire to become sensitive in a way that you are currently avoiding. When you do it, it will start to get easier. Trust me. It is like the whole world will light up in terms of sensitivity. Then you say, "I am going to have to keep dealing with things. It is a good thing."

Some of you mentioned you start to feel better about yourself. You start to realise, "I am treating people with so much ickiness. I feel more frightened. I feel more challenged but it is not so icky all the time."

I want you to engage it with your soul. The soul loves feeling. It is getting back in touch with your soul.

4. Practical steps to challenging an addiction

Mary:

At this point in your progression, what is the first thing that you have all done with your addictions?

[00:17:12.16] **Participant Female:**
 Begun to intellectually recognise them.

[00:17:14.10] **Mary:**
 You have noticed them. The first step in challenging addictions, not surprisingly, is that you have to notice them. There is a second part to this first step that I feel a lot of you are missing at the moment.

[00:17:52.14] **Participant Female:**
 I guess intellectually I get that it is not very nice.

4.1. Notice the addictive event or interaction and acknowledge that it is a sin

[00:17:58.06] **Mary:**
 I am going to challenge you to emotionally recognise that it is a sin.

1. NOTICE THE ADDICTION & RECOGNISE THE SIN EMOTIONALLY

A lot of you say, "It is probably an addiction." You may have a good laugh about it. "Oops, that was me in my addiction again."

When you become emotionally sensitive to your addictions, you won't find it funny anymore. You are going to feel, "Oh, yes. That is something pretty yucky that has effects on not just me, but everyone around me. When I choose that, even if it is just me choosing my cup of coffee, I have suppressed a fear and that is affecting my relationship." What is the major block in our relationship? It is fear. "Man, this feels yuck now. This feels like a sin in me. This feels like something that is not love."

This is the step that I want to encourage you all towards, because it is a place to hide. You have all this intellectual knowledge about addictions. "I am just going to stop them, using will power, and just stop doing it." Eventually you life ends up feeling really rigid, because you are trying all the time. "I am not going to do that. I am not going to do that. I am not going to do that. Oh no, that is an addiction. I am not going to do that."

You have missed the important step that is going to kick you off on this emotional process, which is to feel it. Feel the unlovingness of it. Feel the sin. I am going to call it a sin, because I can't think of another short way to say it. Notice the addiction and recognise the sin emotionally.

4.2. Feel the addictive emotional responses

Mary: What might we do next?

Participant Female: Engage our will to change.

Mary:

Yes. This whole process is about engaging our will to change. Let's break it down. The first thing we do is recognise the sin emotionally. This is all about waking up our sensation of emotions. We might notice these emotions; feel them emotionally. "I did it and then I got that warm fuzzy feeling." Suddenly you will find that the warm fuzzy feeling is a bit sleazy. This is an important step in this process. Often you feel the sin and then you don't want to feel the warm fuzzy, because now you are judging it. "I'm not even going to get satisfaction from this now." Feel it. Feel your way through this process. Feel the response you have. If you are not engaging the compulsion fully, feel the response that you want to get.

2. FEEL THE RESPONSE EMOTIONALLY

4.3. Don't judge the addiction

Mary: What is the next important step?

[00:22:08.11] **Participant Female:** Stop them.

[00:22:10.23] **Mary:**

No. What do you have to not do at this point? You have noticed the addiction and felt the sin, felt the emotional response to it.

[00:22:26.07] **Participant Female:** Don't judge.

3. DON'T JUDGE IT

Mary:

Don't judge it. Exactly. Who has fallen off the road at number three and judged? It is easy to do that. I have just connected to this yucky thing that I am doing to the world around me and myself and "Oh, I liked it." Now I want to judge it, because I want to stop it. Our adult facade thinks this is how we are going to control that hurt child. "I am going to judge you and stop you and you are not doing that." We are not even going to admit that it is there. That is the temptation: either self-punishment or back to denial.

Before this we are in denial of the addiction. Emotionally in denial, even if we have the intellectual awareness. We are still emotionally denying that it exists. It is tempting to say, "Yes. Now I feel the sin. Oh, I feel like I like it." Now I want to judge it and go back to denial.

The thing to recognise is that self-punishment is just another addiction. It is another way to stay away from feelings that you judge as more difficult. At this point, don't judge it. Tell yourself the truth. Why is this addiction here? Why is the addiction there?

If you think about me, riddled with addictions, what were the three things that I believed? I had no faith. I felt I could not be overwhelmed. I didn't want the truth. This addiction is here for one of these reasons. Tell yourself, "I am not going to judge myself about that. I can work on those things. I can work with this now. There was damage done. If I am going to change, I am going to undo it." Judgement shuts that whole process down.

Sometimes the steps in this process happen in a bit of wonky order and sometimes the steps happen really rapidly and you don't even notice it. Don't get caught up in this checklist, one, two, three, or four. This is just a way of showing you what will be involved emotionally in releasing an addiction.

4.4. Don't feed the addiction

Mary: What comes next?

A lot of you alluded to this when you said, "Just stop it." We are not going to feed the addiction. Remember, we said it was like a cookie monster, so we are not going to feed it.

The crucial thing here is your motivation. A lot of us have the intellectual awareness, "I'm stopping it. I'm stopping it," and then it is will power at work. When our will to change and our will to grow are engaged, we want to stop feeding the addiction because we want to expose the emotion that is underneath. We want that. We want to know and feel what is under this addiction. This is our will to love. Our will to change is growing. As we are going through these things, it is growing and getting engaged.

4. STOP FEEDING IT IN ORDER TO EXPOSE THE EMOTION

[00:26:15.18] **Participant Female:**

Is using our will power another addiction?

[00:26:24.17] **Mary:**

Yes. Often we use will power because there has been a chink in our facade. Something has been exposed that we don't like. We want to go back to having a facade where we are perfect. So, we are just going to

stop the thing that we judge as bad. I see that happen a lot when people hear a bit of Divine Truth. They say, "Coffee is wrong. I don't drink coffee anymore. I have progressed." But, a lot of times it is because there is will power in force. Do you know why you do that?

[00:27:19.12] **Participant Male:**

Because I don't want to think or feel of myself as a bad person.

[00:27:22.25] **Mary:**

Yes. It is the facade working, because we are afraid of other people's judgement.

[00:27:30.24] **Participant Male:** Big time.

[00:27:31.04] **Mary:**

We perceive that there is going to be judgement coming towards us. I just told you how long it took me to sincerely engage the process of challenging my addictions. I am not a judger. Trust me. This guy here, Jesus, is not a judger. Cornelius is not a judger. The people who are teaching you about this path, we are firm for truth because we love it. We are coming from our own damage. We know what that is like. I know what it is like to be terrified of being emotionally overwhelmed. It is not going stop me from telling you the truth about it. But I am not going to judge you about it either.

Will power can be an addiction to keeping our facade. Stop feeding it. We stop feeding it because we want to expose the emotion underneath. We want that. We know that feeling the emotion underneath is going to get rid of the addiction. We want that for the first time. Stop feeding it in order to expose the emotion.

4.5. Feel the addiction itself

Mary: What happens next, do you think?

[00:29:36.03] **Participant Male:**

You get really overwhelmed or attacked by spirits. (Laughter)

[00:29:45.21] **Mary:**

Overwhelmed is having a sincere desire. You can get attacked by spirits, but do you listen to the spirits and comply with them?

[00:29:56.02] **Participant Male:** Yes, I usually do.

[00:29:58.27] **Mary:**

That exposes that the fear of change is still higher than your desire for change.

[00:30:18.04] Participant Female:

I think that you want to feel how badly you want it.

Mary:

That's what happens next in this process. Stop feeding the addiction, because you want to expose the emotion. The next thing is, "Oh, I want it bad. I want the feeling of the addiction itself." You have the opportunity to feel it right then. What is linked to this is all of the false beliefs that have been driving this addiction. "Oh, I can't do it. I can't cope." You say, "I really, really want this thing. I've got to have it. If I don't get this I'm going to feel something I don't want to feel."

It's a really emotional place. It is different than total panic, which is another avoidance. That is, "I want to go back. I want to go back up these steps, I don't want to feel this properly." It's like a yucky feeling. Things start to get exposed to you in that place. We are going to call that feeling the addiction. It's almost like an emotional entity on its own.

5. Audience questions

5.1. Feeling the addiction emotionally compared to physically

[00:32:02.03] Participant Male:

Does it feel like worms under your skin? It feels like you are having an exorcism when you are not feeding it; when you stop feeding.

[00:32:17.21] Mary:

Yes, I have felt physically uncomfortable at times.

[00:32:23.04] Participant Male:

I feel like there is stuff underneath my skin.

[00:32:25.25] Mary:

I think that is entirely possible. Anyone who has dealt with physical addiction, actual drug addiction, could vouch for that feeling as you are detoxing.

[00:32:44.12] Participant Male:

It actually feels like fire running through your veins. Basically, there's no blood, just fire.

[00:32:48.19] Mary:

Just fire, and you are screaming internally that you want that substance again.

[00:32:53.15] **Participant Male:**

Basically, and you become quite sick and everything else.

[00:32:56.12] **Mary:** You get quite sick?

[00:32:57.10] **Participant Male:** Yes, quite sick.

[00:32:59.27] **Mary:**

I don't think it is that dissimilar from an emotional perspective.

5.2. Is it an addiction to want to be loved?

[00:33:12.24] **Participant Female:**

If I feel relief when you say we don't judge it, are you feeding an addiction of mine to not being judged? Because I felt such felt relief.

Mary:

No, I don't think that was an addiction. I think that was some sadness you have about feeling judged in the past.

[00:33:40.24] **Participant Female:**

I get a lot of awareness about the place where I started this process. I feel like there is a pure desire underneath. For me, it is about feeling loved. I shut it down so much and actively say, "I am not going to need anybody." For me, it is like opening up. I am wondering if that is just creating another addiction?

Mary:

I am not quite following you. Can you give me more detail? You feel like there is an unloved feeling that you suppress with the addiction of: "I am tough. I don't need love"?

Participant Female:

No. I feel my compulsion to get the addiction met of wanting to be loved. Then when I start to feel about it, it opens up the intellectual awareness of the whole story with my dad. He didn't have that love to give me, so I just shut down. I also shut down a pure desire to feel love.

[00:34:56.00] **Mary:**

Do you feel it is an intellectual process that happens or is it emotion?

[00:35:03.07] **Participant Female:**

I feel like it starts with an emotional thing. Then the awareness comes about all this other stuff. But I am just wondering what the next step is. I wonder about that.

[00:35:17.26] **Mary:**

I think I see what you are saying. Correct me if I go off the track. You feel the addiction. And it seems like you start to feel into the next step, that I am about to present. Then an awareness comes. This does happen as you deal with addictions. You also gain an awareness of: "Oh, that is not just here. I do it there and there. And actually, I start to feel this is something with dad." Then you are in your head analysing it. Is that what you mean?

[00:35:55.04] **Participant Female:** No.

[00:36:01.20] **Mary:**

I don't understand what you are asking. What is the other addiction?

[00:36:03.28] **Participant Female:**

I guess I am wanting confirmation that I am not just going back into another addiction. Underneath, there is a pure desire to be loved and that that is okay. Because, that is what I tell myself.

[00:36:19.27] **Mary:**

It is okay to want to be loved. Whose job is it to love us?

[00:36:26.18] **Participant Female:** Mine. (Laughter)

[00:36:32.06] **Mary:**

When we are at-one with God, who will we feel should love us?

[00:36:38.12] **Participant Female:** Nobody.

[00:36:42.04] **Mary:**

Nobody. We will feel the gift if someone does love us, but we won't feel like we need it or that it is okay to take it. I do agree. I feel that you need to be careful in that area.

[00:36:57.17] **Participant Female:**

But is it still okay to want to be loved.

[00:37:00.25] **Mary:** Yes. Yes.

[00:37:01.26] **Participant Female:**

You know what I mean, to actually be open.

[00:37:04.29] **Mary:**

Yes. I feel that a lot of problems that we have are about being open to being loved. Just be careful of the "want" part of it. You are already having the sense, "Is this addictive?"

[00:37:17.18] **Participant Female:** Yes.

[00:37:19.21] **Mary:**

I would take notice of that. Does that answer your question?

[00:37:24.26] **Participant Female:**

I think I just need to get more emotional clarity from myself.

[00:37:28.14] **Mary:**

Yes, but I would trust the emotional sense that you are having that maybe there is something else going on.

What are we up to? We feel the addiction. We feel it. We feel our desire for it. We feel the false beliefs that we have about it. We don't think they are false at that point. We are just feeling them. But, our will is still engaged.

5. FEEL THE ADDICTION

I want to get to what is driving this addiction. I want to expose the emotion that is driving this addiction. We are not there yet.

What happens next? Did other people have questions?

[00:38:39.13] **Participant Female:**

I just wonder if you could finish that part where you talked about the feeling and you then start analysing it. What would she have said if that was it?

[00:38:53.02] **Mary:**

If you get into a feeling and then you start analysing it, that is an addictive way you get away from the feeling. It is fear driven. I want to know what this is about before I keep feeling it. I want to know what I'm feeling before I continue. Can anyone else relate to that? It's a product of your fear.

[00:39:17.26] **Participant Female:**

I was just wondering if you could give us a practical example of actually doing this, feeling the addiction, feeling the desire for it, feeling the false beliefs.

[00:39:32.04] **Mary:** Okay.

[00:39:33.22] **Participant Female:** Like an illustration.

[00:39:35.24] **Mary:**

Yes. What if I finish this and then we run through a quick example to

end. I am going to ask you as homework to engage this process while you are here.

5.3. An example of a co-dependent relationship where the man placates and the woman controls

[00:39:53.14] **Participant Male:**

My addiction was to placate to my partner.

[00:40:02.10] **Mary:** Do you think you are over that one?

[00:40:04.28] **Participant Male:**

No, but I am trying to work through it. I still haven't dealt with it, because I really have to deal with the addiction in me. But, I see ...

[00:40:15.25] **Mary:** All the addiction is in you.

[00:40:17.28] **Participant Male:**

Yes. I realise this, but I see it coming to me.

[00:40:22.12] **Mary:** What do you mean?

[00:40:23.22] **Participant Male:**

From her addiction to want to control me.

[00:40:28.00] **Mary:**

Be careful there, because you just mixed up your addictions. Your addiction belongs to you. Her addiction belongs to her. Now you can enter co-dependence about those addictions.

[00:40:38.19] **Participant Male:** Which we are.

[00:40:39.15] **Mary:**

She wants you to meet an addiction that you have been willing to meet. Who is responsible for dealing with that addiction?

[00:40:49.11] **Participant Male:** Myself.

[00:40:49.23] **Mary:**

You just said you see the addiction coming towards you. You can see her addiction, but that's not yours.

[00:40:57.00] **Participant Male:**

That's right. I understand. It took me four days to even bring up in me to be able to speak the truth that I felt controlled. I couldn't tell her and it caused a big fight. After the fight, we started telling each other our

truths. The one for me was I was feeling controlled. Then I had to look at the addiction that I felt this fear inside. I was so scared of telling her what I felt.

[00:41:41.21] **Mary:**

I think you are confusing a few things here. You are calling fear an addiction. I agree. Her addiction is to control, but that is her addiction. What you are not examining is your addiction that made you happy with control in the start of your relationship. That is not an addiction to control.

[00:41:59.27] **Participant Male:** Okay.

[00:42:02.12] **Mary:**

It's an addiction to something else. You are right. Underneath, it partly is the fear of speaking up and saying the truth. What do you think your addiction is? Isn't it to please the woman and to be a bit paternal with the woman?

[00:42:26.21] **Participant Male:** Yes.

[00:42:28.28] **Mary:**

And what do you get out of that? If you are in this cycle and you do it and she thinks you are doing it, great.

[00:42:35.00] **Participant Male:** To feel loved.

[00:42:36.07] **Mary:**

You want to feel love. There's more. What else do you want to feel?

[00:42:41.19] **Participant Male:** I want to feel like I am a good boy.

[00:42:43.09] **Mary:**

Yes. First and foremost, you want feel, "I am a good guy." Yes.

[00:42:50.27] **Participant Male:** I am nice.

[00:42:50.22] **Mary:** You are a nice guy.

[00:42:52.29] **Participant Male:** I am a nice boy.

[00:42:53.17] **Mary:** Exactly.

5.4. Mary's personal example of challenging her addiction to control and comfort

Mary:

Let's move on. We are going to feel the addiction. You asked me about what does that actually feel like. It feels like you really want it.

Let's start with the example of a really basic one that I did on the way down here. Coming down to the assistance groups is a whole new deal for Mary. I have been involved in the organising. I am going to get up and talk to people. There are a whole lot of people coming. What are some of Mary's biggest fears: fear of judgement, fear that no one is going to like me, fear that no one is going to think that I am a nice person, all these things. I am going to get up there and I haven't even finished my outlines. And I don't want to feel any of that.

We are busy organising. Also, you know I want a bit of control. It is all out of control. All my food is being cooked. What if it is not okay? I have done the menus, but what if they don't do them the way I want? How am I going to feel comfortable if I feel out of control? I didn't think about this, but this is what I did. I made a collection of sugar free, raw cacao treats for Mary to bring, just so she could just have them in her room and in the evenings could have one. (Laughter) That's pretty reasonable, isn't it?

On the way down here we stopped at Kyabra. Someone made a passing comment to me, so I can't say I fully engaged the recognition of this addiction on my own. But you can do that, and I have started to do that with other ones. Someone made a passing comment to me and I immediately went through the intellectual awareness of what was going on. "I can't believe I have just done this. This is all because I am feeling terrified of the outcome of how everything is going to go. This is my little comfy blanket."

I now have some faith. I now feel, "I want to get rid of these addictions. It is tiring anyway. I had to make all those coconut balls in the midst of all the other stuff that we were doing. This is not working. It is helping me avoid a fear." What is the biggest block to my soulmate, who I know have a desire to connect to? It is my desire to avoid fear constantly in my life, to placate my fear.

I have had enough and it feels yucky. I felt the sin. I felt, "Yuck. I don't want to be that anymore. It feels gross." The response emotionally was that I did the two at once, didn't I? "Yes. I can feel what I want out of this. I just want to feel a little bit soothed. I want to feel like there is something

at the end of my day, if everything went bad and I couldn't remember anything I was going to talk about, and the meals were crap and everyone hated me, and then someone got angry with me. I just wanted to go back to my room and have my little cacao coconut ball." (Laughter) I knew what I wanted from it and didn't feel very good. I have done enough work on self-punishment that I did not judge it at that point. I just said, "You guys are staying in fridge, right here at Kyabra. We are going down without the chocolate."

Guess what I got to feel then? Awesome. This is scary, but awesome. I have the opportunity, now, to expose some emotions. How was I ever going to deal with my fear if I have my little comfy blanket? I want to know what it is like to not rely on those things and to challenge myself. I have never done that properly. Here we go, new environment, new people, new menu, lots of responsibility, lots of fear triggering events. Let's go. I want to know what is underneath this.

Feeling the addiction. Remember, I said these steps might be a bit mixed around. I probably felt it at number one. I felt, "I want to." A bit of rationalisation, "It is not that big a thing. If no one had said anything to me, maybe no one would have noticed." The feeling that I had when I was making the cacao coconut balls was a lot about this feeling of the addiction. "I want to not have to feel out of control. I don't like feeling that insecure in my environment." That is what it is like. "I want. Please, please, I need," that kind of feeling. You do have to pass through that.

1. NOTICE THE ADDICTION & RECOGNISE
THE SIN EMOTIONALLY
2. FEEL THE RESPONSE EMOTIONALLY
3. DON'T JUDGE IT
4. STOP FEEDING IT IN ORDER TO
EXPOSE THE EMOTION
5. FEEL THE ADDICTION

5.4.1. Another addiction can replace the one that is challenged

[00:48:19.08] **Participant Female:**

For example, when you worked through the thing with the chocolate, it would open up to something a lot more that would create other addictions. Or is this one particular subject of an addiction? Do you know what I am saying? Could that same emotion that is causing that addiction then create a lot of others automatically?

[00:48:38.11] **Mary:**

Yes. While I am still engaged in the other addictions, am I going to get

to that emotion? I am going to have to want to challenge all of these addictions.

[00:48:50.27] Participant Female:

That is what I am saying. Even if you get to the bottom, but then you want the electric blanket on at night time. That is still another one you have.

[00:48:59.00] Mary:

Yes, I could have engaged other ones. In fact, there was one that I picked up on myself, that didn't even have to get mentioned to me. (Laughter) We were coming for five weeks and I want, again, a little bit of familiarity. I want some tune out. There is no internet, which I am actually okay with that one, but what am I going to do? There is a week off and still fears of emotional and physical intimacy with my soulmate there a bit. We have got a TV series on DVD. Copy that off and bring it down, so in the evenings if I just want a bit of tune out, a little zone out and a little avoidance, then I have got it. It seems to be reasonable. I mean, what are you going to do on your week off?

I could rationalise it. This is a similar fear driving the two addictions. With that one, I felt the compulsion. Something is going on here. You are very invested in getting these in the car. What is going on? It went through quite rapidly because I am getting in the flow of it. The decision is already made. As soon as I'm sensitive to that sin, then no more. As you begin to engage this will to love, you are going to challenge a lot of addictions quite often. I have still got other addictions in place, for sure.

Let's keep going through the steps, because when you get to the end you might find out that, "I felt a bit of that. Now I notice a whole heap of other addictions." It is something you go through again and again, with more sensitivity. Remember, I said at the beginning, your soul wants to feel it. It is so sensitive. But, we are far away from it in our day-to-day life, through all of our facade and addictions and denial of the hurt child and suppressing it all. We are shutting it all down. As we get more sensitive, then we get more sensitive, then we get more sensitive, and we discover more.

It's not like you have to have it all done and dusted or pick out all the addictions and do them all at once. Trust the process.

[00:51:22.19] Participant Female:

My feeling was more when you did that chocolate thing, you wouldn't get up from feeling that awareness and then want a cup of tea, because that is an effect of the same emotion that was driving the chocolate.

[00:51:35.15] **Mary:**

Definitely. My desire to sincerely challenge myself this week made me sensitive to the DVD's, made me say, "Yes, I wanted to get that one past the goal post, but I am not doing it."

5.4.2. Using will versus will power to deal with the addiction

[00:51:56.09] **Participant Female:**

In that description there, you focused on using your will to overcome that addiction or face that addiction.

[00:52:06.10] **Mary:**

No, I didn't. My will was already engaged to change.

[00:52:09.29] **Participant Female:** Okay, your will, yes, was true.

[00:52:11.25] **Mary:** This wasn't my will power.

[00:52:14.26]

Participant Female:

Yes. What I was reflecting on is that I have actually used my will power in those situations, not my actual loving will.

Mary:

Yes. That is why I emphasise point four – stop feeding the addiction in order to expose the emotion.

1. NOTICE THE ADDICTION & RECOGNISE THE SIN EMOTIONALLY
2. FEEL THE RESPONSE EMOTIONALLY
3. DON'T JUDGE IT
4. STOP FEEDING IT IN ORDER TO EXPOSE THE EMOTION
5. FEEL THE ADDICTION

When you are going to start letting go of addictions is when you do it, not because you should. It might take some force of will. When you still have this addiction in play, you might have to say, "No, I am not going to." But it is going pretty easy, because you want to expose the emotion. A lot of us have been trying to challenge addictions, but at the same time don't want to expose the emotion that is underneath them.

[00:52:59.27] **Participant Female:**

Yes, and that has been the error of using my will force or will power, because I have still been avoiding the emotion. I have achieved the "end

result"; the physical type ones I am talking about, not emotional ones, but it has only been done by my will force, using my will force.

[00:53:22.06] **Mary:**

Lots of us have done it when we have lost weight, gone on a diet, gotten fit. "I am doing it, I am doing it, I am doing it." We get all thin and svelte and then we still want to eat the food at the end of the day and we put on five kilos again.

[00:53:40.15] **Participant Female:**

It's almost like I need a step zero to say, "Okay, what have I just done or what do I want to do? Is that an addiction?" before I get to know notice the addiction.

[00:53:48.19] **Mary:**

Remember, I said at the beginning, we are starting with some intellectual awareness. That is your intellect. "What did I just do? What have I done? Why did I do it?" This is when you start to engage the emotional process of releasing the addiction.

[00:54:11.21] **Participant Female:**

Mary, would it be accurate to say that will power is what you need over a long period of time and will is what you use spontaneously to get yourself moving in the moment?

[00:54:25.07] **Mary:**

I had a table up on the board the other day (see 20140712 Strengthening Our Will To Love) showing will versus will power. I said will power requires effort and increasing effort over time. Will is the thing that is already engaged in your soul. It is already happening. It is your soul's true desire.

[00:54:50.04] **Participant Female:**

Right. So in the case of you leaving the chocolate in the fridge, it was a natural continuity of the decision of the realisation.

[00:55:00.11] **Mary:**

Yes. I had the intellectual realisation, "This is about me avoiding that fear that I know that I have. I actually want to deal with it, so I am leaving them behind.

[00:55:10.21] **Participant Female:** So you didn't need any force at all.

[00:55:13.17] **Mary:**

Maybe for a couple of minutes. I said, "Oh." Then I said, "No. I don't want to."

[00:55:19.26] **Participant Female:** I understand.

[00:55:19.23] **Mary:**

So the will to change is important in this process. You can still have addictions in place and grow this will to change and to love and that is going to make things a lot easier in your decision-making process.

[00:55:33.13] **Participant Female:**

And the will is the response to the realisation, not a force to discipline.

[00:55:40.11] **Mary:**

The will is not a response. The will is already in play. Remember I said at the beginning, I had the fear of overwhelm, the lack of faith, the lack of desire for truth. As I dealt with those things, my desire to change grew. And that is my will. Does that make sense?

[00:56:05.10] **Participant Female:** Yes it makes huge sense.

[00:56:07.15] **Mary:**

I should just say that I am grappling a bit to put it into words, because it is a fresh experience for me, but I think that is exactly what I mean.
(Laughter)

5.4.3. Exposing the emotion that is driving the addiction

[00:56:27.14] **Participant Male:**

Just staying with the same example, an emotion came up that exposed a fear. Is that the emotion that came up?

[00:56:40.17] **Mary:**

You mean when I decided to leave the balls behind?

[00:56:39.24] **Participant Male:** Yes.

[00:56:42.21] **Mary:**

No. This is where the emotion is coming up.

[00:56:46.15] **Participant Male:** I am not with you, I am sorry.

[00:56:47.27] **Mary:**

Remember the addiction is in place to help me avoid the real feelings I have.

Participant Male: Yes.

Mary:

I now have a desire to challenge my addictions. That is part of my will

now, and that grew through dealing with the fear of overwhelm, the lack of faith, the lack of desire for truth. Now I desire to challenge my addictions. Someone pointed out that I am in addiction. I intellectually realise that. Then the desire to challenge that addiction kicked into play. So the desire to expose the emotions that I had underneath the addiction came into play. I said, "I am leaving them behind."

My will to change is growing a lot, so this feeling of the addiction is not as intense as it once was. I felt for a couple of minutes, "Man, this is scary. What is going to happen? I was going to lean on that." Then I let it go. I got in the car and drove down here where the emotion was always going to potentially be exposed anyway by standing up here in front of you guys or by managing different things throughout the week.

Participant Male: There is still something that I am not clear about.

Mary: Yes.

Participant Male: If you have dealt with the emotion ...

[00:58:13.06] **Mary:** I haven't.

[00:58:17.06] **Participant Male:**

Oh. You haven't. You can eventually make the chocolate balls again.

Mary:

No. Remember, the chocolate balls are the addiction. They are not the emotion. I am not dealing with the emotion by deciding to stop the addiction. It is having the desire to expose the emotion that is driving it.

Participant Male: Yes.

Mary:

If I said, "I don't want to expose this emotion any more. This is really intense. I couldn't answer five people's questions properly. I am going to make chocolate balls," then I would be acting against all this process that I just engaged. I would be saying, "My will muscle is too hard. It hurts now." I would not have dealt with the addiction.

Perhaps we need to keep going with our steps, because I think it is pretty clear. I think once you see some more of the steps, you will see how it comes to fruition. We are only half way through. We will take more questions at the end.

I think we need to be aware of intellectually engaging with this process and trying to understand it. The fear in you is going to make you want

to do that. "I have got to get it. I have got to get it. I have got to get it. What is she talking about?" If you start on the steps, start growing that will, dealing with the things that cause you to fear change. Keep this in mind, as some tips, when you get to that place.

Fear makes us want to get rigid and get it right and sort it out and all of those things, instead of just trusting.

6. Practical steps to challenging an addiction (continued)

6.1. Experience the hurt emotions that are now exposed

Mary:

We have decided we want to expose the emotion. We have felt the feeling of the addiction that has been living in us a long time. What might start to happen next?

[01:00:56.15] **Participant Male:**

We might start to feel the cause of why we have that addiction.

[01:01:00.07] **Mary:**

Yes. What did I talk about yesterday? Which "self" do you think?

[01:01:05.24] **Participant Male:** The hurt self.

[01:01:06.14] **Mary:** We start to feel the feelings of the hurt self.

6. FEEL THE FEELINGS OF THE HURT SELF

This is where a lot of what we talked about yesterday comes into play. This is where everything we have been talking about links together. We are going to have to acknowledge that this hurt self is there and allow its feelings. Remember, our addiction has been there to keep us away from those feelings.

We are going to feel the feelings of the hurt self. In the presentation, "Introduction To Addictions" (see 20140714 Introduction To Addictions), I talked about the anger. Feeling it brings us no closer to truth or God or growth. Sometimes when you connect to this hurt self, you might feel sad, afraid or even angry. This is where the childhood anger that Jesus talks about comes in. It is very powerful and often very brief. Feelings of the hurt self are sad, fearful, angry. Knowing what you do about the theory of addictions, what do you think might be the dominant feeling you feel first? Fear.

6.2. Honour the increased awareness then revisit the whole process

Mary:

What is going to happen then, any ideas?

[01:03:22.01] Participant Female:

You will start to see why you wanted the addiction, feel the reasons for it.

[01:03:29.18] Mary:

Yes. These are the reasons for it. It is not necessarily done in one go. It is not, "That is all over. It is finished now." Often what happens instead is that you get an increased sensitivity to what else is there or how pervasive this addiction is.

At the moment, we have this intellectual concept that, "I know what that addiction is about and this is what it is covering and all of those kinds of things." Then when we get into these emotions we say, "Ohhh." When we start to connect to the hurt self we say, "Wow. I want to avoid these feelings in a lot of areas in my life. There is more to this feeling than I thought and actually there are some more addictions I have got."

We get more sensitive. We also get more sensitive to the cost of the addiction. Do you know what I mean by the cost of the addiction? The pain it has been causing myself, the pain it has been causing others. Living in this, we catch ourselves in some form of the addiction again and we feel the sin more strongly now.

This is where it gets awesome because the cycle continues. You say, "Now I feel a sin. Actually, it feels gross. I want to expose the emotion that's under this." You start to feel more like this is working. "I'm changing and I want to do it more."

We are going to honour the increased sensitivity. We are not going to shut that down. We are going to say, "That is good that I know about that."

Number eight is, "we will revisit it until we are done." So, revisit the whole process.

CHALLENGING ADDICTIONS

6. FEEL THE FEELINGS OF THE HURT SELF
7. HONOUR THE INCREASED SENSITIVITY
8. REVISIT UNTIL ITS DONE

7. Audience questions

7.1. Will living without the addictive element need to be permanent?

Participant Female:

Mary, I don't want to harp on this chocolate thing. I love my Brazilian chocolate truffles. If I have gone through all of those steps and I was willing to feel the addiction attached to having the chocolate balls, does that mean I would have them as an enjoyment then? I am thinking, am I never going to have these again in my life? (Laughter)

[01:06:16.14] **Mary:**

What are you doing right there? Feeling the addiction.

[01:06:20.27] **Participant Female:** Exactly.

[01:06:21.18] **Mary:**

"I can't live without this." Do you know what went through me sometime in that period where I made the decision that I am leaving the chocolate balls behind? I said, "Wow, old friends, maybe I am not going to want you ever again. You have been with me for thirty-five years."

[01:06:39.05] **Participant Female:**

So you are not going to want them again. But you will have them as a pleasure thing? (Laughter)

[01:06:42.29] **Mary:** "Can I please keep them sometimes?"

[01:06:50.25] **Participant Female:**

Does that mean I don't serve them anymore when you come for lunch? (Laughter)

[01:06:55.01] **Mary:**

Jesus is nodding. I'm still working through the addiction.

[01:07:00.05] **Participant Female:**

So, you would never, ever have those things again? (Laughter)

[01:07:04.18] **Mary:**

Why don't you set yourself the challenge to deal with the addiction and see what happens.

[01:07:13.28] **Participant Female:**

I think I would still like to have them. (Laughter)

[01:07:17.02] **Mary:**

Exactly. This is the feeling of your addiction. Now she's got the giggles.

7.2. You need to feel the desire to have the addiction

Participant Female:

It's about the chocolate balls in the fridge. When you were talking about it, I was imagining trying to convince a small child the reasons why he might not want chocolates in the first place, or might think of an alternative. I could feel that working, rather than saying, "No, you can't have them." Explain to him, to get him to the point where he could see that it was better not to have them. From there I thought, and I think I do this a lot, I just feel very sad that I can't have them, but I am missing the fear then, so I must be on the wrong track.

[01:08:24.22] **Mary:**

Yes. You do exactly what you just said. You feel sad that you can't have the addiction. That is not feeling the addiction. Then you rationalise and say, "Well, it's no good to have it anyway. Let's do this other thing instead. Let's have something healthy to eat or have an apple. You'll be alright." All of that is just avoiding feeling the addiction, feeling that you want it. You are going to have to let yourself feel those feelings. If you try to intellectually dominate the process, you have just gone out of the feeling process. Remember, there is the intellectual awareness and changes that happen and then the soul process. You are pulling yourself out because you don't want to feel.

[01:09:07.04] **Participant Female:**

But the child is not feeling that I want it. It is feeling sad that I can't have it. So that's not helpful to say I really want it and get upset.

[01:09:22.02] **Mary:**

You don't necessarily get upset. It is not like when you are in the compulsion phase. It is not a demanding tantrum, when I say, "Feel the addiction." I want it, but remember you are already connected to the sin of it. You already feel like it is icky, but you can feel how much you want

it. Because you are in this process of desiring change now, there is less indignation about it, but it is still there within you. You are not justifying its existence anymore, but it still exists and you have to feel through it.

[01:09:57.25] **Participant Female:**

So, if I jump to feeling sorry for myself that I am not getting it, it is a waste of time.

[01:10:03.22] **Mary:**

Yes. That is self-punishment, isn't it? It is like self-pity. And that is avoiding the process.

[01:10:12.00] **Participant Female:** What I did.

7.3. Recognising emotionally that the addiction is a sin

[01:10:18.28] **Participant Another Female:**

I struggle with the first point, which is recognising that it is a sin emotionally. I see some of the other stuff, but because I think I don't recognise it as sin emotionally, I don't really have the motivation to give it up.

[01:10:34.12] **Mary:**

Yes, I see. You are not feeling the cost of it or the sinful part of it.

[01:10:41.22] **Participant Female:**

Yes. So, I was wondering if you had some tips to that, how to become more sensitive to that?

[01:10:47.28] **Mary:**

Well, I don't know, Luli. I feel that as one of fourteen people who came back here who has already developed their soul, there is a strong feeling of truth. The sin, once it is pointed out, weighs a lot heavier, so I don't know. Remember the three things about change, the desire for truth. I would expose myself to more truth about the sin of it, even if it is intellectual. Why is it sinful? Consider that, but I am sorry I don't know how to help you more than that.

[01:11:32.20] **Participant Female:** Okay, thanks.

7.4. Mary's personal example of challenging her addiction to control and comfort (continued)

[01:11:34.23] **Participant Another Female:**

So, when you put the chocolate balls back, you sort of face that

addiction, did you immediately start to feel? I mean, have you finished with that?

[01:11:48.22] **Mary:** No, I have not finished with it.

[01:11:51.18] **Participant Female:**

I have a sense that maybe, when you start to feel the feeling or just a ripple, that it will be deep and deep and wide and almost never ending. It is like a mess of mess of things.

[01:12:13.10] **Mary:**

Yes. Very often what we see as our smallest, insignificant, easy to rationalise addictions cover the fear in me that is wide and deep, definitely, but it is not never ending.

[01:12:27.08] **Participant Female:**

So have you done any of that fear stuff yet?

[01:12:32.21] **Mary:** Just standing up here and ...

[01:12:33.16] **Participant Female:** Facing it.

[01:12:34.23] **Mary:**

Yes. Also, when I went to do this talk this morning, I had a cry and I shook quite a bit because I felt ill-prepared. I felt very passionate and I felt exposed, being very vulnerable about my progression so far. A lot of those are things that I try to avoid through physical comfort and control. A lot of those feelings, for example: not getting up and giving talks or being in a big facade with everyone all the time, those are other aspects of other addictions that I use to avoid the same kind of emotions.

7.5. Remember to treat the hurt self with love

[01:13:17.24] **Participant Female:**

So, now, because of myself, I sort of have this feeling, "Well, now I've got it. I'm starting to feel it. I've got to go to the very end. I can't leave it and come back to it. It feels like I have to do the whole thing." Is that an addiction or fear?

[01:13:40.28] **Mary:**

Remember last night, I talked about the hurt self and treating the hurt self with love.

[01:13:49.02] **Participant Female:** Yes, thanks.

7.6. An example of determining whether playing music is an addiction

[01:13:51.21] **Mary:**

We are going to have to wrap up soon but let's take another.

Participant Male:

Thanks, Mary. I understand the feelings of addictions. But for me, for example with the guitar, I notice sometimes, it is an addiction that I play it. But sometimes, even if I put it down, I can't stop thinking about song melodies or chords. I walk down the street, I hear birds and I hear melodies. It is like I can't get rid of it. I am not sure if its addiction or if it is desire or where I am with that. I get it with other things, but ...

[01:14:31.14] **Mary:**

So what do you think you are going to do to understand the truth about it?

[01:14:35.07] **Participant Male:**

I have tried to put it down, but it doesn't stop me from thinking about music. It doesn't stop me thinking about that stuff.

[01:14:44.09] **Mary:**

So, the addiction might not be the guitar. It might be thinking about music.

[01:14:47.29] **Participant Male:**

So, that might be an addiction as well. Just challenge those kind of things.

[01:14:52.28] **Mary:**

I don't know. I am not saying I know the answer, but if it were me in your situation, I would say, "Does this feel like a compulsion?"

[01:15:01.17] **Participant Male:**

That's what I was questioning. I'm looking at that list the whole time.

[01:15:04.18] **Mary:**

I think in terms of our discussion right now, we are not going to get to an answer. I think it is good that you are questioning, "Is this a compulsion?" This is the process everyone has to engage. "Let me become sensitive to what is really happening emotionally for myself." Engage the process. You can even engage the feeling, "I want to expose what is really in me emotionally." Then you will get more clarity. Remember, God's Universe is designed to bring us truth. How awesome is that? As you start to engage

this desire, I am sure that brings up fear in you, the feeling that maybe my music is addictive.

[01:15:45.00] **Participant Male:**

Yes, but ninety percent of the time it doesn't make me feel good. Ninety percent of the time it connects me to me, but there's ten percent of the time it feels great.

[01:15:55.14] **Mary:** Yes.

[01:15:57.04] **Participant Male:** But it does bring up fear, yes.

Mary:

Yes. I would just focus there. I feel the fear a little bit in your question, so perhaps just sit with that.

All right. I feel like I have made a meal of it. Jesus, do you want to come up here?

Jesus:

One of the things I would say is take your guitar away for a month and how do you feel?

[01:16:36.02] **Participant Male:**

I have done that; I have taken it away for a month.

[01:16:42.13] **Jesus:**

Did you feel sad or did you not? Did you feel like you lost something or did you not? A person who has an addiction, you take something away from them and they have a whole heap of responses to that. If you took my guitar away from me for a month, it wouldn't worry me at all. If I lost my guitar or someone broke it, it wouldn't worry me at all.

[01:17:05.08] **Participant Male:** Yes. It would worry me.

[01:17:07.05] **Jesus:**

Obviously there are some addictions involved with it. You could say in this case, you have got a pure desire to play music and you enjoy music, but there are also some addictions in play. Sometimes when I hear you playing the guitar, I can feel, "Yes, you have a neediness going on here now." You will be able to feel those things.

The question is: if you take things away from you, what will happen? The real issue that you face, is one of being honest with yourself about what would be the true effect of the addiction being removed out of your life. Would it make you sad, impatient, unhappy, stressed out, bitey with

the people around you? What would it do? All of those things indicate that there is an addiction not getting met.

[01:18:08.28] **Participant Male:** Yes, thanks.

8. Homework

Mary:

That is all we have time for. Does anyone feel like they understood what I meant? (Laughter) I am sincerely concerned that I have confused you. Are you confused? No. Good. I would just encourage you to come back to the seminar outline, back to these steps, as you start to engage some of the things that we have talked about.

I need to give you your homework. Your homework is to challenge at least one addiction, using the technique I described. It would be good to start with an addiction that you already have intellectual awareness of, but you might go back to your room and suddenly have an intellectual awareness of a new one to challenge.

Also, journal about that process. What that was like for you? What it is like to start to engage those steps?

Do you want any tips on areas where you might have addictions? Yes. Obviously, in your interpersonal relationships, in your partner relationship, in your relationship with other people as you are interacting here, you might notice that you are in addiction, your eating habits and your personal comforts. You can start with what makes you angry, irritated or a little bit annoyed.

[01:20:12.23] **Participant Female:**
Would you mind just repeating that question?

[01:20:15.09] **Mary:** The question? Sure.

Challenge at least one addiction using the technique I described today in the talk. And other areas: you have got interpersonal relationships, your eating habits and personal comforts. Some of us are very controlled about our eating, some of us are very uncontrolled, challenging either way. Technology. Stop looking at the internet. Stop looking at your phone. Stop looking at those kinds of things. That is a big addiction in the modern world. You can continue these after you go home. These are just three major areas that I see a lot of people have a lot of addictions. You don't have to stick to these.

9. Addressing addictions in relationships with children

Participant Female:

In interpersonal relationships, does it count if you tell them that you are going to do that?

[01:21:30.26] **Mary:** Why would you?

[01:21:34.14] **Participant Female:**

I am thinking about my older children and I have concerns or fears about them. I want them to be okay, I guess.

[01:21:45.15] **Mary:** It sounds a lot like an addiction, doesn't it?

[01:21:47.26] **Participant Female:**

So, I don't need to say anything? Even that is part of it.

[01:21:54.23] **Mary:**

Yes. Also, why wouldn't you be truthful with the people around you? I don't think saying, "Hi, Di. I have an addiction with you and I'm challenging it," is necessary. Part of my addiction might be to be in a facade with Di and so telling the truth to her would be good. "I really feel insecure today." Not to seek her out to say it, but if it came up. I feel like I am not grabbing you today. I am sorry. I feel like there is addiction with the kids.

[01:22:26.29] **Participant Female:**

Yes, I know. That is the thing about challenging. I thought about it when I was here, then the fear with not contacting them at all. I felt it a little bit, but I know there is the temptation to do that. I am just wondering what love would do, I suppose.

[01:22:45.29] **Mary:**

I think it is different with your kids, because often you have an addiction with them and you set up an addiction in them.

[01:22:52.18] **Participant Female:** Yes. That is what I mean.

[01:22:54.01] **Mary:**

With your kids, I think it's good to be honest about the fact that, "I set up an addiction in you. Now you feel like you need to hear from me all this time. I know now that we don't and it's not helping any of us grow. So, I am not going to do it."

[01:23:10.15] **Participant Female:**

Yes. That is, I guess, what I was asking. Thank you.

[01:23:16.26] **Mary:**

Jesus, would you like to clarify anything that I have presented today? Do you feel my answer was right then? A little bit? Yes.

[01:23:40.09] **Jesus:**

Yes. I feel some of the answers you've given have not been as confrontational as they possibly could have been.

You have heavy addictions with your children. You want them to share in almost every emotion you experience. When you are sad, they are sad. When you are upset, they are upset. When you are afraid, they are afraid. You have created that. As Mary said, telling them can help the situation. Tell them that you are in heavy addiction with them.

9.1. God does not feed our addictions

Jesus:

The best thing to challenge any addiction is what God does. Do you know what God does? God doesn't tell you a single thing. God just doesn't feed the addiction anymore. Do you know why God doesn't tell you a thing before God doesn't feed your addiction? Because telling you something would make the fear go away, and that is part of your addiction.

From God's perspective, God just doesn't feed the addiction at all. He doesn't tell you anything about it, doesn't inform you as to why God is treating you that way. God just does not feed the addiction under any circumstances. When you become at-one with God, that is exactly what you would do. You would never feed an addiction of another person and you won't tell them. You won't even need to tell them.

They might ask. Then what would you do? You would send them a message of your own. God sends messengers to say, "This is why." One of the reasons why the three of us are here is to give you a message. This is why things are not working. This is why things haven't been working in your relationship with God.

God only does that based on the desire of the individual. Have your children asked about why you are not feeding their addictions? Then the best course of action would be to not to tell them and stop feeding their addictions. See what happens. When they get angry, encourage them to go through their emotions, just like God does.

Whenever you try to allay or make a sensation go away inside of yourself, because this is what you are trying to do by informing your children. In doing differently to what God would do, you are actually making a feeling inside of you go away. Not just them. Inside of you, and that's an addiction. You are trying to make the fear go away, rather than just feel it and feel what it is all about.

9.1.1. An example the addiction of wanting thanks and acknowledgement

Jesus:

What I do, whenever I have a feeling about addictions or feeding addictions of others, I always ask myself the question, "What does God do? What does God do with me when I am in that situation?" I don't feel any love from God at all. I don't feel any connection with God at all. I don't feel any nice feeling from God at all.

I say, "Okay. That is what I have to do with this person." While I love them, which is a state, I am not going to feed them with my love, because that is going to feed their addiction. I am not going to feed them with anything that will make their fears go away. I am just going to state the truth and let it be. That is it.

Jesus:

That is why a lot of you don't like interactions with me, to be honest. That is why many of you go to Mary. For example, in the last week, I have copied many of your disks. Mary gets the thank you.

[01:27:48.27] **Mary:** Even when I say I didn't do it. Jesus did it.

[01:27:51.18] **Jesus:**

I don't get the thank you. Why is that? Because there is a feeling you want from Mary and you know you are not going to get it from me. So, you don't even bother thanking me for what I did for you. That is what happens because first, you know I don't need the feeling from you, but second, you know that you are not getting a feeling in return.

When you thank somebody, quite often you want, "They acknowledged me. I'm so glad to do it for you. Isn't it wonderful I did that." You want that feeling. That is what you are going for, you see. I commented that to Mary yesterday. I just noticed that Mary is getting all the "thank you" and I'm not getting any at all. That is fine by me. Because I am doing it all, it doesn't worry me that you don't know that I even did it.

We were talking a lot, Mary and I, about the blogs that Mary does. I am saying why are you doing these things? Why have you got a feedback thing

on the blog? Why can't you just post what is on the blog on our website and just let it be? Why do you need the interaction? I don't need the interaction. I just place the stuff on the web and I don't even notice what anybody says about it. People send me emails about it and I say, "Okay, whatever." I am doing my passion. I don't need that.

If you are doing something and you need that, there is your addiction. You need the feedback. You need the response. You see what I am saying?

This is often what we do with our children in particular, because we have so much guilt and shame and all these other things all adding up with our children. We get to the point where we've got to tell them in advance that we are going to do something that is good for them anyway.

God doesn't do that. God just does what is right and doesn't do what is wrong. That is all God does with you. You don't get some pretty flowery words in your ears. God is capable of giving you pretty flowery words in your ear. He made your ear, so he is capable of communicating with it. The fact that He is not, should tell you something. To me, God is always showing us exactly what God does all the time.

People say, "I don't hear from God at all." I say, "I know. That is understandable." They say, "What do you mean?" "You are not going to hear anything from God, because God doesn't communicate with your ear." How do you know that? I have never heard anybody in my entire life, I have never observed anyone in the spirit world when I was in the soul state, I have never observed anybody, actually hear a word through their ear from God. Have you? They claim it is God, but it is spirits. I see that all the time, but I have never seen it from God. That tells me it doesn't happen. Why? Because God wants communication with your soul, not with your ear. God knows that when you listen with your ear, most of the time you are not listening anyway, unless your feelings are engaged.

9.2. God models how to challenge addictions in relationships

Jesus:

I feel that God is already doing and showing you how God deals with addictions. What we need to do is deal with addiction with each other, exactly the same way. So, in a relationship, you don't go and sit down with them and say, "I have decided that I am not going to feed this addiction of yours anymore." You just don't feed it anymore. That is what God would do. See what happens.

When they get all angry and upset, then you might say something if they ask you why you are not doing it. "I decided I was feeding your addiction, or I was feeding one of my own, so I decided to stop." If they say, "Why didn't you tell me?" I would say, "Why did you need to know?"

There is another addiction, because God doesn't do that. That is where I would start. What does God do with you and that's what you need to do with everyone else.

Now, God doesn't treat you nastily. God still has love for you. God has concern for you, compassion for you, understanding for you. God has no judgement of you or any of those things. You aren't doing all these things because you want to judge people or harm them or treat them like you are superior to them or any of those things. You just do it because that is what God does.

What God does is the most loving thing in the Universe. I say, "What is God doing with me?" God is not communicating with me when I have an addiction, so that tells me that God doesn't like any of my addictions. Why doesn't God like any of my addictions? We have just learned why. Because I can't have a relationship with my real self like that. I am not going to ever have any fun in my life, because it is all going to be frenzied, frenetic compulsion that is never going to work. That is why God never feeds any of my addictions. Because He knows me better than I know me. That is what we need to decide to do ourselves with others, the same thing.

Participant Female: Yes, absolutely. Thank you.

Jesus:

My answer to the question you asked would have been: "What does God do?" Does He communicate with you first before God stops feeding your addictions? No. Your desire to communicate with your children, before you stop feeding their addictions, is an addiction. Is it an addiction in itself? It's quite simple. You could sit down and decide to talk to them about it, if you want. But you have got to be aware that you are just feeding one of your own addictions.

God doesn't do that. The reason why God doesn't do that is because God knows that if you don't feed the addiction at all, that is the best chance for the person to finish up going through the emotional experience which is necessary before the addiction is going to be released. That is what God knows.

You have to trust that. My experience of God is that that is fantastic. I'm so glad that God has never fed any of my addictions, because if God had,

I would still be in them right now. God would be a monster feeder of addictions, if God were the feeder of addictions. Imagine feeling everything from God when you are in total addictions. "I'm going for that." That is what it would be like. It is so good that God hasn't done that with me, otherwise I would have never learned anything. That is what I would do in the situation.

Participant Female:

I guess in some ways, I wanted to say this. I feel like I created monsters in my children in doing that, in feeding their addictions.

Jesus: You have, yes.

Participant Female: A ground for unlovingness.

Jesus: You have.

Participant Female:

I am wanting to make sure what this next step is.

[01:35:13.26] **Jesus:**

No. You want your guilt to go away. That is another addiction. You could choose to feel your guilt. You just want your guilt to go away. Many parents are like this. Once you learn the truth, you want your guilt to go away. What you do then is you take a whole series of actions. But you tell them every action that you are taking, because you don't want to feel as bad about yourself as you really feel about having done those things.

10. Recognising emotionally that the addiction is a sin (continued)

Jesus:

What was one of the first steps that Mary mentioned to you today? Recognise the feeling of the sin. You are skipping that one. If you truly feel the sin and the effects of the sin, you will want to go through the rest of the process. You will. We are often avoiding the effects of the sin. Hopefully, in some of these personal truth sessions we will have an example, because it relates to a lot of the information we've been going through.

Were there any other questions that Mary couldn't answer? What was the question?

Mary:

She finds it hard to be sensitive to the feeling of the sin.

Participant Female:

It was about recognising emotionally that it is a sin.

Jesus:

You are not even recognising intellectually that it is a sin.

Participant Female: Yes. That too.

Jesus:

That is the issue, isn't it? Once you start recognising intellectually that it is a sin, you then go through the intellectual processes of being willing to examine the emotional part of it. Even intellectually at this point, there is no recognition of the sin.

That is because you are not willing to have a good look at all the effects. If you are willing to have a good look at all the effects of what you do and the reaction it has to your own body, your own life, other people's lives and all of that kind of stuff, you would stop immediately.

What we do is we numb ourselves out of the effect. In other words, we tell ourselves, "It is not that bad, is it?" Then you go to other people and you say, "It is not that bad, is it?" Then they say, "No." You know why they say no? Because it is something they do as well and they say, "It is not that bad, definitely not." We all convince ourselves that it is not that bad.

You know what we have done on the planet now? We have convinced ourselves that abortion is not that bad. We get to the stage with our addictions that we even convince ourselves that killing children is not bad. That is how bad it gets in terms of getting everybody else's approval and acceptance about it.

10.1. Educating ourselves about the effects of our sin**Jesus:**

What we need to do is educate ourselves intellectually. How is this bad? What effect does it have on the rest of the world? What effect does it have on me? What effect does it have on my body, my spirit-body, my soul? What effect does it have on my relationship with God? To me, anything that stops my relationship with God is automatically bad because it is not going to help me grow. What effect does it have on my growth? Does it cause stagnation or does it cause growth? Every addiction causes stagnation. That is not good.

So educate yourself about the addiction and what it does. That is going to be a process you have to engage first with your mind. Once you have educated yourself enough, some of the pennies will start dropping into

your soul, as the saying goes, and you start feeling, "Now I am starting to feel the effects of how bad that is."

For example, in a co-dependent relationship, I am starting to feel that every time I lie to my partner or vice versa when she says, "Does my bum look fat?" and I say, "No, it is beautiful," I am guaranteed to have sex that night. But if I say, "Your bum looks fairly big now, my love. You have obviously been overeating and you haven't been exercising. You have been doing a number of other things to not look after yourself. As a result, it has gotten wider and wider and wider. You obviously haven't dealt with some emotions around this area that would cause the weight to go on, as well." When I say all of that, do you think I am getting sex tonight? Probably not, or the next night.

Mary: Might be needy sex.

Jesus:

It might be, but it's highly unlikely I would suggest having sex. What is the effect on myself? First, I have lied to her, which enables her getting bigger and bigger in that particular example, but also I have just lied. How did that affect my relationship with God? My willingness to lie under this circumstance, demonstrates to me I have lots of fear. What is the problem there? I am not willing to tell the truth when I am asked. There is a problem there. I don't trust the truth; I don't trust that the truth is loving. There are all sorts of issues there. I would be really questioning all of those issues.

This is a process. Cornelius first introduced the concept of those three reasons why we are so afraid of change in his presentation "An Introduction To Love – Fear of Change" (see 20140712 Fear of Change). Then Mary introduced the concept of our willingness to change, which was all about our willingness to love (see 20140712 Strengthening Our Will To Love).

If you're really willing to love, you will find that you will investigate, you will educate yourself, and you will go and find out what your addictions do to the world. You won't just sit there and say, "I've got no idea." You would actually go out and find out. How does this affect you? How does this affect me? How does this affect the world?

For example, if the average meat eater on this planet decided to go out and see the effects of their eating of meat, they would be shocked, because almost all of the devastation that has occurred to the natural environment on this planet has occurred through this desire for meat. They would be shocked. They would say, "Is this loving? I can see the effects of my sin." We have to educate ourselves if we are ever going to

see the effects of our sin. Then, of course, we've got to feel that, but we won't even get to feeling it unless we have educated ourselves.

[01:41:54.16] **Mary:**

That is what I was trying to say when I said "a resistance to truth". You are not seeking the truth. If you saw the truthful effects of the sin, that would increase your sensitivity to it.

Jesus:

Yes. That is a very powerful tool. You have truth as a powerful tool to see. Educate yourself with truth, even intellectually. Go and find it. A person who desires change, desires education, desires to understand all of these things. This is something we need to do for ourselves, because the world is not good at it. The world might be better at doing things like educating us with a science degree or educating us with some mathematical degree. Even then I would argue that it is not very good at that, because at the end of the day it doesn't have a foundation in love. It is not going to be the full truth. It can't be.

This is where we need to see that the world itself has no foundation in love, at this point in time. Who is going to give us this foundation in love that we desperately need in order to grow? You can't rely on the world to do it, can you? Connection with God is going to happen, but in the beginning we haven't even got that.

So, who is going to have to do it? I am. I am going to have to seek with my will, as Mary said. I am going to have to have a very strong will to educate myself in love. That becomes my life's purpose. Once we do that, we have a chance to grow. Once we start connecting with God, it's much easier. The emotion of God's Love flows into our soul. All of a sudden we become more sensitive to truth, more sensitive to love, and that is wonderful. You start getting rapid change after that point.

It is just this interim stage of dealing with the facade that is so hard. At that stage, we are not feeling all those things from God. We don't even know what the truth is. We have to go and seek it. This is why we have got to seek the truth. The truth is the thing that sets us free.

We have got to understand that statement in our heart. You have heard me say that statement so many times. Most of you have not yet let that statement sink into your heart, because if you had, you would be seeking truth every moment of your life. You would be discussing it all the time. You wouldn't have this feeling with me of, "Don't give me any more. Let me go away and digest that." You would not have that feeling.

Sometimes I meet a person who asks questions one after the other, who is seeking truth, has an emotional response. I say, "There is a real seeker of truth." It is very rare to find that person on this planet. I think in the last year I have had an interaction with two or three people who have had that feeling. That is what we need to do to get the benefits of that.

[01:45:07.21] **Mary:**

That is where I feel that if you can address the three things that Cornelius highlighted: the desire for truth, the fear of overwhelm and the lack of faith, then your desire for change naturally grows.

[01:45:22.29] **Jesus:** Yes, and you also long for education.

[01:45:26.27] **Participant Female:**

Yes. I can feel that because I don't have those things, I am resistive to doing what Jesus is suggesting.

[01:45:34.09] **Jesus:** Yes.

[01:45:36.29] **Mary:**

Yes. I recommend working on them. That is what I had to do to work on those things.

10.2. An example of Mary's desire for truth motivating her

[01:45:41.19] **Jesus:**

Mary's desire for truth is pretty strong. When we met there were so many addictions in play. She had so much resistance to her emotions. She had immense resistance to any emotion that was negative. We would never have gotten two minutes into our relationship if not for her desire for truth. At the end, she always had to go away. Even when we went apart from each other for months at a time, she went away.

In the end, what pulled her back was always, "I really want the truth. I am willing, I am scared stiff of my emotions, but I really want the truth. I want the truth more than I am scared of my emotions. I want the truth more than I am afraid of being overwhelmed by my emotions. I want the truth more than I lack faith in God. I just want the truth." That is going to be something that draws you with an incredibly strong pull into doing the rest of the work that needs to be done.

10.3. The importance of discovering what is loving

Jesus:

It is a great question, Luli. It is the biggest issue that most people

have. Most people have that issue. Most people do not see the actions they take as a sin.

The problem with using the words "an unloving action" is that it is very tame. But if I say the word sin, you have stronger feelings inside of yourself about the negativity of the actual unloving behaviour. I can say, "Sin is unloving behaviour" and you say, "Okay. From now on I will use the term unloving behaviour." Then we say, "It is just unloving behaviour," not thinking that that it is the worst thing.

The worst thing we could engage in is unloving behaviour. From God's perspective, it doesn't matter what you know, you can know nothing, and not that you would, as long as you had no unloving behaviour. From God's perspective everything is perfect. It is impossible to know nothing and have no unloving behaviour, of course. That is an oxymoron and it can never happen.

The reality is, as we engage love, we know lots of things. That is what will happen. If we took the worst case scenario, and said we know nothing at all but to be loving; from God's perspective that is the most beautiful thing you could have ever decided to do. We have got to start seeing it like that.

Love is the most important thing, Mary said this in her talk to you (see 20140712 Strengthening Our Will To Love). Love is the most important thing you could ever learn about. Are you treating it like it is the most important thing you could ever learn about? Or are you saying, "Oh no. It is another unloving behaviour. Ha ha.

That was funny." This is what we do. We do that. We laugh about it. We make jokes about it, but we don't treat it like the important thing it is.

When it comes to love, I am very serious about it, because it is the biggest thing in your life, my life and in the Universe that governs everything. So why wouldn't you engage an education in it?

[01:49:28.11] **Mary:** Thank you.

(Applause)

Expectations and Addictions S1P1

1.The definition of expectations

[00:00:15.07] **Jesus:**

Okay, expectations and addictions: let's have a look at them. Let me firstly define an expectation versus an addiction: an expectation is when you have an emotion, inside of yourself, that you need somebody else to fulfil.

For example, one of the expectations that I might have is I want to be valued, so that expectation comes out of me towards other people. Another expectation might be I want to be loved, so that's an expectation that I have that goes out from my soul to everyone else around me. Another expectation is I want to be cared for, so that expectation comes out of my soul and out to everyone else. Another expectation might be I want to be listened to, so that expectation comes out of my soul and goes towards everyone else. [00:01:17.06]

If somebody comes along in my life, and they're talking with me and they're not hearing what I'm saying, how do I feel with this expectation that I've got of wanting to be heard? I'm starting to feel quite challenged now with this person, because what I'm doing is I'm expecting them to listen, but they're not obviously listening. I obviously now have some kind of response.

1.1. We feel hurt or angry when our expectations are not met

Jesus:

My response will be one of two different responses generally: it'll be a response of anger – frustration, annoyance and all those other things are anger, remember; so, frustration, annoyance, and all those different things are all angry-based responses; or, it will be what I define as hurt – I'm hurt that you haven't heard me.

1.1.1. Feeling hurt is a form of anger

Jesus:

By the way, whenever you say you're hurt, you're actually not being truthful, because hurt is actually anger, and that's the thing you need to remember. When we say we're hurt, we're actually blaming the other person for our hurt. "I feel hurt that you haven't done this." And whenever we're doing that, we're basically saying, "I'm angry with you because you

haven't done what I wanted; you haven't done something that I wanted you to do."

When you are hurt, you would be better off saying, "I'm angry with you for not doing what I wanted." If you were really feeling a feeling of grief, you would be crying because they haven't done what you wanted, which is totally different to when we say we're hurt.

1.2. All expectations are unloving

Jesus:

Understand that every time I have an expectation that isn't fulfilled, I will generally get angry or hurt. That is my indication that I'm out of harmony with love, because there's one thing that we need to remember about expectations, and that is, any time I have any expectation of another person, I am being unloving – any expectation. [00:03:22.19]

If you have an expectation that somebody doesn't kill you, you're being unloving. That sounds pretty harsh, doesn't it? But it's actually true. If you have an expectation that somebody doesn't hurt you, you're being unloving; if you have an expectation that somebody doesn't treat you violently, then you're being unloving to that person. Because the truth is that they are allowed to do whatever they want, and if whatever they want includes being unloving, then they're also allowed to do that; and if I have an expectation that they be loving, I am now being unloving.

That's a very hard principle for many people to grasp, right at the beginning of their progression. They shake their head at me and say, "What am I hearing here? You mean to say that I can't expect my husband to not cheat on me?" I'm saying that's exactly right, you can't expect your husband to be faithful to you, and people go, "Why would I want to be married for, then?" Well, if you're not married because you want to give the gift of love, you shouldn't be married anyway; and if you're married because you're just expecting someone to be faithful to you, you could do that with anyone married or unmarried, really. You don't need to be married for that either.

The truth is that many times our expectations, that we think are loving, are actually very unloving demands upon other people.

2. Addictions drive expectations

Jesus:

These expectations are our door into our emotion, and this is the thing to remember; they're the door into our addictions. Our addictions drive

every expectation that we have, so what do I mean by that? Remember I said our expectations drive our addictions; or probably it's more the flipside of that, our addictions are driving our expectations.

Because what is actually happening at the addiction level, is that I am addicted to being loved, I am addicted to being valued, I am addicted to being heard. Every time somebody doesn't hear me, I get upset; I either get angry, or I get hurt, the hurt feeling, which is really angry anyway, or I think I'm sad, or I might even cry. But whatever I do, if there is an emotional response to somebody not hearing me, then I am addicted to being heard, and this addiction to being heard, drives my expectation that everybody hear me.

3.Causal emotions underlying addictions

Jesus:

The problem with addictions, is that you can go for years and years and years and years, trying to deal with a causal emotion of them, and never getting to the bottom of them, and the reason why is often the causal emotion, is exactly the opposite to what you would think. Let me illustrate that.

3.1. An example of an addiction to being heard by men

Jesus:

Let's say I have an addiction to being heard by men; this could be created by two different sets of emotional conditions. One set of emotional conditions could be when I was young, my father never listened to me or heard me, and so I grew up wanting a man to hear me or listen to me. If that's the case, clearing away my causal emotion – which will be related to my dad never hearing me – will be just feeling my grief about my father not listening to me.

But there's this whole second set of conditions, that could create my addiction to being heard, and that is my father listened to every word I said all my life, without questioning anything. What he does is, he listens to everything I say. If I just have a little bit of a tear, he just holds me and cuddles me and calms me down, says everything's okay. Then every time I've got a problem I run to daddy, and dad's always going to sit me on his lap and listen to my problem; and he's basically teaching me in that interaction, that I'm incapable of feeling through this issue myself.

As I get to be an adult now, I then have this belief that every man around me, should hear me and treat me in the same way that my dad did. I have that expectation, because my addiction is to have my father or my male

role figure – the male that I love – give me these emotions, and if he doesn't give me these emotions, I don't feel loved anymore.

How do we deal with the causal emotions surrounding an addiction? Well, what we need to do is feel the grief in the moment that the addiction is not met. What do we mean by that?

Let's say we're in a husband and wife situation, or we're in a partnership, and we start talking to our husband, and our husband's just not hearing us, his mind's off on something else, and we're talking away and then we stop halfway through and say, "You're not listening to me." That's the first moment where my addiction is now getting triggered. He's not listening to me, and the truth is he does not have to, and the truth is also, that if I'm getting angry with him for not listening to me, or if I feel hurt that he's not listening to me, I am being unloving, in that moment, towards him. While I'm thinking he's being unloving to me in that moment, I am actually in that same moment being unloving towards him.

That's very challenging to actually work your way through, in an actual situation, because most people feel, "I'm not the one at fault, he's not listening to me; that's not loving." And as soon as we go into that state, we don't realise actually that we're being just as unloving – and perhaps even more so – than the person who's not listening, because the person who's not listening is allowed to not listen. He's allowed to make a choice to actually tune out, and just think about something else in his mind, if that's what he wants to do. He's allowed to do that.

He's not even breaking a Law of Love doing that actually, because he's allowed to do that in that moment, isn't he? Everyone's allowed to do whatever they want with their life, and particularly if he chooses to not listen to you. It doesn't mean he doesn't love you. He might have heard it twenty-five times before, and it never goes anywhere, and he might, by now, feel very frustrated that he's heard it twenty-five times before, and he's just decided, in his life now, he doesn't want this twenty-sixth time getting presented to him anymore. That actually could be a very loving thing that he's trying to do with you.

Because I'm in this addiction, I'm in this emotion where I expect him to give me this response, this hearing response, and I expect it because I have an addiction, that if a person doesn't do that, they don't love me. I could get very upset about it, couldn't I? I could even get into a rage about it. Like, "How dare you! You always don't listen to me! What do you think?" And we get so upset, and we start really getting connected with that emotionally, not understanding, actually, it's not all about our husband, but it's actually about some childhood causal expectations that

were developed in us, that have been present all of our life, that we're unwilling to release.

4. We attract people who meet our addictions and match our desires

Jesus:

Why do we want to talk about addictions and expectations? Well, your soul is set up in such a manner, that you are going to automatically be attracted, to every single person who meets your addictions. How does that pan out in our life? Well, that means that right now, in your circle of friendship, there are certain people who you feel especially attracted to.

There are only two reasons, why you would ever feel especially attracted to two different type of people: one of those reasons is pure, in the sense of pure soul-based reason, in that your desires match their desires; and the other reason is impure, in that your addictions match what they were willing to supply to you, to meet their own addictions.

Unfortunately what happens on the planet, is that many of us are still in this very addictive state – we have all of these addictive expectations inside of us – and so what we do is we start surrounding ourselves with people who actually now have feelings that are dependent. We become co-dependent with each other, based upon these addictions being met.

Many of you will notice that happening in your relationships; if you look back to past relationships, if you're honest with yourself, you'll see that you attracted a certain type of person. Often what we do is we get angry with that person, and say, "Yes, that person was crazy." We've got another person, but he happened to be very similar to the last one, and just a different face and a different body, but he's pretty similar in terms of every way else. We deal with something emotionally, and then we get one that's a slight improvement.

I remember having a conversation with one lady, where she had four partners in her life, and she said, "Yes, the first one used to violently abuse me and beat me up, and then I got a man who just verbally abused me, and spoke all the abuse, and now I've got a man, who just projects each emotion at me without any verbal abuse." And she says, "I'm improving." And, yes, she is, but the truth is she's still hooking into addictive relationships. With each one of those relationships, there's some kind of addiction being met.

Eventually, we work through that emotionally, and we move on to another relationship, where that same addiction is no longer needed to be met, but unfortunately through our life, we often create even opposite addictions. So, we go from a person who's very abusive, to now we won't touch any man at all; what we do is, we have friendships with men, but we don't have any relationships anymore, because all of them are mongrels. [00:13:36.25]

We go from this place where we're open to a man but he's abusive – which is something that's gone on inside of us emotionally – there's a reflection going on there, but then we go, a lot of times, completely down the opposite track emotionally.

5. Making a list of expectations and addictions

Jesus:

What we want to do instead of that, is we want to be honest about our expectations. My suggestion, in practical terms is this: make a list of all of your expectations of a partner, your ideal partner. What does he or she do? Just make a list of them all. “He always listens to me; he always takes me out to dinner; makes me feel nice. He always goes ...” you know, the physical things, even all down to the physical things, like, “He has to be six foot three. He has to be this size. He has to be all of that. All of these are parts of your expectations, so write them all down. All of the expectations you have about the opposite sex – your ideal partner in the opposite gender. [00:14:40.11]

If you're a gay person, obviously, your ideal partner in the same gender, so you write down all these ideals, that you have about somebody who will love you.

That's number one: make an expectation list. What a lot of people do, and this is what a lot of self-help books also recommend you do, is they get this list and now you go out and you find that person. (Laughter) I'm not suggesting that; what I'm suggesting is that expectation list, is actually telling you what your addictions are.

What you do is, you make another list and you look at the expectation. Let's say the physical expectation that he has to be tall, is a physical expectation. Then I look at the addiction: what inside of me emotionally would cause me to want to be with a person who's taller than I am, rather than shorter than I am? Or who's bigger than I am rather than smaller than I am? There has to be something in that.

Now, a taller person, what does he do for me? There could be a protection issue there, so my addiction is, “I'm addicted to a man who can protect

me.” That might be I see the physical size, as a method of me avoiding this emotion of feeling unprotected, when I'm with a smaller man, who's smaller than me. Allow myself to feel about each thing that I've put down as the expectation.

Now that's a physical thing; let's choose an emotional one. “He always must listen to me.” So, let's write down my addiction on the other side. What's my addiction? What would it, what's the feeling? When I'm not listened to, that means he doesn't care. There's got to be something like that in there, doesn't there? And then I have an expectation; I'm addicted to being heard.

There's often the joke that's made, that guys talk a lot less than women. Now that you've met me, you know that's not true. (Laughter) But, anyway there's often that statement, but in reality what often happens, is that we sometimes when we talk a lot, we can have an addiction to being heard, and that's why we have to speak a lot. We need to look at these relationships, because every one of these addictions, actually stops us from releasing an emotion that drives it, and we want to release the emotions that drive it, because we want to get into a state, where I have no expectations of you whatsoever – where you can abuse me, or treat me nicely – and for me I don't have any sadness about you treating me abusively.

Wouldn't it be nice to be in that place? Where actually you can stand in front of a group of people, and have all of them getting angry with you, and you still feel really happy about yourself. That would be a really good place to be in, wouldn't it?

6. How emotional responses change when expectations and addictions are released

6.1. Removing expectations changes what our soul attracts

[00:18:00.07] **Participant Male:**

But if you're in that place with people – not being affected by people doing that – your Law of Attraction probably wouldn't bring you that in the first place?

[00:18:11.08] **Jesus:**

As much, certainly. That's spot on, Soul. Yes. That's spot on.

[00:18:14.03] **Participant Male:** Is that right?

[00:18:14.17] **Jesus:**

Yes it is, spot on. If I'm in a space, where I'm no longer triggered by people's anger all the time, then I will attract less angry people into my life automatically; that's very true. Yes, but it doesn't mean you won't attract some, because if you're in a state of truth, what happens is you often attract people who are in a state of error, so that their error can be confronted, and when you confront their error, they often get angry.

6.2. Different responses to angry people

Jesus:

But the real thing is how does it affect you inside of yourself? See most of us, if somebody gets angry with us, what do we feel? What do you feel when someone's angry with you? Like, mum gets angry with you, what do you feel?

[00:18:50.08] **Participant Male:**

Well, when mum gets angry at me, I feel scared.

[00:18:54.22] **Jesus:** Okay, so fear.

[00:18:56.00] **Participant Male:**

But when other people get angry at me, I get angry at them, as well.

[00:18:59.07] **Jesus:**

Okay, so it depends who gets angry, doesn't it? If a bigger person, who you think you're under the power of, gets angry with you, then most people go into terror or fear. If a person who's the same size as you gets angry with you, then often you feel like, "Oh I can defend myself here." And you give them as much back; but either way there's a different emotional influence.

Imagine if a person gets angry with you, and you felt only love for them, even though they're angry with you. That would be a good place to be inside of yourself, because you wouldn't be trembling like this, when mum gets angry, or a parent figure gets angry, and you wouldn't feel afraid, and want to react to a person who's the same size of you. You'd actually feel quite calm inside of yourself. Isn't that a beautiful place to be, don't you reckon?

[00:19:44.06] **Participant Male:** Yes.

[00:19:45.05] **Jesus:**

Yes, and that's where we can be, we can be in that place. Many of you have found that with myself. Like many times you've felt angry with me, and yet, next week I come back and give you a hug. How does that happen? Why don't I come back, and give you a bop in the nose for getting angry

with me? It's because I don't feel as much anymore, that feeling of wanting to defend all those kind of emotions, and I'm not addicted to you treating me a certain way. Because if I'm addicted to you treating me well, then I'm only going to be interested in the people who treat me well, and that doesn't help all the people who are in a darker condition who need assistance, does it?

6.2.1. Feeling no negative effect from events after releasing addictions is different from feeling numb

[00:20:37.15] **Participant Female:**

Does this have anything to do with attachment and detachments? Before Soul's question, the last thing that you said was, that the result when you overcome the addiction is that whatever comes to you, doesn't have an effect. Is that to do with detachment?

[00:21:05.03] **Jesus:** It doesn't have a negative effect on you.

[00:21:08.21] **Participant Female:**

So is it detachment? Are you getting detached?

[00:21:11.10] **Jesus:**

No, see, I feel detachment is more when you sort of go numb, to what's going on around you; I'm not suggesting you'll be numb. You'll know exactly the emotion the person's having; you'll feel their anger. You know how for most people, when you feel their anger, you start feeling fear; you won't feel the fear response to their anger. You'll just feel their anger, and it will pass through you with no response inside of you – it doesn't mean you're detached from them – you still have compassion for them. You don't want to reject them automatically; you don't want them to go away from you necessarily. What you do is you are in this place, where their anger does not affect you as much.

[00:21:54.12] **Participant Female:** So you're like letting things be.

[00:21:57.13] **Jesus:**

I think it's more than letting things be: you actually still feel love for the person who's being angry with you; you still feel compassion for the person who's being angry with you. Instead of feeling angry back, or hurt, you don't feel those emotions; you feel compassion, love, understanding, and all those emotions. It doesn't mean you'll do what they want, by the way; it just means that you have these feelings of love, compassion, and understanding and a desire still to connect with them.

When you're in that state, where you've released all of your emotional responses, that's where you'll be. But for the majority of us we have a lot of fear when people get angry. That's why they get angry. Can you see why a person gets angry? They get angry because they want – and this applies to us too, by the way – we get angry because we want to control something outside of us. That's why we get angry with that thing. We feel like our life's out of control; we want it back in control. We want that person to fix that, and so we often project that rage and anger at the person as a result. [00:23:01.13]

Whenever we get angry, it's because we are already in an expectation, which shows us that in fact we have an addiction, that we are not allowing ourselves to release in that moment, because we're getting angry instead.

6.3. Appreciating gifts but not engaging in barter

[00:23:18.05] **Participant Female:**

How does it look on the flip side, if someone does something really nice for you, if it makes a difference, like you get really happy about that, does that reflect an addiction as well? Do you sort of become where you're more in a constant place of say, receiving Divine Love, and you're in a constant state of joy. And when, like, Mary does something lovely for you, it doesn't make a big difference?

[00:23:46.00] **Jesus:**

No, it's more like you see everything that comes to you as a gift. When another person gives you the gift of their love, or the gift of their compassion, or the gift of their understanding, or they're listening to you, all of those things you start seeing as a gift.

Of course if you're appreciative, you'll enjoy every gift you receive; so you'll have a response inside of yourself. However, you won't become addicted to getting the gift.

What happens for a lot of people, is we receive a gift from somebody, and we say, "Well, that felt nice; I'm going to try for another one of those." (Laughter) And so what we do now is we try for another one of those, with another person. All of a sudden, wow, that didn't work very well; they were angry instead, and that's because the expectation is now in that. What happens a lot of times, is we become addicted to the nice feelings that we're getting from the other person.

When you're in a state of at-onement with God, that doesn't happen either. When you're in a state of at-onement with God, you are perfectly happy having the entire world against you. That's hard to imagine, isn't it? But

you are actually perfectly okay, with the entire world being against you, when you're at-one with God, but when somebody actually – the first person in the world – comes along and gives you a gift of their love or their compassion, or their appreciation, you enjoy it and you are appreciative of it.

But, then if they give you that gift expecting you, to not tell them the truth, in other words a bribery instead of a gift, you still will tell them the truth at the risk of losing that gift again. You'll notice in all of my interactions with you, many of you have given me donations, that I've then done things with, and sometimes there's, with that donation, an expectation that I'll do something in return for you. Now, that's an unloving expectation, and if I'm in a place where I love you, I will not hook into that expectation, because all that's become now is a payment system. I do this for you, I get a bit of a payment system out of that. You pay me, and then I'm expected to do something more for you, and so forth. That's not a gift giving system anymore.

When you're in a state of pure harmony with God's Love, you are perfectly okay with the entire world being against you, but you are also very grateful when one person isn't, but you are not addicted, to that one person remaining in that place with you. Makes sense; but it sounds hard, does it?

6.4. Differences between expectations and desires

[00:26:38.27] **Participant Male:**

You were talking about if you have a list of your ideal partner, being expectations and addictions. Is that always the case, or can sometimes you have some feeling for your soulmate, the qualities that may possibly be in your soulmate?

[00:27:03.01] **Jesus:**

There's a very big difference between feelings and desires, and expectations, and what I've said already is that an expectation is usually accompanied with anger, resentment, hurt, when it's not met, whereas desire is never accompanied with any of those emotions, if it's not met.

It reminds me of a movie: have any of you seen "Phenomenon", John Travolta, and who is the girl in it? I can't remember. Anyway, I won't say what happens at the end for those of you who haven't watched it, but it's a good movie to watch. There's a scene right near the end where he's up on a hill, and he's laid out a blanket with a pillow or two, and flowers and whatever, and she walks up the hill, and she sees this blanket, and she looks at him and says, "Are you expecting to get lucky?" And he said, "No, no, I'm just hoping." (Laughter) [00:28:06.27]

That, to me, illustrates the difference. If he didn't get lucky, would have he been angry? No, so therefore he was just exercising a desire. He desired her and he was expressing that desire. But if that desire wasn't going to be fulfilled, he wasn't going to get all angry and upset about it.

When we get angry and upset about it, or resentful about it, or hurt about it, or feel grief about it, or feel any other emotion about it other than an emotion of joy, what is happening is that we are now having an expectation rather than a desire.

With regard to all of your soulmate expectations, some of which might be soulmate desires, or things you might feel that will be in your soulmate, some of them might be real and they'll be based on desires, and other ones will be expectations that are based upon emotional addiction. What we need to do in the end is sort out the difference those two things.

The way to sort it out, is to remember that every expectation, when it's not met, results in hurt, anger, annoyance, frustration, and one of those types of emotions. Every time I feel one of those types of emotions, I know I am not in pure desire, I am in an expectation that is covering an addiction.

7. Interview with Mary about her discovery of her expectations and addictions

Jesus:

When we look at our expectations, can you see how good they're going to be to helping us find our causal emotions, and releasing some causal emotions? When you make an expectation list, you'll be surprised how much is on that list. Many of you would be able to make a list that's quite a few pages long.

[00:29:54.19] **Mary:**

I wrote an expectation list for my partner, for my friends, for just the general population in the world, for God, like I had a lot going on.

[00:30:05.06] **Jesus:**

Yes, and Mary did this exercise fairly recently, didn't you? Do you want to describe a bit of it? Or, you don't want to come up?

[00:30:13.10] **Mary:** You can interview me.

[00:30:15.06] **Jesus:**

I can interview you. (Laughter) Come up and get interviewed then. What kicked all this off? Do you remember?

[00:30:26.03] **Mary:**

Oh, do you want me to tell the whole story?

[00:30:28.12] **Jesus:**

Might as well tell the whole story, if you're comfortable with it.

[00:30:31.25] **Mary:**

Yes, I'd been working on this whole "Love is a gift" scenario for quite a while, so I've had on the wall at home for a long time, "Every loving thing that comes to me is a gift". I've been working on this for a while, but on our trip away recently, we had a situation that really crystallised a lot about my addiction, a couple of my addictions, yes, and expectations.

We were sitting having dinner at Karen's house, actually, and what was happening was, someone at the table was projecting quite heavily at AJ that they didn't want to hear what he was saying, and I was becoming increasingly uncomfortable, because I was very aware of the projection. There was a lot of disapproval coming towards AJ and towards myself, and because it was a woman who was projecting, and I have an addiction to women's approval, instead of getting upset, or instead of owning the emotion – which is the most loving thing to do – which is actually my fear about, this doesn't feel very safe or nice, and someone's going to get very angry at us; I wanted AJ to stop talking.

[00:32:44.16] **Jesus:**

She's good at shutting me down. (Laughter) No, no it's not like that at all.

[00:32:53.14] **Mary:**

No, I know it's my stuff. So I sit there going, "Own it, own it, own it, own it! I'm not owning it."

[00:33:00.04] **Jesus:**

And what it feels like for me at the soul level is "Grrrr! Grrr!" That's sort of what it feels like coming at me. "Grrrrrr!" But Mary sort of keeps a smile on her face, and everybody else is not really very aware that that's going on; we talked about that.

[00:33:16.29] **Mary:**

Anyway, over the course of two days, I went into some really big emotion, that was based around my childhood, and I realised that I had a very massively, massive – as big as this room – addiction to wanting people to either understand me, take away my negative emotions, not challenge my negative emotions, or feel them with me. I thought I'd worked on that, but I realised I'd just scratched the surface.

That led to me looking at every expectation I have of everyone, and the light bulb went on, and I realised it was massive, yes.

[00:34:01.04] **Jesus:**

That caused you then to write an expectation list of me, of family, of friends, of God, of the world.

[00:34:09.03] **Mary:**

Yes, and that was really humbling, because I expected everyone in the world to have a social conscience; I expected everyone to want to love; I expected everyone, it wasn't just you and God – it was everyone.

[00:34:23.11] **Jesus:**

Yes, so some of those expectations are never going to get met, are they? And it's like, if you expect the world to change, today, then you're going to be very disappointed.

[00:34:34.00] **Mary:**

I realised a lot of my expectations were very hypocritical: I wanted them to be loving, and I'd just been projecting at my partner. It was, yes, but as a result, I had a very huge sense of just how much unloving garbage has been projected out of me for so long, and I feel a real change around that.

[00:35:00.09] **Jesus:**

Yes, so now, just becoming aware of your expectations list, changes quite a lot of things inside of yourself, regarding what you now want the world to do for you. Quite often, one of the biggest problems that we have, as people, is we want the world to do things for us, because we are addicted to somebody else doing it for us, because we actually don't have very much confidence, that we can create these things ourselves. That's a part of the issue as well.

In that expectation list, did you find some of your expectations were, what you felt, like, very strongly, were realistic? And did you find some expectations were totally unrealistic?

[00:35:56.12] **Mary:**

Well, I guess I just wrote them all down, and then I was writing in my journal, and it just felt how unloving every single one of them was. That was really strong for me. I think the ones that I'd been projecting the most about, I obviously thought were realistic.

[00:36:15.04] **Jesus:** Realistic, yes.

[00:36:17.01] **Mary:**

Yes, but once they were all written down, I could see actually how unrealistic most of them were, yes.

[00:36:25.05] **Jesus:**

Mary comes in to me and goes, with this overwhelmed look on her face saying, "I'm just an expectation machine basically." (Laughter) And the truth is for the majority of us that's true; we are just this machine based around our expectations in many cases.

[00:36:44.12] **Mary:**

I also had the huge realisation – it was a really amazing trip for me because I had so many realisations that added on to the previous ones – just how much value I was placing on people who met my expectations, and how little I was placing on people who didn't, and how that was totally out of harmony with love. Some of the people who weren't meeting my expectations, were being the most loving and some of the ones that were, were just caught in an addictive sort of, “we'll pat each other's back” kind of thing, that wasn't assisting my growth at all.

[00:37:17.13] **Jesus:**

So there was a bias in your love is what you found – a bias toward the people who met the addiction.

[00:37:24.08] **Mary:**

Well, I had decided sometime in my childhood, that the people who met my addictions loved me, and I should love the people who meet my addictions, and that was, yes, totally wrong.

[00:37:38.22] **Jesus:** Yes, so there's a lot in that.

8. Audience questions

8.1. Judgements are indicators of expectations and addictions

[00:37:53.18] **Participant Female:**

Is that what we base our judgements on? Do we base a lot of our judgements on our addictions and expectations?

[00:37:58.18] **Jesus:**

Our judgements are a big indicator of our expectations and our addictions, yes, very much so.

8.2. A participant's experiences with feeling her expectations and emotions

[00:38:08.14] **Participant Female:**

Hello, this whole area is very timely for me. Just recently, something happened with me and my family. It was nothing big, but I could feel something. So I go into feeling my body, what's happening, being in tune with that. Right away, I start having to look at what's actually going on, and it's narrowed down, too often, it's a huge amount of expectation. Then I allow myself to feel what it is, and it often just very quickly goes into sadness and grief. It has nothing to do, of course, with them, and it just seems to always go into, often the same areas, the same areas of sadness and grief. It just keeps opening up more and more and more – it's like Pandora's box.

[00:39:13.04] **Jesus:** Yes.

[00:39:13.28] **Participant Female:**

And what I started feeling also, was that opened up another whole area, was in my expectation, I was picking up on my family members that really are in tune with me, really want to please me. They're picking up on my expectation, being totally out of tune with themselves, doing things that I can then feel that's not them, and they're pleasing me. I'm feeling sick because of it, and so then I'm going into another whole area of processing around how I've created that, in my children and everybody.

[00:39:52.11] **Jesus:** Yes, it's a huge area.

[00:39:54.24] **Participant Female:**

It's the sensitive ones that I feel right away, picking it up, and then reacting to that, and I've just been hugely opening up to that whole area. It feels like crap.

[00:40:07.09] **Mary:** I agree, it's like, "Argh". It's dark in here.

[00:40:11.17] **Participant Female:**

Yes, because I felt I had looked at it. I felt I had looked at my expectation, and because a lot of it is going into subtle areas that I had suppressed, that I convinced myself that I wasn't doing that. It's really opened up a huge world to me, because it just, it's more about other things. If I'm open to my Law of Attraction, and open to my own body feeling, I feel it physically.

[00:40:40.10] **Jesus:** Yes.

[00:40:40.24] Participant Female:

Then I immediately know something's off with me. It's so timely that you're talking about expectations, because this has been happening for the last week, like, looking at my yucky, full-on expectations. And like what Mary was saying, the judgements from that where I could feel people feeling, my judgements on them, because they weren't doing something right.

[00:41:06.28] Mary:

Yes, and I feel that now, like I'm going through this horrible, I guess it's repentance, Law of Compensation, of just feeling when I've put that out there at people because they haven't done what I expected. The other thing that opened it up for me was, right before we went on the trip, I went through this period of recognising how much I was still judging my own emotion, and really releasing some of that. Once I did that, it's like I was more ready to just see everything that was there.

8.2.1. Children are very sensitive to parents' expectations**[00:41:43.02] Jesus:**

Your children, Anna, are – let's make a new word, shall we – shall we call them expectrometers. And it doesn't matter what age either, by the way, and the most sensitive child is the most sensitive to your projection of expectation. Because there is an automatic reward system that occurs, between parent and a child when a child meets the parent's expectations. Because the parent has an emotional response that feels like joy or satisfaction or love inside of them, and that then gets projected at the child. And the child then goes, “Oh I'm being loved now because I did what mummy expected”, or what daddy expected.

And now, there's this cycle that starts happening, where I'm expecting something of my child, my child doesn't do what I expect, so then I have a negative response. That gets projected at the child and they know that there's an error there. I don't even have to say the words, as you know. Like, all you need to do is have the feeling and they're feeling it. They'll do what you want if they're very sensitive and they're not connected to themselves; a child will do what you want, just on your projection of expectations. And it's very damaging for the child, yes.

[00:43:13.05] Participant Female:

Just when Mary said, "judging the emotion" so that feeling, I've had a million times, and that bodily feeling, and I've suppressed it. And then from that I created a huge amount of anger and control around it. I was just allowing myself to feel and that's the letting go, of feeling the sadness around it, and going somewhere from there.

[00:43:35.17] **Jesus:**

Awesome yes, so the process of repentance in this matter, is really very key to releasing your expectations. Because when you start seeing how damaging your expectations are on other people, you will start not wanting to be connected to them anymore. It's a bit like when you can see the results of the damage you do, and you can start seeing what's happening inside your children, in particular, but also everyone around you, because of what they feel from you, you start going, "No, no, no, I don't want to do this anymore. I just don't want to have these expectations anymore." Then you start dealing with the underlying addiction, as to why that expectation has been present for you.

8.3. It's common to reward people who meet our addictions and punish those who don't

[00:44:20.09] **Participant Female:**

Just to be clear, we have actually conditioned those who've responded and met our addictions, and they're being unloving, and we've rewarded them; and we've non-rewarded the ones who were being loving, who didn't meet our addictions.

[00:44:41.02] **Jesus:**

Exactly, that's exactly what's happened. Does everyone understand that? We've actually rewarded, by our favourable projection, the people who meet our addictions; and with anyone who doesn't meet our addictions, who, by the way, are being more loving, we don't reward them.

So I have done this reward-denial of reward, or reward-punishment system with everyone, probably, in my vicinity. As a result, there are certain people who are really in tune with pleasing me, and I feel really good about them, they're just beautiful people, aren't they? And then there's a whole group of people who are not very in tune with pleasing me, and, "Oh, they're a bit of a mongrel, I don't want them around my life!" And we get rid of them very quickly out of our life. It's all because we're not willing to face firstly our expectations, but underneath them, our addictions. That's why it's so powerful.

8.4. An example of a participant who has expectations of her daughter and partner

[00:45:41.07] **Participant Female:**

At the moment I'm having a lot of my own issues with my daughter, and I'm not sure exactly how I feel. It's very difficult because I've been trying to let go of what I want for her, and how she wants things, and how we're different. She puts it very clearly to me that she doesn't want things; and

when she wants things that I think are not good for her, I have to let that go, and let her experience it.

But my question is I feel sort of removed, and I'm not sure whether I'm shutting down, or I'm trying to get used to being not in her life, or whether I'm just not used to it. I'm not sure if you could help me with that?

[00:47:14.13] **Mary:**

I feel like you're toughing yourself through it, Laurleen. You're like, I know it's right so I'm going to do it, but you're shutting down lots of emotions in the process.

[00:47:24.11] **Participant Female:** Yes, I think I feel really sad.

[00:47:30.05] **Jesus:**

What do you feel sad about, Laurleen? Your child's not doing what you want her to do, or what you feel is good for her.

[00:47:40.03] **Participant Female:**

I'm a bit confused, I think, because: for example, I was explaining a situation where I was talking to some of my friends, about my reactions to what had happened, and I was explaining my own rage and hurt and confusion. And I was not focusing on her doing things not in the right way, I was focusing on me, and how I was reacting to it. She asked me – I always tell her what I do – and she got very upset and she came to me later, and she said, "Will you just stop talking about me!" And she started crying.

She said, "Can't you see I'm hurting?" And I said, "But I didn't talk about you." And she said, "I don't care about all this AJ stuff. People get the wrong impression, even though you're trying to talk about your stuff, they think I'm a terrible person." And so she virtually got me there, and I had to wait for a while before I answered her, to her question, "Would I not talk about her?"

And then I said, "If it's of no benefit to anybody, I will not talk about you." And we went through a bit more. But I had been in a discussion with my partner, a chat about something, and it was to do with the possibility of incest, and I was just talking about what I'd been reading and trying to feel into, and he started to minimise it, and I said, "Please just listen; don't comment and shut me down."

[00:49:54.20]

He went into a rage, and then I got into a rage, not rage, but I was upset, and I said, "We can't talk, because I'm just trying to explain what I'm not even sure about myself." And so I got cut down again. Now I'm at this

place where I'm on the process of selling, and there are a lot of stops here, and stop there, and I feel like I'm really boxed in, because I can't express whatever's in me. Because there's a lot going on and I can't – I don't know where to take it – it's like I can't, I feel ...

[00:50:36.08] **Jesus:**

Can we help with some of that? What's happening in both situations, is when the person is not doing what you want them to do. In your daughter's case, you would like to have a much closer relationship with her, where she's not as angry with you. That's what you feel. When she doesn't do that, you then feel upset with her, which actually creates more anger in her, to be frank. It actually makes her even more resistive. There has to be an expectation in you there. If you're not close to your daughter, what's the grief? What do you feel when you're not close to her? So when your daughter's angry with you, what do you feel?

[00:51:27.13] **Participant Female:**

Well, intellectually I feel several things: one is that it's good she's getting angry.

[00:51:38.25] **Jesus:** That's an intellectual thought.

[00:51:40.17] **Participant Female:**

That's an intellectual, yes, I understand that, but, also that I don't know what to do.

[00:51:50.08] **Jesus:** So, you feel confused.

[00:51:51.14] **Participant Female:**

I feel really confused, because I also feel that I've been unloving, because I try to ask her to do things, that she doesn't want to do. I'm aware of that. And then also I don't want her to hurt herself, but I can't tell her not to do these things. So, I guess that's why I shut down because I don't want to know about it.

[00:52:21.29] **Mary:**

I think you don't want to feel the feeling that's there, when you're stopping yourself from your addiction, which is to tell her, "Don't hurt yourself. Don't do these things." There's a huge feeling that's there, but because it's really scary, and it's what fed the addiction, then you go into shut down. Can you relate to what I'm saying?

[00:52:43.14] **Participant Female:**

So, the addiction is what is making me scared?

8.4.1. The participant has an expectation that her daughter is safe and doesn't make the same mistakes as her

[00:52:47.18] **Jesus:**

You want her to be safe. That's what you're trying to prevent – feeling that she's not safe.

[00:52:52.03] **Mary:**

And not do the things you did. That's a big one, isn't it?

[00:52:56.22] **Jesus:**

All that's happening there, is you're avoiding your own feelings about what you did, and how hurt you got from them, and you're using her, the relationship with her, to avoid these things inside of yourself. What's happening is you're projecting at her, “Don't do the things I did,” and that's an expectation.

[00:53:16.21] **Participant Female:** No, I ... yes.

[00:53:18.00] **Jesus:**

She's allowed to do the things you did, just like you did them, and you're allowed to, too. They hurt you, and you want to avoid the pain of the hurt, of those appearing in your daughter. Can you see that that's just wanting to avoid feeling your own pain, about the hurt about them happening to you? Like, can you see a relationship there?

[00:53:37.09] **Participant Female:** Yes.

[00:53:38.02] **Jesus:**

Yes, so when you project at your daughter, “Don't do what I did,” you are having an expectation on her, and that expectation covers an addiction in you. What's the addiction? You want your daughter to do totally different to what you did. Why would you want that? There's got to be a very strong emotional reason inside of yourself, why you want that, and that would be to avoid your own pain, about feeling your own stuff, that happened about your own life when you chose to do those things.

[00:54:10.27] **Participant Female:** Yes, I was vaguely aware of that.

8.4.2. The participant has an expectation that her partner listens to her

[00:54:15.04] **Jesus:**

With your partner, the addiction's a little different: the addiction with your partner is that he must listen to you, and not shut you down; but the truth is your partner is totally allowed to, he's allowed to be unloving, and he's allowed to try to shut you down, and he's also allowed to not listen to

you. If he had compassion for you, he may feel differently; like, if he had compassion for you, he may want to listen to you, but he's also allowed to not have compassion for you.

8.4.3. The participant has an addiction to shutting down when others are angry with her

[00:54:43.15] **Participant Female:**

Yes, I hear that now, and I'm just wondering – their way of shutting me down is because I'm actually shutting myself down. Is that just a reflection of that?

[00:54:55.23] **Jesus:**

Well, you're allowing other people to shut you down, and you're living with other people who are shutting you down. There's got to be a reason why, you would choose to live in that environment. There's got to be an addictive emotion inside of you, that causes you to want to live in an environment like that. Part of that emotion must be, yes, that you want to avoid some of these emotions inside, but, there are probably other reasons. And that is what happens every time – your daughter gets angry or your partner gets angry. So, what happens when you're with an angry person?

[00:55:34.17] **Participant Female:** I shut down.

[00:55:36.08] **Jesus:**

And that's your addiction: you're addicted to shutting down when somebody gets angry with you. Why would you want to do that? Why is that more preferable than another action? What's an alternative action? My partner gets angry with me, what's an alternative action to me shutting down? One that's loving, because an alternative action might be I get angry and frustrated with him, and shut him down. That's an alternative action, but that's not very loving either, so, what's an alternative reaction that's actually loving to yourself and to him?

[00:56:21.16] **Participant Female:** Feeling the grief of the ...

[00:56:34.25] **Jesus:**

Yes, and can you see, Lauleen, too, that also you have the option of removing yourself? And can you see you don't want to remove yourself?

[00:56:48.11] **Participant Female:**

You mean physically going somewhere else? I'm trying to do that. I wanted to go and my daughter asked me to stay because it was exam period, and in the end I didn't need to be there at all, and I felt like, I want to go but she asked me to stay.

[00:57:07.07] **Jesus:**

Can you see your addiction in that? What's the addiction in that? A man asked you to stay, or your daughter asked you to stay ... was it your daughter? Your daughter asked you to stay and you feel you had to. Can you see there's an addiction in that? You didn't want to be there, yes.

[00:57:26.22] **Participant Female:** No.

[00:57:27.01] **Jesus:**

Okay, so you're allowed to, in that moment, get up and leave.

8.4.4. The participant has an addiction of wanting her daughter to love her and feeling that she's a good mother

Jesus:

There's a reason why you're staying and not getting up and leaving.

[00:57:35.10] **Participant Female:** Okay.

[00:57:37.02] **Jesus:**

What would that be? What do you want from your daughter?

[00:57:41.02] **Participant Female:** I want her to love me.

[00:57:42.27] **Jesus:**

So you need to feel the grief that she doesn't. Now, ironically when you feel that grief, she'll probably love you more than she does now, because there's a huge projection at your daughter at the moment, "Love me, love me, love me, love me." And the daughter's got a role – she has to love you, she has to – and you want her to love you, and so you compromise your own truth in order to get this love from her.

[00:58:16.00]

Participant Female:

I know, and probably that's why I shut down because I tried not to reject that, but I just shut down.

[00:58:23.17] **Jesus:**

The truth is when you shut down, you're still projecting at her. The key is to own the emotion of it. Say, alright, I want love from my daughter. What does my daughter's love give me? What do I get out of her love? If she loves me, what am I going to feel? What is it that you want to feel?

[00:58:43.06] **Participant Female:**

I guess that I feel like a good mother then.

[00:58:47.17] **Jesus:**

So what's the addiction? It's to not feel that you're a bad mother; to feel like you're a good mother. How many of you mothers have the feeling you want to feel like you're a good mother? Yes, so there are quite a lot who can join you in that feeling. How many of you fathers have a feeling you want to be a good father? For some reason, there's always less than that, for some reason – interesting.

But can you see how, a lot of times what happens in our definition of ourselves, if we feel like our child is telling us we're a bad parent, we then feel that we must be a bad mother. On this planet, being a bad mother is a lot worse than being a bad father for some reason. Isn't it interesting how that's the case?

And so we get this projected at us, and then many mothers then fall into the trap of having to earn their children's love, when in reality our children are allowed to not love us actually. They have free will and they're allowed to choose to not love us, and they're allowed to choose to not treat us well, and they're allowed to choose to tell us that we're a bad parent and everything – even when we've been a good one – they can choose to tell us we've been a bad one. And so, the truth is that we're often hooked into that emotion.

When you feel like you're a good mum, how do you feel then?

[01:00:09.09] **Participant Female:**

It's a nice feeling, yes, because I guess that's actually the addiction is that my mum was a terrible mother. I didn't want to be like her.

[01:00:23.17] **Jesus:**

Yes, and so every time your daughter tells you you're a terrible mother, what it's doing is reminding you of your grief, about how your mother was towards you. Yes, and still is actually, isn't she?

[01:00:36.07] **Participant Female:** Yes.

[01:00:37.17] **Jesus:**

Yes, and that's the underlying grief, that you need to allow yourself to feel of course. The addiction, though, always kicks in, and that's the thing we've got to look at. Alright, I'm addicted to my daughter feeling I'm a good mother. I want my daughter to have a feeling.

8.5. An example of Jesus having an addiction of making Mary happy

Jesus:

Whenever I want someone else to have a feeling, I'm addicted to that feeling that I want them to have. If I want them to feel happy, then I'm addicted to the feeling of them having happiness, and why would I be addicted to that? They're allowed to have sadness.

We often find this in a relationship, too, where I might hook in to, "I want Mary to be happy; I want Mary to be happy." All the time. Mary starts crying and I go into a panic. What do I do now; I want to make her happy again, and so I'm hooked into her staying happy.

If I'm hooked into her staying happy, then I've got an addiction. Something inside of me causes me to hook into her happiness. So when she's happy, what do I get? That's what I've got to look at. When she's happy, feeling good, I'm feeling like I'm a great guy, and all that stuff, what do I get out of that? I get all these lovely feelings.

9. Identifying addictions and the importance of removing them

Jesus:

The thing is our addictions are like this. The truth is when we have, inside of ourselves, a knowledge that we are a good person, we no longer have shame inside of ourselves anymore. We no longer have guilt inside of ourselves anymore. We no longer have sadness about ourselves anymore. The truth is you can be the only person on the planet who thinks good of you, and you'll still be happy in that place, and it won't be a fictitious happy place that you've manifested somehow out of your brain. It'll be a true happy place where you'll be in connection with God constantly, but completely happy no matter what anybody else thinks of you.

Everyone else around you can think you're a mongrel, because you tell the truth all the time, and they all get triggered, and it's terrible. They can all feel that, and you won't feel bad about yourself, because you're not hooked into the addiction, that they've got to feel good about you.

When I want you to feel something, I am actually having an addictive moment in that particular interaction. If I want you to feel happy, then I've got an addiction to you feeling happy, there's something in me that that helps; if I want you to feel sad, there's something in me that it helps; if I want you to be angry, there's something in me that it helps; if I want

you to feel ashamed, there's something in me that that helps. They're all my addictions, and that's what I've got to look at constantly if I want to progress. You see, my addictions are the things that harm other people, and because of that they are the hardest things for me to look at.

[01:03:35.22] **Mary:** But the most transformational.

[01:03:37.07] **Jesus:** But the most transformational.

10. Emotional causes of negative spirit influence

10.1. An example of a participant who is heavily spirit influenced

[01:04:01.13] **Participant Male:**

I'm aware that there's an expectation coming out of me, but I just don't know how I'm going to get through the week, unless I get some understanding about what's going on right now. Simon is being possessed, at times by some very dark spirits, and I went through an experience where they were going through me, just recently. And in that experience, it gets so scary that I don't know who I am and I don't know what the energy is that's coming out of me. [01:04:33.27]

The energy is so powerful and so strong, and I've had to use natural love techniques to pull myself out of it, because I felt it was very unloving to continue. It just kept going on and on and on and on that night. It's confusing, because I feel the spirit influence trying to trick me constantly, about what my emotion is and whether it's mine or it's them. At times it feels like there's hundreds of ... I've been feeling Nazi spirits around a lot.

[01:05:07.00] **Jesus:** So, Nazi spirits ...

[01:05:09.13] **Participant Male:**

Nazi spirits from the war, influencing Simon to shut me down, and then I feel their influence on me. But I feel when I ground myself using natural love techniques, they're not influencing me, I just feel them around me.

[01:05:27.28] **Jesus:**

Yes, but how do you feel in connection to yourself in that moment?

[01:05:31.14] **Participant Male:**

What I do is I feel my feet. Make sure I'm in my body. I feel my breath.

[01:05:38.08] **Jesus:** So you breathe.

[01:05:38.28] **Participant Male:** So, I make sure it's me.

[01:05:40.10] **Jesus:** Yes.

[01:05:40.29] **Participant Male:**

And if I'm not sure – like when I open up emotionally – and there's some, sometimes it feels like it's grief, but it can feel like there are a hundred very, very dark spirits tearing the energy through my grief, and disguising their anger with my grief. It's almost like there's a pocket stuck in my soul, but it confuses me because I went through this three hours, or whatever, of processing the biggest emotion I've ever felt, and then after that I felt peaceful in my body. But in that experience, it felt like there were a hundred spirits just roaring through my heart.

I just really wanted to ask, because I know Simon's scared to ask, and he's going back to Germany and he's not going to have any personal support there, and he's really struggling with this influence.

[01:06:35.27] **Jesus:** With the spirit influence?

[01:06:36.29] **Participant Male:**

And I had to stop because I felt I was going to get lost in oblivion, and I couldn't return to being a person with a mind and a body. I felt that I was going for eternity and never coming back, and I just had to just stop it. And I've put the lid on it; I had to build a lid to shut the emotion down. It's just getting too intense and if I keep going with this path, I'll be lost forever. That's what they're having me believe.

It's sort of like I've hit this wall where I have to stop because if I continue, it just gets too hard, and I don't know how you would have gotten through this emotion, if you've experienced it. My understanding of what's happening is like when they were talking through my body, the good spirits were saying, "Just stay with your body, Josh, just stay with your body." They were trying to drive me off the mountain, they were trying to kill me, and I just had to stop the feelings. They were trying to kill me and I'm sorry, I just can't handle this!

[01:08:02.07] **Jesus:**

Now Josh, go straight back into your body now, back in your body, back in your body. Just breathe now, and stay with your body.

[01:08:14.00] **Participant Male:**

And this spiritual warfare is just, like, so intense.

[01:08:18.18] **Jesus:** It's too intense.

10.1.1. The participant's negative spirit influence is caused by his avoidance of feeling his terror

Jesus:

Can I just talk about a few things about it? Firstly, both you and Simon are very, very mediumistic people – you're amongst some of the most mediumistic people on the planet – so, that's the first issue that you're facing, that spirits can easily attach while you're mediumistic. But, both of you also have a very, very strong desire to avoid some pretty basic core emotions.

[01:08:50.10] **Participant Male:** The terror.

[01:08:50.27] **Jesus:** The terror emotions.

[01:08:52.02] **Participant Male:**

The good spirits were trying to guide me back to the house to watch the horror film to go into the terror, and it didn't come to fruition. It's like I feel that I have to stay on the Natural Love Path for now, and process the smaller stuff, that's okay, until I deal with the terror, because if I go any further, that something dangerous will happen.

[01:09:21.11] **Jesus:**

Well, let's talk about that: firstly, they can only influence you to do something dangerous, if there is some hook inside of you, that causes you to go along with what they're influencing you to do.

[01:09:36.20] **Participant Male:**

I know, like they're hooking into Simon's feelings about love at the moment, and wanting him to do evil stuff.

[01:09:44.03] **Jesus:** Okay, what about your emotions, though, Josh?

[01:09:46.16] **Participant Male:** My stuff?

[01:09:47.01] **Jesus:** Yes.

[01:09:47.19] **Participant Male:**

They are, they're just having fun with me, I feel. Like I feel them laughing all the time, and they really just want me to – they don't want this progression to happen – they want to keep the terror so they can do what they want with me.

[01:10:05.14] **Jesus:** So, they're influencing you through your terror.

[01:10:08.23] Participant Male:

Yes, they're using my terror to disguise whatever feeling I'm coming in, make me lose whether it's myself or, like, it's just this game they're playing, and they're constantly saying, "Oh, we've got you now; we've got you and there's no escape, and you're stuck in this loop, and you're not going to get out."

[01:10:27.07] Jesus: And what happens when you pray, Josh?

[01:10:30.06] Participant Male:

And when I pray, they hook into my doubts about what I've experienced of God.

[01:10:38.10] Jesus: Right.

[01:10:38.27] Participant Male: And they shut that down.

[01:10:40.06] Jesus:

Yes, so the problem is, partially, that you've got these big doubts about God, that when you pray, which is the way to have protection from all of these things that are going on, the doubts become stronger, and then they then influence you with your doubts. And then when you go the opposite direction, and go towards you terror, to try to feel some of your terror, they then hook into your terror, and try to cause you to do damaging things to yourself.

[01:11:05.10] Participant Male:

Well, what they actually do is they make me experience a type of terror, but really they're possessing me, and make jolt in my body, and I'm not experiencing terror – and they're having fun with that.

[01:11:17.16] Jesus:

Yes, the type of terror they want you to experience is to be afraid of them, isn't it?

[01:11:21.28] Participant Male:

Yes, so they don't want me to experience the real terror, they just want me to, like, go do crazy things with my body, and think like I'm going through a process. In reality, it's not a process, it's just them having fun with me for long periods of time, and it's just, like, I just feel I can't do anymore until I do the terror. That's all I feel.

[01:11:44.15] Mary:

And I think you have to be really honest, Josh, that you don't want to do the terror.

[01:11:48.24] **Participant Male:** I don't want to do the terror.

[01:11:49.17] **Mary:**

And Simon has this specific set of emotions that both AJ and I have spoken to him about as well.

[01:11:57.23] **Jesus:** Emotions you don't want to deal with.

[01:11:59.09] **Mary:**

Then you don't want to deal with them. So you've got to get real about that, because you're trying to tell yourself I want to do it, and then the spirits are stopping me. But no, you don't want to do it, so work from there.

[01:12:09.08] **Participant Male:**

No, I didn't even at any point feel that I wanted to, like, do the terror.

10.1.2. Resistances to feeling terror

[01:12:14.04] **Jesus:**

Okay, so let's agree that you don't want to do the terror.

[01:12:17.25] **Participant Male:** No, I don't.

[01:12:18.10] **Jesus:** Let's say, "I don't want to do the terror."

[01:12:20.18] **Participant Male:** Don't want to do the terror.

[01:12:21.26] **Jesus:** I don't want to do the terror.

[01:12:21.29] **Participant Male:** Never want to do the terror, ever.

[01:12:23.08] **Jesus:** Why?

[01:12:24.29] **Participant Male:** Because it's terrifying.

[01:12:27.10] **Jesus:**

(Laughs) No, that's not a reason why; there's another reason why.

[01:12:33.14] **Participant Male:**

Because that's a very unsafe feeling or place to be because ...

[01:12:41.07] **Jesus:**

What do you believe will happen if you do the terror?

[01:12:43.28] **Participant Male:**

Probably what I've already expressed that I will be lost forever.

[01:12:52.08] **Jesus:** Okay.

[01:12:52.28] **Mary:**

And there's another big one for you, Josh, which we talked about before, something about losing your mind, being insane.

[01:13:00.14] **Participant Male:** Losing my mind, yes.

[01:13:01.25] **Jesus:** Being insane; losing my mind.

[01:13:02.28] **Participant Male:** Being insane; losing my mind.

[01:13:04.26] **Jesus:** Very big fears.

[01:13:07.09] **Participant Male:** Yes.

[01:13:07.23] **Jesus:**

All right, so what I would be doing, firstly, is forgetting about dealing with the terror for a moment and then looking at this belief about insanity. Look at the belief about losing your mind. Really look at those beliefs and pray about those beliefs with God, because they're beliefs that are preventing you from accessing and feeling your way through the terror.

[01:13:29.23] **Participant Male:** Okay.

[01:13:31.09] **Jesus:**

The difference between you and me with terror, was when I was faced with all this terror to deal with, I didn't have the fear of that belief. I didn't have the belief that I would lose my mind. In fact, I had the opposite belief, that I would actually find myself more fully once I felt it. You have a different set of beliefs than I did, so you're not going to be able to do exactly the same things that I did, in dealing with your terror. To deal with your terror, you're going to have to firstly address the blocks to your terror.

[01:14:04.15] **Participant Male:** The mind stuff, and getting lost.

[01:14:06.21] **Jesus:** Yes.

[01:14:07.05] **Mary:** And how that relates in your family, as well.

[01:14:11.03] **Jesus:**

You have a big hook into the family with regard to they feel you'll go crazy, and you do, too. You do feel that you'll go crazy if you feel this ...

[01:14:20.20] **Participant Male:** If I haven't already.

[01:14:21.13] **Jesus:**

If you haven't already, yes. You feel that you're going to lose your mind, and if you look at your family's emotions, there is a very big emphasis on retaining your mind ...

[01:14:32.01] **Participant Male:** ... mind, yes.

[01:14:32.25] **Jesus:**

With regard to everything as well: and if you also look at this issue that, what do you get by not doing your terror? What do you feel when you're not terrified? How do you feel then?

[01:14:44.21] **Participant Male:** What, like now?

[01:14:46.26] **Jesus:** Like now.

[01:14:47.22] **Participant Male:** Yes, I feel fine.

[01:14:48.24] **Jesus:** You feel in control?

[01:14:50.14] **Participant Male:** I'm in control.

[01:14:51.08] **Jesus:**

So, I'm mentally addicted to having control, total control.

[01:14:55.12] **Participant Male:** Yes.

10.1.3. The participant's negative spirit influence is caused by his avoidance of feeling his terror (continued)

[01:14:55.24] **Jesus:**

And so what I need to do firstly, is look at those addictions as blockages to my feeling of the terror. What's happening is the spirits are not hooking into your terror; they are hooking into these blockages. They are hooking into these beliefs: they're hooking into the belief that you're going to lose your mind; they're hooking into the belief, that you're going to be some kind of crazy nut person, who needs to be committed into a mental institution. They're hooking into those belief systems, and that's how they're helping you get away from the causal emotion of terror.

The reality is, if you focus on the blocking emotion, there's a very high likelihood you can deal with many of those blocking emotions, without having to go into the terror at all, and in fact much of the terror may not exist after you actually deal with those blocking emotions.

[01:15:47.13] **Participant Male:**

Yes, like, I'm okay with the spirits around me, when I'm not feeling my emotions, if that makes any sense.

[01:15:58.20] **Jesus:** But there's a feeling of safety in you.

[01:16:00.04] **Participant Male:**

Yes, because I'm in control, like because I'm connected to myself, and stuff.

[01:16:03.23] **Jesus:**

Yes, but that's not going to help you connect to God, or to yourself, and so my suggestion is to go into these blocking emotions. My feelings are, that actually you have not very much terror in you to deal with, but actually there are these blocking emotions, that are causing you to be so afraid, of what terror there may be there, and these spirits are using these blocking emotions as hooks into you. [01:16:30.01]

They're using your addiction as a hook to remain connected with you. They're actually doing the same thing with you, Simon, but for different emotions. This is something to both be aware of. You are so mediumistic, that you don't want to get into this trap, of feeding these spirits' addictions, by staying addicted to the certain emotions that keep you there. And those emotions are – that emotion that you are going to be crazy, that you're going to lose your mind, that you're going to become insane – these are all emotions to look at first. [01:17:05.23]

When you release those emotions, you'll find that any underlying terror will naturally come up, and no spirit will be around you who will influence you badly in feeling them, because they won't be able to hook into your fears about the terror.

[01:17:23.04] **Participant Male:**

So just really pray about those blocks first.

[01:17:25.05] **Jesus:** Pray about the blockage emotions.

[01:17:27.11] **Participant Male:** That's this next thing.

[01:17:29.29] **Jesus:**

Can I just say a second point, and that is this doubt you have with God: remember I spoke to you about this a few months ago, that is one of the most biggest emotions to deal with for you, because if you can deal with that emotion, you will start trusting God helping you through this process. I know at the moment you have some spirit guides who you do trust.

[01:17:55.14] **Participant Male:** Yes.

[01:17:56.00] **Jesus:**

Well, start trusting them more; like connect to them, and hear what they're saying to you to do, and allow yourself to do those things. But look at the blocking emotions, because it's the blocking emotions where your addictions are, and they are the things that the spirits are hooking into.

It's just like a mate coming along and saying, "Yes, Josh, you're going to go nuts; you're going to go nuts if you do that; you're going to go crazy; I'm going to put you in a mental home if you do that." And basically all you've got is a couple, or quite a number of spirits around you, saying that to you constantly. If you allow yourself to look at what emotion is there in that for you, and you'll find there's some very strong linkage to your parents, and their desire for you to have this intellectual control, and a very strong intellectual bent in the family. All those kinds of things are all part of that.

[01:18:54.14] **Participant Male:** Okay, yes.

[01:18:56.10] **Mary:**

I just feel, Josh, ironically, it's a lot about your parents' approval, this emotion for you, and it's getting really messy – like convoluted – but I think the core thing is really about that, which if you think about it, that's where this all sort of began.

[01:19:13.06] **Jesus:**

The real terror that you will eventually feel is losing your parents' approval.

[01:19:18.26] **Participant Male:** Yes.

[01:19:19.23] **Jesus:**

That's the emotion that eventually is there; that's what I'm saying. It's not that big a terror to deal with, compared to other terrors that people have. But what's happening is the spirits are hooking into this, "You're going to go nuts, you're going to go crazy, you're going to become insane." They're hooking into those beliefs.

[01:19:36.27] **Participant Male:**

Are those experiences a terror process, like shaking, do you think?

[01:19:42.22] **Jesus:**

No, I don't feel that. I feel they're more like blocking and capping emotions.

[01:19:47.12] **Participant Male:** So some sort of grief.

[01:19:48.07] **Jesus:**

And there'll be some grief, but there'll also be some acknowledgements of truth, and some of those truths are truths like this: if God is with me, how could I ever go crazy? That's a truth. If God's with me how could I ever go crazy? If I feel all of my own emotions, how could I ever go crazy? I could certainly go crazy feeling lots of other people's emotions, and while these spirits are hooking in you, everyone around you is going to feel like you're going crazy. That's what they're going to feel, because there are all these different spirits all projecting all different emotions that you're now expressing. When you are in yourself – like you are right now – so, now you're in yourself; before when you get out of yourself, you're now allowing this.

[01:20:33.18] **Participant Male:**

I felt I'd let that happen because I wanted to show what was going on.

[01:20:38.12] **Jesus:**

That's fine, that's fine, when you get into that place, of allowing all this fear to affect you, you're not looking at the fact that, actually these spirits are hooking in to these belief systems you have about emotions, and the belief systems you have about emotions are, if I feel all of my emotions, I'm going to go crazy. Who else feels that, by the way? Well you're fortunate that you're less mediumistic than Josh, because you'd also be having a lot of spirits hooking into that. So what will be happening is that you feel that emotion.

How many of you feel like you're going to go insane, and are going to have to be put into a mental asylum? That's a definite emotion I've felt going through my own emotions. That's something that can come up. And so allow yourself to actually start thinking about those matters, logically looking at them. Use your mind that you've got, and allow yourself to logically look at those things, and ask yourself whether they're really true, and if they're not really true, or if you want to find out whether they're really true, pray to God about those things. Does that make sense?

[01:21:47.00] **Participant Male:**

Yes, it makes sense. I guess the logical thing to do is to write the list out of the blocks ...

[01:21:51.29] **Jesus:** Yes.

[01:21:53.04] **Participant Male:**

These ones that I didn't really think were the main thing, but I guess, like, in the experience of when I do experience God, I know that's real.

But it just sort of negates the injury. So, God's there, but then when God's not there, the injuries are there, and then, that's what they're hooking into.

The other thing I want to understand is, I won't ... like, my usual Law of Attraction with other things, like whatever emotion is triggered, should I continue with that? Because, like, now it's like, they're hooking into, like, I don't know, like if the emotion is intense, do I stop?

[01:22:42.14] **Jesus:**

Can I just point out a few things for you in terms of your general – and this is something I want to discuss in much more complete picture next weekend – but in general, this is the truth with regard to spirits: the more they know they influence you, the more effort they put into influencing you. [01:23:03.29]

In other words, if I you imagine yourself being a spirit up in the spirit world for a moment, and you imagine that you want to influence this person that's right in front of you on Earth: and you want to make them go nuts; you want to make them feel crazy; you want to make them feel stupid. You've got all these really angry-based emotions, and you want to dump all of that on that person. What would you do? The instant you see them respond to one of the things you do, you would just do that more, wouldn't you? That's what you'd do. You'd just do it more.

10.1.4. The negative spirit influence helps the participant to avoid his fear of going insane

Jesus:

Even now, while I'm speaking with you, spirits are now trying to influence you, intellectually, into not even hearing what I'm saying.

[01:23:44.07] **Participant Male:** Yes.

[01:23:44.15] **Jesus:** And both of these are happening to you right now.

[01:23:45.13] **Participant Male:** I'd just wish they'd bugger off.

[01:23:47.10] **Jesus:**

Now, can you see what they're trying to do? All they're trying to do is stop this influence thing, that they want to continue with you. They don't want you to even use your mind to get out of this. They want to influence you.

[01:24:03.16] **Mary:** And you want them to influence you.

[01:24:07.25] **Participant Male:**

Yes, I was getting what I want, I know.

[01:24:10.07] **Jesus:**

So what do you want out of it? What do you get out of it?

[01:24:15.25] **Mary:** What's the result?

[01:24:18.02] **Participant Male:** Well the result ...

[01:24:19.07] **Jesus:** When they influence you.

[01:24:21.18] **Participant Male:**

When they influence me is it gets me out of my stuff.

[01:24:24.16] **Jesus:** So what is that telling you?

[01:24:26.25] **Participant Male:** I don't want to deal with my stuff.

[01:24:28.14] **Mary:**

You're very afraid of dealing with some core emotions about going insane.

[01:24:33.17] **Participant Male:** Yes.

10.1.5. Focussing on blockages to feeling emotions

[01:24:34.04] **Jesus:**

Yes, so what I'm suggesting to you, is forget about dealing with those core emotions for a moment; say to yourself instead, "I don't want to deal with them; I don't feel like I want to deal with them; I don't want to deal with them. Let's look at the blocks to dealing with them instead; let's look at these blockages, these belief systems that I have, that cause me to believe that if I look at my emotions, I'm going to go nuts, that cause me to believe that if I'm looking at my emotions, I'm going to have to be put in an asylum."

[01:25:03.13] **Participant Male:**

I have to say that the fact that, like, you're saying that now, in the last month I've found that focusing on the blocks is the most important thing. Forget about the causal because that just comes – and that, I feel, is not said enough, or maybe I'm not hearing it enough for whatever reason – but, for everyone here, just focus on your blocks.

[01:25:26.20] **Jesus:**

And that's very true, Josh. Like, for me, my most difficult process in terms of all of the emotions I've ever had to process has been letting go of my blockages. Once I've let go of the last block, the emotion just flows out of me naturally and it's gone for good, but, the blockages are quite often

very intense. I've had months sometimes of dealing with blockages, to get to an emotion. The key is to be very patient with yourself with your blockages and to talk to God all the time about your blockages. I just speak constantly about my blockages. I have this internal dialogue going on all the time, inside of myself, with God, about what I'm feeling blocked about now.

10.1.6. Reasons for the participant accepting what the spirits tell him

[01:26:07.08] **Participant Male:**

I can just see them hooking into "Do I know if this is the block?" Like, when it gets scary.

[01:26:13.21] **Jesus:**

They are just playing mind games with you, and you know it.

[01:26:18.07] **Participant Male:** Yes.

[01:26:18.29] **Jesus:**

So stop engaging them with it. Like, if you know spirits are playing mind games with you, stop engaging with the mind games. Like, why do you want to play a mind game in return? There must be an emotional reason. Stop doing it. You don't need to play a mind game with a spirit. Like, spirits are just going to look at the emotions inside of you, "Oh, he's afraid about going crazy, so what's the easiest thing for me to do now? It's just to tell you you're going crazy. Yes, see, you're an idiot; you're just going crazy. Oh, I just got him to pick up the pen. Oh, yes, see you're an idiot; you're going crazy again; you're losing your mind." They're going to pick on every single instance, that causes you to believe that you're going crazy.

You don't have to engage with this. You don't have to engage with them and believe you're going crazy, but there's a reason why you are; what's the reason? Why do you just accept what a spirit is telling you, as the truth about yourself?

By the way, any of you who have friends who are schizophrenic, so called schizophrenia? Or any of you who have friends who are manically depressed? They face these same issues. They are highly mediumistic, and they allow the spirits to play mind games with them, which they respond to, and there's a reason for the response.

It's very important to understand the dynamics of what's going on. So, the key to look at, Josh, is, alright, I'm allowing spirits to influence me, in my belief systems about myself, and my belief systems about all sorts of things. Why am I doing it? Why am I engaging with them?

[01:28:19.26] **Participant Male:** It can only be my fears creating that.

[01:28:23.13] **Jesus:**

Your fear or your desire; there's a desire or a fear. What's your desire?

[01:28:28.15] **Participant Male:**

My desire is to get away from – my desire is to get away from my stuff.

[01:28:31.28] **Jesus:**

Your emotions, yes, so let's acknowledge the desire instead. Let's say to ourselves, alright, I don't want to get into my emotion.

[01:28:47.10] **Participant Male:**

But then why do the triggers happen, and why do I ...

[01:28:52.11] **Mary:**

For both of you, there's an emotion where you both have really powerful experiences with spirits, and it's powerful in your body, and it feels powerful, and there's something in that for both of you.

[01:29:06.06] **Participant Male:** Powerlessness.

[01:29:09.00] **Jesus:** Well, don't try to guess it, Josh.

[01:29:10.17] **Participant Male:** I don't know.

[01:29:10.22] **Mary:**

Just feel about that. And I've spoken to Simon, specifically, about what that's about for him.

[01:29:18.04] **Jesus:** What happens when spirits give you information?

[01:29:22.24] **Participant Male:** I feel like, I don't know.

[01:29:27.15] **Jesus:**

What happens with you Simon, when spirits give you information? How do you feel?

[01:29:32.11] **Participant Male:** I feel good, special.

[01:29:34.13] **Jesus:**

Special, powerful, you know things other people don't know. What happens when they manipulate information negatively? How do you feel now? Not very good.

[01:29:49.05] **Participant Male:** No.

[01:29:49.18] **Jesus:**

It feels sad, depressed, crazy – all sorts of things. Can you see all a spirit has to do to control you, is give you bits and pieces of information about somebody else, or yourself, that feels good, then you feel good, and then give you bad stuff that you feel about yourself, and then you feel bad. They are totally manipulating your emotional condition doing that.

[01:30:15.15] **Mary:**

And the physical sensations and stuff, there's a certain fascination and desire about that in both of you, of like, "Wow this is out of this world, and I'm feeling this." So just acknowledge that.

[01:30:27.26] **Jesus:** Can you feel that?

[01:30:29.08] **Mary:**

So, it's scaring you at the moment, but acknowledge, actually, "Oh there's a desire in me for this."

[01:30:36.29] **Jesus:**

Can you remember, like, both of you have had all of these intense spiritual interactions, haven't you? Both of you have had out of body experiences; both of you have had all these different intense things going on with spirits. How does it feel when you're in that zone? So, you feel special, different to everybody else, like ...

[01:30:59.09] **Mary:**

Like, wow, there really is something beyond, like, this whole God doubt thing you've got going on.

[01:31:05.04] **Participant Male:** It proves the doubts.

[01:31:06.10] **Jesus:**

Yes, so in other words, you now have less doubt that there's a spiritual world, yes, so you need to look at the opposite emotion.

[01:31:18.27] **Participant Male:** Why?

[01:31:20.06] **Jesus:**

Why am I getting hooked into these emotions from spirits? There's an addiction I have that hooks me in.

10.2. An example of Mary getting negatively influenced by female spirits to self-punish

Jesus:

Can I relate one thing that happened when we were travelling some time ago (to Mary), about those angry ladies who came?

[01:31:35.23] **Mary:** Yes.

[01:31:35.29] **Jesus:**

I'm just trying to remember it – it might help these two.

[01:31:38.21] **Mary:** For me?

[01:31:39.15] **Jesus:**

Yes. Mary was in this place where she was often getting angry with me – sorry, you were getting angry with yourself – so the cycle was she would get angry with me, then she would feel bad about herself doing that, and then she would get angry with herself, instead.

[01:32:04.21] **Mary:** Like, very angry.

[01:32:05.28] **Jesus:**

Very angry, like wanting to hit herself, even; like just in a rage with herself, and in that moment we could feel quite a group of spirits around her, who were wanting to influence her to harm herself, and there was an emotional addiction that Mary had to hook into that group of spirits.

[01:32:27.05] **Mary:**

Which is what was driving a lot of my comments. My experience was I didn't want to feel what was right there, right before then. So, then, that allowed all these women spirits to just hook straight in, a lot of self-punishing kind of stuff towards myself.

Jesus:

But they weren't hooking in to the emotion that Mary didn't want to feel. What they were hooking into was another emotion, and the other emotion was that Mary wanted women spirits to love her; she wanted to feel approved of by women spirits. Whenever a group of women spirits came along, Mary allowed them to hook into an emotion that she was having herself. If the emotion was anger with herself, she now wanted their approval, and they were angry with her, as well, of course and they're angry with themselves, as well, and they wanted her to act all of that out.

10.3. An example of a participant who is heavily spirit influenced (continued)

10.3.1. Emotional hooks for the participant in enabling the spirit influence

[01:33:26.18] **Jesus:**

Every spirit has a gateway into you, and the gateway is the hook you have with them, so the hook that you have with these spirits, is the powerful emotions they give you, when you're not feeling these terrible emotions. These powerful experiences of going out of body, and having all of these unique, special moments are the hook that you have into them, and you need to give up those hooks.

You need to let go of wanting to do those things for a while, so that they cannot influence you anymore with this. You also have deep emotional beliefs for yourself, Josh, that you will go crazy if you feel your emotion. So, instead of feeling your emotions for a moment, let's forget about that and let's look at this feeling you have, that you will go crazy – let's analyse it; let's dissect it; let's look at it logically. And let's look at all of the proof that you can offer those things, when you do feel your emotions, what actually does happen.

You have the means inside of yourself, you both have the intelligence inside of yourself, to deal with these matters, but you do have some very strong hooks into allowing spirits to influence you, and the key is to look at that emotionally.

[01:34:51.25] **Participant Male:**

I just have to take it one step at a time.

[01:34:54.00] **Jesus:** Yes.

[01:34:55.16] **Participant Male:** To be loving to myself.

[01:34:57.01] **Jesus:**

Yes, so whenever you feel like that going crazy place, do exactly the natural love thing that grounds you, go ahead and do that, and then ask yourself, what was my hook just before I did that? Before I lost that, what was my hook into them? What was I feeling? Was I feeling powerless? Was I feeling, out of control?

[01:35:17.24] **Participant Male:**

I can't do this; I can't make it through the whole process.

[01:35:21.13] **Jesus:**

Now talk to God about I don't believe I can make it through this process. Talk about that emotion that you were avoiding just before the spirits came into play, because the spirits came into play because of that emotion being denied.

[01:35:37.25] **Mary:**

And, Josh, there's an emotional reason why you have a fear of insanity, that's really big, and, yes, that's not one of my primary fears. There's a reason, and if you think about your family, and all of that, so look at the emotional hooks in there. Do you know what I'm saying?

[01:35:58.24] **Participant Male:**

Yes, as much as I can absorb it, I feel I'm absorbing what you're saying.

[01:36:07.03] **Jesus:**

Well, we'll get a recording of this, and obviously you'll be able to listen to it again.

10.3.2. Focussing on blockages to feeling emotions (continued)

Jesus:

This week, my suggestion is focus on the blocking emotions. Forget about dealing with the emotions that you don't want to deal with. This week, look logically at the blocks that you have to dealing with the emotion: logically at the block of, going crazy; logically at the block of, losing your mind. Logically, look at all of those things from a logical perspective, and concentrate on one other thing and that is, do not listen to spirits who you know are negative, anymore.

[01:36:43.07] **Participant Male:** Yes.

[01:36:43.29] **Jesus:** Just do not ...

[01:36:45.02] **Participant Male:** Don't listen to them.

[01:36:46.28] **Jesus:** Don't ever hook into them anymore.

10.3.3. Stopping hooking into people on Earth and in the spirit world

Jesus:

By the way, many of us do this in other ways. Like I don't know how you find it, you might be a person who's on the Internet a lot, and you can hook into forums, and you get so hooked into forums emotionally, that there's all this stuff going on and all day, every day, you want to check what's going on, on the forum, and what's happening on the forum, and

what's being said here by that person, and what's being said by this person, and so forth. And basically, if you were mediumistic, you'd be hooking into a whole heap of forums in the spirit world, who are all going to do the same thing. They're all driven by an addiction.

We've got to say to ourselves at some point, hang on a sec, if I'm hooking into this group of negative people, I have got a reason why I'm doing it inside of me, and I need to allow myself to look at why I'm doing that.

If I were doing that in a physical way, I would just give myself a forum diet. Like, I'd say, no more forums for a month, and let's feel this emotion as to why I've got to hook into it. I would be saying to myself – if I were you guys – no more spirit interaction for a while, put myself on a spirit diet. No more spirit interaction for a while. Because you can easily get it happening again, you haven't got a trouble with mediumship at all, you can easily get it happening again. Put myself on the diet, and then allow myself to feel the emotion of what I feel not having that interaction, and there's my addiction.

10.4. An example of a very spirit influenced German participant who has spent time with the heavily spirit influenced participant

[01:38:22.18] **Participant Male:**

It's interesting that we (the previous participant and I) spent two months together. Is that not a good thing?

[01:38:36.02] **Jesus:**

No, I think it's a great thing, an interesting Law of Attraction. The two most mediumistic people in the group, probably, happen to finish up spending two months together. It is a very interesting Law of Attraction, and so, obviously you have some very, very similar feelings that have caused the attraction.

I don't feel it's a bad thing you've spent time together, but I do feel it's important, that both of you start looking at what's really going on, and what's really going on is, both of you are allowing spirits to tell you what to do.

[01:39:12.02] **Participant Male:**

My Law of Attraction changed in a way that, at the moment, I have to be emotional, or so many things are going on. I have just one month left here and I see that like a deadline. So, when I'm back in Germany, there's no one ...

[01:39:33.07] **Jesus:**

Yes, but Simon, that's not the truth by the way. Like, there is God: God's got far more power in your life than any person here who can help you. You're not alone, ever, in that state. Like, in my own progression there has not been anyone, who's ever assisted me personally to deal with an emotion. In fact, I've had every single person around me, most of the time, has been against me dealing with an emotion, but that hasn't stopped me from dealing with emotions. But it is a fear you have.

[01:40:06.23] **Participant Male:** Yes.

[01:40:07.02] **Jesus:** So, let's address it as a fear.

[01:40:09.06] **Participant Male:**

At the moment, right now, my girlfriend broke up with me after one and a half year relationship because I'm getting more honest with her, and that triggered the fear. She's just angry and it's just that I feel things about that, but then I know that it's a spirit, and then they are laughing, and then they are letting me feel that.

[01:40:35.08] **Jesus:**

As soon as you have these spirits laughing at you, you've got to stop whatever processing you're doing, get back in your body, and stay in your body, and realise all they're doing is hooking into something here with me.

10.4.1. Identifying emotional hooks with spirits

Jesus:

The first thing to address whenever this is happening is, what is it that I want from them? What inside of me? So what Mary had to deal with was what's inside of me that wants this group of women spirits to have their approval? Why do I want their approval? In your case, there's going to be an emotion inside of you in that moment.

This is what I'm saying, put yourself on a spirit connection diet. Like, "You guys, I'm not listening to you anymore, and what I'm going to do, instead, is I'm going to look at why I'm listening to you." What's going on for me?

[01:41:27.28] **Participant Male:**

I could not understand what you're saying, they just ... I was just ... I don't know what to do ...

[01:41:38.05] **Jesus:**

Well, right now, when I'm speaking to you, you're not even hearing me, you're hearing them.

[01:41:42.23] **Participant Male:**

Yes, they're laughing and saying you have no power anyway, and we can do that anyway. It doesn't matter how ... who is saying something to you, and ...

[01:41:51.16] **Jesus:**

All right, Simon, so why aren't you longing for God in that moment? If you long for God right now – you just do that. You let yourself – you just sit there and long for God.

[01:42:02.22] **Participant Male:** It's so hard.

[01:42:03.22] **Jesus:** Why is it hard?

[01:42:05.08] **Participant Male:**

I don't know what to do. It's like they just don't let me do that. It's so crazy.

[01:42:15.12] **Jesus:**

They have less influence on you than I do. Because I'm in the physical and I can have more influence on you than they do.

[01:42:23.10] **Participant Male:** Yes.

[01:42:23.28] **Jesus:**

The truth is that they have less influence on you than I do, because there's double influence here. There's a spirit influence and a material influence when I'm here with you. So, why are you allowing their influence?

[01:42:36.15] **Participant Male:** Just don't want to feel the pain.

[01:42:40.09] **Jesus:** What pain?

[01:42:41.20] **Participant Male:**

About my life. About going crazy, going nuts, everything. Now they're laughing again, and saying, "You can't speak English, you can't understand that." I feel projections here.

[01:42:59.14] **Jesus:**

Yes, so they're laughing at you and what do you feel?

[01:43:04.22] **Participant Male:** Just sad.

[01:43:06.26] **Jesus:**

What do you feel about them laughing at you?

[01:43:09.20] **Participant Male:** I have no control.

[01:43:13.22] **Mary:**

I've got to stop you, Simon. I feel that you're giving them control, and there's a reason why. So, you're getting into this powerless feeling, but I feel it's a "furfy" as AJ would say.

[01:43:27.29] **Jesus:**

You're giving them control? Why? What do you get out of it, Simon? No, stay with it. Don't give them control, again. You're giving them control again. Let's stay with this. Let's just stay. What do you get out of giving them control?

[01:43:57.15] **Participant Male:**

I don't have the answer for that.

[01:44:05.18] **Jesus:**

You don't have an answer for that.

[01:44:07.27] **Participant Male:** Yes.

[01:44:08.23] **Jesus:**

I feel you do have an answer for that. You get something out of giving them control. What is it? And perhaps instead of continuing this with the group, in a group, perhaps come up in the break and we'll talk about that a little more.

[01:44:24.19] **Participant Male:** Yes.

[01:44:25.04] **Jesus:**

You're giving them control and it needs to stop, but you don't want to stop it.

[01:44:29.21] **Participant Male:** Yes.

[01:44:30.11] **Jesus:**

But there's something in that for you. Can you see how addictions come into play? Now, when we're mediumistic with spirits, it's very, it's very difficult because they're with us twenty-four by seven. With people you can at least run away from them. With people here on the planet, you can say, "I'm going to get out of their space, they're trying to control me." And you can go off, and you are no longer easily controlled by them.

But when you're allowing spirits to control you, now what's going on is they're going to be with you twenty-four by seven until they either give up, and go away, or they have total control. That's what's going to happen here, one of the two, and you don't want the second to happen.

Let's look at the reason why you have the control. So, perhaps Mary and I will have a chat with you in a minute when we have a break. Is that alright?

10.4.2. Being influenced by people on Earth and in the spirit world

[01:45:27.24] **Participant Female:**

I just wanted to say that I feel really strongly that it's no different whether you're in body or not when we get stuck in, like I can feel that; I've felt that in relationships, and I watch it in my mother and father who would fight all the time, and go away for a little bit, and then come back. They were absolutely addicted to the pattern.

[01:45:48.16] **Jesus:**

That's right, yes, and the only difference in the physical, is we can get away from the pain for a little bit, usually, by just withdrawing from the person, but a lot of times we don't even want to withdraw from the person.

[01:45:58.29] **Participant Female:**

We don't even do that, no, because whatever it is, they stick like glue ...

[01:46:01.20] **Jesus:**

Yes, I've seen people who at seventy are still fighting like cats and dogs.

[01:46:05.15] **Participant Female:** Try eighty.

[01:46:06.05] **Jesus:** Yes, your parents are eighty.

[01:46:07.28] **Participant Female:**

You know, totally in there all the time.

[01:46:10.09] **Jesus:**

Yes, at each other's throats. Like, why is that? Because they are addicted to this process. There's an addiction going on for both of them, and this is the same with spirit interaction. It's just another addiction at play. It's a little more intense because it's twenty-four by seven, and a bit more difficult to have a rest from.

[01:46:28.10] **Participant Female:**

Right, because you don't even sleep.

[01:46:28.23] **Jesus:**

But, yes, and a lot of times you don't even get any sleep with it or anything, like there are a lot of things at play, but it's still the same kind of addiction.

[01:46:38.07] **Participant Female:**

And when it's not fighting, it's a control game anyway. They get upset and then try to be friends again.

[01:46:45.10] **Jesus:** Yes.

[01:46:45.26] **Participant Female:**

But it just doesn't last very long because they're both fighting for control.

[01:46:49.04] **Jesus:**

Yes, that's right, and all of these spirits are doing with the guys, are they want to control you in the end. They want total control of your body, and they want total control of everything you do. And by the way, some of your friends, they have total control of already. Some of your very mediumistic friends in particular, they have total control of you already, and they want the same control over yourself. It's just quite a simple thing is what they want. The thing is to look at why do I want to give them control, and we'll talk about that a little more privately with you.

10.5. Being open to receiving positive and negative influence is dependent upon desire

[01:47:33.06] **Participant Female:**

I was just going to ask a question there. What about the angels and beings that are of benefit to this situation? You know, with mediumship. Surely if there's this going on, and my soul pain is attracting that addiction, what about the ones that are there to assist us? Like, could you use them in this situation?

[01:47:58.22] **Jesus:**

You can, but if your desire to give the ones who are malevolent power, is stronger than your desire to have the stronger spirits help you, then the stronger spirits are not going to be able to help you very much. This is why it's so important, to deal with the emotional reasons, why I want to give the more damaging spirits the power that I'm giving them.

10.5.1. An illustration of being differently influenced towards drinking alcohol

Jesus:

It's a bit like, let's say we had a group of five people, standing here with

me for a moment. Two of them wanted me to drink to get drunk, one person wants me to just drink, but not get drunk, and the other person wants me to stay sober, and I'm the fifth person. I've got two people wanting me to get drunk, one person who wants me to drink, and one person who wants me to be in a tee-totalling state, let's say. Now, I'm getting bombarded with a group of emotions, am I not, in this interaction? What am I going to respond to? Can you see it's going to be very dependent, upon what emotion is in me towards each one of these people?

It's exactly the same situation going on with these spirits, surrounding Josh and Simon. What's happening is the two people who want me to get drunk are with me, and if I'm hooking into them emotionally, if I'm giving them some power over my life, what's the power over my life? I might think, "Oh these are cool people, I really like these kind of people, I want to be their friends." I want to have an interaction with them. "They're the ones that get all the chicks, and I don't get any girls." I want to get some approval from them, so they show me how to do that, but they're the ones who want me to get drunk as well.

In this moment, these two other people who are here, one of them who has got a much better intention about my life, and a person who's not too malevolent with him, they're not going to matter to me very much in this interaction. [01:50:00.17]

Let's go and replace the two people who are just normal, with two angels for a moment: so we've now got two Celestial Spirits, right there, who don't want me to get drunk; they don't want me to act upon any negative emotions, they don't want me to kill myself, or to harm myself in any way, or anything like that. Then on this side I've got two people on Earth, who want to show me how to get women, but they also want me to get drunk, and all that kind of stuff.

Can you see I'm now still in the same interaction, aren't I? Who am I going to give my emotional power to? Who do I want to have control over me? Who do I feel is more important? If I feel these people, who want me to get drunk, are more important to me, and they can give me something more, they can help me more in my life, and all those kinds of things, who am I going to give my power to? Those two people still; these two angels are not going to matter to me at all, really, in that interaction.

10.5.2. Celestial spirit positive influence and negative spirit influence

[01:51:01.01] **Jesus:**

Let's replace these two people with two very nasty spirits: can you see there's no difference? Now I've got two very nasty spirits, who I still

want an interaction with at some soul level, and I'm still wanting to ignore this other interaction for some reason. What I've got to do, is allow myself to look at why I'm hooked in emotionally. I obviously have some kind of addiction going on, with these spirits here on my right hand side, who are going to influence me in some manner, and I obviously want that for some reason. What are they giving me? What do they give me? There's something they give me, that makes me feel good about myself, that these other spirits, because they love me, don't want to give me; they want me to create it inside of myself. I'm getting this thing from these spirits, and I want that thing from these spirits so much that I'm willing to compromise a lot of things inside of myself to get it.

That's why, a lot of the times, while we have Celestial Spirits surrounding us, they're not as influential with us as they could be, because I'm not allowing them to be influential with me; I'm allowing these negative ones to be influential with me. Can you see the difference?

[01:52:24.13] **Participant Female:**

Yes, thank you. Just, with that, then is the process to then talk to God, in prayer, and ask, for more assistance from the Celestial Beings that are there to assist?

[01:52:37.06] **Jesus:**

Well, two Celestial Beings are plenty of assistance – they're all the assistance I'd ever need in my life – what the problem is, is that I am not allowing them to assist me. I am hooking emotionally into these other people. So what I'd be better off praying about, is what is the emotional reason why I'm ignoring the help, that is already there waiting for me to get assistance. You guys both know there is plenty of help there too; you both know that.

Why am I ignoring those spirits who are very positive, very powerful, very loving, and why am I wanting still to connect to this other group of spirits? There must be a reason inside of me why I want that. I'd be better off praying to God about that, than I would be asking for four spirits to come along and help. Because at the end of the day, if I'm still hooking into these two drunk people who want me to get drunk. there can be a hundred sober people in the room, and I'm still going to be hell-bent on getting drunk.

[01:53:37.05] **Participant Female:** Okay, yes, thank you.

[01:53:38.02] **Jesus:**

That's the issue that we all face with our interaction with spirits, and that also demonstrates, how much an addiction affects your choices emotionally.

[01:54:00.27] **Participant Male:**

I was told a while ago by spirits, that the Angelic Spirits always totally respect our free will, and the other spirits trying to influence us have no concern about our free will at all – all they want is to influence us – and once we accept that, there's nothing that the Angelic Spirits can do.

[01:54:20.05] **Jesus:** Yes.

[01:54:20.12] **Participant Male:** We're on our own.

[01:54:21.17] **Jesus:**

You're on your own. Basically you are breaking a law expecting spirits, if you expect: you're hooking into these people who want you to get drunk, let's say, and then you want these other people, to somehow manhandle you out of that situation. Is that what you want?

How are they going to manhandle you? They're going to have to lift you bodily out of the situation, and take you away, aren't they? If you're wanting to get drunk with this group of people, the only way a good person can help you out of that, now, is to actually physically pick you up, chuck you over the shoulder, constrain you, and take you, which is actually a very damaging process of harming your free will.

In the end, they've got to respect, and a spirit has got to respect that, you want this interaction here, and there's a reason why you want this interaction, that has to be identified and looked at and examined – the interaction is based around an addiction within myself. I want this so much, that I am willing to deny the help of a myriad of angels. Thousands of angels could be there, trying to help me, but it's immaterial, while I'm trying to get this feeling from these other people, and it's immaterial while I'm hooked on this addiction. That's what I need to understand if I really want to have spirit assistance.

Our spirit friends in the spirit world, who are Celestial Beings, are always going to act in harmony with God's Laws when they help us, and one of God's primary Laws is, while I have an addiction emotionally to something, they cannot help me, except by helping me with my addiction. And if I have a total unwillingness to identify my addiction, look at it, feel it, and work my way through it, then what can they do? They can't pick me up and go, "No, mate, you're not going to be there."

By the way a Celestial Spirit can easily just pick you up, and take you over there, easily enough, but by doing that they would be breaking a law themselves, so they can't – they physically can do it, but they can't actually do it – because your will is to be with these groups of people, who are harming.

10.5.3. Addictions drive a desire to be influenced by negative spirits

Jesus:

For you guys, look very strongly at why you want to be with these spirits who harm you; there's something in that for you. Look at that addiction – it's very important to look at that addiction – if you look at that addiction, notice yourself even now, you're much calmer, you feel more connected with yourself, just by talking about the issue. But can you see how even just talking about the addiction, makes you aware of what's going on.

It's a matter of just focusing on that through the week. Just allow yourselves to work your way through that. Start allowing yourselves to hear the Celestial spirits, and what they think about your addiction, because they can actually tell you what your addiction is. They can say, "Josh, your addiction is this." They can say, "Simon, your addiction is that." If you're willing to hear it, they can help you immensely.

Expectations & Addictions S1P2

11. The effect of addictions on emotional interactions

[00:00:15.20] **Jesus:**

I wanted to talk a little more about the addictions, how they affect us emotionally, and what actually goes on, in an emotional interaction between yourself and another person, because most of your addictions are not at play intellectually, but rather they're at play at the soul level – at the emotional level.

11.1. Addictions automatically draw or repel others

Jesus:

What happens when you walk into a room, at the soul level, every single addiction that you have is getting projected to that entire room, and every single person in that room, who has a sympathetic addiction to yours, will feel that particular projection coming from your soul. They will automatically be drawn to interact with you at some level.

You can think of me as this ball of emotions, and therefore a ball of emotional addictions, and I'm walking into this room with this great big baggage. We could think of it like Father Christmas with his great big bag on his back. So I've got this great big bag of gifts for everyone around me, they're all my addictions, that I'm going to be giving out, and everyone around me automatically hooks into, every one of those gifts that I've got inside of this bag, automatically.

It's automatically happening without any person, usually at this point in time, being conscious of what just happened. This is why we call these emotions the "subconscious" a lot of the time, but in reality we are capable of being conscious, of all of these emotional addictions. What happens generally, is we don't want to be conscious of them, because they give us what we have as our definition of love – our definition of love, is severely impacted by the addictions that we have inside of ourselves.

I'm carrying this bag of gifts in there for everyone else. They're instantly attracted to what's in my kitty, emotionally, and as soon as I walk into this room, they now either want to have an interaction with me, or feel repelled by me, depending upon what emotional addiction is being met inside of them.

So a person walks in the room, who is only going to speak truth to people. Can you see they're not going to attract very many interactions most of the time? And the reason why, is because most of the time in the

world, there are not too many people, who are addicted to getting any truth. There are a lot of people who want to not have truth told to them, so they'll all look at him and go, "Oh, don't like the feel of them," you know.

[00:03:15.28] **Jesus:**

Imagine that's you walking in, and then you've got this other addiction – I want everybody's approval. So, I'm walking in with this bag of truth, which is a good thing, isn't it? And then, on top of that, I'm walking in with this other bag of I want everyone's approval. So I walk in, they feel the feeling of wanting to give out truth, and none of them feel hooked in to that, and I'm feeling, like totally lonely in this room now. My feelings are nobody here wants me. What do I have to do now? I've got to now feel something that's going to make them feel good, so I've got to hook into their addictions.

A lot of the time, what's actually happening, in almost every interaction, at any point in time, is I'm responding to their addiction, they're responding to my addiction, and I'm responding to their addiction. It's like this addiction dance that's going on between everyone. All that's happening, is actually none of us are getting to work through any causal emotion, and ironically we're not even having a sincere interaction, in most of our lives because, there's addiction after addiction after addiction after addiction after addiction, in play. This is why it's so important to deal with addictions, because you're not being your real self acting in this manner; you're being yourself that actually needs all this stuff from everyone else outside of you.

[00:04:54.16] **Participant Female:**

For example, if we're in a room of people and we notice an addiction rising, to stop that from being projected on to the world, how, still maintaining some sort of social ...

[00:05:12.18] **Jesus:** Equilibrium.

[00:05:13.00] **Participant Female:** ... etiquette ...

11.2. Addictions are automatically projected out of us

[00:05:14.11] **Jesus:**

Let's firstly dispel a false thing in what you just said: firstly, you can't stop your addictions from being projected onto the world. They are automatically projected onto the world because you have them. The only way you can stop the addiction from being projected onto the world, is by going through a process inside of yourself, that causes the addiction to be released. Once it's released, it will not be projected onto the world.

I can have this addiction inside of my soul, I walk into the room, and I'm going, "Please don't feel that addiction; please don't feel that addiction." And the truth is I can't stop the addiction from being projected in that state. The only way I can actually physically stop the addiction from being projected is to actually release it – now it won't be projected, and I won't even have to worry about it being projected either.

11.3. Levels of awareness that reduce addictions being projected outwards

Jesus:

But there are a series of levels of awareness, that we can go through, that reduces the addiction being projected, and let's look at those.

The first level is total denial of the addiction. When you're in a place of total denial of addiction, that's when your addiction is getting projected the most. Everybody and sundry are feeling it, your family, your friends, everybody – many people on the opposite side of the world, who are connected to you, will be feeling it by the way – it's just going out of you, going out of you in this total denial place.

The next step down from them is my saying, "I'm in denial about this addiction." Just my awareness of the denial of the addiction, will actually lessen the projection to everyone else. As I step down into more and more awareness, and eventually step down into the emotion of the addiction, and eventually when I clear the emotional addiction completely, that's when I have no influence on anybody else with that addiction. [00:07:21.19]

In between the top level, which is the total denial of the addiction, intellectually or emotionally, and the bottom level, which is the actual full release of the addiction, in between that state, I'm going to be in various places at any one point in time, and my Law of Attraction will tell me what place I'm in.

Let's say I walk into a room, and every woman in the place looks at me and glares at me. I've got to figure out, well there must be some kind of addiction I've got going out of me, that causes every woman in a place to automatically feel angry with me, and I need to allow myself to feel my way through that emotion.

What I'll try to do, often, is I'll try to avoid that result of that Law of Attraction. What I'll do is I'll go up to the first woman who's angry with me, try to cheer her up, but trying to cheer her up is not going to work, because she's still feeling the emotion that created, that instant response

inside of herself that came from me – and I need to feel what that emotion was.

So, I got this instant anger, I feel all the women hate my guts, and I felt angry with all the women there, so, my emotion might have been anger with all these women, and I'm addicted to being angry with women. I want to be angry with women. "Women are this, women are that. Women are this." And when I get with my mates, it's "Women are this, women are that, women are this." And when I've got the opportunity to abuse a woman, I take it, you know. There could be all those kinds of things going on for me.

I need to allow myself to say, "All right, I am addicted to my rage with women; I love being angry with women; I like to blame women all the time." That level of awareness, just that first step, is actually going to reduce my projection at the women. Just my acknowledgement, that I have that in me reduces it by that one, by that one step.

The principle that I'm trying to get at, is that if you allow yourself to even just acknowledge the addiction intellectually, you are automatically now projecting the addiction less to your environment, and the more you go down, and step down into the awareness about the addiction, the less the projection becomes.

You can experiment with this if you want. You know, it's quite interesting, actually, once you start experimenting with these kinds of emotions. You can start acknowledging the addiction, and seeing how people change in their interaction with you, while you're having a conversation. You'll be totally surprised.

Like, you'll feel, "Oh, it feels like this man's really angry with me. All right, there's something inside of me that I'm demanding of him at the moment." And you start acknowledging, "Alright, there's something I demand." And while you're feeling these emotions, you'll actually start noticing a change in the person's interaction with you, ironically. Like, it's just amazing; it's instant by instant, that this happens. Allow yourself to experiment with that. You can enjoy this process of experimenting, rather than feeling like it's a terrible chore, and allow yourself to get into the underlying emotions.

11.4. Accessing emotional reasons underlying addictions

Jesus:

When you do that, what will happen is you'll go through scales, of getting fully into your emotional reasons, why you have the addiction. Obviously, the best possible place is to remove the addiction completely, from your

core emotion; that's the best possible place. But that place is going to need processing some emotion about it, what's underneath it, and all those kinds of things – some core emotions, maybe from your childhood, or some today expectations that weren't getting met, that you need to grieve will release that emotionally.

In the situation you may not be able to do that, but you can acknowledge that you need to do that – you can even get out a pen, if you want, and have a pad with you and write it down – that's something I can deal with later even. You can do that, or you can decide to walk outside, in that moment, and deal with it then and there. It's really up to you.

A lot of people say, though, that what I'm saying to them isn't practical in real life situations. I would put to you though, that actually everything that I'm saying, is totally practical in real life situations. You can actually, even in the room, deal with the addiction completely. You can do that, but you're going to get a lot of projection from others doing it, and we're afraid of the projection from others, are we not. That's why we step out of that.

Not only do I need to note down the original addiction, I need to note down the other addiction, that I need everyone's approval to deal with the original addiction, before I'll deal with it, and that's just another addiction that I have that I need to deal with.

What often happens there is, I go away and I work my way through the underlying emotions, of why I need everyone's approval so much, and once I work my way through that emotion, then it's going to be much easier

for me, when I'm in the situation, to actually deal with the original addiction. When I allow that to occur, then everything will happen quite smoothly.

12. Examples of addictions playing out in interactions

12.1. An example of Jesus and Mary's addictions a wedding that Jesus and Mary attended

[00:12:48.10] **Jesus:**

Mary, do you mind me mentioning some things about a wedding we went to? I have to ask her because she might get angry with me, (Laughter) and I'm addicted to her not being angry with me. Maybe I'm not because it happens a lot, but anyway.

We went to a wedding yesterday, and Mary's quite afraid of going to the wedding, because she realised over the last couple of years, that she's had a lot of addictions into friends, and a lot of addictive emotions with them. When she's with them, it's very, very different in situ, and she often acts upon the addictions as a result. After the wedding, we started talking about some of the addictions, and Mary talked about hers, and she realised a lot of things.

What I said to her was, "This is what I wanted to do." I walked into the wedding, there were fifty people and seventeen children, and I could feel all of the emotions. There was one person there who I felt I could connect to on a meaningful level, one person.

So we went up to them and talked to them, and we spent a bit of time with them in the evening, but I said to Mary, actually, after I dealt with that one person, my next impulse was to go home, but the wedding ceremony hadn't even begun at that point. (Laughter) My feelings were, like, Mary would be pretty upset about that, because she's there for other reasons than I am, and I didn't know anybody there, obviously; but there was only one person there, that I actually felt like I could connect to on a meaningful soul level, aside from Mary, who was there.

My feelings were, in that moment, that I didn't need to be there for anything else, other than the connection to this person. So we talked to this guy for some time, and we had a really good conversation with him actually, he was really switched on spiritually, quite switched on spiritually, and we managed to talk to him on a number of occasions, fortunately, because otherwise I would have totally not wanted to be there.

But what I'm getting at is that, in that situation, imagine you're at a wedding, and you've been invited there, you've been one of the select few to be invited: there is so much emotional pressure for you to not leave. You think about every time you've gone to a wedding, and been bored out of your brain, and many of you have, let's face it. You've sat there, until you think that it's the right time you can get away with leaving. How many times has that happened to you, where you've gone to a social function, and you've been checking to see when's the most acceptable time to leave?

In that situation, I need to look at my addiction; my addiction, in that situation, was to not upset Mary. If I left, Mary would have not known what to do. Does she come home with me, or does she stay there – what does she do? You know what I mean? Can you see how we can so easily act upon our addictions?

I said to Mary afterwards, I want to get into the state, emotionally, where I can actually go to that wedding, even when I'm invited, I can go to that

wedding, connect to the people who I know I can connect with, and then go home straightaway, and do something different. Like, I said to Mary that I would have been far better off going home, a third of the way into the evening, watching a triggering movie, making love to Mary, and doing a few other things that would have connected me a lot more emotionally, than zoning me out and feeling quite bored.

For Mary, the emotions were totally different, because there were a lot of different addictions at play. I knew none of the people there except very briefly; I'd only briefly met them, whereas Mary has known these people for years, so there are a lot different emotions at play for both of us.

12.2. An example of how Jesus behaves at his family gatherings

Jesus:

Mind you, if I go along to a family's wedding in South Australia, I do leave when I want, which is something that I've learnt to do, to not stay in a place, and I've also learnt to make it enjoyable if I want to stay. One of the last functions that I had with the family, was I brought a karaoke machine with me. Normally the family do's are totally boring, so I thought, well, I'm tired of that. I don't want to go along to a family do, and be totally bored out of my brains, and I enjoy singing, whatever, even though I'm not very good at it sometimes, as most of you know.

So I took the karaoke machine along with me, set it up, and they all looked at the machine, and they go, "What's that here for?" I said, "I think it's time we had a song." What we did was start playing, and then I started encouraging each of the family members to get up, and have to do a song, too, and it was so much fun. About seven hours later we were still dancing and singing. Everyone went away feeling like that was really uplifting, and really good fun, and everyone enjoyed themselves. The reason why, is that we can go along to a place and be giving emotionally and loving emotionally, and also staying in the truth of ourselves and our character, and everyone around us will actually enjoy that.

12.3. Addictions cover over our true selves, and allow us to avoid some feelings or gain others

[00:18:53.02] Jesus:

The problem for most of us is that we are addicted to the belief, actually, that no one really enjoys you, that everyone's going to judge you instead, and we often have these addictions at play. What we do is we go there, and we're very tight and we're very straight laced, and we do only certain things that we wouldn't normally do. As a result of that, everyone,

obviously, thinks we're quite boring, just like we think they are, oftentimes, when in reality none of us are being true to ourselves. This is why it's so difficult in social functions, because oftentimes what we're doing, is severely constraining our true personality because of our addiction.

Can you see when you've done that in your life? You go along to a club. There are only five people dancing, and there are a hundred people sitting down. Are you going to get up and dance? Well, some might, but most people wouldn't, would they, because they'd be afraid of getting judged. "Oh I'm not in good practice because last time I did that dance was then ..." you know, worried about getting judged.

We go into these addictions, these addictive emotions, and the addictive emotions are – I want to not get some things. So don't think that all your addictions are about getting things; a lot of your addictions are about actually avoiding things, as well. We're often very addicted to avoiding things.

12.4. Determining the difference between kindness and addictions

[00:20:42.18] **Participant Female:**

I just wanted to know, if you're in that situation where you might want to please Mary, and you didn't want her to be angry, wouldn't it be also that maybe you want to do a kindness to Mary, because she really wanted to go, and it wouldn't really harm you to do something for her, you know. That's what I don't understand. Where is the difference between a kind act and a selfish act?

[00:21:09.09] **Jesus:**

That's very different to my definition of love. See, everything that I do that's loving for Mary has to come from my desire, my pure desire. For it to be a pure desire, I need to enjoy the process of doing it, and if I'm not enjoying the process of doing it, then it's no longer a pure desire, and therefore it's no longer loving anyway.

What you call an act of kindness, becomes an act of unkindness towards yourself, and if you're unkind towards yourself, you are certainly not being kind towards your partner. You see a lot of us believe that sacrifice is love.

[00:21:49.17] **Participant Female:**

Oh, yes, I mean, I was brought up on that, and I find it hard to recognise the difference.

[00:21:59.19] **Jesus:**

Yes, the truth is that sacrifice is never love. If I sacrifice you I am not loving you, but if I sacrifice myself I am not loving myself, or you either. If I desired to please Mary, and that's the only reason why I'm at a wedding, I shouldn't be there.

[00:22:17.25] **Participant Female:**

I don't mean to please her, but you recognise that she really wants to go, and if you've got nothing better to do that afternoon, then why not just go?

[00:22:25.16] **Jesus:**

I've always got something better to do, (Laughter) always.

[00:22:28.26] **Participant Female:**

Well, even if you had, you know ...

[00:22:30.28] **Jesus:**

Even if I had – see what's the emotion you feel? You feel that I'm being unloving to my partner.

[00:22:38.29] **Participant Female:**

No, I don't feel that you're being unloving, I just want to know the difference for myself, because that's a conflict all the time in my life.

[00:22:46.10] **Jesus:**

Yes, but what I'm asking you to do is look at your judgement of it. You're judging yourself all the time in your life. Every time when you sacrifice yourself for another, you believe that's a good thing. That's a belief you have inside of you from your childhood. You were taught this belief, that it's a good thing, it's a kind thing, that's what love really is. We've all been taught these lessons.

What I'm saying to you actually, no, God never sacrifices Herself for you – ever. God never sacrifices any of Her Laws for you, ever. You can be in extreme pain because you're breaking one of God's Laws, and God's not going to say to you, "Oh, hang on a sec ..." What was your name?

[00:23:33.12] **Participant Female:** Mary.

[00:23:34.13] **Jesus:**

Mary. "Mary is breaking one of my Laws, but she's in terrible pain, so I'll make this one time sacrifice for her so that she doesn't feel that pain." God doesn't do that. Why doesn't God do that? Because it's not love; God only does what's love, so, I need to learn the same process inside of me. I need to learn to only do things out of love, as well.

When I learn to do things out of love, Mary is going to feel the full extent of my love. She's not going to want me to go to places that I don't want to be at, for whatever reason. By the way, I will get to a state where there's not any place that I really don't want to be at, because I'm not in a state where I'm getting triggered by that location.

12.5. An example of Jesus and Mary's addictions at a wedding that Jesus and Mary attended (continued)

Jesus:

Last night, for example, we went to this wedding, my feelings weren't negative about being there, I was happy to go. But in the process felt, oh, there's only one person here, who I can have a sincere and honest interaction with, besides Mary.

I was perfectly happy to have a sincere and honest interaction with Mary, the entire night, sorry – and we had quite a few – but there were quite a few where we didn't have, where Mary didn't want sincere and honest transactions, either. I stepped away from her in those times, because I don't want to be involved in insincere interactions, even with Mary.

[00:25:01.11] Participant Female:

I went to a wedding yesterday ...

[00:25:04.09] Jesus: Did you? Awesome, was it the same wedding?

[00:25:05.14] Participant Female:

No, not the same. I really didn't want to go, because I knew nobody, and I didn't feel I would relate to most of the people there. But having gone there, I opened up incredibly to a lot of the people there. And I got so much out of it in the end, that I am left totally confused.

[00:25:34.01] Jesus:

See, I did want to go. You and I had different emotions. I definitely wanted to go to the wedding.

[00:25:36.07] Participant Female: Right. Okay.

[00:25:40.12] Jesus:

Because if I didn't want to go, to be frank with you, I would not have gone; like, I did want to go, and it wasn't because I didn't know anybody there. I just wanted to go, because I wanted to meet new people. I always enjoy doing that, all the time, and who knows there might have been dancing there, and there might have been singing there, and I'm really into that. So, I'm perfectly happy to go to a wedding; like there was no problem with me wanting to go.

But I go, and while I'm there, I can feel how many people there, want to have an insincere interaction with me, and I'm not happy to have insincere interactions with people all the time. But I was perfectly happy to sit with Mary the entire night; of course Mary wasn't perfectly happy to do that with me. But I was perfectly happy to do that with Mary the entire night, and sit and talk with her the entire night, and have a sincere interaction with her the entire night. Aside from Mary, there was only one other person, who I could have a sincere interaction with.

Once Mary had decided, that she didn't want a sincere interaction with me anymore – and this other person I couldn't have a sincere interaction with anymore – if I stayed in my own truth, I would have felt like, well actually, now I don't want to be here, and now's the time for me to go home. And if it upsets the bride and groom, so be it; and if it upsets Mary, so be it; and if upsets every other person in the place there, so be it; because I'm no longer in sincerity myself by staying there, if I can't connect to anybody there.

There were times during the night, weren't there Mary, where you stayed in sincerity with me, and then other times got way out of it, because of some emotional hooks with others. Then you came back and we talked about some of that, and so forth, and at those times where there was no connection with Mary, and no connection with anyone else going on – I was also perfectly happy to sit in a corner and twiddle my thumbs, and pray and do whatever else I wanted in that situation.

Of course, Mary felt quite uncomfortable with that, because I wasn't talking to anybody, and so then she wanted to involve me, but she didn't really want to involve me sometimes at the emotional level, because there were some emotional hooks going on between others. So I talked to her about that: I said, "I don't need to be involved, that's fine; I'm okay sitting by myself alone in the corner. That's fine. I don't feel negative about that, and I don't feel judgement about that. I'm perfectly content; I'm perfectly content to just go out and strip off and jump in the pool that was there," do you know what I mean? Like, I was perfectly content – other people might not have been, but I was perfectly content to do those things.

This is the thing, the more you get into that state, the more you'll actually be true to yourself, and be true to everyone else there; but you also won't be upset. Like, and I wasn't upset that Mary didn't want to have a pure interaction with me all night; and I wasn't upset that the only other person who I could connect to, wanted to also talk to twenty other people as well. I wasn't upset about that. [00:28:47.15]

But I am also allowed to say, "This isn't working for me anymore." The only reason why I didn't was because of my addiction, and that's what I'm getting at. And the only reason why I wouldn't, in that state, is because of any addictions that I have, and what are the addictions?

The addictions are, what am I going to look like walking out, two or three hours before everybody else does? How is that going to look? Everyone's, "Oh, boy, he's a bit ... what's wrong with him," you know. And then how is Mary going to feel when everybody comes up and says, "Where's AJ? What's happened?" You know, "Where's your partner?" because they didn't know my name. "Where's your partner?" You know, "Where's he gone?" you know. And that would have put a lot of pressure on Mary, and I don't want Mary to feel that pressure, and so that's another addiction, where I want to save her emotionally from that.

I need to look at those addictions and address them. The more I'll release them, and I'll get into a state where I'm acting purely and with total love and intention, at every single moment and I can stay in that place. I can stay in the place where I can actually sit in an entire room like this, be totally alone, and totally comfortable as well, and not needing to have anything. And I can be in a state where I'm the only one dancing.

12.6. Determining the difference between kindness and addictions (continued)

[00:30:14.13] **Participant Female:**

So kindness doesn't exist unless it's coming from your heart, naturally. But say somebody in front of you just fell into the river, you wouldn't even think, you'd just jump in and save them.

[00:30:30.29] **Jesus:** Spot on, yes, you would.

[00:30:32.10] **Participant Female:**

But if you thought about it before, do I really want to do this, do I, you know, is this why I'm coming from like ...

[00:30:39.03] **Jesus:**

No, but this is the thing – with soul transactions you don't think.

[00:30:42.05] **Participant Female:** Right.

[00:30:43.06] **Jesus:**

The truth is if you thought, then straightaway there must be other emotional addictions at play: I'm addicted to my own safety; I'm worried about my own safety. You know, all these other addictions come into play. The truth is when you're in a state of love, you don't have to think

about these transactions. I had to think about them, because I'm not yet in this state of pure love where I can go, "Hang on a sec," where I just feel it's not right for me being here, and walk out.

[00:31:07.16] **Participant Female:** I get it.

[00:31:08.09] **Jesus:**

I'd not have to think about it even, and I know it's going to be fine, yes. This is where it's very important to look at our addictions, because our addictions are so insidious. We have so many justifications for them, and a lot of the so-called justifications for addictions are kindness, or what's the right thing to do, or what's the loving thing to do.

A lot of times we're not being loving or kind or anything at all; we're doing it because we feel we have to. And to be frank, we feel we have to, because we're addicted to an emotion from everyone else. Let's be even more frank, we don't feel we have to; we're doing it because we want something from these people; that's why we're doing it. That's the real reason.

I want something from Mary. What do I want? I want her to not be angry with me. I want something from her. I need to give that up; I need to give that up, so that I don't want that from her. Now I can love her more, if I don't want that from her anymore. If I'm okay whether she's angry, sad, whatever, I'm okay. If I don't want her to be angry, I am actually projecting at her my own addiction, and I'm manipulating my own emotion.

12.7. Allowing ourselves to be controlled, and pleasing others, are addictions

Jesus:

Many of you say, "He controlled me all my life that I was married to him." I'm sorry, he did not. You were controlling him all your life, you were married to him, through your addiction. You were addicted to his behaviour. Whenever you feel somebody else was controlling of you, it's because you allowed their control. Why would you allow their control? There can only be an addictive reason; there must be something you wanted from him that allowed him to control you.

When we talk about that, like, in my relationships with women, I allowed people to control me, and the reason why I allowed people to control me, was because I was addicted to them feeling that I was a nice man. I was addicted to them feeling like I'm a good husband. How many women feel that a husband who's out of their control is a good husband? Not many women feel that.

I'm going, alright, the only way I can feel good about myself, is to get this addictive emotion met which is: the woman has to feel that I'm a good man. How does she feel I'm a good man? Well, what I do is I earn that, through my addiction, by making her feel I'm a good man, by doing everything she wants whenever she wants it. That's how I do it.

12.7.1. An example of AJ's previous marriage

[00:34:03.10] **Jesus:**

While I was living with my first wife – well, no, she was my second wife, really, Mary was my first wife – but anyway, I know it's complicated. But, while I was living with my second wife, the first wife that I had in this life, we never argued for thirteen years. We didn't have one single argument in thirteen years. How did that happen? That tells you how addicted I was to pleasing the woman; I was just totally addicted to it.

The instant I began to try to give up that addiction, we had our first argument, and the argument was – you're leaving, basically. The argument was about breaking up because I had created, also in her, this addiction. I assisted the creation in her – the addiction that the man who does everything you want, is the ideal man. And as soon as he doesn't do everything you want, he's no longer the ideal man; he's now someone you want to throw away and find someone who does do everything you want.

I actually assisted even in the creation of that in her in that emotion, by this addiction, and I need to take some responsibility for that inside myself, in fact.

What actually happened was I married a person, who was a little angry with men when she started out, and she was quite shut down towards men, because of some things in her childhood, and then I pleased her and pleased her and pleased her and pleased her and pleased her and pleased her – I could have complained that she was controlling, but I didn't – I just pleased her and pleased her and pleased her.

Then I realised, hang on a sec, what am I doing here? I'm even compromising basic principles of love, towards my own children in this interaction. Like, one of my boys would come to me with a problem: for example, one of my boys would do something around the home, that was just very innocent, and made something dirty or broken – just one of those things. My wife wanted me to smack them, and guess what I did? I'd come home, my wife wanted me to smack them, so what would I do? I'd smack them. I didn't even know half the time what it was about. Why did I do that? Because I was addicted to the approval of the woman.

What would I have to have done if I didn't do that? I would have had to say, "Hang on a sec, what's going on here? Why am I smacking him? What's going on?" And then I would have said, "Hang on a sec, I'm smacking him. I don't want to smack him for that; that's ludicrous." And then what we would have happened, is we would have had our first argument. But, instead of being thirteen years into the relationship, it would have been five years into the relationship after we had our first child.

Can you see all I was doing, was just avoiding things through all of my addiction, and trying to make things smooth, and trying to make things smooth. To be frank with you, we believed we had the ideal relationship for a long time. Seven years in, she wants to be with somebody else, and that's my fault too. She didn't think it was my fault, I thought it was my fault. That's how addicted I was to this getting the approval, getting the approval emotion from the woman. What I'd do is I would try harder; it must be my fault. I'd cry out in the back yard about how bad a husband I must have been, for my wife to want to be with somebody else, and I'd work my thinking into "I'm working my way through things," not working my way through anything; I'm just addicted to this relationship, not wanting to work through anything.

When I came face to face with my own addictions, and realised the damage that I had not only caused to the person that I was projecting this addiction at, my wife, but also, to my children, Tristan and Caleb, who are my two sons, and I realised what I was teaching my boys, and how that was going to affect the rest of their lives. I didn't want to be a part of these addictions from that moment on, because there was all this negative creation that was going on based on these addictions.

From an outward appearance, anyone looking at that marriage thought it was a good marriage, but I could see how much I was in my addiction; and, of course, my partner was in hers. All we did was, we were acting out addictions.

12.7.2. Addictions are damaging to ourselves and others

Jesus:

What I learned from that marriage was when we act out addictions, whether we believe it or not, we are just creating damage to ourselves, to our partners, to our children, and to every other person around us. When we start facing our addictions, for the first time in our lives, we are now starting to take responsibility for the underlying emotions, that create the addictive process. When we start allowing ourselves to actually feel those emotions, and release them, that's when we really begin to live our life properly. So, I was living my life through every addiction.

There were many things that I did that were based on pure desire, too, by the way, so don't think that it was all addictions, and your life isn't all addictions either. There are pure desires you have that you're acting upon, and there are addictive things that you're acting upon.

The key is – remember what I said at the start – look at the expectations and what happens when those expectations are not met. If when the expectation isn't met, you feel hurt, or you feel angry, or any of those kinds of emotions – shame, guilt, any sad type of emotions that are attracted there – you know you're in an addiction, every time.

Every time I didn't please my wife, and I felt her displeasure, she didn't voice it, but I could feel it, I would go out the backyard and have a cry. Right at that moment, I should have realised that, actually, I have an addiction to her feeling good about me, and I needed to deal with that addiction.

13. Taking action towards change

13.1. When to stay in and when to leave addictive transactions

[00:41:18.29] **Participant Male:**

Can you elaborate on when you should stay in the transaction, and just knowing when you should remove yourself from the situation? It's a bit hard to know where's the crossover.

[00:41:41.06] **Jesus:**

Well, obviously if you're at-one with God, you would actually, probably, stay in almost every transaction, because you don't have any negative emotion about staying or leaving. When you're at-one with God, the only reason why you leave a transaction is because it's pointless.

What happens when you're at-one with God, is you begin an interaction with a person. There are no emotions being generated; there's no interaction at the soul level happening; there's nothing going on. There's no change in the person; there's no response from the person from an emotional perspective, I'm talking about here. Then what you would do is you should say, "Oh, this is pointless having this interaction," and you'd leave and go to some situation that has a point. That's really the only time that you would leave, if you're at-one with God; the rest of the time, you would stay in the interaction because there's always a point – when there's a point to it, you would want to stay in the interaction until, again, there's no point to it. [00:42:37.06]

The problem with that is that when we're not at-one with God, we often don't know when there's a point or not, to the interaction. We often don't see that the other person may be not wanting to face certain emotions, and wanting to run away, and all those kinds of things, and so we often act upon our hope, rather than what is really going on emotionally, and this is one of our addictions.

One of the addictions, many times, is we hope that something that we say, or something that we do, or there's something that will just make a change here. What we do is we enter the interaction, and it seems to be a change. Then a week later, we enter the same interaction with the same person again. Have you ever done that? Often this happens in relationships. Then a week later, oh, same interaction, same kind of interaction, same person again. We're going, what, one interaction, next interaction, interaction, and we're starting to feel repetitive: everything's starting to feel like it's a repetitive process.

Any time you feel that things are becoming repetitive in the interactions, that's the time to look at why you're addicted to this interaction. Because if things are not changing, in an interaction with another person, that's traumatic, or you know, that causes unhappiness, and things are not changing, it's because I am refusing to change.

One of the changes that I often refuse to make, and this is just one of my major faults, was I refused to walk away from the situation. Why would I do that? Well, there's literally myriad of different addictions, that would cause me to stay in a situation rather than walking away. I, in many cases, was just addicted to the hope; I would hope that it would be different this time.

How many of you have done that in relationships, hoping it would be different this time? Hoping it would be different, hoping it would be different, hoping it would be different and did it get different by you hoping it would be different? No, you know how it gets different? By you acting in harmony with love in the moment; that's how it gets different.

Acting in harmony with love in the moment may mean, in that moment, alright this is the second time I've had to have this conversation with you. Let's say I'm in a relationship, this is the second time I've had to have this conversation with you, but for me, often it's, this is the twenty-fifth time I've had this conversation with you, because that's my addiction – I'm addicted to not acting; Why am I addicted to not acting? Because they'll feel bad about me, they'll do this, they'll do that. We need to stop all of that.

13.2. An example of Jesus changing the way Divine Truth DVDs were produced

Jesus:

Just to give you an illustration of that: in the last year and a half, I haven't been happy, with how certain things have been happening, with regard to DVD sales, for example. And I'm talking to the persons involved, talking to the persons involved, talking to the persons involved. Why am I talking twenty-five times to the persons involved? Because I'm addicted to not wanting to act myself; I want them to act without me acting.

The instant I just decided, no, I'm not talking anymore, I'm just acting now – this is not happening anymore, this is not going on anymore, this is what's going to happen from that point on – from that moment on, it took two weeks for somebody to change. And yet it took eighteen months before then of discussion, and nothing happened.

13.3. Taking action in relationships

Jesus:

This is what often happens in our relationships: we spend months and months and months and months discussing something over and over again, and the reason why we do that, is because we are addicted to not taking an action. We don't want to take an action; we want the other person to take the action. We don't want to act in harmony with love in that moment. [00:46:30.25]

What happens is we don't act in harmony with love at the moment, and we spend months and months and months of our life being wasted, let's face it, because we, not them, did not want to take action, and take responsibility for how we felt emotionally in that situation.

I've done that over and over again. I made a resolution at the start of this year, to deal with every emotion that causes me to do that, and most of my emotions that cause me to do that, are fear of people's judgement. I used to have this viewpoint, that I must explain to somebody why I'm taking the action, before I take the action, and I'm going to myself, hmm, that's interesting, I don't hear any explanation from God about why She's taking an action.

13.4. God acts without explanation

Jesus:

Why don't I hear any explanation from God about why She's taking an action? Because when you explain something, hardly anybody listens to you. Have you noticed that? (Laughter) Hardly anybody listens to you at

all. The only time somebody really listens to you, most of the time, is when you act. You know what God does most of the time? When I say most of the time, all of the time – God acts – and that's how God gets Her point across to you. You're longing for God's Love and you're not getting it – God's acting; God's telling you, "Sorry, but you don't want it; there's something in you blocking My Love." That's what God's telling you in that interaction.

Every time you long for God's Love and you think it's sincere, and you're not receiving it, God's acting. God's not giving you the Love. Why is God not giving you Love? Because you're not wanting it, really. There's something going on inside of yourself; God's telling you that something is going on inside of you.

You try it: when you have a sincere feeling with God, and you act upon that sincere feeling, instantly everything changes. Many of you have already experienced that, where you've had an instant longing for new truth, and, bang, five minutes later there's somebody on the phone. And bang! you get hammered with it. These things happen all the time; you know that. God is acting instantly all the time, and if God isn't acting instantly in our lives, it's because we don't want it, and God is just respecting that.

The trouble with many of us is, that we convert that same emotion into all of our relationships. We don't want to act in harmony with love of self in all of our relationships, because we have emotional hooks into not acting. We have addictions that we don't want to work through.

13.5. An example of a participant who realised change was a loving thing to do

[00:49:16.09] **Participant Female:**

I just wanted to say that for me, not wanting to change myself, not wanting to make the change, change the situation, and be real about what was happening, was because I had a feeling that I couldn't, I didn't have the love for the person. So I was happier staying in the situation, holding on to the control around whatever love was there – which really wasn't there – because I didn't actually have a feeling of love.

[00:50:00.19] **Jesus:**

And you felt guilty about not having the feeling of love.

[00:50:02.08] **Participant Female:**

Yes, and when I started doing emotional processing, and connecting to God and praying, and that was filling me up, it just became so much easier

to make the change, because it was the love that was in place that I could be with the situation, and be in a loving transaction.

[00:50:23.08] **Jesus:**

Yes, and realising that the loving transaction now is to realise, hey, I don't have a strong desire for you, there's something wrong here. I need to separate from this.

[00:50:31.07] **Participant Female:**

And then the real love came in.

[00:50:33.05] **Jesus:** Yes.

[00:50:33.23] **Participant Female:**

Well, I thought I was loving before by staying somewhere.

[00:50:37.29] **Jesus:**

Yes, so quite often what's happening is, we're addicted to believing that we're being loving, when we're not; we're addicted to believing we're a good parent, when we're not; we're addicted to believing we're a good partner, when we're not. We're addicted to believing all these different things we often have these strong addictions about, and the key is to get really honest about those addictions that we have.

13.6. Determining whether actions are based upon love or addictions

[00:51:02.19] **Participant Female:**

Yes, AJ, I was just wondering, how do you work out when you're making a decision, based upon self-love rather than an addiction?

[00:51:15.13] **Jesus:**

Every time that you are angry with yourself or angry with someone else, and making a choice because you're angry with yourself or angry with someone else, or feeling hurt about yourself or hurt about somebody else, you're acting in an addiction.

Can you see that separates a lot of times, doesn't it? Like, for most people, we say, "I'm not staying in this place anymore; this is not loving to me. Argh!" Off you go. What's happening there is I'm acting in an angry manner, I am in my addiction. That's not being loving to myself or the other person.

When you're loving with yourself and the other person, you'll say, "Hang on a sec, I am no longer going to put up with this interaction, because I am not loving you by allowing you to be angry with me all the time – I'm

not loving you – I'm letting you stay in your rage with me all the time without there being any result. So, I'm not loving you and I'm going to leave." And you'll leave. [00:52:17.26]

But you won't leave because you're trying to preserve yourself. You'll leave because an act of love to the other person is to actually feel that, hey, while they're angry, they're not getting at any causal emotion. While they're angry with you, they're not getting at anything deeper, and that's not loving to them, to support them in that place. It's not loving for me to support your anger – that's the only time I will leave your anger – it's not loving of me to support it.

If you want to get out of your angry place, and into a deeper place emotionally, I'm very happy to help you do that. But as soon as you project anger at me, it's not loving for me towards you – not towards me, towards you – to support you being in that place.

[00:53:04.01] **Participant Female:**

So if you feel sadness when someone's projecting anger at you, or fear ...

[00:53:09.12] **Jesus:** Then it's an addiction.

[00:53:10.12] **Participant Female:** It's still an addiction?

[00:53:11.25] **Jesus:** Yes.

13.6.1. An example of when Jesus was at-one with God, and his crucifixion

Jesus:

In the end you'll get in a state, where everyone in the world can be angry with you, and you'll be fine. Everyone can string you up by the throat, and you'll be fine. To be frank, everyone can nail you to a tree and you'll be fine. And the reason why it's fine, is because you're not anymore in this place. Everything you're doing is in harmony with love at every moment, and so you're not feeling the need to avoid the situation. You'll just act harmonious with love in every moment towards these people.

That's how I could look at Cornelius, while he was nailing a nail into my wrist, and still feel love, because I didn't need anything from him. I wasn't addicted to him; I wasn't angry with him for doing it; I wasn't sad about him doing it. Of course, there were a lot of other people around me who were very sad, and angry, and other emotions, but I was not. And that's when you get to that place of love, which is because of the Divine Love that enters you.

It's very hard to get into that place as a human. You need God's Love to enter you to get to that place. When you get to that place, what happens is that you no longer feel unloving towards anybody, even if they're unloving towards you. You don't feel hurt or sad or upset, anytime anybody is unloving with you, but, you may choose to not be in their company because it's not loving to them. You see the difference?

13.6.2. Jesus' present day interactions and decisions to stay or leave situations

Jesus:

When I look at why I want to leave a situation, now I'm thinking, "Alright, am I leaving this situation because I'm afraid of this anger, or I feel angry back, or I feel annoyed back, or whatever it is, or am I leaving this situation because the person that I love, doesn't understand that me staying with them in this place, is not loving them?" That's what I need to look at, and once I started addressing that emotionally, a lot of interactions change. Even a lot of interactions change between and Mary and myself.

What I found was even people who were angry with me, because I had this feeling of love towards them more, and not the feeling of wanting to avoid their anger, or avoid their rage, or anything else, now they can start feeling this love, this type of love, and they respond very differently. But if they don't respond differently, I'm still acting in harmony with love with them. I'm still acting because I love them; not because I'm trying to preserve myself.

14. Addictions are not necessary when we love ourselves and feel love from God

Jesus:

The issue that we face with all of our addictions, is that every addiction is based around preserving ourselves, if you think about it, isn't it? Every addiction I have is about preserving this feeling in me, preserving that feeling in me, wanting this feeling, wanting that feeling.

Every single addiction generates these expectations, that I have that everybody loves me. Every one of them is out of harmony with love because of that, because love is a gift, I cannot expect – and this is a basic principle of Divine Love – I cannot expect other people to love me. The instant I expect somebody else to love me, I am out of harmony with love.

When I get into a state where I love myself completely, and I know God loves me completely, do you think I'm going to need you to love me? I will

enjoy you loving me, but do you think I'm going to need you to love me? Of course I won't; I won't need that from anybody.

Ironically, that is the time when I become loving, because I'm not needing this from you, needing this from you, needing this from you, needing all of these different emotions from everybody around me. I am now not projecting at them that you've got a job in my life, and that is that you've got to love me, you've got to respect me, you've got to care for me, you've got to listen to me, you've got to value me – all these different things that we call our basic necessities. Psychology calls it the "basic needs".

It's all error-based thinking because at the end of the day, when I love myself completely, and I know God loves me completely, I do not need a single thing from another person, and everything they give me, becomes a gift that I can enjoy. That's a very powerful place to be in, and a very happy place to be in.

15. Determining whether actions are based upon love or addictions (continued)

15.1. An example of sharing truth with others

[00:58:04.14] **Participant Female:**

I've been working through a lot of anger stuff, and addictions to attention – thanks to Mary's email – and approval, and the list goes on. I'm just realising I have an addiction to wanting to be heard. But I also feel that, someone else triggers my addiction of wanting to be heard, when I'm not heard by their addiction of wanting to be heard – we both have the same addiction; we both have the same addictions. When I deal with my addiction of wanting to be heard, and I still feel a projection of another person wanting to be heard, is it loving then to be told, or to tell another person, I guess, a feeling of that addiction?

[00:59:09.16] **Jesus:**

You can choose to do so, or choose not. Like, it's up to yourself, isn't it? You're allowed to make a choice, and either choice could be loving. If you're doing it out of resentment, then of course; if you're choosing to not tell them; because you don't want them to know what you know, then of course that's an unloving decision. So it depends on the motivation.

But, my personal feelings are, I'd like to be able to tell a person when something's happening; if they want to know; and so the first things I would feel from them is do they really want to know. If they really want to know something, and my assumption is if you're coming along to a

session like this, you really want to know something, so, I tell you. And sometimes that's not the case, and that gets exposed in that interaction.

16. How emotional responses change when expectations and addictions are released (continued)

16.1. An example of an addiction of needing to be heard

Jesus:

With regard though to the addiction of being heard, for example, if you look at this addiction you'll find actually, the reason why I have the feeling, inside of myself, of being conscious of not being heard, is because I have the addiction about wanting to be heard. [01:00:12.12]

When you release the addiction inside of yourself of wanting to be heard, two things happen. The first thing is that now inside of you, you're not conscious of this addiction anymore. So, nobody can listen to you and you're still happy. You don't even think, "Oh I'm not being heard." You don't even have the thought inside of your own mind that I'm not being heard when you're not being heard, because you're no longer conscious of that emotion because there is no triggering.

You can actually be in this situation, and you don't have this feeling come up, that I'm not being heard now inside of yourself even, but, ironically, at that same time, you do know when you're not being heard. You don't have the thought come up, in the sense of like a consciousness of it; there's just an automatic thing, oh I'm not being heard here, and it's okay. [01:01:11.00]

What I'm trying to say and that sounds a bit contradictory, I know, what I just said, but what I'm trying to get at is that the feeling of not being heard, and feeling hurt about it, doesn't rise in you anymore. And, although you still have a consciousness of when you're not heard, the feeling of not being heard doesn't arise in you anymore. Can you see the difference between a consciousness of not being heard, and a feeling of hurt that comes up when you're not heard? Can you see the difference between those two things?

What I'm saying is, this feeling that comes up in me of not being heard, when I release that, the feeling won't come up in me anymore of hurt about me not being heard. But, now, ironically, I observe every time I'm not heard, and I have no hurt about it at all anymore. And now, in my interaction with a person who's not hearing me, I can say, actually, "You're not hearing me at the moment, are you? What's going on for you there?" because now I don't have any judgement of them.

If you're not hearing me, because I've released my not being heard stuff, I can say to you, "You're not hearing me at the moment, and that's okay, you're allowed to not hear me, of course – that's your free will – and I am able to tell you that without judgement of you in that condition."

Before, because I had the addiction, I am automatically going to judge you for not hearing me, automatically. I am going to basically have a projection coming out of me, of anger towards you. I am going to have a feeling of hurt, and because I don't want to feel my hurt, generally. I then think, "Hang on, Monique's not a very nice person, like, she never listens to me." That's how I'll feel inside of me. But when I've released the emotion of not being heard, the hurt of it, I'll say, "Yes, Monique doesn't hear me, but I don't feel hurt about it." I don't feel angry with Monique about that; I don't feel upset with Monique about that – she just doesn't hear me.

16.2. An example of an addiction of needing approval

[01:03:21.00] **Participant Female:**

This is triggering my addiction for approval right now.

[01:03:25.03] **Jesus:**

Yes, okay, so let's have a look at that one: let's go into the addiction of approval.

When I've released my addiction of approval, I can then say, "Monique, you need my approval all the time. What's going on for you?" But I won't have judgement about that, about you having that need for approval. Because I know that – and this is the other irony of all of this emotional processing – I will actually feel what it's about for you from your childhood even, very accurately; who was involved, why they were involved, what went on, how this emotion got created. All the awareness of that comes to me because I'm now not in the place of judgement of your emotion because of having it in myself.

16.3. There is no longer judgement when addictions have been released

Jesus:

What happens is when I forgive myself of having the emotion – forgiveness is a process of actually working your way through the emotion inside of yourself – now, I no longer have a judgement feeling towards yourself. And because I don't have the addiction that you give me something, I will also then notice your emotions more than any other time, but at that same moment, have the least amount of projection at you, and that's the beauty of your interactions.

Every interaction that you enter into then becomes more loving, every single time, because this hurt doesn't rise in you. The hurt that rises in you, and the anger that results from this hurt, and the resistance to the relationship that results from the hurt, are all addictive behaviours.

What I'm saying is observe them, because they are going to help you immensely, in your progression towards God. They will help you so much if you observe them, and let yourself work your way through them. If you don't observe them, and ignore them, you're going to stay in this stagnant place of hooking into this addiction, hooking into that addiction, hooking into this addiction. Everybody around you will feel certain emotions from you.

You know what it's like. Somebody walks into the room and you think, "Oh no, they're here." "They're going to want me to talk to them." The emotion that is going on, is that obviously there's an addiction feeling that's coming from them towards you, and you feel hooked into it through another addiction of your own, and so we regret that they've even arrived, and things like that.

When you've released your emotions about those things, that are going on for you, you can have that same person walk in, you go, "Wow, they're really needy tonight," you know. "They really must be going through some ... oh, that's why they're needy – when they were little, their mum she never listened to them, and now every time he walks into a room he wants some mummy to listen to him," and he's got this terrible addiction going on, and you will observe that, and you'll feel that, but you won't feel judgement about that in that person.

16.4. Stepping away from a partner when they are angry to be more loving

[01:06:24.22] **Participant Female:**

On another point that you made, when you said I'm being loving of my partner by stepping away and letting them experience their anger ...

[01:06:52.12] **Jesus:**

If I can just clarify that: if my partner is projecting anger at me, the only reason why I would leave that transaction, is because I love them enough to show to them, that every time they do that, they hurt themselves.

[01:07:09.25] **Participant Female:** Rather than hurting ...

[01:07:12.02] **Jesus:**

Not because they're hurting me, and this is a problem, a lot of times, we're very self-centric, and so we go, "You're just hurting me now. You're just hurting me now. I'm leaving." And that is an act of anger, not an act of love of yourself at all, or the other person for that matter. Leave the situation when you love them enough to know that you staying there is harming them, it is helping them stay where they are.

If I had applied that in my life, man, there were a lot of interactions in my life, where I know that I would have dealt with a lot differently in my life. Now, what I'm trying to do – when I say trying to do, when you release the emotions that prevent you from doing it, it's automatic – what I'm doing now is more and more, automatically, interacting immediately with what's the most loving thing to do in that situation. And sometimes the most loving thing is just, "No – no more of that."

The reason why it's, "no more of that" is I love you enough, to not allow you to stay in this state anymore, without me demonstrating to you, that it's not acceptable to your own soul. Not to me, because if I've released all my emotions about it, I won't feel any response. If I've released all my emotions of somebody's anger, I won't feel afraid of them, I won't feel angry in return, I won't feel resentful, I won't remember every time they're angry with me and bring it back all the time. I'll have worked my way through all of those things, and that's what we need to work on, and that's what I'm working on – just releasing those emotions.

17. An example of a participant who is addicted to others' opinions of her

[01:09:00.04] **Participant Female:**

I have a Law of Attraction still, that brings judgment of where I'm at, and from lots of different people, still, and I find I get lost. The real me, the real desire that I have gets lost.

[01:09:30.13] **Jesus:**

If you get lost in the projections of other people at you, it's because you have emotional addictions about their projections. Do you understand what I've just said?

[01:09:42.09] **Participant Female:** No.

[01:09:42.16] **Jesus:**

Okay, in other words, let's say, somebody comes along to me and projects at me a condescending emotion, like, you know ...

[01:09:52.04] **Participant Female:** Can I give you an example?

[01:09:53.15] **Jesus:** Sure give me an example.

[01:09:54.16] **Participant Female:**

They quite often tell me what I'm feeling, or I feel bad from what I'm feeling. Let me say, I have an understanding that most of my interactions come from an addiction, one or another. Of course, I've gone right back into the womb, where I know I wasn't wanted, and then when I was born, it all started. And so, it feels like, for me, that the other person's opinion, is much more sound and sane than what my feeling is.

[01:10:38.24] **Jesus:**

That's what I'm saying to you; that's what I'm saying to you.

[01:10:42.20] **Participant Female:** What do I do with that?

[01:10:43.21] **Jesus:**

You're addicted to the other person's opinion, why?

[01:10:49.10] **Participant Female:** I don't know me.

[01:10:52.14] **Jesus:**

No, no, that's not why you're addicted to the other person's opinion.

[01:10:55.27] **Participant Female:** An escape, maybe?

[01:10:59.14] **Jesus:**

What if the other person's opinions are good, what happens?

[01:11:03.12] **Participant Female:** I beg your pardon.

[01:11:04.12] **Jesus:**

If the other person's opinion of you is good, what happens?

[01:11:07.17] **Participant Female:**

It's very hard for me to accept good opinions of me.

[01:11:13.05] **Jesus:**

I don't think you're being very truthful there. If the other person's opinion of you is good, generally, what happens? See, you look at your interactions.

17.1. An illustration of the participant giving a car to a lady

Jesus:

Let's look at the interaction with the lady you gave the car to. Could we do that?

[01:11:31.26] **Participant Female:** Yes, okay.

[01:11:33.23] **Jesus:**

So, Jen gave ... was it a fifteen thousand dollar car, Jen?

[01:11:37.20] **Participant Female:** Yes.

[01:11:38.18] **Jesus:**

Yes, to a friend, and her friend, the moment she basically got the car, within a few months, what happened?

[01:11:46.05] **Participant Female:** She's gone.

[01:11:48.04] **Jesus:** She doesn't even talk to you anymore.

[01:11:50.09] **Participant Female:** No.

[01:11:51.16] **Jesus:**

Okay, so, Jen gave her a fifteen thousand dollar car, and now she doesn't even speak with her. There was a lot of gratitude in that, wasn't there? Okay, but let's look at the addictive behaviour. Why did you give her the car?

[01:12:05.21] **Participant Female:**

I wanted to save her at the time; I wanted her life to be better.

[01:12:10.01] **Jesus:** So what emotion are you addicted to?

[01:12:11.24] **Participant Female:** Saving.

[01:12:14.09] **Jesus:**

Can you see you're addicted to making the other person feel ...

[01:12:17.28] **Participant Female:**

Yes, I mean, I'm so invested in the other person's life, being better for them.

[01:12:27.02] **Jesus:**

So you're addicted to being able to create in another person ...

[01:12:30.01] Participant Female:

And in exchange for that I hope that they'll think better of me, or love me, or show kindness.

[01:12:39.20] Jesus: Exactly, exactly.

[01:12:41.19] Participant Female:

And when I can't keep it up, the facade up, or the dance, as I call it, up, and I want to be real, there isn't any space to be real because the dance is so convincing.

[01:12:59.13] Jesus: Yes, and they've become so reliant on the false Jen.

[01:13:05.05] Participant Female:

And what happens over a lifetime of doing that, is that I've wasted a lot of time in my life, investing in my parents, investing in other people, and I'm so disconnected on how to live my own life.

[01:13:23.29] Jesus:

Yes, but one of the reasons why, is because you're heavily invested in what other people feel about you. You want other people to feel good about you.

[01:13:34.19] Participant Female:

Yes, but the original question was about the negative aspect of that. What do you do when people make a judgement? Why are you looking at me that way? You only ever look at me that way when I've not heard you ...

[01:13:50.22] Jesus: I don't only ever look that way, okay.

[01:13:55.17] Participant Female:

And when you're the most loving and understanding to me, you give me that look, so, I'm going to shut up, and you're going to ...

[01:14:04.08] Jesus:

No, no, you can keep talking; I'm perfectly happy for you to keep talking.

[01:14:08.05] Participant Female:

No, but that's another addiction.

[01:14:11.26] Jesus:

What I'm saying to you, is that you are addicted to having other people think well of you. Now, the question I asked you was when other people think well of you, how do you feel, and you said you feel, actually, like,

you don't feel it's true – and that is very true – that statement is very true, in the sense that you don't feel, when other people tell you you're nice.

[01:14:37.04] **Participant Female:** It isn't real.

[01:14:39.15] **Jesus:**

Oh, no, no, no, you believe it isn't real, Jen. There's a big difference between it being real, and you believing it's not real. Whenever somebody tells you that – this is the problem with addictions, and this is a very important point that I'm going to make.

17.2. Addictions can never be satisfied

Jesus:

The problem with addictions is that you will never satisfy them. The reason why you will never satisfy them is because until you feel the underlying causal emotion, you will believe whatever the opposite is to your addiction.

Let's say I have an addiction to being loved. Do you know that's actually driven by a causal emotion that nobody loves me, and I don't want to feel that nobody loves me. So what I do is I strive hard with this addiction, to create interactions where I will be loved. But the irony is whatever I create will never satisfy the addiction.

[01:15:43.17] **Participant Female:**

It can't, it doesn't fill the hole; I understand the hole.

[01:15:45.14] **Jesus:**

Exactly, because the hole is always going to remain there. The feeling of being unloved is always going to remain there until I release it. And this is the trouble with our addictions. The main problem we have with our addictions – and I can still feel that many of you are not getting this point, so I want to elaborate on it a bit – the main problem with our addictions, is that they never satisfy what the addiction was created to satisfy. And the reason why they never satisfy it, is because we are never going to feel an addictive emotion, by actually trying to get the positive emotion out of it.

[01:16:28.26] **Participant Female:**

It's like it creates a hole, and you want to fill the hole up, but what you're trying to fill the hole up with can never fill the hole up.

[01:16:39.24] **Jesus:**

Spot on, and the reason why, is because we need to get rid of the hole, and this is what the purpose of addictions is. The purpose of addictions is

always to avoid the hole; it's always to avoid the underlying causal emotion, that I could experience, that would then negate any need for my addiction.

[01:17:02.16] **Participant Female:**

But right at the causal level, right at the point of the cause of the addiction, the person's innocent; the person's not to blame.

[01:17:13.21] **Jesus:**

I'm not saying a person's to blame, but they still have the addiction.

[01:17:17.26] **Participant Female:**

But when you enter into interactions with other people, and you come from a place of addiction, what I'm saying is that my Law of Attraction brings judgement; brings the judgement, and I feel like a bad person.

[01:17:33.02] **Jesus:** Yes, when you say ...

[01:17:34.21] **Participant Female:**

I act out of this addiction that's comes from ...

[01:17:38.13] **Jesus:**

But you want to feel like you're bad person; that's your addiction.

17.3. Addictions are acted out from unhealed child emotions

Jesus:

See, every time – this is something to understand about causal emotion, and I wanted to have another talk about causal emotion and blocking emotions – but if you're saying you're feeling a causal emotion, and often we say ... one of our causal emotions is the one you just mentioned, that ...

[01:17:58.27] **Participant Female:** Dad didn't listen to me.

[01:18:01.26] **Jesus:** Nobody listens to me, let's say.

[01:18:02.27] **Participant Female:** Yes, no one listens.

[01:18:04.09] **Jesus:**

No one listens to me; everybody judges me. You're feeling that's your causal emotion.

[01:18:09.27] **Participant Female:** No, I wasn't.

[01:18:12.21] **Jesus:** No the grief is that.

[01:18:13.14] Participant Female:

That's a symptom of the cause. When I'm a little girl, and I'm reaching out to my dad, or I'm reaching out to my mum – it's both of them – and they're simply not there, and I keep reaching, I keep reaching, I'm a little girl, and I'm reaching.

[01:18:34.25] Jesus: And why do you keep reaching?

[01:18:35.02] Participant Female:

And I'm reaching, and there's a deficit because, I'm a little girl.

[01:18:38.28] Jesus: No.

[01:18:39.29] Participant Female: What else can I do?

[01:18:42.26] Jesus:

It's because, you don't want to feel the grief of them not being there.

[01:18:43.13] Participant Female:

What else can a little girl do? How can a little girl grieve?

[01:18:48.16] Jesus:

A little girl is totally capable of grieving – you were never allowed to, that's the problem – that's why you're still locked up in this little girl. Like, right now, your adult Jen locked up this little girl, who wants to grieve, she wants to grieve but you don't want to let her grieve. And instead what you want to do is earn the ...

[01:19:10.03] Participant Female:

That simple statement – that I wasn't allowed to grieve – that unlocks it. I see now.

[01:19:16.21] Jesus:

You are allowed to grieve, now. You're an adult now; you are totally able to cope with the grief, and with God's help you can cope with any grief. You are totally allowed to grieve right now, and you're allowed to grieve and that grief is going to get rid of the addiction. The addiction is I've got to get another person's approval. I've got to give somebody a fifteen thousand dollar car to get their approval.

[01:19:39.22] Participant Female:

But when you act out of the addiction, you act out of this – I act out of this little child trapped in this core and it's not a place; you can't judge someone else for that.

[01:19:54.01] **Jesus:**

Yes Jen, every time a person acts in their addiction, they're acting out of the unhealed little child emotion. That's a basic ...

17.4. Emotional reasons underlying addictions to not being judged

[01:20:01.04] **Participant Female:**

And this is my point: you can't judge that and say ...

[01:20:04.22] **Jesus:** I'm not judging that, am I?

[01:20:05.29] **Participant Female:**

No, no, I'm not saying you are, but I'm saying, my Law of Attraction brings people into my life who judge me.

[01:20:13.22] **Jesus:**

Yes, but see now, you're expressing another addiction.

[01:20:16.02] **Participant Female:** Am I?

[01:20:17.06] **Jesus:** Yes, you want nobody to judge you.

[01:20:19.07] **Participant Female:** I don't.

[01:20:20.16] **Jesus:** Exactly.

[01:20:21.06] **Participant Female:** You don't either.

[01:20:22.14] **Jesus:** What?

[01:20:23.10] **Participant Female:** You don't either.

[01:20:24.09] **Jesus:** No, I'm perfectly happy with you judging me.

[01:20:26.05] **Participant Female:** You are?

[01:20:28.19] **Jesus:**

Well, do you see me getting on the Internet, writing back at every single person who's ever judged me on the internet? Do you ever see me doing that?

[01:20:36.26] **Participant Female:** No.

[01:20:37.14] **Jesus:**

No, I'm perfectly happy with them judging me. They're allowed to judge me. I don't have the addiction that you shouldn't judge me. You're allowed

to judge me. You're allowed to think I'm a terrible, slimy, no good creep if you want. Totally able to – a lot of people do. That's the way it is. The more truth I say, a lot of people feel upset about that, too. The issue is they're allowed to judge me. If I have an emotional reaction to their judgement, I am addicted to them not judging me; I want them to change.

[01:21:18.07] **Participant Female:**

So, then, that's all about approval, isn't it?

[01:21:21.16] **Jesus:**

Well, no, no. All addictions, remember, what are they about? They're about expectations.

[01:21:29.13] **Participant Female:**

Having people do the dance so that you get to try and fill the hole.

[01:21:31.24] **Jesus:**

You want an emotion, yes, that's what it's about. You want an emotion. What do you get when you're not judged? Oh, I feel now, really that's great. I can feel my emotions with anybody, isn't it beautiful.

[01:21:45.12] **Participant Female:**

But for me, that's the hardest place to be in – a place where I feel good about myself. That's really something really big for me.

[01:21:58.23] **Jesus:**

Of course, you're very judgemental of yourself, and therefore you're going to attract lots and lots of judgement, from others and you're addicted to that attraction.

[01:22:07.24] **Participant Female:**

Okay, so now, is it a matter of going to ...

[01:22:12.24] **Jesus:**

Why would I be addicted to judgement? And when I say I'm addicted to judgement, I want people to judge me.

[01:22:18.03] **Participant Female:** It's attention seeking.

[01:22:19.00] **Jesus:**

I want people to judge me so that I can do what? I can get out of acting. I can say, "Oh, isn't it terrible. All of you are judging me. You're all terrible people; you're all judging me, and I should be able to feel this emotion." When in reality you don't want to feel the emotion, because in the end the judgement doesn't change the fact, that you're allowed to feel the emotion still.

If I'm hooking into your judgement of me, then I've got an addiction. I am justifying me not processing an emotion because of your judgement, and I'm addicted to that. Why? Because it gets me off the hook; it gets me away from feeling my emotion. I'm allowed to not feel it anymore, and we're constantly looking for ways to get out of our emotion, constantly. Like, the child is constantly looking at how to actually feel good.

So the dynamic gets created when we're a child. I'm constantly looking as a child as to how can I feel good, how can I feel good? Oh try harder, try harder. You know, every time mummy judged me, oh I'm sorry mummy, I'm sorry – you know. [01:23:31.05]

This is what we do, and why do we do that? Because we're looking, and become addicted to the emotion that we want from them, because we feel that we can't feel, we will not cope with the feeling of the terrible grief that's there, about not having their love.

17.5. The purpose of addiction is to avoid causal emotions

[01:23:49.25] **Participant Female:**

For me it's trying to survive, I'm right in survival, I'm trying to exist amongst ...

[01:23:58.05] **Jesus:** And that's the purpose of most of our addictions.

[01:24:01.19] **Participant Female:** Okay, I got it.

[01:24:02.25] **Jesus:**

The purpose of all of our addictions is to avoid our causal emotion. If you give me love, if you give attention, if you give me care, if you give me all these other feelings, I can avoid the fact that I need to create them inside of myself. I need to feel the underlying emotional reasons, why I don't have them in myself. This is where I'm not taking personal responsibility in my addictions, I am making you responsible for how I feel. The purpose of all emotional addictions is that, in fact.

When people talk about addictions, and they say addictions are like drinking or drugs or alcohol – no, no, no, they're not addictions, none of them are addictions actually, do you know that? Whenever I say the word addictions, a lot of people think about addicted to food, whatever, all these. They're not addictions; they're effects of emotional addiction. They're outward effects of emotional addictions; they're not the addictions themselves. All of the addictions that we have are, actually, all emotional, so you can remember that in your processing.

18. Closing words

Jesus:

Remember at the start of this talk I said, "Allow yourself to make an expectation list, and then next to that make the addiction list. Remember Mary suggested the expectation list is: expectation of my partner, expectation of my children, expectation of my family, expectation of the world, expectation of Australia, the government, and all these expectations – then go to your addictions, you'll see a correlation between them. Allow yourself to start processing emotionally why you have them, and what you feel when you don't get them. That's my suggestion there. Expectation of your self is part of your addictions, many of you are addicted to punishing yourself. Why, because it gets you out of having to act.

So allow yourself to feel all those addictions. Anyway, that's our finish for tonight. Thank you so much for your attention tonight. (Applause)

Processing Addictions S1P1

1. Introduction

Today the subject that I have chosen is part of the Human Soul series of talks, and I'm calling it "Processing Addictions". Today I'd like to talk to you about not only your addictions but how to actually confront them, and get through them and out of them, which is probably the more important thing to discuss than actually the addictions themselves. A few months ago I did a talk called "The Human Soul - Expectations & Addictions", and today's talk is the second one of that series about expectations and addictions.

So let's look at addictions firstly as a bit of a revision in terms of what an addiction is and what an addiction does to you.

2. Causal emotions

When we're little we have what I've been calling causal emotions, enter us. Now a causal emotion might be something like, "No one loves me," the feeling that no one loves you; "No one cares for me, I'm uncared for, I'm unloved, I'm unwanted, I'm not approved of, and I'm not accepted."

CAUSAL - NO ONE LOVES ME

These are all fairly deep causal emotions within us. You could say as an aside that these types of emotions are emotions of how I feel about me.

CAUSAL ⇒ HOW I FEEL ABOUT ME!

Most of the really darkest, deepest emotions within us, which we are going to need to process at some point, are related to how I actually feel about myself. If I don't resolve these negative feelings that I have about myself inside of myself I usually finish up projecting onto my environment, how I feel about myself in some way. So in the end a lot of times causal emotions get to how I feel about me; how I deal with the issues that I have within myself about myself. [00:07:19]

Of course, we also have a whole group of emotions related to that, about how we feel about others and how we treat others, but much of how we feel about others and how we treat others comes firstly from how we finish up treating ourselves before we even meet them. And so, for example, if I have a feeling inside of myself that I am unworthy to have money being spent on myself, then part of my Law of Attraction will be to attract a lack of abundance in my life. I am not going to have much

personal abundance, I won't have much funds and so as a part of that emotion, because I feel that I can't spend any money on myself, I can't look after myself, I feel unworthy in fact it to be looked after, I'm attracting a lack of abundance in my life.

So that's how I feel about myself, but how does that get projected onto the environment is that when I notice somebody spending a lot of money, I zero in on them, "There's one there, she spends a lot of money. There's another one who I think spends a lot of money." So we go around zeroing in on those people and judging them because we are already in this space ourselves of feeling that, "I'm not allowed to spend money on myself so why should anybody be able to spend any money on themselves." Can you see the relationship? [00:08:46]

So a lot of times I finish up projecting how I feel about myself onto my environment, but the problem with these causal emotions is that they are so dark and so deep within me, they feel so hard to feel, that I don't want to feel them.

3. How layers of emotions get created within us

Of course our parents of course don't want us to feel them either, so as a child we start creating a heap of blockages to feeling these emotions.

BLOCKS

CAUSAL

3.1. An example of a child shutting down it's grief due to fear of violence

So, for example, mum yells at me for taking five cents out of her purse when I was 3 year old, and she's really upset about that, not because it is five cents, but because I stole from her. So she tells me all these bad things about myself; "You're just a bad boy," and so right at that moment I'm getting from her a heap of emotions that I'm terrible, I'm bad, I'm shameful and all those kinds of things. Those things are entering me.

Now under normal circumstances, a child getting this barrage of emotions from its parent would immediately cry because it is openly vulnerable to its emotions. Under normal circumstances they'd immediately go into tears and crying about how bad they feel. But then on top of that mum says, "You cry about this and I'll give you something to cry about." So now we've got a block created at that 3 year old experience; a block to actually feeling the underlying causal emotion. The

child is no longer able to feel what it really feels about itself in that particular moment because the parent is now threatening it with further violence which then shuts down the child even further. And so therefore we now have a layer of blockages if you like that are on top of this causal emotion. And these layers of blockages are mostly fear related; they are fears. [00:10:48]

BLOCKS ⇒ FEAR

For example, in the example that I gave, what is the child afraid of? It is afraid of the pain of crying but it is not the crying that is painful, it is the threat of the violence if they cry. And the threat of the violence if they cry is worse to them than the actual crying. And so what do they do? They shutdown because of the potential pain involved. We become so afraid and this is where a lot of our fears come from.

3.2. Children shut down their emotions to suit their environment

Before then, the child knows that it can cope with its own emotion automatically. Do you ever see a baby at less than 6 months old going to you and saying, “I don’t know if I can feel that because I don’t know if I’ll cope with that?” Of course not, the child doesn’t even think of that because it hasn’t developed its brain yet anyway, but it just goes ahead and feels what it feels right in that moment, whatever that is, and it doesn’t analyse it in any way. [00:11:46]

The child is actually totally capable of experiencing all its own emotions; it’s able to feel every single one of its own emotions and it does feel naturally, without our help. We don’t need to take it along to a course to help it to feel its emotions, do we? Can you imagine the lunacy of, “Oh my 3 month old child can’t cry, I need to take it along to a therapist to help it cry”? What happens is that the child knows how to do these things automatically, that’s how God created us; that is the beauty of how God created us. It’s how we were naturally created; it happens automatically from the moment that we arrive.

However because of these parental blockages and everything that gets piled on the child, by the time the child is two or three years of age, the child now is shut down in a lot of different areas and these shut downs weren’t originally of their own making.

BLOCKS ⇒ FEAR

CAUSAL ⇒ HOW I FEEL ABOUT ME!

They were created by the environment and the child absorbed the needs of the environment and conformed itself to that environment. The child felt the fears of its environment and then automatically started adjusting its behaviour to suit the environment. Now, the fears of the environment then became its own fears, as the result. So now the child itself is in this place where the child is shutdown quite a lot emotionally already. Now the problem is though this child continues to grow and continues to change, continues to have life experiences and as that growth continues, the child is experiencing more and more of a shutdown emotional environment, shutdown people, shutdown belief systems, not allowed to express itself without getting some kind or form of punishment or lack of love. There is no unconditional love in its environment, and so as the child grows up, it starts learning that there are things that it can do to get certain things fulfilled. [00:13:58]

4. How addictions get created

So the causal emotion might be “I might feel like nobody loves me” a really dark, hopeless feeling that for some reason nobody loves me. It’s a very dark emotion. And instead of feeling that emotion because it’s not allowed to feel it as a child, because of the blockages that the parents and the environment have placed upon it, when it still wants the feeling of being loved, it learns what we’ve all learnt; and that is to barter one thing for another thing. So, in other words I learn to earn the love that I want rather than it just being given to me as a gift, because I’m not getting the love as a gift anywhere on the planet hardly. So what I need to do now is start earning it. So I learn that there is a cost associated, that I pay, and then the other person will give me the thing that I want.

4.1. An example of the financial system and paying for water

It sounds like our financial system, which is basically based around the same type of premise; the whole user pays capital system is all based around there is no such thing as gifts; everyone has to earn their way into whatever it is. God has given us a planet with huge amounts of available water for us to drink, but what have we learnt to do with this? What man does is he grabs that and turns this into a user pays system. There’s so much lack of love on this planet that you have even got to pay for your drinking water, something that within a few days if you don’t have it, you’ll die. That’s how much lack of love there is here. If there were more love, all of us would be able to have water for free, because that’s what God gave; all the water for free. There’s no need for us to have to pay for it, but we’ve set up this system because we’ve got this belief from our environment that we have to pay for anything that we want. And we’ve learnt that we have to pay for love. That’s what we’ve learnt

And in the process of learning to have to pay for love, we've become addictive people. We've set up what is called co-dependence; if I want to be loved, I've got to earn it from you. And then if you think about it, that means that I've got to do what you want and that will be earning it from you and when I earn it from you, that will give me the love that I need for myself that makes me feel good. And if I can't earn it from you, then I'll go to another person and try to earn it from them. And in fact almost every relationship at some point in our lives before we recognise these truths is actually co-dependent and addictive.

Now at the soul level it is even worse than that, because at the soul level this emotion of how I feel about myself is being emanated out into the universe at every single moment that I don't actually want to feel it. [00:17:37]

4.2. An example of an addiction created by feeling unloved by our mother

So let's say I don't want to feel my causal emotion, which is how unloved I was by my mother. So I have a causal emotion inside of me that I don't want to feel that I feel terribly unloved by my mother. My mum didn't want me to feel it either, so she shut it down in me as well. And now that I'm an adult, I'm still not wanting to feel this terrible unloved feeling that I have, but it's coming out of me. It's like the pheromones coming out of your skin, but it's actually coming from your soul. It's like this pervasive, invisible thing coming out of them, enveloping every single person in their environment, and something you can feel coming from them.

So, if I'm in this place myself, where I'm feeling unloved by my mother, then the emotion coming out of me to every single person in this audience is, "I am unloved by my mother, I feel unloved by my mother," but I'm not feeling it. I don't want to feel it, that's why it's coming out of me, because I don't want to personally feel it and just cry and release it inside of myself. So instead it comes out of me with it comes this demand that every woman in my environment loves me, because that's the feeling I have; I'm not loved by the woman and out of me comes this feeling that I've got to be loved by the woman before I'll even interact with them.

So lo and behold, three or four different types of women come up to me and I start talking to them and I think these are just normal interactions, normal day-to-day interactions, but actually they're not. They are actually interactions based on the soul demand inside of myself that a woman loves me. And these women have a feeling that they've got to love a male to get something from the male, so they have a reciprocal addiction, a co-dependent addiction. So these women just hone in on me

because I've got the opposite addiction acceptable to them and before we know it we're entering relationships without even knowing why we are entering them.

4.3. Addictions drive our relationships and interactions with others

Most of the time we feel very attracted to people because we're actually in this co-dependent relationship with them, where what's coming out of me gets satisfied by them and what's coming out of them gets satisfied by me. And so now we're in a very satisfactory relationship. "I really like that person because of this co-dependent addiction, but this person over here, who doesn't supply the co-dependent addiction that I'm looking for, I think she's a bitch!" (Laughter) "This woman's fine, this woman's a bitch. You know, I just can't get along with her, because my co-dependent addiction and hers are incompatible with each other." [00:20:32]

Now you see when you get to a place where you love everyone, do you think you'll be thinking some people are bitches and some people aren't? Well obviously not. You'll love every one and you'll feel a strong passionate feeling in that loving space. So you won't feel like this woman's a bitch, even if she has emotional injuries and everything and even if she's yelling at you, you won't feel like, "Oh she's a bitch." You'll actually feel a feeling of love for her. But you see that's not what's happening because most of the time what's happening is I'm very focussed on how I feel about myself. And so therefore what I'm doing is I'm focussing in on myself and feeling anybody who satisfies an emotion inside of me is a person that I will get along with. Everybody who doesn't satisfy an emotion inside of me in some way, I can't get along with and it sets up this co-dependent, addictive world that we live in.

To be frank with you this creates the emotion that you've got to pay for your water; believe it or not, it goes right down to that level. It creates this entire physical environment that we live in, thinking that we've got to live in it, but in reality we don't. We could easily give it all up, but only by dealing with our co-dependent addictions. That's why it is quite important to understand.

So here I am, with my physical body, but that's not me, and here's my spirit body, but that's not me; the real thing that this is coming from is my half of the soul.

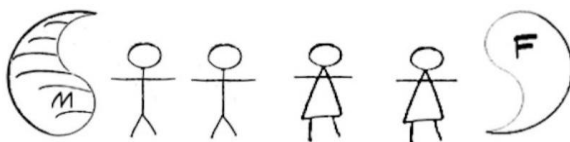


The real us is our soul (left) not our physical and spirit bodies (centre and right)

My half of the soul is the real me, and out of the real me comes these emotions that I am now unwilling to feel as an adult. I'm unwilling to feel that women don't love me that my mother didn't love me, and so I totally detune from that. I don't want to feel that mum did not love me because if you feel mum didn't love you, that's a pretty confronting emotion when you think about it. If your mum can't love you, who can? [00:22:39]

Now the truth is that if your mum can't love you that it doesn't mean other people can't. But there's a feeling in us that if our own mother, who brought us into this world can't love us, then nobody can. So we don't even want to know that mum doesn't love us, we don't even want to feel that at all, but because it's inside of us, it's an emotion coming out of us constantly in every interaction with every woman on the planet. And by the way, not just on the planet, it's an emotional interaction with every spirit who's a woman who has yet to deal with her co-dependence addictions as well. So there are just so many people that are going to be attracted to me to help me feel that they're going to be the woman who loves me.

And while they are going to be the woman who loves me; so here is the woman on the other end with of course her spirit body and physical body which are really just vehicles by which her soul is going to express herself. While I'm projecting that out, any woman who is going to be attracted to me is going to be attracted to making the unloved man feel loved. She's going to just feel like, "Oh I'm just so attracted to this man, he's so beautiful." She'll just feel that inside of herself and it won't be for any other reason than having a co-dependent addiction within herself being met at the same time. [00:24:06]



Women who want to make men feel loved will be drawn to a man who wants to feel loved by a woman

So the problem we have on Earth is that almost all of our lives are spent meeting the emotional demands of the emotions we personally ourselves are unwilling to feel. So I'm unwilling to feel that my mum doesn't love me and out of me comes a demand to any woman that they've got to love me, and any women who feels like she's got to love the man in order to get one of her co-dependent addictions met will be invited into that interaction. Now that's what I would call an addiction.

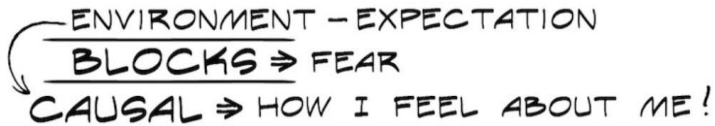
4.3.1. Physical addictions are driven by unmet emotional addictions

What most people call an addiction are for things such as being addicted to drugs, addicted to alcohol, addicted to TV watching or movies, being addicted to sports or high adrenalin active sports; every single one of those physical addictions comes from an emotional place and it starts with an emotional addiction not being met. So what happens with physical addictions is we create this life where we're now blocked to our causal emotions, we don't want to feel our causal emotions, and so what we now want is our environment to satisfy the unfelt causal emotional demands.

4.4. Expectations and demands upon the environment

So my causal emotional demand is, "If you are a woman please love me," because I have this feeling that I am not loved by women inside of me, then the plea going out to the universe is, "Please love me, any woman out there, please love me." This is really what's coming from my soul. And any woman who goes, "Yeah I'll love you," will be attracted to that because of something inside of her soul. And so now I have an expectation that is placed upon my environment to meet my unhealed emotional need. I'm projecting out to my own environment: "You've got to meet my unhealed emotional need."

If I heal this emotional need, I will no longer have it projected out to the environment. But I don't want to heal it because I don't want to feel it because I think it feels too painful. That's what I think. And my parent, through this blocking and suppressing process, told me it's too painful. They taught me that I won't be able to cope with it and so they suppressed it as well. They couldn't cope with their own, so of course they believe that you're not going to be able to cope with yours. So they suppress all that and keep that under control and so what's coming out of me then is that I want my environment to meet the unhealed emotion, and that's the addiction: I want the environment to meet my unhealed emotion. [00:27:25]



Layers of unfelt emotions are projected out to the environment as a demand or expectation

5. Negative consequences of addictions

5.1. When our addictions are not met we feel angry or hurt

Now how do I know I have an addiction? Well whenever my unhealed emotion doesn't get met, when I have an addiction, I will always get angry or hurt. So that's the measure of how we have an addiction. So, you know every time you've gotten angry, it is because one of your addictions has not been met. Every time you felt hurt inside of you, it is because one of your addictions has not been met. And if you can trace the addiction down, you will find under it, a causal emotion that you are wanting to avoid in that moment. You will always find that. [00:28:12]

Participant: How do you get to that causal emotion?

What I am going to do is to describe that process, but firstly we have to understand the process in terms of feeling the process and how it began inside of us before we can begin settling with things.

You see normally what we do in the addiction is, the addiction doesn't get met and we automatically go into rage, anger, resentment or hurt. We automatically go there. We don't go, "Hang on a sec I'm feeling this hurt, anger, rage, whatever it is so therefore I have an unmet addiction and therefore I need to look at what that addiction is. What is my expectation that's driving this addiction?" and then go deeper. We'll talk about the process more in a minute; the main thing is to understand what's going on inside of ourselves, firstly. [00:29:11]

5.1.1. An example of addictions creating a "honeymoon" period in relationships

Participant: AJ, when you're talking about that unlovable emotion, because I've got that, and you're saying that we attract people who want to love us, because they've got a co-dependent addiction, I thought that

we attracted people who don't love us; I thought that's my experience a lot of the time. So I'm a bit confused.

Well, yeah and I'll talk about this with you in more detail because what we do is we initially enter an attraction thinking this person will love us. And that person enters the same attraction thinking they're going to get from you what they're going to get as well. This is why most of our relationships have that initial, what we would call honeymoon period; that is the initial part of the attraction. The initial part of the attraction happens and we are not aware of what is going on generally, where we both think, "Yeah this is going to be great for both of us." Ten days later we are now having our doubts because there are all these other things that are hooking into us through these addictions and this is why addictive things never become satisfying in the end.

And what we need to realise is actually nothing is going to be satisfying until we deal with the unhealed causal emotion. But we don't believe that because we've been taught differently and so what we do is we go along and try and get this addiction satisfied. We finish up having the initial honeymoon period, and sometimes the honeymoon period in the spirit world lasts for 50 years or 100 years, it can last a long time, until one person changes and as soon as one person changes, what happens to the other person? If the other person gets angry, or upset in any way, then that's telling you we had an addiction going on here. [00:30:24]

Now some of your addictions are so dependent on each other that you love giving it and this is the problem; many times we love giving the addictive thing in order to get the addiction met. And we can enter very, very strong and powerful addictive relationships through our desires to have the addiction fulfilled and we can remain in those relationships for many years thinking they are a happy relationship. And in reality, all it is is a co-dependent addiction. And the test of it is when one person begins to change; does the other person still love? And does the person who's changing still love for that matter? Obviously both of them would still need to have love; you can leave a relationship but still love the other person. And obviously we need to look at that if we can't.

So the initial honeymoon period is usually because of the addictive behaviour and then the addictive behaviour attracts the person who also has their own addictions, but eventually they become oppressive. The addictive behaviours all become oppressive at some point in the future and so you end up finishing up fighting about it. You go through a power phase of the relationship where each person is trying to get power over the other and then that doesn't work because whenever you are in a power struggle obviously that is not love either. And so eventually what happens is the relationship goes apart and we feel the rejection of it. And

the truth is a relationship like that needed to be rejected out of our lives because it was a co-dependent addiction. But we often go down the track ourselves of going, “Oh yeah, he was very addictive,” or, “She was very this,” or, “He was very that,” but not “Not me, I was generating this in some way” and this is what we do with our addictions. [00:33:00]

5.1.2. An example of a substance addiction

You think of what happens with a person who is addicted to a substance, because there are many things that are very similar to a person addicted to a substance, of course, as there are addicted to an emotion. Let’s look what happens with a person addicted to a substance? Let’s say the substance is alcohol. So what happens initially is they’re not what we might call an alcoholic. Usually, through some trauma that occurs in their life, sometimes when they are young and sometimes when they are an adult, there is some kind of emotional thing that enters them that they feel they will not be able to cope with feeling, and so what they do is they have a drink. It might be a bit of stress in their life, so they have one drink.

And what do you do when you have one drink? That alcohol starts going to your mind and affecting the brain and you get a slightly euphoric feeling of, “That feels really nice, boy euphoria’s a good feeling, I haven’t had that for 20 years, another drink would not go astray.” So you have another drink and have a bit more of a euphoric feeling. “This is feeling really good now, I feel a bit spaced out, I don’t have to worry about my life now.” So a lot of the seeming problems in my life have now disappeared because I’m just not conscious of them because I’m in this phase that is manufactured, but I’m feeling euphoria.

But then somebody takes away my third drink and says, “No, you’re not having any more.” What does the average person do under those circumstances? Straight away there is usually some aggression. “What do you mean? You’re controlling me. How dare you do that? I’m alright, I’m fine.” Now if you have a person who is in a pattern of addiction to alcohol, you try taking away their bottle, but they have bottles hidden all over the place, just in case somebody comes along and takes away one. [00:35:01]

Who’s seen the movie “Pay It Forward”? At the beginning, the lady has this addiction with alcohol and it is hidden in all sorts of places, but the child knew everywhere mum was hiding her stuff. But that is what we do because you take away the thing we are addicted to and generally we go into this place of anger or rage, or at least hurt; we at least feel hurt.

That's because we have the expectation, we have the expectation that the environment fulfils our unmet emotional addiction.

5.2. Expectations and demands upon others are unloving

Now the problem with this is immense when you think about it on the planet because every single thing that I believe that I cannot actually feel, myself, I will expect someone in my environment to fulfil. Now as soon as I expect you to fulfil something that is unmet inside of myself, I am going to have an expectation or requirement placed upon you, and any time I do that, I am being unloving. Even if that requirement is for you to be loving, I'm unloving. Because in the end, we want to get to a stage inside of ourselves, where it doesn't matter how any person on this planet, including your partner, your child, your mother, your father, your work mates, colleagues, employer, all of those different people; it doesn't matter to us how any of them treat me, because I am in a state where I am going to own my own emotions about everything. I actually have the power to feel everything inside of myself.

Remember I said at the beginning, a little 3 month old child has exactly the same power. The little 3-month-old child doesn't have to be educated about how to feel its emotions. Therefore it makes sense that I must somehow have been designed to be able to feel all of my emotion inside of me, which means I am able to feel all of my hurts, all my causal emotions; all of the stuff that's inside of me. I do not need another person on this planet to fulfil any of those unmet emotions; I don't need that to occur. [00:37:41]

5.2.1. Addictions cause judgement towards other people and countries

When I don't feel it, my environment gets the projection and, because everyone in my environment also has very similar damages in different areas, they then project at me whether they are going to fulfil my emotion or not; they are going to stay in this interaction with me or not depending on their unmet emotional needs and whether I meet theirs. And so every relationship becomes very, very conditional. Every relationship becomes a bartering system. I'm going to talk to them as long as they make me feel this way, make me feel that way, because then they are nice. And if they make me feel bad and they make feel angry and they make feel upset and they hurt me, then they are not nice. And we create this separation. All the people who make me feel nice are over in this group, they are the ones who I spend most of my life with, and all the people over in this group who keep getting attracted to me at some point through my life, I hate their guts and I try to reject them at every possible opportunity. [00:38:49]

And if that whole group happens to be a nation because I am racist and they don't meet one of my addictive needs about my race, I'll even do it to the whole nation. I'll even get out a gun and shoot as many of that nation, in order to meet my addiction. That's how powerful these addictions are; they create a world in which we're even willing to kill each other to meet our addictions, and anyone who doesn't meet my addiction gets destroyed in the process. That's how powerful these addictions are.

5.3. The importance of dealing with addictions

Now, if I think of it that way, then I can see that it is very important for me to look at dealing with my addictions. It is very important as a part of my spiritual journey to actually get to the point where I am not intellectually skipping over addictions, when I am not making out I don't have them, but rather that they actually have gone from within me. Because whether I am intellectually conscious or aware that these interactions are happening or not, every unhealed causal emotion inside of me creates the addictive behaviour.

This is why people tell you that you have a subconscious mind. Because everything you don't want to feel creates your life often and then they say, "Oh, it must have been my subconscious mind that created that." No, it is actually something you can be completely conscious about that created that, which is your own feeling inside of yourself from your childhood that you did not want to feel. That is what created it. If we want to use the same terminology, it is our subconscious mind that is generating a lot of our interactions and generating our Law of Attraction. [00:40:36]

6. Recognising the extent of our addictions

So here I am sitting in these addictions and maybe what we need to do is look at how it happens in practice, just so that we can feel a bit more about how it works. You see when we start talking about addictions most of us initially go, "Oh I'm not addicted to drugs, I'm not addicted to alcohol. I'm not addicted to any substance really, I'm free of addictions." Now if we use the terminology that I've just used and the description that I've just used with regard to addictions, how many of you are actually free of addictions? It's very hard to be free of an addiction under that definition.

6.1. Physical addictions are driven by unmet emotional addictions (continued)

Every physical addiction can be thought of, as when the emotional addiction does not get met. So the problem with most of us is that we are

meeting our emotional addictions in much of our life, and because of that we have a less likelihood to have a physical addiction. So actually the people with physical addictions are just demonstrating that their emotional addictions are not even getting met. And, in reality, if a person has a physical addiction often they can more rapidly access the emotional addiction that is not being met more rapidly, because it is obvious to everyone around them that something's wrong.



You see the problem for the majority of us is that if my emotional addictions get met by you, and your emotional addictions get met by me, we're both happy. We don't see that there's a problem here. But when we look at a guy who's bombed out on drugs for half of his life, we say, "Yep there's a problem." (Laughter) And yet I myself, I'm happy and so I think there's no problem. But in reality the problem is that his emotional addiction isn't getting met, that's why he's on these drugs; because he needs a physical way of getting out of these emotional addictions, and it's quite obvious. But the problem for me is that I'm already getting my emotional addictions met and I'm quite happy with it, and that's not obvious. Sometimes it's actually harder for a person who's getting their emotional addictions met and who feels quite happy in their life to progress spiritually towards God than it is for the person who's down and out and has a lot of problems in their life getting these addictions met and quite often it's not so obvious. [00:43:24]

In the first century, many of the people who followed us when we were travelling around talking to people, like we are doing with these groups, were actually people who had heavy physical addictions because they could see they had a problem. And many of the people who attacked us were the people who were in heavy denial of their emotional addictions, because they couldn't even see they had a problem. And the trouble with emotional addiction is that often we don't even see the problem that's right there and we don't see our rage and our anger and our hurt as proof that the addiction is present. We just don't notice those things.

And if we're in a very, very close co-dependent relationship with somebody, we can often avoid much of the rest of the pain because there's seemingly so much joy in that relationship that we don't even notice why that relationship was created. We feel this relationship is beautiful when in reality it is so co-dependent, and that it just makes both of us extremely happy because we're getting our addictions met. So for most of us, our emotional addictions are getting met, so we don't have to go to a physical addiction to detune from our life, to detune from the

fact that things are not being met. We go to a physical addiction generally when the emotional addiction doesn't get met and we don't know how to meet it. Whatever that physical addiction is, it might be drugs, alcohol, it might be medicated prescription drugs, it might be pain killers, and it might be TV, videos, movies. It might be partying every night, having sex all the time. Not that there's any trouble with having sex all the time or partying every night, but the issue is, are we using it as an addiction to suppress a causal emotion? That's the issue.

So when the emotional addiction is met it doesn't generally generate a physical addiction. When it's not met then we get the additional layer of a physical addiction. The beauty of a physical addiction though is it is obvious usually to everyone around us and sometimes to ourselves, not all the time, but it's obvious generally to everyone around us that we have a "problem". But the issue with an emotional addiction is that it's not obvious to anyone around us that we have a "problem", except generally to God, and your relationship with God, because while you're in emotional addictions you cannot get closer to God. Obviously these talks are all about being closer to God, and so we want to be able to learn how to deal with the addictions, learn how feel about them and do something with them, so let's look at some of that. Now before we proceed, is everyone clear about the addictions, are there any questions you'd like to ask about them? [00:46:46]

6.2. Coming to recognise our addictions

Participant: What about when we're having an emotional addiction, we're aware of it, but I respond in anger or frustration, I'm knowing it's my reaction, I'm owning it, but I can't seem to get a sense or an understanding what's causing it? What do we do with that? Is it possible that you can actually be aware that there's something going on?

Of course, remember that one thing of what I said, the basic form of awareness is; if I am angry, frustrated, annoyed, feel hurt about something else that someone is doing or something that's happened, then my addiction is not being met. So the first level of consciousness with addictions is to notice the behaviour you have when your addiction isn't being met. We'll talk more about how to get down deeper, but that's the first level of consciousness about your addictions. In that space you know whatever it is that is driving you is out of harmony with love. You know that if you're angry, you're upset, you're really hurt then all of those things are not love. If you're in a love space, you'd feel blissful, happy, joyful and all those emotions, not the other emotions. So instead of condemning ourselves for our state, what we need to know is to notice firstly, "Oh I'm angry, I have an addiction." Who knows what it is, I don't

know what it is at this point maybe, but at least I know I have one. That's the first step with all of this, to know that you have one. [00:48:37]

So one of the first things you can do is start writing down everything that makes you angry because everything that makes you angry covers over an addiction somewhere inside of you. Write that down - everything that makes you feel frustrated; that covers over an addiction somewhere. We don't have to know the addiction yet, the point is to become consciously aware inside of ourselves that my anger, my hurt emotions, my frustration, my annoyance and all those emotions are obviously covering over a demand that I have inside of me, something is going on here. And you will be surprised a lot of times it's big emotions, but we'll talk more about that in a minute about how to get deeper. The main thing is to understand the first point of awareness is your initial rage, anger or hurt response. That's the first point of knowing that something is wrong. And once you're at that point you know there's another addiction here.

6.2.1. We have thousands of addictions within us

To be frank with you, I've had thousands of them to work my way through. The majority of people on the planet have a good thousand or two of these addictions to work their way through. That didn't make you feel very good! There's another one of those addictions. Did you feel that addiction that you just had? I'm serious. When I made that statement of truth, did you feel the level of joy drop? There's the addiction; the feeling of, "Oh no." What's that frustration? "Oh no," there's the addiction. What was that addiction? The addiction that I cheer you up. You want me to say things that are not true so you feel good about yourself; that's an addiction. Even that one statement that we often have a thousand or two addictions to deal with causes us to actually get into one of our addictions. [00:50:48]

Participant: If everybody's got all these thousands of addictions and we get through your addictions, how do we exist with the rest of the planet or everyone on it?

Well the beauty is you exist with the rest of the planet very easily because you don't respond to anybody's addictions anymore and you've got no addictions coming out of you that they have to respond to. So everyone around you actually feels better in your company. And the people who don't feel better are the ones who wanted you to supply their addiction and they leave you because they want to find a person who will supply their addictions. So your life actually becomes very simple. You don't believe that (Laughter) but it does, it becomes very simple. You'd be surprised how simple it becomes. We'll talk more about this aspect of

how simple your life becomes when you deal with these things, because while I say there are thousands of addictions that the average person has, the truth is that there are usually only thirty or forty core emotions that drive them.

Did you feel that again? (Laughter) I said thirty or forty core emotions and the feeling was, “Argh, I’ve got thirty.” There’s the addiction again. Can you see the addiction at play?

When you think about it, the majority of you do not come along here because I sweet talk you, and that’s a beautiful thing actually because that tells you that you are not wanting to have your addictions met all the time now. You want to start dealing with the real stuff. You see, just the fact that you are attracted to come to a place where a guy gets up and tells you a truth that you don’t want to hear, but you feel drawn to come back next week, means that there’s something that appeals to you in the soul about living in this space. [00:53:01]

So there’s obviously some truth going on in there, having its positive effect in amongst all of that. But the truth really is that we often have forty or fifty core emotions driving the majority of our addictions and we might have thousands of addictions as a result of those core emotions. And every core emotion has its unique flavours, based upon our life and how it was created, and we’ll talk about how that all happens in a minute.

So the answer to the question is firstly notice every time you have that deflated feeling that you just had when I said the truth. Every time you notice that deflation, every time you notice that the joy can’t be maintained, every time that you notice there’s anger, frustration, annoyance, any of those hurt based emotions, you know an addiction is not being met. And if I have courage, if I follow this addiction down the rabbit hole, I will actually pick out the causal emotion; I’ll get there with it if I have the courage to actually acknowledge the addiction exists.

Participant: And the beginning would be writing down what causes these feelings?

The beginning is always becoming consciously aware that this is happening through your emotions. So your emotion is anger, frustration, annoyance, deflation; all of those type of emotions. There’s an addiction not being met, straight away an addiction, I’ve got to write down the circumstances in which this happened. Today the circumstance that happened was that AJ told me a truth that made me feel like, “Oh I’ve got a lot of work to do. I would have liked him to tell me that actually in ten minutes time all of you are going to become at-one with God.” (Laughter)

That sounds really good doesn't it? "Woo that's really cool!" But it's not true, so that's the problem with that kind of thing.

This is the trouble with what we've done; we're so used to hearing sweet platitudes because of our addictions. We want to actually get somebody cheering us up because we want to avoid the emotion of how we really feel which is not that happy about ourselves really, and we need someone to cheer us up in order to make us feel happy about ourselves. And so all we're doing is we're avoiding how unhappy we feel about ourselves really in that moment. [00:55:26]

If I can allow myself to go, "Oh okay, right at that moment, AJ said that," and to be frank with you it doesn't even matter whether I lied to you or not. Now don't go and quote that out of context, will you? Because what I'm saying is that although I want to tell you the truth, even if you're lied to by somebody and it makes your energy go down, there's an addiction in play inside of you. You don't even need to worry about what the external environment is really doing to handle these things; all you need to do is feel your own emotional response to what the external environment is doing. That's all you need to do and you'll know straight away whether there is an addiction in play or not. You don't even need to have someone come along and tell you anymore, all you do is feel your own emotion. [00:56:18]

6.2.2. When we're at-one with God we have no addictions and always feel happy

So if a man comes along and yells and scream at you and you feel terrible, what's the addiction? Because do you think when you're at-one with God and somebody yells and screams at you, you're going to feel terrible?

Participant: I don't know yet.

You don't know yet. (Laughs) Well let me think, how many of you have yelled and screamed at God at this point; it's probably about 80% of the group, so let's multiply that by the world's population. So of the 6.5 billion people on the planet we can basically assume in any one given period of say a few months that a good 80% of the world's population is yelling at God. Can we assume that? Okay, so at the moment on the Earth, let's say there are 4.8 billion people yelling at God, does it make God unhappy? No. Why? Because God is not addicted to you either yelling at him or not yelling at him. Do you get that? [00:57:20]

Now if you're at-one with God, would you be addicted to anyone yelling at you or not yelling at you? Of course you wouldn't. So somebody can

come along and yell at you when you are at-one with God and you won't feel bad, you won't feel negative, you won't feel scared, you won't feel afraid, you won't feel like bopping the person on the nose or any of those things. You won't feel it because you're at-one with God and you have the same emotional response in that you're not addicted to the person treating you a certain way. You don't need it from them anymore.

So, when I ask the question, "Does God get addicted to what you want?" Of course God doesn't. So is God sad when you yell at him, no he's not. So that means when you're at-one with God, when your partner yells at you are you going to be sad? No you're not. Isn't that fantastic! You won't even feel the emotion of sadness in you when your partner yells at you anymore when you're at-one with God.

Now the fact that I do at this moment feel sad when somebody yells at me means that I am addicted to something coming from them and I can feel that emotionally, I can do something with that emotionally. So the people around you don't even have to treat you nicely for you to be able to see what your addictions are. The beauty of that is you can be in any interaction on this planet and find out what your addictions are. It's a very powerful tool to see where you're out of harmony with God and bring yourself into harmony. It's wonderful. It's a fast track way of facing the causal emotions within yourself, but we've got to not judge the addiction.

6.2.3. Having our addictions met prevents us from seeing them

The problem for many of us is we look at a guy who's drugged out in his brain and we go, "It's a sad thing to see that," and we start having a lot of judgement inside of ourselves about it. We go, "Oh look at that, look at the damage he's doing to his life, the damage he's doing to everybody's life," and we don't see that I'm emotionally addicted and what about all the damage that's happening there in my life? I don't want to know any of that. But we look at the damage in the drugged out person's life and we can see the results of the addiction a lot more easily than we can see when we're in an emotional addiction. But the truth is that we are not right now at-one with God because of our addictions because our addictions are what we use to cover over the emotions that we're not yet prepared to feel. [01:00:13]

So it's because of our addictions that we're not coming face to face with our causal emotion. While I get my addiction met from you, do you think I am going to feel what I need to feel while you're giving me what I want? It's very hard. For a physical example, if a man's addicted to sex and his

wife gives him sex every single day, maybe four, five times a day if that's what he needs, is he going to be a happy man or a sad man?

Participant: Very happy. (Laughter)

He's going to be a very happy man because his addiction is being met perfectly. His addiction is being met perfectly and so he is going to be happy. But do you think he's going to be happy on the day she wants to take off? Is he going to be happy then? No, now there's stuff coming from him. What does he do with that? Does he do unloving things, like watch porn or go to another woman or go to a prostitute? What does he do when he's not getting it on that day and what feelings does he have? If he has rage, anger, resentments, frustration with his partner because he's not having sext that day then that's a demonstration of his addiction. [01:01:42]

6.3. Being humble to seeing our addictions

Now it's exactly the same emotionally and we need to understand that. Every single emotion I have of rage, anger, resentment, hurt, are all emotions that show me my own addiction, if I'm willing to see it. But, you know most of the time we're not, what we do is instead, is we go, "Yeah see that person's not very nice. They didn't love me then." This is what happens.

We have a situation where we've got ourselves and we've got this yucky woman coming along, yelling at me, she's just furious with me, there's all this fury coming out of her towards me and what do I do? I go, "Oh she's a bitch, hey. I just want to get out of her life, or get her out of mine, don't I?" But actually right at that time, I've got an addiction. I've got the addiction and she's got one too, obviously, but I've got one. You see we don't think that in that situation, when someone's yelling and screaming at us. What do we think instead? "They've got the addiction." But if I've got a feeling of hurt, anger, rage, avoidance, something I want to avoid, or depression because of that event, I'm the one with the addiction. [01:03:18]



If we feel hurt, anger, rage, wish to avoid or depression in response to rage, then we have the addiction

That should make us a bit more self-reflective, in regard to what happens, shouldn't it? Now of course she also has one, but can you change her? Of course you can't, you have enough trouble changing yourself, don't we? So how are we going to go about changing her? It's going to be very difficult to change her; what we need to do is change our addiction. What is the feeling that's in me?

Now, we don't do it by going all Zen on it; you know what I mean by that, don't you? We don't do it by another hour of meditation that day and, "I'll be right." That doesn't get you away from the fact that you do feel hurt in that situation. So, feel the hurt in that situation and go deeper, "Alright, I'm addicted to something here, what do I really want from her? I want her to treat me nicely; I want her to say, 'You're a nice fellow, actually.' I want her to be nurturing, I want her to feel good about me as a guy." So I need to look at what it is that I really wanted from her and she's not giving that to me. She's giving something completely different to me and I'm feeling these feelings of hurt, anger, rage, avoidance and depression, and while I'm feeling these things, I have the choice now to see my addiction in this interaction, or I can avoid it. [01:04:41]

Most of the time what we do is avoid it and avoid the person. So we write them off, and then five weeks later another angry woman comes along. And we keep attracting these angry women. We get frustrated with ourselves and we don't want to look at our addiction and we get rid of her out of our life too and in the end we swear ourselves off of all women. Does that work? No, because you go down to the shopping centre and you're having an interaction with the checkout girl who happens to be behind the checkout at this point and she is another woman who might be angry, and you have another interaction. And then your mum rings you on the phone and you have another interaction and before you know it you've got all these interactions still occurring and they're still happening because they're showing you there's an addiction for you. Your addiction is driving these Law of Attraction events, if you like. The addiction is emotional and something else is underneath it. It's an addiction to not feeling something underneath all of this that's driving it.

6.4. Physical addictions are driven by unmet emotional addictions (continued)

Participant: Just as a recap; you can't have both emotional addictions and physical addictions at the same time?

Of course, the majority of us do. So remember every time we have a physical addiction it's because even the emotional addiction is not getting met. And the truth is that for many of us, emotional addictions aren't getting met too. So for example an emotional addiction might be that I

need someone else to entertain me. This happens a lot in children, as we have mothers and fathers that spend all of their time entertaining us, they give us this toy, buy us that thing. Many of us think that's being a good parent, that's what we believe, so we feed our child with all this stuff, and so the child now is addicted to being entertained. There's a need in the child to have external entertainment as a form of love.

And so it grows up and there's no entertainment in its life, so what does it do? It has a strong desire to attract into its life things that are entertaining all the time. So it's got to go out every night to party as a form of entertainment, it's got to keep itself interested in life and so it can't stay home. If she stays home, or he stays home by himself for a night, he feels terrible. There's another addiction, but it's a physical one now, it's covering an emotional addiction that's not getting met, so we go out and meet it physically. All of us have a list of physical addictions which are the only way that we can meet certain emotional addictions that we've learnt, and then we have a whole set of emotional addictions that are actually getting met and they are the most difficult to remove from yourself, because they are actually getting met. [01:08:03]

It's easy to see it if I've got to come home from work every night and have a drink, every night. And if I don't have a drink one night, I have to go down the pub and buy myself the drink. In other words, I can't go without the drink one night. Why is that? Well obviously that's an addiction of some kind, I'm reliant on an external substance and often times it's because I'm not happy at work and I feel quite depressed and upset when I come home and a drink gets me out of that. So, the physical addiction is driven by the emotion not being met. If the emotion was being met, I'd come home and if my wife says lets jump in the sack, that night I don't need to have a drink because my addiction is getting met, and I feel loved now. I feel loved by my environment. So often times we act out the unmet emotional addictions through physical addictions.

7. Differences between love and addictions

Participant: Just a quick question, you say that relationships are formed because emotional addictions are not met?

No, what I said was most relationships on this planet are formed because emotional addictions are not being met.

Participant: Okay because what I thought was that if all your emotional addictions have been dealt with, that means that you do not need anybody and nobody needs you.

That is very true, but that doesn't mean you might not want to love somebody. Can you see there is a very big difference between needing somebody and loving somebody? They are almost two opposites; needing somebody is due to addictions, loving someone is a gift you wish to give them. They are very, very different from each other.



Participant: But isn't that love that you are willing to give somebody else in an emotional addiction?

No, no. You're allowed to give a gift and it not be a demand from the other person. In fact, it is the best time to give a gift and it's when you get the most joy out of giving any gift; when the person who you gave the gift to never expected it, they didn't demand it from you and really felt gratitude for receiving it. Now, when you're in a space of need or anybody's in a space of need of a gift, do you feel very good giving the gift? Definitely not. Now what you feel like is you've been pushed into it; that it's being demanded of you. [01:10:31]

7.1. An example of giving gifts at Christmas time

How many of you enjoy giving gifts at Christmas time? How many of you give gifts at Christmas time? So the majority of us give gifts at Christmas time, but how many of us enjoyed doing it, really passionately enjoy doing it? A few of you. In terms of percentage, there's probably 0.1% who do and most of us don't. And yet we go ahead and do it because there is a projected demand upon us to do it. That's why we do it. There's a projected demand upon us to do it from our environment and we go ahead and do it.

Now in that moment we are not being loving because all we are doing is responding to an addiction of somebody else to get them a gift at that particular time. What would you feel if you did not get a gift at Christmas time? A lot of you are being very dishonest with yourself about it, because you said initially that most of you don't enjoy giving a gift at Christmas time, which actually means that gifts are being demanded of you at Christmas time, and you are responding to that demand. Now if you're responding to the demand of a gift given to you at Christmas time and then none of you feel like you are a part of that demand, then something's going on. The truth is that other people in our lives must feel our demand, just like we are, because we feel theirs.

How would you feel if you decided this Christmas that you're not going to give any gifts at all, you're not going to give any money presents

whatsoever, you're not going to take the kids somewhere just to make up for it either, you are just going to spend a normal day at home. There's not going to be any family dinner. In fact you decide you're going to take the day off from cooking and there's not going to be any of that, now how do you feel? Guilty, scared, "What kind of projections am I going to get?" [01:13:01]

Participant: I actually did that the last two years. I spent the whole day completely by myself, childless, partnerless and I just cried and cried and cried.

Exactly.

Participant: It was really freeing.

It is very challenging too, isn't it?

Participant: It was very difficult but it was really good. [01:13:22]

Very challenging. I had a period of my life where for nearly 11 or 12 years I was alone Christmas Day every year, just by circumstances; it was very challenging. Everyone else is getting together, having their fun and what do you feel? You just feel like absolutely no one loves me, no one wants me, no one cares about me, and you just go through lots of emotions. That's the addiction that's driving the gift giving at Christmas, you see? That's the addiction; that we don't want to face these addictions. And we're willing to even hoodwink ourselves by saying, "Oh, I'm not the one who's addicted, it's them". No you're addicted to avoiding the guilt, so there's an addiction there too. There are a lot of addictions. I'm not saying don't give gifts at Christmas by the way, I'm saying a gift comes from a heart of love and love is very different to need. [01:14:21]

7.2. Need versus love in relationships

So, in your question, you asked about need; need is always driven by addictions. So if I need to have a partner to love, then I am actually in an addictive relationship. If I actually have a partner to love because I am giving the gift of my love to them, then I'm in a loving relationship with them. They might not be with me, but I am with them. But there are currently very few of those relationships on this planet because for the majority of our relationships we have a lot of unmet emotional needs from our childhood that our partner is perfectly meeting for us and in that mode, we are now getting our addictions met and so we feel drawn to them and we feel the feeling of love. Now that doesn't mean that underneath all of that crap, if we can call it that, is some pure emotion because often we have some pure emotions mixed up with a lot of

addiction in our life, but we need to see the differences between love and need.

None of you will need your soulmate. You see when we have the soulmate discussions, you often feel the panic in the audience about, “Oh I want my soulmate so bad, I’ve just been longing for my soulmate,” and there are all these needy, unmet childhood emotions in all of that. You’ll get to the point where you want to have a relationship with your soulmate in your life because you want to give the gift of your love to them and you know that they are the person who in the end is going to be the person who’s going to be able to receive that love the best too and be in this very, very close bond. And it’s also because the two of you are halves of the same soul, in the end. So there is automatically a relationship between you that is established. That is totally different than need. [01:16:17]

7.3. Need versus longing

Just as a side point here there is a total difference between need and longing for something.



When need is not met it creates an emotion that is out of harmony with love inside of us. So if I need something from you and you don’t give me what I need, I then feel sad, hurt, angry, or one of those emotions. Maybe even afraid, but any emotion that’s out of harmony with love that I am feeling in that moment demonstrates that I was in a co-dependency desire with you. I was demanding something from you that when you didn’t give it to me, I felt this neediness towards you, which was a demand. And when you didn’t give it to me, I got upset, hurt, angry, whatever the emotion was. That’s an indication that I am in need with a person and therefore in an addiction.

But a longing is very different. I can have a longing for you without actually projecting any needs upon you at all and without projecting any demand upon you at all. This is in fact what God wants from you to receive Divine Love because what happens is when you have a pure longing inside of your own soul for somebody’s love that’s not about neediness, there’s a part of your soul that opens that allows love to be received. And you see most of us on this planet have a lot of shut down things inside of our soul that prevent us from receiving love. So when we have a longing for somebody’s love, we open up this vulnerable part of ourselves, which allows love to flow into it. Now that’s not the same as a need; a need is a projected demand that the person love you. A longing is

just a longing for their love whether they love you or not and you remain as happy whether they love you as you did when they didn't.

So what often happens is we're longing for somebody's love, this open and vulnerable space gets created, and you see this a lot with teenagers before they get very hurt in love; they have this real strong longing for the other person and they just demonstrate that longing without any subterfuge or deceit. They're just open about it, "Yeah you know I just love him, he's so beautiful and he's gorgeous," and their eyes light up and you know they have this really open feeling coming from them. But then they get hurt and what starts to happen? Now they're a bit more guarded with their heart. But when we're in a longing space we are not guarded with our heart, our heart is open and vulnerable and therefore it's open to being hurt as well. But if I have no addictive emotions in me, will I ever get hurt by having a longing? No. So any hurt that I feel that's due to a longing is because of an unmet emotional need from my childhood that needs to be released anyway. [01:19:45]

7.3.1. Love songs are often about unmet addictions

There's a very big difference between need and love for somebody. Most of us are in need, but not many of us are in love. You know all these songs are about love, such as (AJ singing) "*Here I stand with head in hand, turn my face to the wall. If she's gone I can't go on, feeling two feet small*". (Laughter and applause) It's the Beatles, if you didn't recognise it. And he says, "*Hey, you've got to hide your love away*". Why? This is what we do, isn't it? Now what's he describing there? Is he describing love? He's not. All these so called love songs that are on Earth are not actually describing love; they're describing unmet emotional addictions. "*Here I stand with head in hand; turn my face to the wall*"; what is this looking like to you? "*If she's gone, I can't go on, feeling two feet small.*" In other words, what's my addiction with this woman? My addiction is that she makes me feel like a man, she makes me feel grown up, she makes me feel whole. And when she goes out of my life, what am I feeling instead? I'm feeling little, like an unloved child, which ironically actually describes the unhealed emotional addiction that the person who wrote the song had. Sorry about that, John, but that's the way it goes. John's here actually, he's listening to that. Monica and I talked to John Lennon last week actually, which is one reason why I used that song.

Can you see how many of our love songs are not love songs, they're addiction songs? And I look back on a lot of the songs that I used to play, and feel about, and the majority of them were all this unmet addiction, mixed with desire for my soulmate. If you have a look at my song collection that I play on the guitar, a couple of hundred songs probably

that I prefer, almost every single one of them was an addiction that I didn't have being met at the time.

And then you get the other songs, which are all about addictions as well, like The Eagles, "Lying Eyes." (AJ singing) "*You can't hide those lying eyes; your smile is a thin disguise.*" What's that describing? That's describing a relationship from his own past with a woman who is deceitful and he's now describing an event that is in her life. Why is he describing that? Because he gave his heart and obviously her deceit crushed it and he feels terrible; remember every time you feel terrible, there's an addiction (not) being met. So it's like there are so many, there are so many songs that are like that. [01:23:42]

Some of the songs are really interesting about addictions; the 10cc song called, "Not in Love". (AJ singing) "*I'm not in love, don't forget it, it's just a silly phase I'm going through.*" In other words, he doesn't even want to admit that he's in love anymore. Because he says, (AJ singing) "*Just because, I call you up, don't think it's right, no, it doesn't mean you mean that much to me.*" Wow, so there he is, like inside of himself he's got all this love going, he's really hanging out for her, but he doesn't want to admit it. Why? Because of another addiction, and the other addiction is that he doesn't want to get hurt by admitting it and then being open about it and being rejected, so he's just so afraid of rejection. A lot of these songs are all about just addictions, rejection and they're all actually not about love.

I suppose if you think about it, a lot of the songs that could be made about love wouldn't sound very good (Laughter) because they don't connect to any sadness inside of you. And when it's all happy, what do I sing about now? (Laughter) In the spirit world and even on Earth we'll be able to sing about lots of things even when we're in that space, but when you think about it today on Earth, even a lot of the music industry is driven by deep despair and sadness, deep disillusionment. A lot of the emotions being expressed are all about our unhealed core emotions and they're driven by needs. So we often have these understandings of love inside of ourselves that are very, very distorted, which we believe to be love, but actually it's need.

Even the need to have your child respect you is a need. Does your child have to respect you? No, and in fact it's just an additional job you're giving your child that he doesn't even need to have. Ironically, when you let go of the need to be respected, often your children do respect you, even more. But it's not because of the projected need. You see, a lot of our love-based relationships, not just between sexual relationships, but also our love-based relationships with parents, children, brother, sister, friends, a lot of them are based on co-dependent addictive needs that are

being met, which is very, very different to having a longing. I can long for your love and I can long for God's Love without projecting a need at you. How do I know when it's different? By my response when I don't get what I long for. So if I'm longing for something and I don't get what I'm longing for and I get angry, upset, sad, depressed all those feelings, then obviously my original longing was not a longing, but a need; an addiction. [01:27:03]

7.3.2. Our music collection can show us our addictions

Participant: Hello AJ, a couple of things. So, you're saying that our record collection is a history of our addictions?

It's a fantastic record of your addictions; yeah. In fact my suggestion would be when you play your music to actually feel about your addictions that are being demonstrated in the music itself. It's a fantastic way of accessing a lot of causal emotion. By the way, just a note about music, a lot of times we use music to connect with the writer's causal emotion in order to avoid our own. In other words, I can't connect with my sadness about losing my girl, I don't want to cry about it, I'm not connecting with it, so what I do is I put on a song that's about losing my girl and all of a sudden now I can cry because I'm connecting to the writer's sadness; I'm actually needing help to feel my own sadness. [01:28:14]

Now, so I'm not saying don't do that, what I'm saying is notice that I must have a block to feeling my own sadness if I need the music to feel the sadness. So yes, your music collection is a very good way of actually accessing causal emotion inside of you. Unfortunately for most of us, our music collection is the way we act out our addictions. I had this whole list of songs, all soulmate loss songs, and while I could play those, sing those, enjoy those, I always would like those songs, did you think I was feeling my soulmate loss? No. When I started feeling my soulmate loss, all of a sudden I look at those songs and, "Wow, that song was telling me quite a lot"; that's how I felt. I don't feel that much anymore and it's now quite amusing to sing the song, rather than all this anguish when I was singing this song, and it's because now the addictions have changed because of dealing with some of the causal emotion.

8. Examples of addictions

8.1. Dealing with causal emotions eradicates our addictions

Participant: Thanks. The second part is, that once we deal with the causal emotion, then all the addictions that are attached to that just drop away?

Yes, that's exactly what happens. That sounds good, doesn't it? So all of a sudden, the thousands of addictions get reduced down. But as you know, as all of you who have been on this path for some time know, getting to causal emotions can take months. And do you know why it often takes months? Because we refuse to acknowledge our addictions. We're so in the addiction that we don't acknowledge it's there and as soon as we recognise the addiction, wham the causal emotion is there. It's amazing. I've had so many times myself, where I've been for months on end in my addiction.

8.2. An example of AJ's previous addiction to pandering to angry women

For example, a woman comes along who's a bit upset, and she demands time of me. So I sit down with her and I explain all about her emotions and what's going on for her, and three hours later I'm still explaining what's going on for her. And she is going, "Yes, yes, yes", and then she's asking me another question, another question, another question, another question. I'm starting to want to go to the toilet but I'm not even going to go to the toilet because I'm feeling her demand and I feel like I have to respond to it. I don't even let myself have my physical needs met. I'm there holding onto my bladder, talking to her for three hours, and while that helped her a lot, my bladder now feels like it's a bursting balloon, (Laughter) and it hurts. I hurt myself, meeting her addiction.

So what does that mean? I have an addiction. What's my addiction? My addiction is the angry woman comes along; I've got to talk with her, talk with her, talk with her until she no longer wants me and until she goes, and then I can go to the toilet. Why is that? It's because I'm afraid of the angry woman, I'm afraid of upsetting her, I'm afraid of stopping half way through and saying, "No, that's enough to this conversation now. Actually you're angry, I don't want to talk to you at all come to think of it." I'm afraid of doing that because the angry woman's emotions are getting projected and I'm in my addiction of placating the angry woman in every possible opportunity.

Why would I decide to placate an angry woman? Because if I don't placate the angry woman, what's the angry woman going to do? She's going to be angry and am I going to feel very loved then? No. But while I'm placating her she will listen, she will stay in what seems to be a loving transaction with me, but actually is it loving? No, it's not. Of course it's not loving, and the proof is I'm in pain with my bladder while I'm doing it. Right in that moment, I am proving to myself that my own addiction is so strong that I'm willing to actually go through personal pain in my physical body in order to get this addiction met.

I don't know how many years I did that, but I did that for years. Anytime a woman wanted to have a chat with me about something emotionally, I would do that automatically. Now many of you women are finding you don't get very long with me, because I'm now out of that addiction. I had to see it first though, I had to see what's going on, feel that, feel the pain that I'm causing my own body responding to that addiction and then when I do that, I see this isn't their problem, this angry woman is actually helping me see my addiction. Not through her words, but because of how I respond to it; it causes me pain. And if I notice that, then I can see my addiction. And that's what the whole point of the interaction is for me, I'm seeing my addiction here. [01:33:34]

When I see my addiction, I can then go, "Alright, let's challenge this addiction." So how do I challenge the addiction? Well it's really easy. The next angry woman that comes up; you speak with her one hour instead of three. How did that feel? Well at the end she was pretty upset because I terminated the discussion and I need to feel about that. Then the next angry woman that comes along, what do you do, you challenge the addiction a bit more. You say, "You're angry with me and you've got a very unloving demand with me, I can't speak with you at all." Now how's she going to react to that? And straight away I can feel my addiction again; that's what I'm afraid of. [01:34:24]

8.3. An example of Mary being afraid to speak truth at her groups

Now, to give you an example of this, with the groups that Mary does, all of you who come to the groups bring along a group of spirits with you. All of us do that; we all bring along a group of spirits with us. So if I'm in a bit of a shutdown place, then I'll bring a lot of shutdown spirits with me in a shutdown place. If I've got anger within me as a woman, I'll probably bring along a lot of angry women spirits with me into the group as well. If I'm trying to get out of my life, I'll bring a lot of spirits who are also trying to get away from their own life with me as well, who are influencing me. So what happens with every group that Mary is doing with you is there is a whole group of spirits coming along, and they

actually have a huge influence on every single person there. And my own attitude has an influence on you. So if there are only twenty of us and one of us of the twenty is in a very, very shutdown emotional place, that person heavily effects the rest of the nineteen, just by projecting out, “Don’t you feel, don’t you feel in front of me, don’t you feel in front of me,” just by projecting that out. [01:35:51]

This happens with the groups really often and Mary’s been learning through her emotions to actually work through the addiction for her. And the addiction for her was she feels guilty every time she confronts somebody with truth. She feels terrible about it and very afraid of the spirits’ response through the person. So last weekend there were three or four people who were heavily spirit influenced, coming along to the group. Mary came home Friday night and we talked about it. Mary had been very truthful all Friday night with the entire group, really confronting, saying the truth to people, but she came home feeling quite exhausted and wondering why, and we talked about why and what was going on. And then the next morning I came along at lunch time and we had another discussion about what was going on because Mary had had a morning where the same three or four people who she was having these interactions with the previous night were very resistive, but she wasn’t saying anything to them or removing them from the group. She was just in this space.

Now, during the lunch break, we started discussing it together again and what happened was Mary went into this really deep terror about doing anything about it and she went through lots of fear and lots of emotions came up. Some of you might of noticed who were there that Mary went into the toilet, had a cry for a period of time, just to work her way through the emotion of her fear of why she was avoiding asking the people who were actually shutdown to leave. Now she had a lot less trouble asking a man to leave than she did asking the females to leave. When she asked a man to leave, she felt she’d done the right thing, but asking the females to leave, she was petrified of doing that. So what happened afterwards is she did ask the different ones to leave and the group as a result had a big positive benefit. Now please if you’re one of the persons who left, don’t feel that it was all your fault, because there are lots of different things at play, including spirits at play, and you do need to look at your emotions as to what went on. [01:38:21]

But getting back to Mary’s emotions, the addiction was that she wanted everyone to feel happy in the group, but the irony is when we want that to happen to everybody, everybody can’t if there’s other addictions at play, and we’ve got to remove the ones who are creating the most addictions in order for the others to grow. The addiction for Mary at the time was this feeling inside of herself that she was just petrified of a

woman's spirit induced rage. Ironically, one of the women in particular that was removed went into a rage with Mary overnight which Mary felt quite strongly and said quite a lot of different things that Mary could feel. And that even caused more of her emotion to come up about how afraid she is of an angry woman who is spirit over-cloaked feeling her rage. In the end of that, the next day, Mary could stay in her truth without feeling fear, in particular without feeling fear with women anywhere near as much. So while there's still a bit more work to do with the women projection, Mary feels totally different and now Mary doesn't avoid saying the truth to the women.

So have you noticed that the last few weeks from Mary, any of you who have talked to her? You'll notice that she has been much more direct with you about what she feels from you. She felt it all before, she just couldn't say it because of being afraid of the anger and rage from the woman. So what was happening was the woman would get angry with Mary and Mary's addiction was to try and placate the woman, and in that addiction was the underlying fear driving it; the fear of a spirit induced woman's rage driving this need to placate and once Mary felt those fears, now she can actually stand in the presence of an angry woman and still say the truth. [01:40:38]

You will actually get to the place yourself where you can stand in the presence of people who are totally enraged with you and not feel afraid. You can stand in the presence of people who are totally enraged with you slinging a rope around a tree to hang you on it and still not feel afraid. But it's only by releasing the addictions that that can ever occur.

So, can we start seeing the pattern of addictions? During this first section I'm trying to explain to you how big they are, and the next session, after our break, I'm going to talk about how to actually access them emotionally and process them. So that's why we want to see how big they are and how much they're driving your life; that's very important. [01:41:38]

8.4. An example of a participant being in addiction when asking questions

Participant: Thank you, AJ. I recently came to the realisation that... I somehow am having trouble staying here, hang on.

Can I stop you? I'm not going to let you say the rest, because you are currently in an addiction. You are feeling your emotion when you start talking to me, but you're not feeling it beforehand. So why do you need to speak to feel the emotion in a group? There's an addiction. So let's look

at the addiction instead; what's the addiction? What do you feel with people most of the time?

Participant: Complete fear and overwhelm.

No that's not what you feel, that's the blockages to what you feel. What do you feel? What's underneath the blockages?

Participant: To people?

Do you feel people listen to you? Do you feel people care about you? Do you feel people in particular hear you?

Participant: No.

Okay. So as soon as I give you a forum for people to hear you, you start feeling teary. Can you see the reaction you have? We give you a forum to listen to you and you start connecting with the emotion that nobody's ever heard me all my life and you don't allow yourself to feel that emotion, and instead you tell us the story, whatever the story becomes, but you're not allowing yourself to feel the underneath emotions still, which is nobody wants to hear from me. [01:43:29]

Participant: Okay.

So can you just sit on that emotion for the rest of?

Participant: Thank you.

And so when you feel clearer of that emotion, we'll answer your question whatever that will be.

What I'm going to start doing with you in the seminars is actually start addressing the addictions with you. Don't stop asking questions just because you hear what I'm about to say! (Laughter) But many of our questions are based around our addictions being met. So what we are going to do is we're going to try to focus on the emotional part of the question a lot. What the emotion is driving the question, rather than the question itself. So many times I will answer the question itself, but only firstly after we deal with the emotion driving the question itself. [01:44:29]

8.5. Many books are written about addictions

Participant: I'm really scared to talk to you, so that's my emotion, but there's a great book called, The Five Love Languages.

Yep.

Participant: I used to think it was really terrific. It talks about five different ways that people feel loved. I used to think it was great.

Isn't it a fantastic book?

Participant: But it tells you exactly what your addictions are.

You'll be surprised how many books that have been written on this planet that are supposedly about love, but are all just basically defining addictions.

ADDICTIONS

There's this common concept that you have a need to be loved. Do you know that the need that you think you have to be loved is actually an emotional addiction and it's not even real?

The truth is actually that when we are loved completely as a child you grow up without the need to be loved, and instead you have a desire, not even a need, to give love. Now because none of us have grown up in that place, at this point we all have a need to be loved; that's a result. So what we do then is we go and make a book that tells us all about all the ways in which we need love, which are all about the addictions. I've heard people mention that book before. They said it was such an enlightening part of their lives and so forth, and I'm going, "Oh no," because it's actually a complete description of how you receive love, which is addictive in itself. Yeah, powerful. [01:46:22]

There are so many books like that, so many books that define the human race nowadays and define love that are actually about addictions that we have. When you get into a space where you feel loved completely by God, and this is the beauty of your relationship with God, you will not need love from anyone because intrinsically you are complete.

You love yourself completely and you feel God's Love for you completely, and in that moment you are complete. You do not need love from any other person and ironically that is also the time when you are the most loving to every other person. Now the problem on the planet is we try to manufacture that state intellectually rather than being in that state emotionally. And if you deal with all your addictions with God you will get to that place emotionally, which is actually a very beautiful place to be.

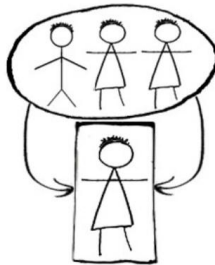
9. Addictions with spirits

9.1. An example of a participant struggling to hear the discussion due to spirit influence

Participant: I don't know what's going on but I just feel confused by everything you are saying and I keep disappearing. I'm trying to hear it and I know I have a lot of addictions, I'm not really sure what's going on?

For those of you for whom that is happening right now, the reason why is quite easy to explain. This is you, obviously you are surrounded by people, but you've also got some co-dependent addictive relationships with spirits. All of us generally have these co-dependent addictive relationships with spirits. Now if you as a person start looking at your addictions and start processing your addictions, what happens to this group of spirits' addictions getting met through you? Can you see they are not going to get their addictions met through you anymore? Now can you see that that's quite a confronting place for them to be? They don't want to be in an audience where you're learning about processing addictions, when they are hooked into your addictions for their own addictions to be met. And they know it.

So what they do is they just try to shut you down. They project on you a heaviness, "Oh all of a sudden I could sleep now," and some of you even have described it in the past that you can't even hear, but it's like the words are not even going in. And what that is, is these spirits are projecting at you a huge desire for you to not deal with your addictive behaviours because they live off your addictive behaviour. So it's an indication that you've got some spirits with you who are in that space, and you need to look at why you're addicted to them. [01:49:23]



Spirits can project at us, making it difficult for us to hear or focus

Participant: Do you have any ideas what I am addicted to with them?

Well, there are literally thousands of reasons why we can be addicted to somebody. Remember I said that there are thousands of addictions so there must then follow that there's thousands of reasons. Of course for each individual the most powerful thing is to start discovering it yourself. So while I can certainly say what the hooks are, it's far better if you can go into the hooks yourself and actually start discovering; pray about them, pray about the hooks that you have with the spirits. And the way to deal with these spirits is when they do this to you, when do they make you feel a bit tired, and like, "Oh I've got to have a sleep now or I've got to go and have something to eat now," when they make you feel like this, notice the circumstances.

So this circumstance now is that you're being told about addictions, so that means there must be some addictions in you that these spirits don't want you to know about. Another circumstance might be, "My boyfriend or my husband, is sexually projecting at me," and I go into, "Oh, I'm a bit tired, I can't, you know." So now I know there are spirits that are somehow hooked into something inside of me avoiding sexual interaction. What's going on there? It might be that I come home from work quite exhausted and I sit down and within five minutes I'm asleep. Now, obviously that could be that I'm sleep deprived and I need to have some sleep, but a lot of times it could also mean that I'm actually avoiding the interactions that are going on at home. So notice when it's happening, and this is where we can take a lot of personal responsibility; just by noticing the circumstances under which these events occur. [01:51:22]

So allow yourself to see, "Alright, so I've either got some powers in the spirit world here, they've probably been with me for ages, I don't even really notice their personalities, I even sometimes think they're part of my own personality," and what's happening is under certain circumstances all of a sudden I feel tired, and there's no possible explanation other than something's happening spiritually. Because a lot of times we're alert, alert, alert, tired, alert, the change in us is that pronounced. We go from being alert to being tired instantly. Now obviously in a natural way you wouldn't go from being alert to being tired without there being some kind of emotional thing happening, so let yourself see the influence. The only way a spirit can control you is through your addictions. They can't physically get hold of you without their firstly being an addiction emotionally through which they can connect with you. And this is a powerful thing to understand about spirits; spirits can only affect you through addictions. [01:52:38]

9.2. Spirits create tiredness by sucking energy from us

Participant: AJ, when the spirits are there, they're present in your space potentially, you've got your addictions; they've been drawn to your space as a result of your addictions. And then for some reason your addictions are amplified. What is the process there of, how do they actually affect that drowsiness or that stupefaction? What is the transmission from them to you that causes that effect?

It's not actually the transmission from them to you; it's actually the transmission of them sucking from you.

Participant: They're extracting from you.

They're extracting from you.

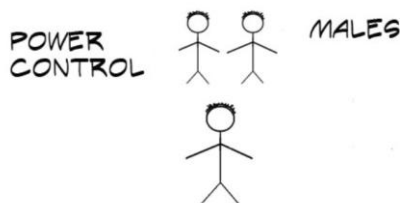
Participant: But what is that? What is that power that they have, that causes that sucking?

They don't have power in it; it's what you give them and what you're getting in return. So let me illustrate, can I be specific and illustrate it in your case.

Participant: Yeah, go ahead.

An example of a man in addiction with male spirits wanting power and control

So with yourself, you are very mediumistic, so you've got a number of male spirits around you. Now these male spirits have some addictions of their own, and some of them are addicted to power and control. They feel they did not live a full life on Earth, they feel like they had a life cut short, and so now what they want to do is just live life in full on Earth. They have this feeling in them, and it's about their addiction of not wanting to feel sad about their shortened life on Earth.



A man has male spirits with him who want power and control

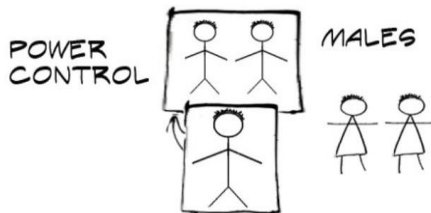
Now they're males and what they want to do is choose a person on Earth who's mediumistic, who is a powerful being in his own right. And then what they want to do is suck him dry of his power using emotional techniques to do it.

What the spirits with you are doing is this. They actually can feel how much you weren't valued by your father, and in fact not only just by your father, your mother too; your mum was quite domineering and overbearing, and I know you may not feel that right now, but when you don't do what she wants, what does she do? What did she do, when you didn't do what she wanted? [01:55:32]

Participant: Sorry, I'm not conscious of that.

Maybe your wife, Anna, might be able to answer it better. Peter never didn't do what his mother wanted because it was an automatic thing. So what happens with these male spirits in particular is there's a feeling of mateship that they have with you; that they feel they're mates with you and that they are helping you. They are helping you be powerful, they are helping you to enjoy your life, they actually even set up events around your life, influencing other people so that things go quite smoothly for you in your life, in particular with regard to finances, but also in regard to interactions with men in particular. They make sure that everything goes as smoothly as it can.

In return what they want from you is for you to act out some things for them sexually. Their feeling that they had a life cut short which means that they now can't actually have sexual interactions with women because there are no women around them at the moment where they are because the women wouldn't want to be around these spirits at the moment. And so what they do is they set up an interaction where if they can help this man become as powerful as he can possibly be then that means that there'll hopefully be all these women attracted to him that these male spirits can start having relationships with. They don't expect you to have the relationships, but they want to have relationships with them.



Male spirits wish to have relationships with women that are attracted to the man on Earth

Now, one of the things that is happening for yourself is that your hook into them is the desire to be valued as a male, the desire to be a strong male, and that causes them to be attracted to you because that's what they need in order to get their addictions met through you. And in the past, a lot of this began when you were taking drugs in the past? [01:58:06]

Participant: Sorry a lot of what began?

The actual attraction of the spirits began.

Participant: Yeah, possibly.

If you could think about that period of time in your life when you were taking drugs. I believe you were in Canada at the time, weren't you?

Participant: Yes.

Yep, if you can just feel about that time, you will actually feel times when you felt more energetic and buoyant than other times. Now during the times when you feel buoyant, they are often giving you something in order to get something in return. And often you feel tired afterwards, and one of the reasons why you've been drawn into meditation a lot is to actually recover from what they are drawing from you because when you go into meditation, you're actually now in a space where they can't connect to you as well. And since they can't connect to you as well, you then feel infused with energy from God basically and from other spirits, not the spirits who are drawing from you, and that gives you a feeling of energy, control and it tops you up ready for them to take from you again in a lot of ways.

So the way to disconnect from them is to work through the issues in particular with dad; the issues of desiring dad's attention, desiring dad's love, what you have to do to get dad's love. And I know dad's passed but a lot of it is about the sadness of his passing, but also the feeling of competition with dad. If you can allow yourself to feel about those feelings because they're what's causing this desire inside of you for men to surround you who will create the power. I feel that once you do that you will feel quite a bit different inside yourself. If you can also be sensitive in your interaction with women so perhaps talk to Anna about how she's felt in the interaction with you in the past in terms of like when she feels you're there and when she feels they're there. [02:00:30]

Almost all of you, in relationships at times, have felt when somebody else is present with you. Do you understand that feeling? Some of you have had it to a large degree so you have a pretty clear idea when they are

present, but sometimes you feel you're not getting the person who's next to you, you're getting someone else instead. My suggestion at that point in time is just stop whatever you are doing. So if you're making love at that point, stop. If you're just walking with each other, just stop and just say, "I don't feel like I'm getting you now, someone else is present here, someone I don't really know very well, or it's a pattern that I see happening." And you might see it happen over certain times and this is where a person who knows you well can help a lot, just to help you identify the linkages.

With these male spirits with you, because they're addicted to the power, you're going to get quite exhausted with the interaction with them, but they also give you a lot of things, and that's your hook into them. So you know how you have this feeling sometimes where you go to a land or a property and you just know it's all going to work, you just have this feeling it's all going to work? These male spirits are the ones who set up a lot of those things for you. Higher spirits generally wouldn't bother about that kind of stuff, they're more interested in your emotions and feelings and your connection with God directly, but these other spirits are more interested in what physically can take place. So let yourself feel it, that moment you will know what your hook is as well.

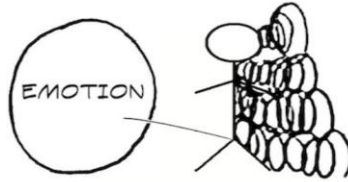
9.3. Identifying our hooks into spirits that create addictions

And this is something for all of you to bear in mind; when you feel in the moment you will know the hook straight away. You don't need to ask about it very much, you can actually just focus on what's going on in the moment itself. So let's say I'm in a situation where I'm talking to maybe Mary and right in the moment, I feel really sad about my relationship with Mary. Then all of a sudden I find myself talking about music or talking about the food we're going to eat. What I need to do is just back track a little and go back to that moment and go, "Alright, I was feeling sadness about my relationship that I obviously didn't want to feel, but what got me onto the subject of food? How come that came about? What's happening there?" Allow myself to just back track and see the actual event that caused me to get out of that moment of the feeling and into this totally different state and allow myself to see the link. And when I allow myself to see the link, I'll also see the hook that I have into any spirits trying to help me get into that state. [02:03:41]

So if you can do that, what will happen is the spirits around you will often start becoming quite afraid because the spirits around you want this hook to remain intact. They want you to avoid feeling any addictions, particularly the addictions that allow them to have an emotional connection with you.

9.4. How spirits draw energy from us through addictions

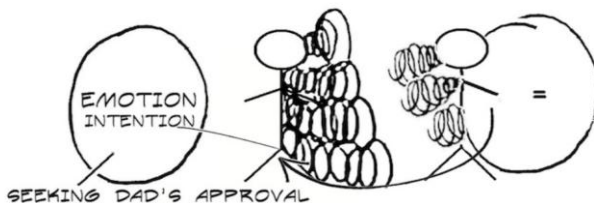
At the soul level what's actually happening, Peter, because you asked the question about how they actually suck you dry, if you can imagine this is your soul and this is their soul. You've got these chakra points coming out of spirit body that has these points of energy vortexes. There are seven primary energy vortexes coming out, which people call the seven chakras. Now these chakras or energy vortexes are controlled by the emotion in the soul at any one point in time.



Emotions in our soul affect the energy coming out of the seven chakras in the spirit body

Now you have a whole series of vortexes down the rear of your body, which are all about your future intentions, and you have a whole series of vortexes down the front of your body, which are about your current emotions. So you've got emotions and intentions from the soul driving these energy vortexes.

Let's say the emotion inside of me is seeking dad's approval. Now this energy vortex is going to affect primarily my base and second chakra areas of my body, so there'll be a certain type of energy flowing out and a certain type of energy that this emotional injury creates that causes a conduit to only flow under certain conditions, and that is when a male gives me approval. So, for our spirit friend who also has a spirit body, and who also has a series of vortexes coming out of their body from there soul, if he's a male and he can see that the way he can connect into your body is by actually projecting at you a feeling of approval then you will open up this conduit between you and he via which energy can flow. [02:06:30]



Spirits (right) can connect to us (left) via our chakras if we have an emotional injury that matches theirs, and they can draw energy from us through the chakra

Participant: Is it done subconsciously?

It's done based on the emotion that you deny. You can also do it consciously, in other words do it on the emotions you accept, but for many of us we've got a combination of emotions we deny and emotions we accept and it's the emotions we deny, which we call the subconscious emotions, that cause this connection.

So if I've got this feeling that I don't want to actually feel that I never had dad's approval, my addiction is going to be seeking the male approval. The way I get approval from men on this planet generally is by being quite a powerful male and demonstrating that power in some way. You see a lot of men becoming physically big and into sport because other men admire a sportsman. You see a lot of guys becoming very powerful financially because other men admire financial power and so forth.

There are all these different emotions. So underneath that is this seeking of dad's approval, which turns into an addiction, and our addiction gets met by actually creating a situation in our life where we get approval, and the beauty is that in a way, it is a beautiful process. These spirits see that addiction and they actually project the emotion that I want at me through that addiction. But once they have that physical connection with me, they can now project other things through that connection and they can drop thoughts in my mind in that projection, because now I'm open to thoughts and feelings coming from them. [02:08:12]

9.4.1. An example of a man wanting other men's approval

Now to illustrate it in a physical environment; let's say you go along to the pub with a group of mates. If you're home by yourself, or with your wife only, and you're not with a group of mates, you'll often say very different things than when you're in a group at a pub with a group of mates. You'll often say different things. It might not mean that you feel them, but you'll often say them. And why do we say them? Because in the environment when we're at home if we said those same things we might get disapproval from our wife. So what we do is we don't say them there, but now when we're in the pub with our mates, there's no disapproval from our wife coming, so now we're a bit more open about what we might say and so we say other things.

It's the environment of the mates that caused us to be even more open. It might be that all of our mates have relationships with women who are a bit angry. So we all get together, go to the pub and we all talk about, "Oh she did that this week again and she did that." We're open about talking about it because our wives are not going to get angry with us because they can't hear the conversation. So we are more open and therefore

more allowing of what our mates say to us as a result. So there's a dialogue that starts generating that we wouldn't normally have with our wife, but we're having it with our mate because there's certain emotions that get satisfied with this dialogue. And it's exactly the same with our connections with spirits.

9.5. Addictions involve compromising ourselves and come with a price

This is why addictions are the most powerful thing to deal with, even with spirits, because the addictions actually open us up emotionally to receive things, but only certain things, and they close down emotionally to block other things, and it's the addictions that often control that.

You see, if I was in a completely loving state I would actually be open to everything, but not responding to anything, without it being part of my desire. So what happens with our addictions is there is always the compromise that occurs.

COMPROMISE

Every addiction comes with a price and the price is the compromise of yourself that you're going to have to make to get the addiction met. So let me illustrate that perhaps. Let's say I have the addiction that I badly want a woman's attention. And let's say I badly want the woman's sexual attention. Let's say that's my addiction. I want sexual attention from the woman because as a male I feel like I'm not very sexy to the woman. That's the underlying causal emotion. So I want the sexual projection from the woman. But how do you get sexual projections from women? A lot of times many women won't give you a sexual projection just in its own right. What they'll do is they'll want to feel like you're going to give them security before they'll give you a sexual projection. So if a male's going to give them security, now they're willing to project sexually at that male.

So the emotional addiction is that I need the sexual projection from a woman to feel good about myself. What's my compromise? My compromise is that I have to make the woman feel secure and safe before she'll sexually project at me. So what I do and spend a lot of my life doing is running around trying to make every woman in my life safe and secure so that I can get the sexual projection that makes me feel like I am a good male. Now, I might not even act upon the sexual projection, it's just so that I can get it so that I feel good about myself as a male. And it's the compromise that actually causes most of our problem with our addictions; the willingness to compromise. [02:12:35]

9.6. Spirits can set things up in our lives as part of our co-dependent addictions

So when it comes to spirit interactions we are often very willing to compromise because of what those spirits who are with us are giving us. But we are also often very unwilling to see at the same time what they're giving us, because most of the time we want to feel that it came from within ourselves. We want to believe that it was us that created something when it wasn't, but we don't want to believe that it was some spirits with us.

If we started facing the fact that there are spirits with us giving us these emotions, what would we do? We'd feel a bit sleazy, and it would taint the whole experience. So what we often do is feel, "Out of sight, out of mind." That way we can ignore what's actually happening, we can pretend they're not there, and that's fine. "They're all gone now. Yeah I'm sure they're all gone now." And now what I can do is I can go, "Yeah that was all created just because of me, and what I felt and what I did. Aren't I good?" And I can feel really good about myself, not realising that actually a lot of these feelings are coming from somebody else because of my addiction and I'm compromising. So you've got to be really honest with yourself when it comes to spirit-based addictions. They're very, very hard to deal with because you need to be so honest.

10. The Law of Attraction is driven by desire and emotions

Participant: AJ I've got a bit confused now with respect to Law of Attraction. Since the Law of Attraction is God's Messenger of Truth to us, if we've got good things happening to us and things falling into place in our lives, that to me seems like it's...

Seems like a good thing, right.

Participant: Yeah it's a good thing, but if those sorts of things can happen through dark spirits giving us things so that they can suck things out of us, how do we tell the difference?

Well, it's quite easy by your own exhaustion you can usually tell, but let's look at the Law of Attraction specifically. You're forgetting that there are two things that drive the Law of Attraction. Desire is one of them and the other one is emotional injuries; your emotional state. Now what I've talked about is your emotional state driving the Law of Attraction, but your desires also do drive your Law of Attraction.



10.1. Our addictive desires can drive the Law of Attraction

So if my desire is to feel powerful, there's a desire in me to feel powerful. It can be still be an addiction, and it can be an addiction disharmonious with love. Yet I may get to feel powerful, because my desire is so powerful that it creates circumstances in which I become powerful. So the truth is that it is a mixture of both desire and unhealed emotion that create your Law of Attraction, not just unhealed emotion. So you can have a desire to be powerful and that desire be brought about, just from your desire.

How many of you have watched "The Secret"? There was a guy on there who talked about how he had a picture of a house that he put on the wall, and then five years later he looked at the house that he was in and he knew it was the picture of the house that was on his wall. What caused that? It was his desire. Was his desire pure? Why does he have a desire for a five million dollar mansion that uses up ten times the amount of energy than a house that he could normally live in, and it has a humongous pool that he never uses and he's using all these resources of the Earth? If everyone on the planet used the same resources we'd need five Earths to supply it. Is all of that loving? No, but he did have a pure desire and a pure desire certainly can create your Law of Attraction.

What I'm talking about here is bringing all of your desires into harmony with Divine Love. You might think you might desire to have a five million dollar mansion now, but once you bring all of your desires into harmony with Divine Love you might not desire that thing anymore, and that would prove that that desire was actually based around an emotional injury. Your desires are just as powerful in your Law of Attraction as your emotions. In fact the reality is your desires are even more powerful in your Law of Attraction than your emotions, and that's why I talked to you recently about "God's Laws - Law of Desire", and how powerful it is. But you can have desires that are disharmonious with love and get them met. That's how the majority of people on Earth damage themselves; by having a desire that's not harmonious with love and having it met. So, you could think of your addictions as desires out of harmony with love and they create your Law of Attraction.

10.2. An example of a man's Law of Attraction with money and with relationships with women

Participant: How do I tell the difference? I've always considered that I have a pretty good Law of Attraction. For example; for the first time in my life when I have a decent amount of money, I've got money to put into The Sanctuary, you know.

Can I point out to you and everyone, that everyone has a perfect Law of Attraction? So I don't know why you consider yours as a good Law of Attraction and somebody else's bad, because the reality is that all of us have a perfect Law of Attraction. [02:18:17]

Participant: Yeah, I'm aware of that.

When you say you have a pretty good Law of Attraction, really aren't you talking about your monetary Law of Attraction?

Participant: I'm talking about my desires being fulfilled.

No, you're not talking about your desires being fulfilled, because I can think of ten desires that you currently have that are not being fulfilled. You can think of more than that, so can you say you've got a pretty good Law of Attraction with those desires?

Participant: No.

No, so there must be an emotional injury affecting those. The truth is when you say pretty good Law of Attraction; you have a perfect Law of Attraction. Your Law of Attraction is based upon pure desire often mixed with emotions and those things create all sorts of circumstances, some of which feel good to you and other ones feel bad to you. Like your relationship with women isn't that crash hot, is it? [02:19:10]

Participant: No, it's never been all that great.

Yeah, so in that area of your Law of Attraction, which is perfect in that area too, is demonstrating to you that actually there must be some addictions and emotions that need to be worked through there. But how's your Law of Attraction with regard to getting anything you want physically, in terms of buying things you want?

Participant: Pretty good.

Pretty good.

Participant: Even if I don't have money I seem to, things seem to happen.

Everything seems to come along and you seem to get what you want.

Participant: Yeah.

You enjoy your life in that regard?

Participant: Yeah.

So you know that there's probably less you need to work on in that area than in the other area of your relationship with women.

Participant: So could my desires being fulfilled in a monetary sense be like you were talking about i.e. spirits doing that for me, rather than it being more God involved?

Why did you ask that question and not the question, "How come I'm not getting my desires met with my relationships?" See, you've asked me a question that there can only be a good answer to. [02:20:38]

Participant: No, the answer could be that all these good things that happen to me is all the result of spirits giving me things because they have some hook into me. That's what's worrying me.

Why would that be worrying you and not the relationship issue?

Participant: Well, I guess it would mean that I'd been fooling myself; I'd been in self deception thinking that these good things are happening.

But, Graham, you're just expressing another addiction. The addiction you currently have is that you want to avoid the relationship issue. You're bringing up a secondary issue, which is nowhere near as important to your happiness as the relationship issue, and in which you've already said you're quite happy with. So why are you worried about something you're quite happy with, but you're not concerned about something that's quite distressing? You can only be asking me the question because you're worried about the happy thing, not happening anymore. [02:21:45]

Participant: Yeah, fear of losing it.

Yeah, the thing that's unhappy is like a mountain that we're avoiding. We're skirting around the mountain of relationship, and we're talking about a totally different issue that actually you're already happy with, and which you've got a little bit of fear about that you might lose. You're actually skirting right around this big mountain here of relationship and

you didn't want to ask a question about that one. Can you see how you're in an addiction even with the question?

Participant: Yep.

Wouldn't it be better to go, "Alright, who knows what's happening with this abundance thing, but my life's pretty good, I'm pretty happy with it? And yes I am afraid of losing it," so I write that down. "I'm afraid of losing my abundance. There's an emotion I need to deal with at some point, but let's focus on this bigger thing. I am desperately

unhappy in my relationships with women. I can't seem to be able to have a relationship with women without there being all sorts of issues come up and I can't get to my emotions about it." Let's look at that issue. And then the question becomes, "Well why don't I want to look at that issue? What's my addiction to not looking at that issue?" And can you see how your penchant for a lot of external things that you do is about avoiding the relationship issue? The truth is that much of the yacht, the back pack, the flying, all the other things that you do, a lot of it is done because you feel bad about the relationship issue not being fulfilled, and these are ways in which you can get out of that and feel quite happy and good about yourself as a male. So there's some desire in there of feeling quite good about yourself as a male. You've got some things you do that are dangerous things really; sometimes they don't seem dangerous to you but they are probably more dangerous than the average fellow would continue to do.

By the way, Graham straps a motor on his back and goes flying, so that gives you an idea that he has not much fear when it comes to being a thousand metres up in the air looking down on you with just a little parachute attached to his back with a flying machine. So there's obviously not much fear in you about all those kinds of things and you do those kinds of things to avoid relationships many times. It helps you get away with how bad you feel in this other area of your life. And that's a perfect example of how an addiction leads you to a desire that creates a life, but actually there's still this great hole in the life in another area that you ignore. [02:24:39]

So, while I haven't answered your question, I've addressed the issue of why often you are questioning me on issues that are nothing to do with the major issue that's in your life that you feel sad about.

Participant: That I'm avoiding.
That you're avoiding

Participant: Yeah. [02:24:56]

Processing Addictions S1P2

As you may know and already have guessed, I'm not in great form today. So I'll apologise in advance for that. I'm still working through a lot of my personal feelings about myself and that's been coming up a lot over the last week, but with not much time to actually process it because we've been so busy doing different things. So that gets me into this state where I'm not as clear as I could be. So hopefully tonight I'll deal with some things and tomorrow might be a different day.

But let's get back to the processing the addictions. I want to give you basically just a series of tools if you like that can help you work your way through addictions and get yourself to the causal emotion.

11. Tool 1 for processing addictions: I want to know ALL of my addictions

The first step is: I want to know ALL of my addictions. The truth is that the majority of us don't really want to know any of our addictions, because what we really want is for our addictions to be met by somebody else rather than having to come face to face with the fact that we've got some. So this first step requires quite a lot of prayer, and when I say prayer, remember prayer is a sincere desire or longing directed towards God.

① I WANT TO KNOW ALL OF MY ADDICTIONS
o PRAYER

So let's say I can see that I have a really strong aversion inside of myself to knowing all of my own addictions. What we do firstly is we start talking to God about that, so start saying to God, "I've really got a strong aversion to knowing about them. I don't really want to know them. That's the truth; I don't really want to know them. I can see that because I don't really want to know them, then I can't get closer to you, so I can see that it's interfering with my relationship, but I can see also that I somehow need to generate some kind of a desire to know my own addictions."

[00:02:22]

So what I would do is in my prayer to God under those circumstances is talk to God about how I can generate a desire to know my addictions and why I am so afraid about knowing them. Now, one of the biggest reasons why we have fear associated with knowing our addictions is because once we do know them we will feel a feeling of self disgust, or you could call it shame.

FEAR—DISGUST SHAME

11.1. An example of a married man sexually projecting at women

Now to give you an idea of what kind of shame you may be facing, let's imagine for a moment that your wife or husband has accused you of sexually projecting at other people. So let's say you're the husband and your wife has said to you, "You sexually project at other women all the time." If we look at that from an energetic, an emotional perspective (and this is something that I did bring up in the first century by the way, and it was just as confronting to the people then as what you're going to probably find it confronting now), every time I sexually project at another person I am actually entering a physical sexual relationship with that person.

In fact, in the first century I said, "Just by looking at her in that way, you have committed adultery with her." From a soul perspective, here's what's happening; if I'm projecting sexually there's a sexual emotion coming from me towards them and if they accept that, that enters them, so it is actually a physical sexual interaction. [00:04:37]



Sexual projections are a sexual relationship at the soul level

And what do we do here on the planet? We go, "Oh well I didn't touch her and you know, it doesn't matter how you get your appetite, as long as you eat at home," and all that kind of stuff. These are all the justifications, but the reality is that there's a sexual thing going on. I'll put it this bluntly; at the soul level I'm fondling her and she's fondling me. A lot of times we wouldn't consider that I'm fondling her sexually and she's fondling me sexually just by having this sexual interaction happening. Now once you come to terms with that emotionally which is a pretty big thing. One of the first emotions we feel is a judgement of it and we go into self disgust and self shame. We become ashamed of our own behaviour.

11.2. Fear of our shame blocks us from wanting to see our addictions

Now, it's often our fear of the shame that causes us to not want to know all of our addictions. We don't want to see ourselves as we really are, but you see to be at-one with God we need to see ourselves as we really are; we need to see ourselves as God sees us. Now God doesn't feel disgust at you, but God does notice you fondling every woman that you project at, or every man that you project at sexually; God does notice that as an actual sexual interaction that's occurring. That's what God sees. We don't judge it that way because the physical act isn't happening and so we then justify it, but from God's perspective, that's what's going on.

So what I need to do is go, "Alright, I have to deal with the fact that there are some things inside of me that I am going to personally judge as disgusting or shameful." Now the actual action of judging myself and calling those things disgusting and shameful is actually in itself an error that I do need to release at some point. But it is certainly not loving to have constant sexual interactions that are based on addictions with many women. It's not a very loving act, so obviously we need to deal with that. [00:07:04]

11.3. Praying to God for assistance with seeing our addictions

So when it comes to "I want to know all of my addictions" the biggest impediment to knowing all of them is our fear of how it's going to make us feel. And if you can go and pray a lot to God about the fact that you are capable, and God built you to be able to feel all of your emotions, then you will have far less fear about what may come up when you see what you do. And so my suggestion is, really focus on firstly; do I really want to know all of my addictions? Pray about that and by the way, with every one of these steps I'm going to raise with you, prayer for me is a core part of every one of these steps; in other words, being in a sincere place in that.

See I can say I want to know all of my addictions and then someone comes along and tells you, "Oh, did you realise that you do this all the time?" "No I don't see that, no." Well, they give you a few examples and you say, "Nah I still don't see that." What's happening now? You're saying you want to know all of your addictions and you get an opportunity through the Law of Attraction that somebody brings one of them to you and what do you do? You reject it. So do you really want to know all of your addictions? You'd be better off saying, "I don't want to know any of my addictions." Talk to God about that. Be truthful about

whether you do want to know or not. Most of the time we are not very truthful with ourselves, a lot of times we don't want to know, so be truthful with God about that. "The truth is God, I know this is affecting our relationship, but the truth is that I don't really want to know what I am really like because I'm scared to death of it. What if I'm really bad? What if there's an emotion inside of me that's like paedophilia? What if that's there? How's that going to feel? Or what if there's an emotion inside of me where I feel like murdering people?" [00:09:28]

I was talking to one lady for a while and she said, "Nah, I haven't got anything inside of me, I'm pretty fine I think," and then after about half an hour she said, "Actually now that I feel about it, I would like to get a gun and shoot everybody on this planet." Now that's a big progression from not having any emotional damage! (Laughter) So the truth is that that emotion must have been in her for her to get to the point of voicing that, but we can be totally oblivious. Now does anyone want to feel that emotion? Probably not; most of us would say, "I don't want to feel that emotion", and judge anybody who does.

So, I was going to bring up something in Mary's workshop again. There was an exercise that you will learn about in the workshop that actually brings you face to face with some very dark feelings that you have inside of you towards other people. And if you really go with it, you'll learn a lot about yourself. But bear that in mind that often we don't want to know our addiction because we're so afraid of the darkness within. God doesn't judge this darkness that's within; we are judging it, but God doesn't judge it. God still loves you unconditionally even with this darkness within. But if we want to be closer to God and also closer to ourselves, we need to know what it is and release it from ourselves and that's going to require some courage on our part. [00:11:26]

12. Receiving Divine Love to the point of at-onement with God

Participant: AJ when you say God loves us all unconditionally and then there's the whole situation about us drawing Divine Love into our souls. Can you just talk about those two differences?

They're not different, so let's firstly look at what going on. Here's God and here's me. God loves me unconditionally and totally desires for me to feel that love that God has for me, all the time. So God has a strong longing one hundred percent of the time to give you her love, without conditions. There are no conditions, you can't earn it; it is a gift that She wants to give you. But what's happening inside of us emotionally is we

are blocked to receiving it and our blockages are under the control of our will.

12.1. Blockages such as unworthiness prevent God's Love flowing into our soul

So to give you an example; if I feel really bad about myself, it's very hard for me to let somebody else love me without me crying. It's very hard, if I feel really bad about myself, that I'm a disgusting person, and somebody comes along and says, "Oh I really love you, you're a beautiful person," if I'm connected with my emotions, I will probably instantly just burst out crying.

That actually happened five minutes ago. I was outside, somebody was sitting there and they asked me to spend a bit of time with them and then they felt bad about that and I said, "Actually I love you as my own daughter," and she just burst out crying, and she's still outside crying actually. So why does that happen? Because we feel rejecting of that love, we can't contemplate that somebody loves us in that way. So what actually happens inside of us emotionally, and this is where the emotional work obviously is important; it's like we've got a blockage blocking God's Love that's always there ready to flow into us, but we've got all of these blockages of letting it flow into us. [00:13:57]



Our emotional blockages prevent God's Love entering us

One of those blockages might be that I don't want to be open and vulnerable. So you try being in a love relationship with someone who's not vulnerable. Does it work very well? You try to give them some love and they think that you're giving it because you want something in return, and there are all these different things that they think that your love is, even though it's just a pure gift. And what we're doing with God is the same thing; we've basically got this haze of all of these emotional injuries that cause us to reject the flow of love into us. So while God has all this love for us and it is unconditional, we ourselves using our own will, reject the flow of that love into ourselves, and because God honours

our free will, He honours that we are rejecting his love. In other words, He doesn't force our soul to receive that love until we decide we wish to and that's where our longing becomes a part of it. [00:15:05]

If I long for it, now my soul becomes open and vulnerable, now I'm ready to receive. The problem is with longing is a lot of our longing is distorted. And I've given the example quite frequently of how to develop a longing; this happened to me exactly when I first met Mary.

12.2. Developing a pure longing - the example of when AJ met Mary

I was sitting in the room, Mary was over in the corner, and I'm feeling, "There's my soulmate." Well for a start it's not just, "There's my soulmate"; it's like this girl I've been hanging out for, for forty years, and there she is. The very first time I met her again for forty years, I've got all these feelings, but I go, "What do I do, what do I do?" And my own unworthiness prevented me from just going straight up to her and saying, "Mary you're my soulmate and I've been waiting for you for forty years." (Laughter) My own unworthiness prevented that, so what did I do instead of that? I'm standing there (AJ stands and has a trembling body), I don't know what to do, and she comes up and she wants to talk to me. And I'm dribbling, I don't know what to say, but basically what's happening is my own feelings are interfering with the possible transaction.

Now Mary's said to me since that she wished that the very first time I met her that I actually went up and said that to her. And at one point in time she was quite upset with me that I didn't because eventually, through a series of events, somebody else found out because of my own feelings when I was home and there were visitors at home. And then somebody else found out, then somebody else found out, then somebody else found out and then that somebody else told Mary's parents and then Mary's parents finished up telling Mary. And all of that happened because I felt unworthy and I rejected it. I rejected it; not her. She didn't even know what was going on really at that point. So this is what we have going on with God a lot; we're in this constant place of rejecting God's Love flowing into us and that's why we need to go through these other things. [00:17:27]

12.3. As we progress towards at-onement the barrier to receiving God's Love diminishes

Participant: So that barrier diminishes as we pray and ask for Divine Love and as we clear our own emotional state?

Yep, it's like sort of lessening it, lessening it even further, lessening it even further and as soon as the last barrier goes, at that moment you will be at-one with God, because the Love from God will constantly be flowing into your soul if you long for it. So at the moment where there are no more barriers you will actually be at that moment, at-one with God. From that moment on, God's Love will be flowing into you like a constant stream of water being poured into your soul and you'll never be without it, you'll never feel apart from God after that point. It will just keep flowing and flowing and flowing and flowing and flowing.
[00:18:11]



When we have no more blockages to receiving God's Love we will become at-one with God

Participant: Beautiful.

It just requires a bit of work in between. (Laughter) You're laughing about the "bit of work" because you still don't believe it's a bit of work really. Can I just point out to you that actually there are only seven spheres of development until at-onement with God? There are fourteen spheres of development that we know of at this point after that. So what does that tell you? That by the time you're at-one with God a third of the issue is going to be gone, but there's a lot more truth to learn, and after that it will all be joyful. We're just going through this painful part because of the first seven spheres of crap that we've got to work out through the human condition. And it feels hard because if we're part of the first group of the first people doing it, we have the resistance of the rest of the world to work against in the process, and that that makes it quite difficult, along with our own addictions. Well, when we say our own addictions, we're talking about everyone's addictions in the universe, including the spirits that are around us; they just have addictions too, they're no different to us.

13. Recognising the extent of our addictions (continued)

13.1. An example of a female participant's angry father

Participant: Thank you, AJ, I think all what you talked about this morning, I've been going through in the last few days, and I know at some stage I did long to see more. My question is about my father. He's very negative, very opinionated, very, very judgemental, always has been. I do find I have anger. So when you're trying to look at your addictions, when do you actually learn the difference between the people that are really truly telling you with love in their heart and the people that are just plain dealing with their own judgements and beliefs?

Well firstly everyone is just really dealing with their own judgements and beliefs, but let's just look at what you just said. You said you were talking about your father and he is...? [00:20:55]

Participant: He's very judgemental and opinionated and he's very negative in a lot of ways.

FATHER (HE IS) ⇒ ANGRY
JUDGMENTAL
OPINIONATED
NEGATIVE

Can you see that when you say, "He is," you're not actually looking at what "I am"?

Okay, so now how many of you would feel upset about a person like that? Frankly most of us. So what's my response? What would you feel if you had a father like that? Most of us would feel angry; "How dare he be judgemental towards me?" He's always opinionated, he doesn't ever listen to my opinion, and he's negative. I try and do something positive in my life and what does he say about it? He just craps on it, so I'm upset about that.

MY RESPONSE:
ANGRY

Now remember what we said earlier? Every time we feel anger we are living in an addiction and our addiction is not getting met.

13.1.1. Recognising our addictions from how we want others to behave

So my angry, judgemental, opinionated, negative father for some reason isn't meeting my addictions. What would be the addictions I would have?

What I need to look at is what do I want to feel from him instead of those feelings. So let's look at the opposite. What do we want to feel from him instead of angry? [00:22:48]

Audience: Peace.

Peaceful with him, right. Instead of judgemental, what do we want to feel?

Audience: Acceptance.

Acceptance. Even if we're wrong, we'd like to have acceptance. Instead of feeling an opinionated man, what would we rather feel?

Audience: Listens to me, unjudged.

So he listens to me, or he listens to my opinions. Instead of negative, what would you like him to be?

Audience: Positive.

Positive.

MY RESPONSE: FATHER	HE IS	ANGRY
o PEACE		JUDGMENTAL
o ACCEPTANCE		OPINIONATED
o LISTENS TO ME		NEGATIVE
o POSITIVE		

There are my addictions! (Laughter) You laugh, and you say, "Hang on a second, AJ are you saying that me wanting peace in my life is an addiction?" And I'm saying, "Yeah, it's actually true." You say, "Hang on a second; you're saying to me that wanting acceptance is an addiction?" I'm saying, "Yeah, actually that's true too." "And what about somebody listening to me? Everybody wants someone listening to them?" "Yeah, everyone's in an addiction with it. And everyone wants you to be positive all the time, and that's an addiction too." [00:24:01]

So all of these addictions cover over something, because I know that I am wrong because my initial response was anger. And if my initial response is anger, does anger love? No, so what would happen if I were in a loving space and this angry, judgemental, opinionated, negative man comes up to me? I'd give him a hug and say, "I love your angry, judgemental, opinionated self. But, you know, I don't know if I want to spend much time with you, but that's the way it goes." But you wouldn't feel these terrible feelings about it inside of yourself. [00:24:45]

If you're at-one with God, would you feel like going, "You're a terrible man, you're a stupid idiot." Would you start projecting back at him? You wouldn't, would you? So the fact that I am means he is my Law of Attraction, and of course if he's my father he's created a lot of my Law of Attraction anyway; he's in this to expose my addictions regarding these areas of peace, acceptance, listens to me, positive.

So what about my addiction to peace? When things are peaceful, what do I feel? Safe and secure, so can you see I'm starting to identify that I must have some fears about an angry person making me feel unsafe? Why would an angry person make me feel unsafe? If I was at-one with God, would I ever feel unsafe? Of course I wouldn't because when you're at-one with God, it's like God's on your side. Who else do you need on your side? If the creator of the universe is on your side, does it matter if nobody else is? Of course not. So the fact that it does means that I have some fear to process about a lack of peace. That's probably related to something in my childhood about dad being angry and I was afraid, and he brought home with him angry spirits perhaps as well. So not only was he angry, but there were all these spirits that were angry projecting at me as well, and I'm feeling a frightened little child and I want him now to stop doing that. I want him to stop being angry and start being peaceful so I don't have to feel this afraid little child that's in me. And so I project at him, "Don't you be angry with me, don't you be angry with me, and you get angry with me; I'm going to get angry with you for me not feeling safe anymore." [00:26:41]

So really what's happening is every time you list something about the other person, you're really wise if you can also make a list about what the addictions are as to why have you noticed all of these things in this other person. It's not so much you noticing them, it's when you're angry about them that tells you that you must have an addiction. Like it's one thing to notice them, but another to respond in anger.

When I feel your dad through you too I agree he's angry, judgemental, opinionated and negative, but mind you he isn't all of those things; I would put it that he has those injuries, I agree. [00:27:21]

13.1.2. We can avoid our fear by going out of body

Participant: Yeah and that's the thing, AJ, because there are times when he can carry on and I can sit there really peaceful and there are times where it's a very physical thing in me and then I tune in and go, "What's the matter? I can feel so much anger." I think when it's like the "Desiderata" of people that are vexations to the spirit, they say move and

I've had times where people have been really violently in a rage and I have just been so calm and something comes over me.

But can I suggest to you that you, often in violently angry situations go out of body. In other words, you detune from the situation. Many of us do this automatically, so my suggestion is in the next violently angry situation that you have, which I'm sure you must be still attracting, allow yourself to stay in your body and see how you feel bodily.

Participant: Well I did that once; it was like little electrodes going off in my body all the time and I kept thinking, "What do I do?"

Exactly. What you do is breathe and feel it, breathe and feel it, breathe and feel it. Diaphragmatically breathe and just keep feeling it.

Participant: And the second question following onto that is when you are sensitive or mediumistic and I go in mostly with the man and you go in and you're friendly and you're happy and like you're saying, and after a while you can feel that sexual fondling going on and it's like this is not where I am coming from. I usually disappear and I haven't physically dealt with it because I can feel it and that's not what I want.

We need to find out what's underneath that. We'll go through this process of all the different things we can do to get through to feel our causal emotions. Can everybody see how when you make a list of other people's stuff, you are also making at the same time a list of your own addictions really. The woman doesn't listen to me, so what's my addiction? I want the woman to listen to me. What's underneath that? Oh, I probably wasn't listened to as a child from my mother. Do you see how there is a whole link of things there. The woman doesn't find me sexually attractive; I'm not sexually attractive. Why's that? There's got to be something about my dad or my mum in amongst all of that. My mum might have suppressed sexuality, which meant that I had to suppress mine, or my dad might have been overtly sexual and I was ashamed of him, and so I've tuned out of my own sexuality as a result. But with every single list we make about the other person that annoys us and makes us upset and angry, it is covering the actual list inside of ourselves of our addiction.

14. Tool 2 for processing addictions: List everything that "makes" us angry

So, what's the next thing we need to do? The first tool I talked about, where we want to know all of our addictions, is an attitude. It's a desire that needs to grow. The desire of wanting to know about it no matter how shameful it makes me feel, no matter how disgusting it makes me feel, no

matter how afraid of it I am, I want to know. We need to develop this desire within us to know. So what do we do next?

After we've develop a desire in us to know, what I would suggest to do as a tool is to make a list of everything that "makes" you angry. Now, the definition of anger is; slight annoyance, mild frustration, frustration, annoyance, you're being controlled, manipulated, all those things are all part of the anger-based emotions. So, anything that gives you mild annoyance, anything that gives you mild frustration; all of those things, write them all down because underneath every one of them is an expectation. [00:31:55]

15. Tool 3 for processing addictions: Define our expectations

So that's the next thing; define your expectations.

15.1. All expectations are unloving

Remember that ALL expectations are unloving.

**YOUR EXPECTATIONS
ALL ARE UNLOVING**

The expectation you have to be loved; that's an unloving expectation. The expectation you have that someone doesn't treat you badly; that's an expectation that's unloving in you too. All expectations are unloving.

What kind of expectations does God have of you? Zero. And when you're at-one with God, you will have zero. Imagine living with a person with no expectations. Wouldn't that be pretty amazing? You don't have to do anything for them, or anything to them to be loved. It's pretty amazing that, isn't it? Well the truth is, you're living with one every day and you're rejecting Him. See God's that person. We don't want that a lot of the times, we reject that a lot of the times. We think we want it, but we keep pushing it away.

So define all of your expectations. Your anger tells you your expectations. Your annoyance, frustrations and all of those; they all tell you your expectations. So you define your expectations. The reason why is because you're not going to look at any of them emotionally until you admit to yourself that you've got them. You're just going to skip over them completely all the time. If we define them and if we write them down all the time, we know what makes us angry, so therefore we know what our expectations are. I expect a man loves me. I expect the woman to put the dinner on the table at six thirty. Our expectations can be physical or emotional or spiritual for that matter. And all of them are going to be

unloving, but we need to define them, we need to see what they are, remembering they're all unloving. [00:34:19]

Now, this isn't a judgement of me, this is just the truth; all expectations are unloving because God doesn't have expectations of me. God doesn't expect anything of me so therefore anytime I expect something of another person I am being unloving. It's just quite that simple and it's not a judgement, it's just a statement of truth.

So instead of judging myself about how unloving I've been; when we start writing our expectation list; "Oh yeah I expect that, I expect that, I expect that, oh yeah I expect that too, I expect that", and over the page, "I expect that" and over the page and so forth. And after you get to six or seven or eight pages of them, you start going, "Gee whizz, what kind of person am I?" Remember I said you might have a thousand addictions, or two? Every one of those addictions covers over an expectation. They're driven by an expectation.

So I'm starting to get to the eighth page and if there's twenty a page, that's like two hundred, and I'm starting to feel, "Gee whizz, who wants to know any more about me?" (Laughs) That's a judgement; I'm now in judgement of myself because the truth is all of my expectations usually were created in my childhood by my environment. So by me getting all down upon myself about what I've now got inside of myself, I'm really judging myself and that's not helpful either. I just need to be truthful about what's there. Just allow yourself to be truthful.

So I've now defined my expectations and I've now realised they're all unloving, even though most of them feel like they're not unloving. We go, "How can that be unloving? You're telling me that, no that doesn't sound right to me, like I know it sounds unloving, but I still should be able to have it," and we have all of this blame going on. So when we start talking to people about their emotions, often times they say, "But the other person yelled at me, they yelled at me." I say, "Yeah, I know and you're unloving right now." "But they yelled at me, why aren't you saying they're unloving?" I just say, "Well, they are unloving, but you're unloving right now too." We want the person to point out the other person's stuff, but we're not very happy to look at our own stuff. [00:36:42]

So the beauty of doing this is we're starting to have an openness and a humility to look at our own stuff, and that's a very powerful tool with your connection with God. You see the primary thing that prevents you from receiving Divine Love is the fact that we're unwilling to look at our own stuff. So wouldn't it pay to look at our own stuff as a high priority? Of course. So that's why these kinds of tools are helpful.

15.2. Seeing ourselves without judgment or self-punishment

So we've prayed about wanting to know all of our addictions, we've written down as part of the exercise everything that makes us angry. We realise everything that makes us angry is linked to an expectation, so let's start writing down all of our expectations, so we write all of them down. We're now sitting there thinking, "Shit, (Laughter) I'm a shocking person, I'm terrible, and I'm bad." Now we're out of harmony with our love of self as well, and that's another addiction. Why do you want to punish yourself? Probably because you were punished in your childhood, and you just want to keep it going, and that's an addiction too. What we need to do is stop punishing ourselves and start getting real with ourselves. We punish ourselves so we can avoid punishment from others or avoid feeling bad of course. [00:38:03]

So the main reason why we punish ourselves is because we're avoiding punishment from others. The addiction in the childhood is if I as the child recognise what's wrong with me before mum and dad do, then when mum and dad want to hit me, I'll have already gone through it emotionally and worked it all out and they won't feel like hitting me anymore. So we have a lot of addictions based around that, but let's keep going.

16. Tool 4 for processing addictions: What fear causes the expectation?

So we decide that "I want to know all of my addictions", we make a list of everything that makes you angry, and we define our expectations; we are yet really to process emotion except for perhaps the emotion of "I'm bad". We're probably in that by this stage. So what do we do next? What do we do? We need to get somehow from the expectation into the emotional reason why we have the expectation.

Discover, and make a list if you want, of what fear causes the expectation? Now for many of us, when you get to the stage of defining your expectations, many of you will automatically get into emotions many times, because just the process of actually describing the expectations to yourself opens you up emotionally and you start actually connecting to why you have those expectations, and that often straight away triggers you emotionally. But if it doesn't, if we make a list about the fears related to the expectations. [00:39:44]

16.1. An example of a man expecting a woman to cook dinner every night

So, I have an expectation that a woman makes my dinner at six o'clock every night. So what's the fear under that expectation? The woman's demonstrating to me, through making my meal, that she loves me. That's what I feel obviously, but initially I might not even get that deep. I might just say that the meal should be on my table at six o'clock. That's when I get home from work, or that's when I want to eat. So my expectation is that I want to eat at six o'clock. Why do I want to eat at six o'clock? There's got to be some reason as to why I want to eat at six o'clock. Could be simple, like mummy fed me at six o'clock? It could be that, and why is it from a woman that I need to be fed? Why can't a man make the meal?

Participant: She's got breasts.

She's got breasts! (Laughter) (AJ waves his hand indicating that is not true) Ladies, there's very little emotion related to the fact that you've got breasts. Trust me. You don't believe that. (Laughter)

Every, remember every emotional addiction enters us when we're not in a state generally to even be intellectually cognisant of what's occurring. So does the child know mummy's got a breast when the child is just born? No it doesn't know. All it's doing is feeling the nurturing from mummy.

So when you go to me, "Oh it's because of women's breasts, I wasn't nurtured when I was little," that's just an intellectual argument you're using. The truth is at the time that you were being suckled by your mother, you did not have even the intellectual awareness of what was occurring. So then how can you know that it's about that now? The truth is you will just feel an emotion and if you're not feeling an emotion and you think this is all about me not being suckled by my mum with her breast, it's all about a spirit telling you what they think the emotion is and it's certainly not the actual emotion. The actual emotion will be "I wasn't nurtured", and that's got nothing to do with breasts. Do you see what I am saying? You can be nurtured from a male just as much as you can be nurtured by a female and it's got nothing to do with the woman's breasts. Sorry, I'm just trying to confront a lot of your New Age belief systems. [00:42:22]

Anyway, let's get back to this one. What fear causes the expectation? So underneath the fear of coming home, there's not a meal on the table, I've been working all day and my woman has not made my meal. She doesn't even care enough about the fact that I have been working all day for her.

(Laughter) Now that anger obviously covers a fear. So what's the fear that causes that? Well the fear is that she doesn't love me; my woman actually doesn't love me, and you feel she's just demonstrated it by not having the meal ready at the time that you feel it should be ready.

So, what emotion am I avoiding? I'm avoiding feeling unloved by my wife. I feel unloved by my wife and instead of saying actually, "Darling I feel unloved by you," in that moment, what we normally do instead is we get upset and angry because we don't even want to feel the feeling of being unloved in that real situation right there and then. But if we could learn to voice it, "Actually I feel unloved right now" and she says, "Yeah go with that (Laughter), let's see where that takes you," because the truth is, she's made 365 meals for you this year already, and if you're not feeling loved after that, something's wrong.

17. Tool 5 for processing addictions: Be completely truthful about how we feel in the situation

17.1. An example of a man expecting a woman to cook dinner every night (continued)

So, you let yourself feel it. She says, "Yeah go with that." So you're feeling unloved, and eventually if you just allow yourself to actually just feel the feeling in that present moment; you don't have to go seeking for any childhood stuff here, all we're feeling at this moment is my wife, someone who says she loves and cares for me, doesn't love or care for me, that's what I feel right now. That's what I feel right now. And if she were in a good space she would actually allow me to go down this track emotionally of, "Actually I'm feeling like you don't love me right now. I've been working all day, I feel quite exhausted after working all day, and I don't really feel like coming home and making my own meal. You haven't been working all day; half the day you were out with your girlfriends and the other half of the day you went swimming and you did some of your art in the room there because you were so involved in that. I've been working all day for us." [00:45:37]

What I'm doing now, is instead of going into the rage and anger about the situation, by describing how I'm feeling; I'm trying to connect with the sadness that's inside of me about the issue. And I'm feeling quite unloved right now and then, all of a sudden what will start happening when you get used to doing this all the time, the emotion itself of sadness will just rise in you and you will just start allowing yourself to cry. So you start crying; "Actually I'm feeling so unloved by you now," and if you start, if you just allow yourself to keep talking and allow

yourself to keep feeling the emotion, eventually what will come up is the actual emotion that you feel she doesn't love you in the moment.

Now the beauty of doing that is that underneath that will often be the truth, something to do with your childhood, but you don't actually have to know what it is at this point. All you need do is go in to owning the actual emotion there and then. So here I am, I've already done this preliminary work, I want to know all of my addictions, I list everything that makes me angry, I defined my expectations and then I look at my fears, so I've done all that intellectually so at least I'm a little bit open to the whole process now, of examining my emotions and examining my addictions. [00:47:06]

But what I'm saying the next step really is in the situation, be completely truthful about how you feel.

- 1) I WANT TO KNOW ALL OF MY ADDICTIONS
- 2) LIST OF EVERYTHING THAT 'MAKES' YOU ANGRY;
- 3) DEFINE YOUR EXPECTATIONS
- 4) WHAT FEAR CAUSES THE EXPECTATION
- 5) IN SITUATION- BE COMPLETELY TRUTHFUL ABOUT HOW YOU FEEL

Now I just want to define "completely truthful". Anger is never truthful because anger isn't about how you feel; it's about what you're projecting at another person, when you are not owning it. When I say anger, like you can be angry and feel it truthfully inside of yourself, but if you do it will be very childlike type anger. The truth is for the majority of us, anger is not a truthful condition; we are not being honest with ourselves when we're in anger. We're being in our addiction. Everything that makes us angry is proof of the addiction and the addiction is not a truthful place in feeling a causal emotion.

So if I'm in the situation I need to learn to be completely truthful about how I feel. So in the example I gave, "I'm really angry with you because you have not cooked my dinner and I'm sick to death of coming home and not having my dinner in front of me," is that being truthful? No. Now at the time, I'm going to think it is; that's my problem because at the time I am in my addiction, and I need to get out of my addiction and get into emotions, which are the opposite to the addiction.

17.2. Feeling through the layers underneath the addiction

So in the situation I need to be completely truthful. I just slump down on the lounge, and I just exhale. Just imagine yourself in the situation where someone's just been unloving to yourself for a moment, where you didn't get what you wanted from them; that's what you feel. So you breathe. Close your eyes for a moment maybe and you breathe. Start voicing out

loud about how you're feeling. "I'm feeling really upset actually." You start describing how you're feeling.

Now if your partner is used to dealing with emotions, your partner will be very used to you doing this and you'll be used to her doing it too. If you're not used to dealing with emotions then just inform your partner beforehand that this is the kind of thing you're going to do instead of yelling and screaming at them. I'm sure they'll be impressed. (Laughter)

So what you do instead is you allow yourself to breathe and feel, and start describing to yourself, but out loud. There's a real power in doing it out loud because when you're doing it in your head you're not always connecting to the emotion of it. When you're doing it out loud, you're starting to really let yourself feel the emotion. So you're closing your eyes so you're not distracted by everything going on around you and you're starting to feel your emotions. Your partner can be there or not, but it'd be lovely for them to be there because there generally will be something in this for them as well because everyone's Law of Attraction generally finishes up triggering another person, and if both people are open enough you can deal with a lot of things emotionally. [00:51:29]

When Mary and I are going through things, the other person is generally just sitting there listening to what we're going through, not projecting at us to do it or anything like that, but just allowing us to voice what's going on. "Actually I feel really upset and angry." You allow yourself to shake and feel the anger that you feel. "I feel really angry and frustrated and it's about coming home to no dinner." So you feel really angry and then you'll start very rapidly generally feeling that anger and connecting to what it's about; it's about the fact that there's no dinner on the table, and you can ask yourself that question, what does that feel like?

"Well I've been working all day and you haven't been working all day. I'm working for us and we have to pay the bills." So in the end, you know what you might get to? That you actually don't like your job. You might even get to that. It might be something completely unrelated to what you thought it was going to be related to, and that you're just sick and tired of working in this job. You're so distressed about the fact that you haven't got a job you love that by the time you come home you just feel physically exhausted with the distress of not having a job you love. It might be just that simple and that emotion comes up.

If you allow yourself to connect to it and allow yourself to breathe, allow yourself to feel it in the situation, you'll get to a point if you do that all the time where you start feeling the emotion, but it's about being truthful. This is not about being in an angry space yelling at somebody; it's about being truthful with what's going on inside of yourself. [00:53:14]

17.3. Many addictions are due to false beliefs rather than causal emotions

Mary: For me, I've had many addictions that were not based on causal emotions. I had to really desire to see the truth of what was occurring also. I see many people with addictions trying to, for example, process that their mother didn't love them, when the truth may be that their father just had an arrogant viewpoint to women and that is actually the false belief that needs to be released. So very often with addictions there is a causal pain, but sometimes there's not a causal pain, there's just a false belief that was created within us that is an error. If you think about it, all of our causal pain is just an error that we are releasing; it's an erroneous emotion that we believe to be the truth.

Mary: I'm bringing this up because I know AJ has had more addictions based on causal grief, but my addictions have actually been more in both camps. Some of them were based around feeling that if a man loves me he will do certain things for me, and that came from error in my relationship with my dad that wasn't related to him not doing things for me, it was related to him doing lots of things for me. So does everyone understand that distinction that I'm making there? I had to really pray about seeing the truth of what was happening in these interactions.

What Mary is bringing up is important in that many of our addiction were created in us because we became spoilt children where we had our mother or our father doing all sorts of things for us. Eventually we learnt how to manipulate them into doing it and how to control them to do it because of their own emotional injuries. And we've grown up with these expectations that are all unloving and we need to give them up. [00:55:53]

Mary: Also if we've grown up in an environment that has a lot of prejudice within it, we can take that on as truth. It's an error that we believe is truth. So men are better than women. Black people are worse than white people. They're all error-based beliefs that create addictions that we have to release, and the pain is like the three year old who realises he can't have the lolly. They are experiencing the pain right here and now and we realise "Oh gee, women aren't better than men. That hurts, now I've got to feel we're equals", so I have to feel that now.

17.3.1. An example of a man expecting a woman to cook dinner every night (continued)

So in the scenario that I was giving you earlier, I could be sitting there feeling, "Actually I expect that a woman puts dinner on my table under

any circumstance.” That finishes up being what I’m feeling, and it’s a demand. I demand that you’re a woman, and that’s your job, you’ve got to do that, and that’s what I feel. Now, how would that addiction have been created? Well, it got created, by mum putting dinner on my table every single day and every single night up until I was eighteen years of age when I left home and I’m a male. I never saw dad do it and I never had to do it for myself.

So how do I give up that addiction? Firstly by feeling the anger of the addiction itself; there’s a lot of rage and expectation in it, and then going in and realising that actually I’m the one out of line here. I’m the one with the unloving expectation and addiction. And what do I feel about that? Right in this instant I feel, “You’re unloving to me, you don’t put dinner on my table, and you’re unloving to me.” That’s how it is right now. That’s what I feel and I may be completely wrong, but I need to feel that, I need to really feel that and connect with that emotionally.

[00:58:07]

Mary: And the reason I bring that up is because I feel that’s the pain that people resist the most because in the interaction you have to go and cry. Because what has happened is there has been an error about love that has entered you when you’re young, and you do have to go and cry about feeling like I’m not being loved even though the truth is you could very well be being loved in that interaction.

Yeah. So, as another example, you’ve taught your child that every time you go shopping and you’re going to go past the lolly aisle you’ll pick a lolly out for it. And then this time the child doesn’t get the lolly what does the child do? Goes “Argh!” (AJ yells and throws himself on the floor) and then the child stands back up and looks to see if anyone’s noticing (Laughter). And then if no one’s noticing it goes back down and does a bit more generally, and that’s what we often do. That’s often our rage. Our rage is often this place where we will be in this place where we’re really trying to force the other person in to what we believe they should do even though it’s totally unloving and it’s an addiction. And so what Mary’s brought up is very important in this process like to be completely truthful about how you feel means I feel like actually, “Come to think of it, you’re a woman and you should be making my dinner.” [00:59:30]

Mary: And I’ve found for me that those kinds of truths are hard to face sometimes.

Yeah and then I need to go into it. “Alright the truth is that a woman doesn’t have to make my dinner. Actually, the truth is actually that no one has to make my dinner. In fact no one but myself is responsible for

my dinner, and the trouble is that I've had a mum who for eighteen years has taught me that a woman is responsible for my dinner."

So, you mothers out there who've got younger men, children, boys and girls; stop making them dinner. Teach them how to make their own dinner. You're teaching them some stuff and they're going to become very obnoxious when they get with their woman, or whoever they're going to finish up with, thinking that the woman should have to make dinner for the rest of her life. How many of you ladies have made dinner so much that you're now sick to death of even looking at making dinner? Yeah, totally sick to death of it. You'd rather not make a meal for the next twenty years and somebody else have to do it. And this emotion in you came from an expectation of your childhood and an expectation about love and that emotion in you also has created an expectation in the people around you to make dinner for them. These are all emotions that need to be addressed.

So in that particular issue, if we completely feel how we feel, you'll be surprised sometimes where it goes. Mary said it may go into this place where you actually realise that actually your expectations are so totally unloving and off the ball and you've got to do something about them. Or it may take you into this real child like place of what's happening, or it may take you into this real tantrum place that you need to work your way through to get into the child like place. Or it may take you into this real tantrum like place where you realise actually that it's got nothing to do with the dinner and got everything to do with your whole life and how hard it feels. You might go into that place. Either way you'll need to make some choices and decisions to change your life obviously. [01:01:50]

18. Audience questions about addictions

18.1. An example of Mary's addiction to feeling safe

Participant: It was just a question about Mary, when you were talking about letting it go in the here and now; is a lot of that letting go the shame and the remorse of the erroneous beliefs that came in as well?

Mary: Yeah, well sometimes I have to first work through that to get to actually grieving that I can't expect this anymore and that I'm unhappy about that. I'm trying to think of one that happened with AJ. I wanted him to protect me and then I realised that's totally out of harmony with love, and so I had some shame about the fact that I've been demanding that he protect me all of the time. But then I had to grieve the fact that, no one but me is going to protect me... well God will, but I had to feel that I can't expect a man to protect me anymore, that feels really unsafe,

and I feel really sad about that. So it was really just releasing the expectation, that's what it was for me.

But then underneath that, Mary found that there were a lot of emotions about safety from our past that she eventually connected to. So whenever I start talking the truth to a group of people who are angry, what would happen is Mary would get upset with me. Because she could feel the anger of the audience, she straight away feels unsafe, and then she feels like I'm putting us in an unsafe place. And because my role is to protect her, then I've got to get out of this unsafe place. Now unfortunately what I do is I just keep talking generally and so her addiction isn't met and so she get upset and angry about that, and then she had to just feel that in that moment. [01:03:58]

18.2. When we release addictions the associated anger dissipates

Mary: Can I say though that I don't think I'm through that causal emotion about our safety, but I feel I have given up that addiction?

Yes. That's one thing to bear in mind too, is that every addiction you give up, you'll find the anger that goes along with it dissipates. That's the beauty; you may not get to the causal emotion sometimes with these addictions, but from that point on, you will no longer have anger when your addiction isn't met. Many of us have instant anger when our addiction doesn't get met, instant hurt, instant resentment; all of those instant feelings that come up where we fire up, and those feelings are all about our addictions getting met. When you deal with the addiction and feel through it emotionally, you'll get to the point where you still may have an underlying causal emotion you need to release, but the actual addiction itself won't drive the anger. There's no addiction anymore so therefore no angry response. Remember the addiction is there to mask the causal emotion, that's the purpose of it, so when I'm prepared to acknowledge the addiction and feel it, now it's not masking the causal emotion so now the causal emotion has a chance to actually come up and be felt. [01:05:11]

Mary: And now that safety emotion is far more present for me all of the time.

So now what happens is if I talk to a group of people who are angry, instead of Mary being angry with me, she is actually crying because these people are angry and she feels terrible about it. She's now in the causal emotion because the actual addictive behaviour to get out of the causal emotion is no longer present.

Participant: So the anger can subside as soon as you identify the addiction?

No, you have to feel your way through the addiction and the anger will subside. It's very rare for you to notice it intellectually and the anger subsides. You'll find that the anger will keep coming up, keep coming up, and keep coming up until you feel the reason why the addiction was created. "I'm not getting what I want here." When you feel your way through that and release that and cry about that, then the addiction is gone. It's like the addiction disappears. It's like it just goes into nothing and from that moment on, now the causal emotion is there, ready to be felt at any time, any time it's triggered and you won't have an addictive response to it. [01:06:23]

And that's the beauty of doing it too; you actually get out of anger, you have very little anger. After you deal with these addictions, you'll find you'll have very little anger in any of your processing. So if there's still anger in your processing, you know there's a lot of addictions in place still. When you get to a place where you've dealt with a lot of the addictions, the anger itself often is completely gone out of all of your processing. So now, even though Mary still has the emotion where she's afraid for our lives at times with different interactions that are happening with us and the different feelings that people project at us and she's still afraid of that, she's now not angry with me or with the people doing it anymore.

18.3. Using anger as our guide to recognising our addictions

Participant: So could there still be some childhood anger present though?

Oh certainly there can be. That's why I said rare rather than non-existent. But in your processing work you need to get to a point where your anger is not even there in a real way, not that you're intellectually getting out of your anger all the time, but in a real way the anger isn't even present with you anymore. If your anger is present, you know that you're in an addiction still; you're in an addiction still when that anger is there.

Remember I gave a talk "The Human Soul - Anger is your guide", and your anger is a beautiful guide into what your demands and expectations that are unloving are all about. Your anger is all about that. So if you can allow yourself to feel your anger and be truthful about your anger and be truthful about what's going on inside of you about it, and be truthful about hurt, because all hurt based emotions are angry in nature and

they're all projections on others, you'll very rapidly see your own addictions. And when you see your own addictions, then you have a chance of releasing them emotionally.

When you release them emotionally the underlying causal emotion, which is just sitting there underneath this addiction, can now just naturally percolate up into your awareness. You'll feel it and it will just naturally come up because there is no longer any blockage, there is no longer any passive blockage or active blockage that you have preventing it from coming to the surface. Addictions are an active blockage to your causal emotion. They are a blockage that we created because we badly want to not feel the causal emotion, so we are totally in activity with our addictions. We want these addictions to be met so that we can avoid the causal emotion. Now when you get rid of the addiction there's now no longer the desire to avoid your causal emotion either. In that moment, whatever gets triggered just comes up, something gets triggered, comes up again and it gets triggered and comes up again until it's no longer there and there's nothing to prevent it from coming up anymore. It's the addiction that suppresses it, keeps it down and under control. [01:09:43]

Participant: AJ do we all have to show anger? I mean is it all about anger?

When I talk about anger, remember I'm always talking about frustration, mild annoyance, mild frustration all the way down to there and even a feeling of hurt, where you're feeling hurt usually indicates there's an addiction in play. So if you can allow yourself to see that. It's not always like this boiling rage, and a lot of time it's just this, "Oh I'm a bit of annoyed there," and off we go and because we're only a bit annoyed, we sort of bypass the whole system.

But it's beautiful if we can just tune in to that mild annoyance because when I've done some tuning into my own mild annoyance, I've been absolutely amazed sometimes of what I've found. A mild annoyance with some things has turned into this big three day process of releasing huge amounts of crap about something, and also huge amounts of stuff about where I'm unwilling to act. I've had a lot of things come up where I've been annoyed about something happening over here and then I see, "Oh yes, yes this is all about my own refusal to act in harmony with truth and love, and when I do that, that event wouldn't have even happened." So a lot of times I've seen linkages to all sorts of things by having a look at these addictions that I've had.

And if you can allow yourself to be completely truthful in the moment, like no matter how dark it seems, for example, "I feel like getting a gun and shooting the lot of you," if that feeling is there, voice the feeling.

Allow yourself to feel the feeling of that, the rage of that even, but not to project it at the people, not to take a gun and shoot the people. Allow yourself to feel that, because for the majority of us, we are not even in tune with any anger that's within us. [01:11:57]

18.3.1. An example of a lady being resistive to seeing her emotions

Last week we gave a talk at, Coffs Harbour and Armidale and there was this lady who asked me a series of questions and I did not answer any of her questions. Instead I said to her a number of things about her own emotions. In return to every single thing I said she told me that she didn't have that emotion. So with her I was right zero percent of the time. Now the truth is that every single thing I said to her I felt from her. But she was so totally switched off to any of her feelings that she was having inside of herself about any issue and telling herself a totally different story, and so absolutely everything I said she rejected.

In the end I said, "What are you asking me questions for? There's no point even asking me a question. If you don't feel that I can feel these things from you and reflect them back at you, then what's the point of asking me?" And in the end her addiction was that she just wanted to be told what she felt was right. She told me at the start of the conversation that she was blocked emotionally, and I told her a lot of reasons why she was blocked emotionally and in the end she told me that every one of those reasons was wrong. And I said to her, "That's why you're blocked emotionally because you believe that everything that's just been said to you is wrong and there's not much I can do with that." And this is the trouble here, often we're not even willing to do this step of wanting to know all of my addictions. We're not willing to just know our own stuff. [01:13:38]

18.4. An example of a lady who is addicted to cooking dinner every night

Participant: So on the other side to demanding dinner; I'm the person who is feeling frustrated and resentful for making the dinner.

So, you're preparing the dinner, feeling like you don't want to be doing this.

Participant: Yeah and I've done that for a long time.

Okay, so don't do it anymore.

Participant: Yep. (Laughter)

Now there's an addictive emotional reason why you're not going to not do it anymore.

Participant: Yeah, because something comes up in me for me here around my father coming home one night. Mum had made the dinner, but it wasn't right and he wanted some mustard and so he got very violent and we were just sitting there in the lounge room and he threw a decanter at the TV and smashed everything up. And so we went into terror.

Yep. And so can you see why you feel like you have to make dinner every night?

Participant: So I have a lot of stuff around the woman having to make the dinner, anger around the man, and terror and fear of if I don't make it the right way then...

He is going to get angry.

18.4.1. We can have a distorted view of others through our unhealed emotions

Participant: I can feel his frustration and anger, even when I make dinner. [01:15:05]

Stop, stop, stop. Everyone does this and it's very important to stop doing this. You are projecting your father's emotions that are now inside of you and thinking that he has the same emotions in him, and I don't feel the same emotions in him. What we're often doing is we're projecting what happened when we were children, which is now inside of us, at our current partner. So what we finish up doing is we're actually seeing our partner through the filter of our father and the truth is there are a very different set of emotions in Bruce than there are in your father; very, very different, and while you hold on to the emotion that was in your father and don't feel it, you are going to think Bruce is like this, when he actually is not. [01:15:54]

Participant: Yep, thanks.

So we need to stop doing that, we need to start seeing the truth and the truth is that actually my father did that, not Bruce. Not my husband; my father. My father did it and I'm afraid of the man, all men now, and every time I think about meals, I've got to make it. Not because I'm enjoying creating it for my family or for myself, but because I'm afraid the man's just going to go into a rage. Really all you're doing is you're afraid of your father's rage, because your father's rage still has an emotional signature

right inside of you of this terror that's associated with the man's rage. You need to connect to this terror and feel it and release it and when you do you'll actually feel Bruce and you'll go, "Gee he doesn't expect me to make dinner at all, wow," and you might actually enjoy making it occasionally as a result. [01:16:46]

Participant: That'd be nice for him.

No, it'd be nice for you too because when you give with love, there's a lot of joy. That's why in the Bible it actually says there's more happiness in giving than there is in receiving, but only if the gift is coming from your heart. So if you allow yourself to feel through that emotionally, you'll feel that it is about your father.

18.5. Taking personal responsibility for ourselves

And by the way every woman here, you must make a meal every night. (Laughter)

Participant: Is that to trigger us?

No, I'm not saying that to trigger you, it's actually a truth. For yourself! (Laughter) And every man here must make a meal every night for himself. Now if you want to cooperate sometimes and have one of you do it one night and the other one do it the next night, then that's a great system, but at the end of the day we are all personally responsible for ourselves. Now, by the way many people with children go along the lines of, "Oh you know but my child's only five so I've got to cook meals." No you don't. I was cooking my own meals when I was five, and you can too. My mum taught me how to. See as a mum, you're not a mum; you're a teacher. The mum is God and I am the older sister or brother teaching this beautiful child of God how to become self loving and sufficient; that's what I'm doing.

18.5.1. Teaching children to be self sufficient

Mary and I were talking about this a few months ago and we're thinking yep, by the time a child is five, we want them to have left home. (Laughter)

Mary: They can live in a neighbouring tent.

They can live in a neighbouring tent but they've got to leave our tent. If you ask most children who are five by the way they actually love it. I know Monica has been experimenting with this a bit with her children who are aged six, seven and twelve, and they're just loving living in their own environment, their own cooking space, and they're doing their own

cleaning most of the time, except from when you've got some emotions at play then everything else comes into play. The beauty is that your children are totally capable of being completely self sufficient by the age of five. Society doesn't think so, but I know so, and in the end you can experiment with that. [01:19:36]

I'm not saying they still won't enjoy your love. But what we're hoping to create is children who have their own tent next to us, or a bit further away by the time they're five, they have their own cooking area, they know how to clean up after themselves, they know how to make what's needed, they know how to do all of their stuff with regard to waste. They know how to do all of these things; it's easy to teach them all of these things by the way, very easy. They love learning it all. They'll put their hand in the poo before you will, trust me. (Laughter) And they're pretty happy about being all messed up and mucked up learning something.

So let them do that and a lot of times it's our own addictions as parents that cause us to want our children to be dependent upon us. What do you get when your children are dependent upon you? "Oh I'm a good mother, aren't I wonderful?" "I'm a good dad isn't it great, my child needs me, so I feel needed and I feel wanted," and all these other things and all of that is very damaging to us as individuals.

In the end, don't we want to be completely free of all of those projected emotions so we can be free to love? In the end, by seven years of age your child can be at-one with God, completely self sufficient, not asking you anything about its life, completely self sufficient with all of its Law of Attraction, Law of Abundance, knowing how to create everything else in its life by the age of seven. By the time its brain is fully developed intellectually, it also is totally capable of being in that place. It's just that no one on Earth has ever lived that way and so we don't believe it and we think that even when they're eighteen, they can't stand on their own two feet. [01:21:27]

Participant: Thank you. Just one question in regards to that, I have an eight year old and we actually sent her to Montessori and we tried to teach her all of that. I see myself as quite controlling when it comes to her nutrition, so my concern is in teaching her to be independent where does my role come in? Or does it not come in at all?

No, why would it?

Participant: Because she could eat vegemite sandwiches all day.

Yes she could.

Participant: 24/7.

She's allowed to eat lollies all day 24/7 too. Can she buy them though?

Participant: Okay, so that's where my control... well my...

Your control?

Participant: Yeah, I know, (Laughter) I'm not controlling, everyone.

You are. You just said you were. But anyway, the true question is that with regards to our children, you don't have to buy anything for them if you don't want to, and that includes buying ice creams, lollies and all the other things that they may want. You've got to deal with the emotional reasons; again your addictions as to why you want to get these things for them even if they're bad for them. Also if you deal with your additions regarding food and then have children, you'll find your children have no addictions regarding food, which means they'll automatically be attracted to food that benefits their body. They'll automatically be attracted to fruit and vegetables, they will dislike meat intensely, and you'll notice they won't even touch meat at all. They won't often have lollies or any of those things because it makes them feel sick and they'll actually be in a space where they manage their own food. The more you experiment with these things, the more you'll realise that what I'm saying is true about them. [01:23:08]

The problem that we have as parents is we have the emotion of, "I've got to look after my child's diet." That emotion automatically creates my child wanting to rebel against the diet I create for it, to trigger our emotion, because our emotion is an expectation that's an addiction. What's my addiction? Oh, diet is important; I've got to look after their body. Why do you have to look after their body and not their soul? If you focus on their soul, they'll look after their body. There are all these false beliefs we have about bringing up children even with regard to what they eat and those false beliefs create the environment that we've now got to manage their diet and when we don't manage their diet, they go and have lollies all day.

Now what I did with one of my sons, he had lollies all day. What my son Caleb used to do (and Tristan will remember this) when he was about fifteen, all of the money that he earned would be spent on chocolate. He'd get a whole stash of it, and he'd pile it up underneath one of his bedside drawers, so he had this humungous stash of chocolate it and it was fine by me. And when he started coming out in all these pimples and everything, I just reminded him that it might have something to do with the chocolate that he was eating.

Then sometimes he'd come out and say, "I feel really sick." "What have you eaten?" "I just had a whole 300g block of chocolate." And after a while he started realising, "Hang on a sec, I want to eat different things," and by the time he left home he was actually cooking for himself and eating food that actually benefits his body. He was into his own fitness and everything else just because he wanted to, not because I wanted him to. I had to let go of my addiction to him eating the chocolate or not eating it. [01:25:03]

Participant: Well, with me it's the opposite. I actually try not to buy sweets; we don't actually have a lot of them in our cupboard, but I'm feeling guilty.

So your children are just going to trigger that guilt in you.

Participant: Okay.

So let yourself feel it as a Law of Attraction as a parent. Why do you feel guilty? Because the other kids are having it, and that triggers something in your childhood of feeling different to the kids around you. There are all sorts of reasons as to why you feel guilty in that particular situation, so let yourself feel it.

Participant: Thanks, AJ.

19. Closing Words

Alright, well you've had enough from me today. With regards to addictions, can I just make one further comment and that is this: if you have the courage to face up to all of your addictions, you will find that your emotional processing work becomes so simple and easy to do, because every single moment you'll be able to feel the underlying emotion because an addiction isn't preventing it from flowing. So if you have the courage to face your addictions and your expectations in a really positive manner, pray about them and really work on them, you will find that many of these emotions that you're really struggling to get to feel, will come in an organic manner and a very natural way. So my suggestion is to just let yourself ponder about that at least, about the addictions and expectations you have.

Thank you so much for your time and your donations today. (Applause)

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