

DIVINE TRUTH

Qualities of Divine Truth & Developing a Desire for Truth

[Divine Truth](http://divinetruth.com) (divinetruth.com)

Discover God's Universal Truth and Receive God's Love

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Preface

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

This compilation is from seminars from the Relationship with God series and the Human Soul Series focusing on Truth from the [Divine Truth](#) website.

In the seminar *Qualities of Divine Truth*, Jesus describes the attributes and qualities of God's Truth (Absolute Truth), and how to recognise and discover Divine Truth. This seminar took place in Eudlo, Queensland, Australia on the 24th of June 2008 and is from the Relationship with God series.

In the seminar *Developing a Desire for Truth*, Jesus talks about how fear impairs the desire for truth. This seminar took place in Athens, Greece on the 19th of June 2011 and is from the Human Soul Series.

The seminars used for this compilation are:

- Qualities of Divine Truth P1 – [Aug 24, 2008](#)
- Qualities of Divine Truth P2 – [Aug 24, 2008](#)
- Developing a Desire for Truth – [June 19, 2011](#)

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

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

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

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Qualities of Divine Truth: Part 1

1. Introduction

I have written a seminar outline as to what today's topic is going to be about. We are not going to be able to cover all the material that I have listed in this, and quite often I break this discussion into two different discussions, but I do want to cover some of the material on the qualities of truth. I will also give you a chance to read through the other qualities in the seminar outline in your own time, so that you can start recognising what the qualities of God's Truth are compared to what the qualities of our truths are all about. (00:00:44)

The subject today is qualities of Divine Truth, and by Divine Truth I am talking about the qualities of God's Truth, which is different to the qualities as to what's happening within yourself; in terms of your own truth. So we do not want to confuse those two truths. But before we get started we will talk about a few little things first. One is that I would like, if possible, to come up with some examples of these qualities of truth if possible. So if you have an example in your own life that matches the quality of truth that we are discussing, would you consider coming and sitting up next to me and discussing it with us, in terms of how it has affected your life? All of you who are a bit shy about that, well that is just an emotion and it needs to be triggered somehow! So this is a good forum in which to do that. Everyone is a bit more accepting than listening to your truth outside of this kind of a forum. Today I also want to focus more on the emotions as well with regards to truth, so that will be a part of our discussion today. (00:02:05)

1.1. Fear and truth are opposites

There are quite a number here who weren't here yesterday? How many people weren't here yesterday? Okay, so a good half. Yesterday the topic was "Fear is Your Friend". The reason why I mention that is because yesterday's discussion and today's discussion are like two sides of the same coin. One is focussing on the area of fear and how it affects our lives whereas this other one is focussing on the area of truth. (00:02:34)

One of the things I said yesterday, which is very important in your own progression is, you will need to release the errors within you emotionally. But you will also need to come and accept God's Truths emotionally. So yesterday we were talking about how to connect to these errors that we have within ourselves emotionally and today I want to focus more on how to start connecting with the truths that are available to you that will trigger you emotionally if you live them. And so we can often focus on truth and then everything changes in our life once you set your intention

for truth. How many of you have experienced that, where you set your intention for truth and all of a sudden got hammered with it?

(Laughter) Quite a few already so that's really good. So the key is to come to and love truth as much as yesterday we talked about embracing or coming to see fear as your friend.

1.2. If we “keep on knocking” the truth will come

Today we want to talk about your desire or passion for truth and how that affects you actually getting the truth in your life as well. And so I have said before, “If you seek first the truth, if you keep on knocking for truth it will be open to you; everything will be opened to you but only if you keep on knocking.” Why do you think that is? Why do you think that it will only come to you if you keep on knocking and keep on asking? (00:03:58)

Participant: It is the Law of Desire?

Exactly! It is the Law of Desire that accesses the truth. Many of us don't really want to know the truth yet, and in particular we don't want to know the truth yet about our own lives. And in particular, we don't want to experience the emotions of that truth once we know it. So we shut ourselves down. (00:04:28)

1.3. God's Truth is black and white

So who here believes that it is actually good to tell white lies? Come on, you know, be honest, there is a lot more of you who feel that way. Or you feel actually that there is no such thing as black and white truth and, in fact, you would prefer there to be no such thing as black and white truth? There are just all these shades of grey. A lot of people feel that? One fellow said to me there are 1,024 shades of grey that the eye can see and he feels that the truth is the same way. That happened when I was very young and it struck me how disillusioned this man was with truth. I've had many conversations with people about the truth being black and white and the instant I have said that, “God's Truth is black and white. It's absolute God's Truth. It is either a yes or no answer in almost every case with God's Truth.” As soon as I have said that I have had people have major reactions, emotionally. Now why is that do you think? (00:05:34)

Participant: Truth hurts.

They feel threatened that their truth isn't God's Truth. And straight away as soon as you feel threatened what do you want to do? You want to protect the castle that you built for yourself. But if you want to come to God, protecting the castle is going to be the last thing that you will want to do in the end. But we all start off wanting to protect ourselves. (00:05:15)

In the 1st Century just before my death I had a conversation with Pilate. Some of you would realise if you come from a Bible background that the conversation was recorded in the Bible, although not all that accurately. We talked about truth and our perception of truth and his perception of truth. And he came from the position that there was no such thing as you could never ever know anything that what God felt was truth really in the end. He did not even know whether he could believe in God, and he felt very strongly that you would never know what God's Truth really is. It was during that conversation that I told him that I was the messenger of truth and he actually, in the end, terminated the conversation with a question. It was quite a sarcastic question actually; "What is truth anyway"? He just felt that there was no way of knowing what the truth is. (00:07:01)

How many of you actually feel that sometimes. You know you have investigated this thing, you have investigated that thing, you have investigated all these spiritual concepts, you have heard all these different things emotionally, you have gone to different religious movements and in amongst all of that there is a bit of truth that has hit you. But who knows what the truth really is? Isn't that a common viewpoint? And then what happens after that is that we get to feel really hopeless and we give up. And how many of you in your own spiritual quest have had periods of time when you have just said, "Blow this, what's the point now? I might as well just give it all up and live my life how I see what my truth is all about." (00:07:53)

1.4. God's Truth can be identified by it's qualities and attributes

Today what we are going to do is show that there are ways to determine what God's Truth really is, because God's Truth has qualities or attributes that are recognisable and when you see these things in the world around you and in people around you and in your own emotions you will recognise which bit is actually God's Truth as long as you can see these attributes and qualities. (00:08:16)

What I will do firstly is go through some basics about personal truth and God's Truth and then we will discuss more about the qualities and attributes of the truth, the actual truth. I have listed 16 in the seminar outline. There are many more but I've listed 16 in the seminar outline and we can discuss them. Now there's one thing that I want to mention; a book that you might be interested in for yourselves if you haven't got it already: "The Body Is a Barometer of the Soul". Yesterday we were speaking about fear based and emotional based things affecting your physical body and how every single physical pain is a reflection of an emotion or pain within you. And this book is very good for that. It is not as precise as perhaps it

could be, but it is one of the better books and it is written by a lady here in Australia, Annette Noontil. (00:09:24)

1.5. Emotions that arise when we are lied to compared to when we are told the truth

That generated a bit of discussion; what's going on there? (Laughter)

When you are lied to how do you feel? (00:10:00)

Participant: Betrayed.

Participant: Offended.

Participant: Angry.

Angry! Why does lying generate so much emotion do you think?

Participant: Because the trust is broken. (00:10:17)

Okay. There are some major issues at the soul level that a lie actually confronts. Now how do you feel when someone is always telling you the truth? How do you feel then? (00:10:30)

Participant: Confident.

Confident! (Laughter) The thing that I will say is that many of us have never experienced it have we? (00:10:43)

Participant: You can experience it through your children. (00:10:46)

You can because your children, if you don't shut them down, will initially be reflectors of truth. But often what happens is we do not want their truth reflected back at us, so what do we do? We teach them how to lie. Many of us have grown up with that. Now you can teach them how to lie very simply just by refusing the truth from them and they learn that when mummy feels or daddy feels an emotion of anger then I didn't do the right thing. You don't have to say a single thing to them, and all of a sudden now they are in a space where they feel the truth is actually not welcome. Now how many of you feel with all the people around you that the truth is not welcome? Yes so we very afraid.

1.6. Emotional reasons for not speaking the truth

So what does that cause within you? A fear of staying in your truth! If the truth isn't welcome, then it means that I'm not welcome, and if I'm not welcome then nobody is going to listen to the truth that I am speaking. And in the end what is going to happen is I feel that I am going to lose all my friends and lose all my family and that I'll be alone. And how much don't we want to be alone? Because we don't want to feel that emotion either, so what do we do instead? (00:12:06)

Participant Lie.

We start to lie and I don't just mean by lying; lying isn't just the speaking of an untruth. (00:12:17)

Participant: It's holding back.

Lying can also be the holding back of an untruth and your body will start to totally respond to these things that are going on within you. What happens is inside of your body is, certain chakra areas, or major energy points, will start closing down when you feel that you cannot speak your truth. So this brings us to the issue of personal truth. (00:12:41)

2. Personal truth

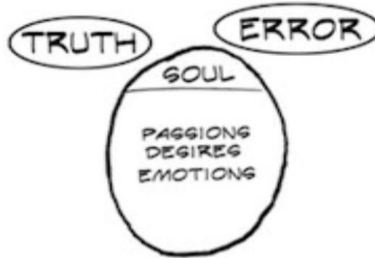
2.1. Personal truth is what we personally emotionally accept as the "truth"

What is personal truth? Well personal truth is your current emotional state and belief system. Now the new age philosophy is that as long as you live in your personal truth you will feel great; and that is actually a truth, believe it or not. If you live in your personal truth you will feel great, but it doesn't mean that it will be permanent. What happens is often our personal truth is error and all we are doing when we are living in it is we are feeling great, but we are actually breaking God's Laws. And when we break God's Laws what happens? There is an automatic disharmony in our soul for breaking God's Laws. All of God's laws are perfect and there is an automatic penalty upon our own soul for breaking any law. So what will happen eventually if you live in your own truth only is you will become more and more, unhappy.

That is why the new age stuff does not work all the time right because you can live it and live it and live it and yet you still feel like you're unhappy. You don't ever really feel this sense of joyous blissful life and that's often because what's happening is that you are living in your personal truth, but it is error, and you are breaking God's laws, which are causing more penalties on the soul, which causes more pain to your soul, and eventually that pain catches up with you. So that's not to scare anybody but that's just to we can understand the laws of the universe are a truth. When you reject truth, just like when you get a lie given to you, it feels bad. When you reject truth yourself there will be a feeling inside of your soul that feels bad. And when you accept truth there will be an emotional feeling of powerfulness and love that comes into your soul as a result of accepting these truths. (00:14:56)

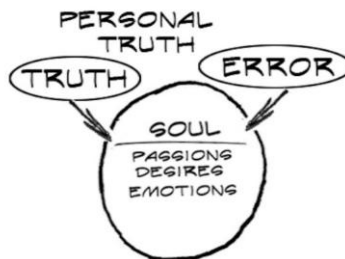
Remember we've got our soul which contains our desires, passions, intentions, emotions, aspirations and personality. I can't emphasize this enough and that is why I write it all the time. We have the two influences on the soul which are?

Participant: Truth and error.



Our souls contain our passions, desires and emotions and so forth, and are influenced by truth and error

And they enter our soul through our emotions. Through all these things they get corrupted if you like. So our desires get corrupted, our passions get corrupted, our intentions get corrupted by these errors that enter our soul. And these errors then define our life and define our happiness as well. Now that state of this being of this soul, which is a combination of the truth and the error that the soul is experiencing, could be said to be the soul's personal truth. So you need to see when you are staying in your personal truth, and let's talk about what that really is. (00:16:15)



Our personal truth is a combination of truth and error in our souls

It means staying in your emotional truth. When you stay in your emotional truth it doesn't mean that you are actually in truth from God's perspective. All it means is that you are in your own emotional space and you are being truthful about the space that you are in. That's all it means and it doesn't mean that it conforms to any of God's principles of truth.

Now I'll give an example. When a murderer goes out to murder he is staying in his personal truth. He is exercising this rageful desire that he

has that is causing him to feel that he can actually murder somebody else and he is staying in his personal truth about that, but do you think he is staying in God's Truth? Obviously not! The two things are totally different from each other. Our personal truth and God's Truth are totally separate from each other. That is the first thing to understand.

2.2. Personal "truth" can become absolute truth if we grow towards God

Now our personal truth can come to be God's Truth, but only if we accept God's Truth into our emotional condition; into our soul. It's our soul condition, which is a reflection of the truth, so unless we receive the Divine Love into our soul, unless we receive that truth into our soul, we will never ever become at-one with God and we will hold onto our personal truth. So there are a lot of dangers for holding onto personal truth, but you must experience your personal truth to get closer to God. So right at the moment feel your own emotions for a moment; just breath into your tummy, close your eyes if you want, breath into your tummy and ask yourself what am I really feeling right now? Now how many of you feel excited? Some feel excited, okay. How many of you feel a bit of dread? Dread yes. How many of you just don't know what you're feeling? Quite a few! (00:18:27)

Participant: Just sort of floating along. (00:18:31)

Just sort of floating along?

Participant: Mm, agreeably.

Agreeably! (Laughs) Is that living in your passion? You see what often happens is we become so detuned from our own emotion that we are not even experiencing our own emotional truth, and if you are unwilling to experience your own emotional truth do you think you are capable of experiencing God's? Can you see that it's important to actually face your own emotional truth? So in this discussion please remember that I am not saying, "Don't live in your personal truth". I am saying as you live in your personal truth recognise when your personal truth is out of harmony with God's Truth and realise that there is an emotion in me that creates that disharmony that I need to experience. That's what I need to do.

Participant: How can you possibly know what God's Truth is if you think of your own truth? (00:19:35)

Now that's what we are going to look at, in the terms of the qualities of God's Truth, so that we can determine what God's Truth actually is even if it is just from an intellectual perspective initially. But eventually the only

way to actually know what God's Truth is is to firstly experience God's Love enter you and God's Truth enter you. Remember Divine Love always enters through the spirit of truth, the Holy Spirit. So that spirit of truth can't connect to you unless you are in a state of truth in that instance. So you are learning truth as you are feeling God's Love.

2.2.1. The truth will set you free

The way God built this whole system is that truth is so important to the whole process. Without truth, the love can't be experienced. And that's why I said, "The truth will set you free". It's not the love that sets you free because when you start you are not feeling any love, or very much love, from God. And there's a way to access that love but it's only by you coming into truth. So it's actually the truth that sets you free. Learn to have a love for God's Truth. That's what will set you free. Not for your own truth. But you do need to experience your own truth and understand when it's in disharmony with God's Truth. Are there any questions about that? (00:21:02)

3. An example of a man learning to lie from events in his childhood

Participant: Just to give an example of that when I was in grade either 1, 2 or 3. I picked up a halfpenny from the floor of the schoolroom, which was also a carpenter's room. (00:21:18)

Yep.

Participant: I had this halfpenny, so I went across to the shop with my mate and got a lolly for my mate and myself. Then I went home and I was quite proud of myself, but I must have had lolly all over my face, because when I got home I really got into trouble, you know, smacked. I was made to go back the next day and take the halfpenny back; a different halfpenny back, and then I got smacked at school. I got really punished for telling the truth and now I think I should have left the halfpenny there. It was probably just the carpenter's money lying on the ground, but it was just a halfpenny. So what's God's Truth in that instance? How would I relate to that from an early age where I was punished for telling the truth?

Why don't you come up here and sit next to me? Gary hates being in front of an audience as well, is the comment he just made, so the key is for you to just relax and not project at him any of those things he worries about.

So the issue is that you basically got punished for doing something quite innocent. (00:23:06)

Participant: Yeah I thought I just got the money, got a lolly and everything was great until I got home. (00:23:13)

Yep and how did it make you feel? (00:23:27)

Participant: That I was bad for doing it.

Yeah. So what did it create in you emotionally? Basically it created a feeling of you being disgusting or bad? (00:23:43)

Participant: Yes.

You were almost made to feel like you had lied or had stolen? (00:23:50)

Participant: Stolen, yeah that's what she said.

Your mum said that you had stolen.

Participant: Yes and that I have got to take it back and give it to the teachers, who were the nuns, who were fairly savage as well.

(Laughter) I got smacked across the back of the legs. (00:24:12)

So you got punished at home and punished at school, and ironically both by women as well. (00:24:17)

Participant: Yes and before that in Grade 1, I wanted to go to the toilet but they wouldn't let me so I wet my pants. On the way home that day the sewerage in Brisbane used to go out onto the roads so the gutters were all green so I slid all the way home so I wouldn't get into trouble for wetting my pants. Then I got into trouble for that as well. I had my white sports uniform on and they were all green so I had an issue with that as well. (00:24:59)

And a lot of this was to do with women as well, didn't it? Would you mind explaining how you view women and how your relationship is now? You tend to lie to women all the time now, don't you? (00:25:07)

Participant: Yeah.

Why do you do it?

Participant: So I don't get into trouble mainly. (00:25:12)

So you can see how all these childhood experiences have affected him emotionally now. (00:25:17)

Participant: I don't want to say well, that this is why; I want to take responsibility. (00:25:26)

Yeah but I want to say that this is why because that is the truth.

Participant: Yeah, but I want to be more responsible for... (00:25:36)

But the truth is that you can only be responsible for the emotions within you but to be responsible for the emotions we have actually got to say the truth about what actually occurred in the situation. So the truth is that

firstly you were accused of stealing in this particular instance; you were accused of stealing when you didn't steal. (00:25:55)

Participant: Yes.

Then you were punished for stealing, which isn't truth at all. Not only were you punished at home but also then you had to give back the money that you didn't steal and then you had to get punished as well from these people at school as well. That's all pretty bad. (00:26:18)

Participant: Yeah I know but I always think that it wasn't all that bad. So what's the problem? (00:26:27)

Participant: Minimising.

It's a minimising issue. So why do we minimise? Remember we talked about minimising yesterday? (00:26:35)

Participant: So we don't have to feel the pain.

So we don't have to feel the pain of it. So that's why we do that emotionally; we minimise the whole thing. The truth is that little Gary is very, very hurt about these events. So hurt now that every interaction with a woman that gets close always involves Gary protecting himself, even in little tiny things. Gary, you can't even tell the truth about where you have been today, even when it is innocent? (00:27:02)

Participant: Yeah that's right. Even to my wife Ange. A few years ago I was supposed to be on a diet and I got a chocolate ice cream on my shirt. (Laughter) Ange goes, "What's that on your shirt?" And I looked down and went, "Oh its brown mastic," because I'm a builder. And she goes and smells it and she goes, "its chocolate!" (Laughter) I got busted. (00:27:35)

And how did that make you feel right at that instant? (00:27:40)

Participant: Just terror.

Terror! And Gary's mother used to chase him around with a loaded shotgun. (00:27:49)

Participant: It was only a 22.

Shooting at him!

Did you hear Gary try to minimise the gun thing just then? It's only a 22... (Laughter.) (00:28:01)

So can you see why Gary is very afraid of his interactions with women? Naturally so!

3.1. Divine Truth never results in fear

Now there is truth here. God's Truth never creates fear. Divine Truth results in a fearless existence. Now anything that creates fear in you... and I'm talking about the causal creation of fear not the effect creation, the child's creation of fear inside of you. Anything that creates a fear is based around an untruth. So if you look at what has happened in Gary's life firstly there was this interaction innocently as a child picking up this money, "Oh beauty I've found some money! What a good Law of Attraction." (00:29:00)

Participant: Was there a feeling in you that you shouldn't have picked up the money on the ground?

Does it matter?

Participant: I don't know.

Was there a feeling at the time within you that you should not have picked up the money? (00:29:14)

Participant: I can't really remember that.

See to him it was not an important part of the event. (00:29:19)

Participant: I was never given any money to go to school anyway so it was probably a real prize. (00:29:23)

Yeah.

Participant: It was like he was discovering something.

Yeah. You know when you are a child and you find something, it is exciting and then you want to do something with it, right. (00:29:34)

Participant: I didn't even know if it was my mother's rules or not whether you should not steal or pick money up off the ground. I can't remember that far back. But just the other day, I was at work in a big paddock building a shed and there was a \$10 note in the grass there and so I actually gave it back to the owner. And all the other boys are saying, "Keep it you idiot!" (Laughter) (00:30:13)

There are issues of truth involved in those transactions, and if you know somebody you should do what you can to get it back to them. But this is not part of this issue emotionally for Gary. The issue is that it is a big deep core emotion in Gary now where in every interaction in a close relationship he feels so tempted to lie because he is so terrified of telling the truth, even when there is probably going to be no result from telling the truth. He has this feeling now within him that there is going to be this constant fear. (00:30:49)

Participant: Ange and I had an argument and I was punching the bag with anger for about an hour or so until I got so exhausted. I wanted to get to a causal emotion but I couldn't, so I went down town and I was just looking in this kitchen shop. This young feller walked up the street and I caught him in the corner of my eye and I actually just froze with fear or terror; I couldn't move my arms or legs or anything. So I've got terror or fear in me that I have to get to yet. (00:31:41)

So can you see how much it's locked up Gary's life? Gary can feel that very strongly can't you? (00:31:47)

Participant: Yeah.

So if it was Divine Truth that your mother was presenting, and all of these nuns were presenting to you, it would not have resulted in more fear with you.

3.2. Divine Truth does not punish

Also truth doesn't punish. So if you in telling the truth and get punished then the person doing that to you doesn't understand some truths about God's Truth. (00:32:17)

Participant: But there are some consequences on the soul for not telling the truth. (00:32:22)

They are automatic upon the soul but it is not about punishment, it is just about the consequences upon the soul that resonate with the universe. In fact whenever you violate any law there is just an automatic consequence on the soul. It is not because someone is trying to punish you or trying to make you feel bad about yourself. It is just an automatic consequence. So why would you as a parent or why would you as a friend or why would you in any organisation try to punish a person more than the penalties they've already received by violating the law? (00:32:58)

Every time you have a desire to punish somebody for what they have done you are actually yourself breaking God's Laws. You are actually usurping God in fact. Can you see that, you are actually putting yourself above God? God does not even do punishment and if you do then what you are saying is that, "I've got the right to punish or project punishment at this adult." God does not do these things. So the key is every time I decide to do it I am out of harmony with God's Truth to understand that there is an emotion in me causing me to do that. (00:33:39)

Now in this case obviously it is very difficult for a child to actually say to itself, "Mum is out of line and these nuns are out of line," when all these terrible emotions were projected at you, causing a lot of physical and emotional pain that is inside of you and that you have now lived with through your life. One of the things that you are going to need to do to open it up all emotionally is start telling yourself the complete truth.

3.3. Emotions only flow when we are in truth

But the thing to remember is that truth is always emotional. Now if you do not tell yourself the complete truth; if you minimise it, justify it, shift the blame to someone else, repress it, deny it and do all those other things we talked about yesterday, if you do any of those things, what you are actually doing is locking up your own experience of truth. As soon as you say, “Oh it was only...” such as, “It was only a 22,” you are actually minimising the truth. When you minimise the truth what is actually happening now is that you are locking up the emotion; that is the automatic result of your minimisation of truth. As soon as you minimise the truth, justify it, and shift the blame onto others, or all those other repressing things to the truth, what you are actually doing is your actually repressing your emotions as well. That’s what you’re doing; your emotions will only flow if you stay in truth.

3.4. The damaging effects of parents

Participant: I was actually at a stage that I did not care if she shot me that day.

Exactly!

Participant: And she went click and there was no bullet and I was flat on me back but I was that mad I punched the wall and walked away from her after I got down off the roof. I was that mad and angry that I couldn’t care.

Now understand that this did not happen when Gary was little.

Participant: I was 21.

So he was now an adult being chased around by his mum with a gun and could have been murdered actually.

Participant: Yeah I didn’t even care.

So let’s say the truth about Gary’s mum. Now this is not a judgement of Gary’s mum. This is the truth about Gary’s mum. What emotions must be in this lady to drive her to actually chase her son around with a gun? Huge rage towards men! Which would be suppressing what kind of emotion? A huge amount of grief towards men! That must also be there. And what is she choosing to do? Not experience those emotions but rather take them out on her son, and it creates of course a lot of things within you.

Now, is what she did from God’s perspective right? No we need to say that. Is what she did toxic? Yes, so we need to say that. Just say the truth. Gary’s mum was a toxic mother towards you and to be honest if Gary’s

mum was sitting here in the audience I would be saying exactly the same thing to her. And if she couldn't accept that then she cannot accept the truth. Now it's not a judgement of her; she has all these other emotions inside of her that created all these things. And Gary doesn't need to go down the track of knowing what they are or having any commiserations for those emotions. If he does that, what is he doing then is justifying her actions, which then also detunes him from his emotions and detunes him from the truth.

So the only thing we can do is state the complete truth about what she is doing and has done right now. Now many of you do not want to face the truth about what your parents have actually done to you or how they have treated you. Many of you also do not want to say what you have done as parents towards your own children. And in the end if you want to feel all of your own emotions you will need to face both of those things because that's the truth. The truth can be accepted. So Gary's question earlier was, "Where is God's Truth in that?" And the answer is: God's Truth is not anywhere in that. It was your mum acting on her personal truth, the nuns acting on their personal truth, and you being forced into conforming and how does it feel for you in your heart? How did it feel for you at that moment? When you were blamed for stealing how did it feel then?

Participant: Ashamed.

Ashamed! And how did you feel when you had to go and confess to lying when you didn't do that, confess to stealing when you didn't do that? And had to lie to get out of it! How did you feel?

Participant: I don't really know.

How did you feel about getting hurt, getting punished twice, and three times?

Participant: I got used to that.

You got used to that. That is another justification. How did you feel?

Participant: I always think that she was doing the right thing by us by teaching us the right thing to do.

Can you see why Gary is not experiencing his emotions?

Participant: Shutting it down, justifying.

Justifying her behaviour!

Participant: She said that she meant well.

Mary: Gary has some emotions and feelings about himself from his mother and from the nuns. God has some different emotions about him and that's God's Truth.

Exactly! What Gary was feeling was all these other people's personal truths, but God's Truth wasn't anywhere to be found from what happened to Gary. God wants Gary to understand the truth that God doesn't feel the way your mother feels.

Participant: Yes I can understand that.

No you don't.

Participant: Well some of the weird things she's done.

Well let's look at what's been projected onto God. What do you feel God is going to do? When you let yourself experience all of your emotions what do you feel God's going to do?

Participant: Well not punish me for that for a start.

No that's what you think; it's not what you feel. What do you feel? What did your mother do?

Participant: Punish me.

What do you think God's going to do?

Participant: Punish me, I'll go to hell.

Right so the truth of the emotion inside of Gary is that he now believes that God is the same as his mother. And you do believe that even though you think, we have talked about all these truths about God, you think that God is not like that in your mind but you feel God is like that in your heart.

Participant: Yeah I think I won't get at-one with him. I won't get there. Because I've lied so much over the years!

Yeah! Because, Gary has lied most of his life because, of these childhood events.

Participant: I even made up stories to make me a hero. As a kid, I've made up stories and then as I have told them over and over and into adulthood I've forgotten what the real truth is, because I've blown up the stories so much.

So much that they are unrecognizable now even to your self.

Participant: Now I don't even know what the truth is, so that's how bad it got.

Yeah and that was all coming from the fear wasn't it? All coming from this fear from your parents!

Participant: Terror. Even as kids we were told to clean up the house or whatever and then my mother would go off to vote but then she would come back and appear at a bedroom door and say, "Your mother told you kids to clean the house up".

So she would make out that she was an apparition.

Participant: Yeah and she would scare the hell out of us and then when she came home we would tell her that and she would say that we were mad. And I'd be in the thunderbox down the backyard and I'd be playing with a candle on the wall, playing with matches and she would appear out of the dark and say, "Your mother told you not to play with matches." And then she would disappear and then I would run up and tell her and she would say that I was silly; "Don't be so silly. Get to bed."

So what was her desire? To terrify Gary!

Participant: I don't know why that would be only thing; she was trying to make us do the right thing.

So there is where we make the step from what did she actually do, the truth of what she actually did, into trying to justify what she did like "There must be some loving reason." And as soon as we go into that state of trying to justify what she did then we are actually stepping away from the emotion of how we actually felt about what she did and we can't experience the emotion. There is a really, really good book for many of you may wish to read it's called "Toxic parents". I think its Dr Susan Ford is the author. It's written in the 1960's. It's a very old book, she was so blunt. One thing I love about that book and this is one thing you might like to consider reading as well.

Participant: I remember reading that David Pelzer book and I can't see much wrong with it. Right, see, that doesn't faze me.

There is another book that Gary just mentioned and if you've experienced childhood abuse of any kind you will probably want to read this book. It's a trilogy called "My Story" by Dave Pelzer. It's the story about his childhood abuse, him growing up as a teenager and now how it has affected him as an adult. And it's a really good book to help you connect with childhood emotions. Gary just mentioned that he did not see much difference between Dave's life and his own.

Participant: Apart from some of the bad things that happened to him.

So the issue here is what does God want us to do? God wants us to face all the truth about what's happened to us. God wants us to face all the truth about what has happened to us, and that means facing the truth of how

people really treated us, that is as it was. Not how we want it to be now but how it really was. How many of you were never hugged by your father? Apart from maybe recently when you have grown up, but never hugged as a child by your father? That is more than half of the audience. How did that affect you? What was the truth about that?

Participant: We felt not good enough to be loved.

3.5. Divine Truth wants us to state the truth about everything

Yeah. Now God wants you to face that truth and experience that emotion; that's what God wants. So Divine Truth wants you to state the truth about everything; the truth about everything in your life, everything that's happened to you, but also everything that you've done to others. I went to my boys and sat them both down and they were 11 and 13 and I said to them, "Up until now I've been a very terrible dad because I've projected onto you emotions that now I can see in you and you are now starting to live those emotions in your life. And I don't want to do that anymore." So I made a promise to them that I was not going to do that with them anymore. Once I recognised that had occurred and I had to feel the emotions of that and I spent many weeks crying about the damage that I've done to my boys.

Participant: Can you give an example AJ of the emotions that you projected onto them?

In terms of what some of the truth is? Okay, I taught my boys through my interaction with their mother that a woman must always be acceded to; you must always do what the woman wants and you must always try to protect her and be responsible for her emotions. So if she is crying you need to cheer her up, and you need to protect mummy from feeling bad. That's what I taught them. And guess what they are doing in their relationships? Protecting their women from feeling their emotions!

Participant: Is that from your relationship with your mother?

It had to do with the core emotions for me it had to do with 1st Century issues about my relationship with women and my mother, and my feelings about how women were treated in the 1st Century. So that was the core issue and that's how I displayed it until I healed that emotion. The problem is that I created that emotion in my sons; I taught them how to interact with women through my behaviour. And it wasn't by words; I didn't sit my sons down and say this is how you must treat a women. It was by what I did; how I felt and all of that projection they absorbed.

Participant: We are doing our best though to look after them.

You see that's a justification. I've had my father yell at me, because he felt, "I did my best." And I'm telling him, "No." Whether, you

think, I did my best, or not, is immaterial. I need to state the truth from God's perspective.

Participant: We need to clean that up with our children.

We need to clean up everything. If you want to be at-one with God you are going to need to face the complete truth about everything you have done and about what has happened to you, and not justify it. Now imagine you are just sitting down with your mother or your father; just imagine you're sitting down together. And just imagine Gary sitting here and I'm his mother and he's saying, "Why mum did you chase me around with a gun?" And she says "Well you were an annoying little brat actually and I just couldn't control myself sometimes, you needed to buck up". Now how would Gary feel with that interaction do you think if his mother said that to him? This is his mother's truth by the way at the moment.

Participant: That he was responsible for her behaviour.

She's just stomped on him big time by saying that, so he is exposing himself by asking that. What she is saying is she is justifying her own behaviour and actually telling him that her behaviour was his fault. And we do this with ourselves and our parent's relationship all the time. You are justifying to yourself your parents behaviour towards yourself a lot of the time and if you're mothers or fathers now you do that too because you want to justify it to your own children, your own behaviour towards them. This is a continual cycle that occurs throughout your life if you don't own these emotions. Now it is important for you to come to understand that if you want to do that you will never be at-one with God. If you want to hold on to your emotions and project blame at others and not accept the truth you will never become at-one with God. So how many do you feel after that, "But AJ, I love my mother and father now." How many of you feel that while you were a child you never understood them but now you get them totally? Quite a few! Or, how many of you want to justify their behaviour? Why do you want to justify their behaviour? Because you do not want to feel the emotional truth of what their behaviour created in you.

Participant: We weren't very well loved.

Yes at some point you have to say, "My mother did not love me," and feel that emotion. You are going to have to accept that truth at some point.

Participant: My mother even told us that she never even wanted us kids; she only married my father to get away from her mother. If she had her time again she would never have had us kids.

So what she was saying, and the emotion that you do not want to feel is, "If my mother can't love me then nobody can love me." "I am unlovable." That's the emotion that we often don't want to feel. The emotion of, "I'm

unlovable”. And quite often even with our own children, if we’ve done the same thing to them, we don’t want to own up and say, “The truth is, no matter what the reasons I have for doing things. The truth is I created this damage in you”. You can say whatever you like, and justify whatever you like even, but I can’t justify that anymore. Because the instant you start justifying it, you will instantly get away from the emotion of it. You need to not justify these things anymore even to yourself.

Participant: So where is the lack of awareness in it? I don’t think my father knew that his anger was affecting us.

It doesn’t matter what you think your father knew or didn’t know. The truth is that his anger did affect you and you just need to experience that. When you go down the track of, “Oh my father did not understand,” what you’re basically saying to yourself is that’s a good reason for him to do what he did.

Participant: And then I’m jumping into his perspective...

Yes straight away and this is the thing about the “Toxic Parent” book that I recommend reading; it’s quite a good read. She constantly talks about how we step into the role of the parent once we become an adult, justifying our parent’s actions to ourselves, to our inner child, and therefore never experiencing the emotion. You take note of the role they had. They were justifying their role to you and now you are doing it to yourself. We need to stop all of that if we want to feel our emotions.

3.6. Divine Truth does not compromise for the sake of peace

So what would Divine Truth do? What’s the quality of Divine Truth? Divine Truth wants you to say and feel absolutely what happened, exactly as it happened without any compromise! Divine Truth does not and cannot compromise even for the sake of peace. How many of you would like to sit down and say to your parents, “Mum you did this.” And how many of you know that they are just going to go off their rocker when you say that?

Participant: I’ve done that to her but I can’t say that to dad because I don’t want to hurt his feelings.

Yeah.

Participant: What do you do if both of your parents are dead? I’ve never had a chance to do that?

In the end you do not have to do this face to face with the person, although if the person is dead as soon as you feel about them, they are there with you generally. So let’s say your father did some hurtful things, let’s say he abused you as a child and he’s now passed. The instant you feel about the abuse that he did to you as a child he will feel an emotional

connection to you in the spirit world and he'll feel drawn into facing the issue. Because he'll feel your pain and he will feel that there is somehow a link between your pain and his responsibility. So this occurs whether they are alive or dead. But there will be in the end this resolution of these issues.

The key for you is to say the truth out loud, even if he's died. You could say "Dad you abused me, you sexually molested me. I was 3 years old; I didn't deserve that. You did it all because of all these things". And if you are angry with him, say, "I'm angry with you now and I realise that I'm angry with you because I don't want to feel my sadness. But at the moment this is how it is I'm angry with you and I need to get to my sadness. And the reason I don't want to feel my sadness is because you should be feeling it for me. I shouldn't have to feel it. You created it." These are the feelings that you have; just say them. Right now what I'm saying is not in harmony with Divine Truth; it is you living in your personal truth if that is how you are feeling right at that moment. And you also need to go down the track of saying, "Right I know I'm really angry and I'm just denying these underlying emotions, and I need to get to that place where I can feel those underlying emotions. But at the moment I have got to go through this childhood rage to get to them and I'm really angry and pissed off with you, dad, for doing those things."

Participant: Will that help him in the spirit world?

Totally! Every time you speak the truth to another person their heart changes, whether you notice the change or not. Now sometimes the change is negative. They put up more of a resistance to the truth and they do not want to see you anymore. In my life, I have had one of parents not speak to me for 7 years. My sister has not spoken to me, and still does not speak to me, from 12 years ago because of the issue of truth. But in the end you can live a happy life because remember what I said at the start? When you are speaking the truth all the time you are in a state of power and love and you will feel that. Every time you lie now, how do you feel?

Participant: Pretty bad, guilty.

And yet the lies are all generated by this fear this terror. So what's the causal emotion you need to access? What do you firstly need to feel?

Participant: About getting into trouble for lying.

Exactly! It's about the terror of punishment for telling the truth. So now there is an association that Gary has, "If I tell the truth, I'm going to be punished. I must lie to avoid punishment." This is the association. The only way to undo that is to feel the emotion of the terror of telling the truth, and how terrified you feel about telling the truth. Once you feel and experience that emotion and release it you will no longer be afraid of telling the truth, and you will be able to tell the truth. And ironically you

will have no reason to feel guilty for lying because you are not lying any more. So until Gary feels the terror associated with truth he will continue to lie no matter how much he tries intellectually to start telling the truth. Until that emotion of the terror of the truth is released, you will continue to lie.

Participant: Yeah, I've just got to the stage that I just go from work to home; I don't even go for a coffee. I even gave up coffee so that I don't have to lie about it.

Instead of just saying, "No I feel like a coffee so I'm going to go and have a coffee, and then I'm going to go home and tell Ange, 'I just had a coffee and so what?'" (Laughter) Or ice cream, or a block of steak even and you all know how I feel about eating meat. But if that's the feeling in his heart he needs to go and do that to be in the truth of that. And then he will connect with this emotion, "Why am I in the truth of this? What's the truth of this?"

Participant: So how does he get to the point of feeling that terror?

That is a choice in the end, that's the bit of responsibility. So what you have been doing up to now is that you've been taking responsibility for your mother's emotions, minimising them, shifting the blame and blaming yourself instead of her. And that's not taking responsibility, that is actually taking responsibility for someone else's emotions, not your own. Taking responsibility for your own emotion is saying the truth about how I feel about that event, and then experiencing that truth. "I was absolutely terrified and I need to go into that terror and breath through it and maybe do some body work and inner child work to connect with that terror of how you have made up this relationship between truth and fear," This terror and truth relationship is deeply inside of you.

Participant: Yeah I must have got to that in the street the other night because...

You froze.

Participant: Yeah being so scared and there was no need for it because it was just a kid walking past. I just imagined that it was someone sneaking up on me; I don't know what it was.

Yeah. So you're getting Law of Attraction events that are telling you, "It's the terror, it's the terror, and it's the terror." This is where you need to go; this is what is preventing you from growing at the moment. So there is a lot of tools you can use to access terror; there is bodywork, cranial sacral work, massage: there are all different sorts of things we can do to access this terror and experience it. It's now just making a choice to do that. It's just a matter of accessing it and experiencing it now. And then it will be God's Truth and God's Truth is that you are actually loved and cared for.

And when you tell the truth you will never be punished. God never punishes a person who is living in truth.

Yes. Thank you.

Participant: Thank you, AJ.

4. Living in truth unlocks emotions

Participant: For Gary where does the belief from the toxic shame, the belief of bad and wrong; where does the feeling that come from? How does he completely own that?

Once he accesses the terror and the relationship with truth he will start living in truth. Once he starts living in truth, the other emotions, which are the deeper core emotions of unworthiness, shame, guilt, a lot of underlying emotions, will start flowing up. At the moment what's happening is the terror is locking down the truth and the lack of truth is locking down the emotion. So don't try to skip over all of that and say, "Oh the bottom issue is actually unworthiness," or, "The bottom issue is that he is ashamed of himself," or, "That he's to blame"; the problem with going to that point is you just skipped over a heap of emotions.

And this is why many of you are not able to access your emotions because you are trying to skip to the end point first and feel that one. You are not realising that there are these blocking emotions inside that first need to be felt; terror, associations with truth that we have made, fear and a lot of those kind of blocking type of things that all need to be processed first.

Participant: Until we get through those blocks, depending on what age that is, it's like the child is still directing our lives.

Totally, the child is in a state of terror still, and you can force it if you want. So Gary could force himself to tell the truth every single moment, but it's going to be a huge intellectual effort because the desire from his heart is, "Lie. Lie. If you tell the truth you are going to get into trouble. Lie." His inner child is going, "Lie now. Lie now." And if it's a woman his inner child is saying, "Lie more! Lie more! Lie more!" (Laughter) So this is why his interactions with men are a lot more honest than with women.

4.1. Living in personal truth eventually leads to God's Truth

And the reason why is there is a lot of femininity injuries as well underneath all that but if we can't deal with the terror - truth relationship, and feel that first, then are we never going to stay in the truth about all these other things? We are not ever going to get to that place. This is why you just need to experience the emotion of what you are in currently. The truth is that God wants you to stay in the state of truth and the important

things to understand is when you are in a state of personal truth you will, in fact, in the end access God's Truth, but only if you're in a state of personal truth emotionally not intellectually. Or you force yourself to go down the track that you don't actually feel inside.

So let us get back to honesty and ask how many of you have felt angry already today? So you felt anger today at any point? How many of you felt anger at any point? Now that's good. So you say to yourself, "I was angry". What is anger again? Repression of...?

Participant: Fear.

So it's a fear based emotion and suppression of underlying emotions, usually sadness or some other type of emotion. So I need to say that truth to myself as well: "When I was angry I choose to avoid my underlying emotion." Say the truth. You don't even have to know what it all is yet, all you need to do is start saying the truth to yourself all the time and to others of course and you will quickly access it.

4.1.1. Experiencing emotional error removes our conditioning

Participant: What do you do with the conditioning that comes over a long period of time from having repeated situations? And if you don't undo the conditioning, do you relearn, or can you relearn? Can you undo the conditioning?

Well the whole thing of experiencing the emotional error fully is what undoes the conditioning. Remember with all of your emotional error there's a cause. When you experience that cause automatically all the conditioning that happened around that cause starts to disappear and dissipates. So what you end up with is the ability to feel God's Truth now; what should have happened and what you really are in that place, not what other people actually told you.

Participant: Is that when faith kicks in?

All the other emotions associated with truth and love, which include faith, courage and all those other things start flowing into you when you stay in a condition of truth. They all start flowing into you and you will feel them start flowing into you. But they will not flow to you if you stay in a condition where you are dishonest with yourself. So if you are stuck in any of your emotional processing at that point, you are probably being dishonest with yourself.

Participant: Can I clarify something for myself? When you said earlier about confronting somebody, are you actually saying that we should speak to them? So get in front of them?

I am saying firstly, that you will probably build up to this. So you will probably first write yourself a little letter to yourself about all the things that this person has done. Then at some time you will get to the point of, “Hang on a sec. Why am I only doing it with myself? There is only one person involved in this transaction.” And an act of love would actually be to tell them truth about what I feel they have done; that is an act of love as well.

4.1.2. Being truthful about our true condition

You get to a point where that you have dealt with all the emotions and you no longer really need to, but you can't skip over all these steps in between. Many people it seems are trying to skip over to the end. We have this definition of ourselves in our mind of this loving being that we want to be, and so what we do is we try to act like that being. But in reality we are full of all these emotions. Can I call them perhaps even evil emotions sometimes? They create bad things for us many times in our lives, and they can be quite evil at times. Let's call them fear based emotions. They are all inside of us, but the outward portrayal of ourselves is that, “I'm this wonderful spiritual person who has got everything together.” But in reality what we have just done is set up this huge lie. And do you think God is going to be able to connect to you in this lie state? God's not. So at some point you will need to start being truthful with everything and everyone around you. Everyone!

4.2. Truth creates and never destroys - the example of AJ's brother

Participant: So I should talk to this person even if it means that the truth of things destroys things in the family?

Truth does not destroy anything. This is a false belief about truth. The truth is what creates everything. The truth never destroys. It's the error that destroys. It's the truth that exposes the error and the pain that a person feels in experiencing truth is not about them experiencing truth, it's about them feeling the Law of Compensation or the Law of Karma about the error. So for example you see this in families a lot where a lie has been perpetuated. In my family my mother had an affair and my youngest brother was the result of that affair. And my youngest brother was never told. He was now 25 years old, he never knew.

Participant: Were you ever told?

I was never told, none of us were ever told, but I knew when I was 10 years old that my brother was the result of an affair. Now my mother did not realise that I knew, they thought that they had covered it all up. So what I did is that I went to my mum and dad and I sat down with them and I said, “Look in 3 months times if you haven't told my brother the

truth I am going to tell him the truth.” I gave them 3 months because I thought it might take them that long to work through some emotions about if they were going to, but I probably should have just given them a day or two. Then I went to my brother and said, “Mum and dad have something to tell you and if you have not heard from them in 3 months I’ll tell you”.

Participant: Wow. Did your father know?

Yep my father knew yes. What happened was when my mother and father yelled, my mother went into this state of shame for a week; she just cried uncontrollably for a week. In that time she released all this emotion of shame about what she had done 25 years earlier. She had never released that shame until that point.

Participant: Did you feel guilty for making her cry?

No! Not at all because I knew by that stage, that the truth was the most important thing.

Participant: Was it actually your responsibility to say that truth in that case?

Can you see what some of your beliefs about truth are? Why would it always be my responsibility to say the truth?

Participant: Because you know the truth.

Exactly!

4.2.1. Truth is loving

Participant: And it’s a loving thing to do.

Has that never struck you before? (Laughter) If you know the truth why are you not saying it?

Participant: Because we’d get into trouble.

Well isn’t that a fear. Am I living in love when I am in fear? No. So if I’m in love what would I do? I would tell the truth; if I know it I would tell it.

Participant: What if he had been not told, just to protect his feelings, and then he found out from someone else who wasn’t his family; would it have been way more...?

Let me describe the whole event because in the end none of his feelings were protected by him not knowing the truth. I’ll describe actually what happened 3 months later. My father got very, very angry with me and as a result of this anger I had to leave. I was living at home at the time after a marriage break up and I had to leave the house and live on my own. It

was a time when I was going through some very core emotions of my own, where I was going through a breakdown of my own. So it was a really hard thing for me to even contemplate doing.

So now, there was still my brother who doesn't now know the truth yet. My parents were in this very agitated state. My brother wanted to know why mum's upstairs crying for a whole week. My brother's 25, I'm 35. Now 3 months later I went to my brother and I said, "Have mum and dad told you the truth yet?" I knew that they hadn't. And he said, "No but I think I know what it is," and I said, "What do you think it is?" He said, "That dad's not my dad." He'd known all that time in his heart right because of the way he was treated by my parents, and it caused him so much confusion because he could see that he was being treated totally differently to the rest us; myself and my sister Jenny. So Joel went into a state where he understood many things rapidly. Now my father refused to speak to me for 7 years, 7 years as a result of that, my mother got very upset with me for 3 years and my brother did not speak to me for 3 years either.

Participant: Wow. Why didn't your brother speak to you?

Because he felt that that I was too open with the truth and he felt ashamed of himself being the product of an affair, which of course is his mother's shame that he was unwilling to experience. And in fact still has not experienced it; he refuses to experience that shame that is a part of mum's emotions that were passed down to him. So instead of experiencing that shame he wanted to get angry with me, which is what he did and it took him 3 years to work through that.

Now my feelings were that it was all great, (Laughter) because, firstly I gave every single person an opportunity to experience the truth. I didn't make the choice for them, which is an act of love. When you make the choice for someone else it is no longer an act of love. Can you see why? It's control. So if I make the choice to not tell you the truth I am actually controlling you because I feel that you are not going to cope with the truth. So I'm making the decision for you. I'm saying, "You're not going to cope with the truth, so I'm not going to tell you it." I'm making a decision for you and in doing so I'm harming your free will by having complete control over your life. So when you find out the truth you have complete control and responsibility for everything you choose to do as a result of knowing that truth and I'm not responsible for any of that. This is why I said who I am right the first time that you met me. For a lot of you it was at Eudlo, here in January. And I sat down and said the first truth I needed to tell you were who I am. Why did I have to do that? Because if we got to this stage and I started saying to you, "Oh by the way I'm Jesus," how would you react to that? Wouldn't you feel duped, and lied to and deceived? And you would be justified in having them because I made a decision for you. If I had not told you then, I would have made a decision for you that you couldn't cope emotionally with that truth and in doing that I'm in error.

And as soon as I'm in error my connection with God is lost now. So it is very important for you to do the same thing. Stay in the truth at all times, with all of your actions and interactions.

5. An example of a lady telling the truth to her family

Participant: I'm quite confused. When you were talking about your mother and telling your brother... I also told my brothers something that had happened. And then my brothers went to my brother-in-law because he knew the truth too but then they turned it all back on me, except for one brother, who believed me and understood everything. But these others, they wouldn't even tell me. They tried to stop me... at my father's funeral...

So what's the emotion you're feeling? Do you want to come down and share it? You don't know if you can. You don't have to if you don't want to. What's your name?

Participant: Christine.

Christine's being very brave.

Participant: I had to go out before when you were talking, I was so enraged and anger came up for me towards my sons, and I was feeling really bad. But then when you said something about your father... and of course I shared that, well thinking my brothers need to know really what happened because everyone's living this...

Everyone is living this lie around you.

Participant: This charade and I thought you know my sister was just a beautiful person. She's been dead about 10 years and then my mum died four and a half weeks later and I was the only female left in the family. This is just before dad died and I knew dad was dying but I felt to share it with them.

Can I say firstly that you have done the right thing.

Participant: I was starting to feel like I had done the wrong thing.

No you have done the right thing by sharing it with them and that is about telling them the truth

Participant: And of course, they have gone to my brother-in-law and I got this email from him. And I haven't spoken to him since because I was shattered. They were blaming me and saying that I'm not coping with what had happened and in actual fact I felt that I was coping so well that I could speak the truth and say what had gone on. But now they won't have contact with me.

What's the emotion you are feeling now, grief about...?

Participant: Well I'm sad; I think my sister-in-law actually instigated all of this. Because I did ask my brother not to tell her until it's worked through it first because it's a family thing. She thought a lot of my father and I didn't want to shatter that for her but my brother did share it with her. I feel for my children because they've got no family, they've got no grandparents, they have no one and if I die they've got no one to turn to not even their father. He lives close by but won't have anything to do with them. I ran into the bush this morning instead of going to work because I didn't want to confront this but it has come back.

This is beautiful and you just need to feel this. Now what happens when we start telling the truth and facing the truth, is the emotions start flowing. Now what's actually happening for Christine is this beautiful process of all of these emotions that you have been holding on to for all this time, like, "Everyone is living the lie around you," and, "Nobody being there for you," and, "Nobody feeling for you." And all the ones who have loved you have basically left and there is no one who listens to you. All of those emotions, because you are telling the truth, are all now coming up one after the other and the key is to be brave enough now and to have the courage now to actually experience those emotions.

And that's what you're doing right now and that's a really beautiful thing from God's perspective because what you're doing is letting those emotions flow. And as those emotions flow out of you what's happening is that you are now leaving space for feeling God's Love enter you. If you kept a hold of these emotions and didn't tell the truth what would be happening is that you would be locking up all these emotions.

Participant: Because I was really tight yesterday and really sore and it was difficult sitting there.

It's beautiful now, just letting yourself connect with those emotions. And my suggestion is you don't have to listen to the rest of the day really, all you need to do is to let yourself feel what you're feeling right now. That's the whole goal of this, to connect with the truth and to experience it emotionally, which is exactly what you are doing. Nothing different from what you are doing; you are doing it exactly right. Now everyone's response to you is their response and people's response is often going to be in error. And if you have an expectation that it is going to be in truth, you are going to be severely disappointed in those cases. It's only after time when they work through their emotions that their response will be different.

If you think back, even when I first told you who I was many of you went home in a really agitated state because there were all of these emotions percolating up. And it took you time to work your way through that. This is just the same. You have told your whole family huge truths but in doing

so you are facing them yourself and in facing them yourself your emotion is now flowing. And that's great; that is what needs to happen.

Participant: It does make me feel that it was wrong.

And you're not. These are all causal emotions that you need to heal; that's good.

Participant: I knew that it was the truth and everything just happened...

In your head, like you were brain washed.

Participant: Yeah they are really lovely people but they just can't get through their own...

And the truth is... and again I have to say this to everyone. You might be thinking that your family are really lovely people and everything else but honestly, (laughter) lovely people face their own emotions.

Participant: On that topic, do we choose our parents before we come here?

No they choose you.

Participant: They choose us.

So, lovely people face their emotions. Your best friends are not going to be your family if they are not facing their emotions. And this is something that I said quite often in the 1st Century too by the way: "My father, my mother, and my sister and my brother are those who follow the word of God and do it. They are my parents, they are my sisters, and they are my brothers." My family is only my family really if they follow my Father's Laws. We have one parent, our Father God, and She's our Mother and we all need to understand that we are all sisters and brothers. And those of us who are following those laws and following those principals are going to be the closest.

What you need to do is get a surrogate family, a surrogate family who are actually loving God's Laws and want to live in truth and who don't want to punish you for telling the truth. You need to come to love them as your own family and help your children to do the same. That's what you need to do because when you do that you will find the real feelings that you have, and that will trigger a lot of feelings about you not having a family. It will bring up a lot of issues as well in the process, which is very healing for you. You need to grieve about those issues but when you do that what will happen is you will end up with a close group of people who you know love you for you and who are brave enough to face any of their own emotions. That's what you will end up with.

Participant: And where do we find these people? (Laughter) I'm just joking.

My feelings are that anyone who loves truth is automatically a friend. And I'm not saying that I have any enemies. I am just saying that the ones that I feel the closest to are the people who are willing to emotionally experience their own truth, and you will find that too in your own life. Once you come to love truth, automatically you will start to attract people around you who love truth as well and you will enjoy that so much. There will be some relationships that you will have that you never dreamed possible to have with people because you are all loving the truth. It's beautiful that you are loving the truth and it's beautiful that you are allowing yourself to experience these emotions. These emotions have been locked up for a long time. And it's beautiful that you are feeling them Christine. Just let yourself sob: you need to have a good sob. Okay. Thanks Christine. (Clapping)

6. An example of a lady speaking truth about her biological father

Participant: AJ, just getting back to confronting your relatives. I am a craniosacral therapist and it's always an issue of people going to their relatives. Is it always necessary? I'm a product of an affair also and I've found my real father and have a relationship with him, but he won't tell his kids. I think they think that he is having an affair with me! (Laughter) I taking a stand that it's not my part to tell them. It would only be out of my neediness that I would tell them. If he doesn't want to tell them I could see that that would be a needy thing to do.

Sure. First thing to understand is if you are taking an action out of need or out of fear or out of a desire to get something from someone, then what you are actually doing is not loving them. So I'm not suggesting that you take those actions. But I am saying to you that if you take the action out of love you will always want to express the truth in any given situation. So that means you will never avoid the truth, you will never run away from the truth, you will never try to make the truth seem what it isn't. And you will explain the truth to people who may be confused. Now your real father is afraid to face the truth of his own actions.

If he was my father I'd be sitting down with him and saying, "Dad you're afraid to face the truth of the fact that I'm your child. Now while that's the case it's very hard for me to compromise and have a relationship with you. Face the truth that I'm your child in your life and then we can have a full relationship, where I'm not feeling bad for your other children because I'm worried about what they are going to think of me going out with you to have dinner. Face the truth about that relationship." If you're doing that you are not pressuring him to do anything, you are just saying that

you need to face your own truth and that is, “Is my dad really loving me while he denies me?” Now would most of you put up with people denying you? Because if you face the truth of that, you might have to leave them and you don’t want to leave them because it feels secure. But the truth is if somebody is denying you, denying your emotions; are they really loving you? They are not. So at some point you need to ask yourself, “Why am I allowing the situation to occur that is not in truth and it’s always a fear?”

Participant: But I am the one who sort him out.

That’s immaterial to be honest.

Participant: He’s had his life, I feel like I’ve taken that relationship with him...

Now you’re justifying his behaviour.

Participant: It’s not until you ask for your needs that you can actually then come up with the truth or a boundary or just be true to yourself that you will continue the relationship or leave the relationship.

I don’t feel them as boundaries or anything like that. All I do is say to myself, “If I loved myself what would I do here?” and if I loved myself in your situation I would want an open relationship and a truthful relationship with my father.

Qualities of Divine Truth: Part 2

7. Emotions arising during the seminar about truth

One thing I would like to do is to talk to you about some emotional projections that I've been receiving while I've been talking to you about truth. Is that alright? Well too bad if it isn't! One strong emotion coming from some of you is this feeling that when I'm speaking of truth you are feeling that I am judging you. Many of you have this feeling of being judged when I'm talking about truth. Now I don't feel that emotion when I am talking about this subject with anyone. So if you are feeling that feeling of judgement look within yourself, because what you will find is that it is driven by an emotion of personal shame. So in other words there are times in your life where you have been untruthful and you feel that my comments are judging those times.

And because you feel that what I am saying is a judgement I then get a projection of anger or resistance back from you. So if you can own that, if you can see that you are judging yourself, in reality you are actually feeling guilt or ashamed about not telling your truth or not being in truth through these different events in your life. And you can relook at those events and ask yourself, "What emotions am I feeling? If I'm feeling shame, there are unresolved emotions that I feel attached to those events." So let yourself feel those unresolved emotions attached to those events and what will happen inside of you then, is that you won't feel that I am judging you when I am speaking the truth with you.

And that will also help me with my voice closing up because I am responding with worthiness issues when I get this projection of judgement and anger back at me. My feeling is that I need to start shutting down now and just start walking away. That's the feeling I get sometimes and I'm just trying to fight that so I've got this congestion in my throat as a result of that. So I've got an emotion with that to work through as well.

8. Divine Truth qualities and attributes

So let's go back to some of these Qualities of Divine Truth.

8.1. Divine Truth will not compel a man to accept itself against his will

Divine Truth with all its power and knowledge will not compel a man to accept itself against his will. What I mean is that no matter how much you are in a truthful place, you will never want to force another person to

be in that same place. And if you feel that you want to force another person to be in the same place, you are not in a space of love.

So how many times do you say to yourself, “I wish my husband would deal with that,” or, “I wish my wife would deal with that?” You are actually out of harmony with Divine Truth when you do that. Because what you are actually saying is that you are having a feeling that they should be compelled in some way to deal with their stuff. And what are God’s feelings? They have free will. They are allowed to prolong their stuff and feel its pain for as long as they want.

This is one of the reasons why religions go to war. So is that in harmony with Divine Truth? Obviously not! So would a person with a certain religious belief actually be in harmony with love if they decided to compel another person with a different religious belief to change their mind? And do you even really change a person’s mind like that? If someone puts a gun to your head to “Change your mind, otherwise I’ll blow it away.” That’s really what’s happening a lot of times in war. And the spirit passes in that condition and what are they feeling? They are feeling more anger and more rage, more disharmonies with the person who was just trying to compel them. You will never want to compel another person against their will once you are in harmony with Divine Truth. (01:36:58)

So when I am saying things like I said the truth to my brother, I didn’t say it so that he has to accept it; I said it because I love the truth and truth is the principle. I’m not compelling him to accept it and for three years he didn’t. And that’s okay. And he even tried to punish me for that in the three years, and that’s okay to. (01:37:22)

Participant: So you pretty much say it and leave them with it.

Yes the truth is such a powerful, beautiful thing. You will find this in your own life. The moment you start telling yourself the truth, emotions just explode; one after the other after the other and you will wonder how you started this whole process of emotions. It’s an emotional flood and it all begins just from saying the truth. (01:37:43)

Participant: I confess I find social interaction quite difficult because even with simple things I will say what I think or I believe at that particular moment and then sometimes quite quickly have a realisation, “Oh that’s not exactly right.”

But the other person who has received that got what I believed at that particular moment and then I’ve had a realisation that’s not exactly right and I want to get it right. How do you deal with that when you are seeking to do the right thing? You’re seeking to go with Divine Truth, you’re seeking towards the truth but you are also dealing with your own error and your own frailty for want of a better word? (01:38:41)

8.2. The individual's knowledge of Divine Truth is eternally progressive

Well one thing about truth is that truth allows you to make mistakes; in fact, down in the seminar outline I have listed, “The individual's knowledge of Divine Truth is eternally progressive.” And related to that, personal truth is always eternally progressive. Now if we have a feeling that, “Oh I knew a truth today; today I had a huge realisation and tomorrow my truth is totally different,” this is going to happen to you all the time. And then you feel like now you've got to go back and correct all the times when you did not know the truth. And that is driven by a fear inside of you that you are not allowed to make mistakes. Every single one of you is allowed to make mistakes because guess what? You are not God. You are not God. (01:39:55)

Participant: You are allowed to make mistakes too, AJ. (01:39:57)

Yes. I'm allowed to make mistakes. And that is one of the things that I had to come to terms with; I'm allowed to make mistakes. And you have to come to terms with the fact that you are allowed to make mistakes and you are allowed to be in error today and in more truth tomorrow. And whatever happened to you today were the results of the Law of Compensation, and the Law of Attraction were already correcting you today so that you can arrive at a new truth tomorrow. You do not have to go back and pay for it all now but you will feel certain compulsions associated with the new truth. (01:40:37)

8.2.1. The example of Luther

So for instance all of you have heard of Luther? The founder of the Lutheran religion! When Luther was on earth he told some truths and he also taught people some untruths. A lot of the untruths were about women; he had some quite negative viewpoints about women. A lot of people don't realise how negative they were and a lot of those truths had to be corrected once he passed. (01:41:11)

Participant: What is an example of what he said?

He said that a woman is only good for the home and to satisfy a man's sexual needs and he believed that quite strongly. So he had some very strong chauvinistic beliefs and he had some very strong racial prejudices as well. He is now by the way a spirit friend of mine in the Celestial kingdom. He is in the spheres above the 8th sphere. Now what he had to do is to come to the terms with the fact firstly that he taught large groups of people untruths. So let's say that you have realised that you have taught all these people untruths and then you come to a new knowledge of truth, what are you going to want to do? (01:40:00)

Participant: Correct that.

Of course you are going to want to correct that, won't you? So one of the things he feels that he wanted to do was to correct some of the untruths, and he has been trying to do that through channelling and through other things. (01:42:10)

Participant: I'm confused. Did he know that he was saying untruths at the time? (01:42:11)

Well no.

Participant: Or at that time it was his truth? At that time it was his truth.

8.3. Personal truth is limited, but Divine Truth is infinite

Participant: You've written in the seminar outline that personal truth is limited. (01:42:25)

Yes.

Participant: And you say it is progressive. So what is limited today can progress tomorrow. (01:42:32)

It is limited in the sense that it is never going to be God's; it's never going to be infinite. So your truth is limited to what you can understand right at this moment; in that way it is limited. It can expand and it is always going to be eternally progressive, in the sense that it will grow and grow and grow and grow if you remain open to Divine Truth. Your limited personal truth will grow into a new state and then into a new state. But at any one point it is not infinite, it's always limited.

Participant: And in reference to what you said earlier, it's my understanding that my personal truth can grow into being Divine Truth? (01:43:12)

Yes.

Participant: In which then my personal truth in conjunction with Divine Truth can be infinite? (01:43:17)

No, it can't.

Participant: It can't?

No. Be aware that I am saying that only God has Divine Truth and only God has the infinite Divine Truth. So in other words every single tiny little detail of this universe is in God: that will never be in you. (01:43:40)

Participant: Oh I see.

But you can grow to know more and more and more of it by allowing Divine Love to flow through you; by allowing the education to be received

by God. But you will never be God; you can never know exactly what God knows. You will never know exactly what God knows but you will eternally progress towards what God knows. And that's why a verse in the Bible, Ecclesiastes 3 verse 11 says, "God has put eternal life into your heart so that you will never find out what the true God has done." In other words you are going to seek truth for the rest of your existence but you will never find out its complete beauty, but every single new thing that you find out is going to emotionally overwhelm you. And that's the beauty. (01:44:34)

Participant: So we'll never reach the end.

But your truth will grow through that process but at any one point compared to the infinite Divine Truth available to you it is still limited. That's what I mean by that.

Participant: Thank you.

No worries it's my pleasure. Let's have a look at some of these others.

8.4. Divine Truth results in freedom: the truth will set you free

Divine Truth results in freedom, the truth will set you free. A lot of people don't really believe this; what do a lot of people really believe?

Participant: The truth gets you into trouble. (01:45:19)

The truth gets you into trouble. The truth doesn't set you free for most people. The truth they feel creates more burdens. But it's not the truth that creates burden its error that creates burdens. Divine Truth really sets you free completely. And that's why I have said in the seminar outlines that Divine Truth completely free a person from error, and therefore from pain. Because remember error is the cause of all pain. All emotional errors are the cause of emotional pain. And also even in your personal life Divine Truth can result in freedom.

8.4.1. An example of a woman being abused in her relationship

For example, let's say a woman is being abused in her life, in her relationship. What's the truth she's not accepting? (01:45:59)

Participant: That she's worthy of more.

Exactly, she's not accepting the truth.

Participant: Or not loving herself by not allowing herself to live in that situation. (01:46:08)

She is not accepting the truth that her husband, who's saying, "I love you," is actually not loving her, because it's all just words coming out of his mouth. He is abusing her and she's not accepting the truth that he doesn't

love her. Now because she doesn't accept the truth that he doesn't love her and she stays in a trapped relationship, so what she has done is she has placed these bars around her life of all the emotions she does not want to experience. One of these emotions is, "I'm unworthy of love." She's placed these bars around herself, she has made a cage for herself and because she is unwilling to face the truth, which is like destructing the cage, she remains in this stagnant and trapped state. But as soon as she starts facing the truth, she realises, "Hang on a sec, anybody who is physically violent towards me, can't love me. It is impossible for them to be loving me." No matter what words are coming out of his mouth, he is not loving her. And once she emotionally feels that, "He doesn't love me," she'll go through a huge emotion. She'll maybe cry for two or three days, and it might even connect her to some emotions from her childhood of her father not loving her. And she'll cry her way through that; "Why was I not worthy to be loved by my father?" And all those issues will start coming up if she allows them. Once she's worked through all of that issue, what does she feel then? "I'm lovable." And at that instant she realises, "I don't need to stay in this relationship anymore. I'm worth more than this," and she leaves. So what has truth created for her? (01:47:59)

Participant: Freedom.

Freedom! That's what truth does; even in your personal life if you accept it. Divine Truth, God's Truth, creates this huge freedom. And what will happen in the end is that you will be able to express your free will in this awesome way, which is totally unimaginable to you at the moment, and it will all be because you have lived in this state of truth. And now your free will is able to be expressed completely. That's what Divine Truth does for you. It frees you completely. (01:48:31)

8.5. Divine Truth results in a fearless existence

The next one is Divine Truth results in a fearless existence.

8.5.1. An illustration of religions creating fear

So let's look at religious viewpoints that create more fear or terror in you, such as teaching that we are eternally tormented for anything that we do here on Earth, and we have to pay for it in the spirit world. That is a common Christian belief. How many of you have been terrified of it as a child? Lots of you would have been terrified of it as a child if you had been brought up with that belief. Any belief that creates that kind of terror is not God's Truth. I don't care if it is written in the Bible or the Koran or any other holy book: if it creates that fear, it is not God's Truth. That's how it is.

So look really sincerely at some religious beliefs. For example, "If you don't do what we say then you will be ex-communicated from us."

Now what does that create? (01:49:39)

Participant: Fear.

It is also saying that you're limited to our viewpoint. Would God ever say that to you? No. So it can't be Divine Truth. How are you ever going to learn infinite truth if you are limited to your viewpoint? You are never going to learn infinite truth doing that. (01:50:00)

So if truth is infinite it makes sense also that anything that I need to accept is going to expand from yesterday to today to tomorrow and so forth. So if I'm having to feel at the moment that I'm locked in to a certain religious belief and if I stay in this religious belief, what will happen is that if I don't stay in it I will have to be ex-communicated from the church or I'll be treated badly by them. And there are issues of truth and there are issues of how I love myself involved in that transaction. (01:50:34)

Participant: I actually looked at the pictures in the Bible when I was a child and they were so scary I didn't ever want to open up the Bible ever again. I've always wanted to have a look through it but I don't because it's not all truth. (01:50:56)

So read it from this perspective.

Anything that's in there that presents God as a punishing God or a fearsome God; they are all just men's ideas, they are not anything about God whatsoever. Anything that presents God as a God of Love, a God of Care, a God of Mercy, Forgiveness, Kindness and all those kind of qualities; they are all truths. Let yourself listen to those because there are some beautiful things in the Bible about all of those things. My whole life, in the first Century, was formed by what I read in the Hebrew scriptures of the Bible, from the Psalms, and the Prophets and so forth. I have a deep attachment to a lot of those writings because of how much it affected my life. So allow yourself to connect emotionally to what you are actually feeling from the material. (01:51:54)

8.5.2. Discerning Divine Truth through communication with God

Participant: AJ, in the first Century, if you learnt from those scriptures, how did you discern then which were truths? Because, there would have been untruths! (01:52:05)

When God's Love is flowing through you as soon as you ask questions of God and get responses you will feel a resonance in your soul. The ones that resonate will bring you to tears. So the truths that will resonate with you when you are reading something will bring you to a place of crying probably, a place of being overwhelmed emotionally every single time. So for every new truth that you receive from God, if it is resonating with God's Love and opens up your connection further, you will feel this overwhelming emotional experience and you will know in your heart that it is true. You won't need anybody to tell you. But in

the end what will happen is all of you at some point (and many of you might not believe this at the moment), once you become at-one with God, will all believe the same thing. Not because you trusted me or trusted somebody else to tell you it. But because you have experienced it and so you know it to be true.

8.6. The truth does not hurt anyone or anything

The next one in the seminar outline is a really interesting one because it is a common belief. The truth does not hurt anyone or anything. So why am I in pain when I tell the truth? What's happening? (01:53:26)

Participant: You're feeling the other person's emotions? (01:53:31)

Not usually. I am in pain and I'm feeling my own emotions. (01:53:35)

Participant: Letting go of old beliefs?

Letting go of the error! All error creates terrible, terrible, terrible emotions. All of the emotions that you feel that you are trying to run away from have all been created by error. By emotions that you believe to be true that have entered you inside your heart. And when they come out of you they feel like pulling out barbs, like pulling arrows out of you because there is so much emotional pain associated with the error leaving you. (01:54:11)

When the Apostle John was living here on Earth he had this illustration passed to him from a spirit. He had this dog called Sandy, and little Sandy was a Jack Russell. And he had this dream one night where Sandy had been shot with barbs all over her, and she had all of these arrow headed barbs sticking into her. And what would John do with all these arrows sticking into Sandy? He could just shoot the dog but that is not a very loving act. If he loved the dog what he would do is pull out each one. But each one would be painful coming out of her. With each one he would pull out she would be whimpering and crying and feeling all these emotions, feeling all these feelings. And then he would pull out another and she would feel all these feelings of pain and hurt. And he'd pull out another. And that is exactly what God is doing to you. God is trying to pull out all these emotional errors out of you, and he is trying to do it in the most loving, caring possible way. But all emotional errors hurt. And when they release from you it hurts, and the only way they release is by you being in truth. But it is not the truth that is hurting you; it is the emotional error leaving you that's hurting you. (01:55:38)

Participant: They must have been leaving me last night because I was having heart attack pains. (01:55:46)

Yep so that's an emotional release happening. They are all caused by grief and the key now is to connect more to that grief because there is more there. So allow yourself to connect to that grief and experience that

grief. As you do that you will find that these feelings will de-intensify; they will go down. (01:56:12)

8.6.1. The example of “Does my bum look big in this?”

You will notice that I have mentioned a few examples in the seminar outline. How many of you have been asked, “Am I overweight? Do you think I am overweight?” And what do you say to the person? Particularly if it’s a lady asking the question! (Laughter) You see what happens with those kind of questions is what is the person really wanting? (01:56:43)

Participant: They are wanting reassurance. They are wanting lies.

They are wanting lies, yes. They want lies because they do not want to feel the truth. (01:56:52)

Participant: Is it okay to say, “Yeah you’re fine”?

No - the truth is; do you feel the person is overweight? (01:57:02)

Participant: That’s easier to accept as everybody has different opinions. (01:57:06)

Oh yeah, you’re allowed your opinion. And if I’m asked my opinion then I’m allowed to give it. So if a lady comes up and she’s overweight and then I would say, “Yes you are overweight and do you want to know why? It’s because of this shame emotion that you are holding onto that’s affecting this area here.” And we can talk about that then. But you will find as you deal with your emotions your weight will just fall off you. It will; you are holding onto emotions. You are holding onto weight because you are holding onto emotions; let’s be honest about it. But these are all these taboo subjects. (01:57:51)

Historically what have you been told? That it’s not kind to say that. But what is the kindest thing? The kindest thing is to trigger the emotion inside of the person to help them release it, so they no longer hold onto it anymore. That’s the kindest thing. (01:58:06)

Participant: AJ, everybody has different style of dress and all that stuff and we can have different opinion of this.

Of course!

Participant: But you can’t say, “You’re dressing awful.”

You can say, “In my opinion you’re dressing awful.” But you don’t have to take my opinion and to be honest with you if I had some self worth and some self-love I would not even care to ask for your opinion about how I am dressing. (01:56:52)

Participant: It's okay to soften the edges a little bit surely? Because if the person is wearing all the wrong colours together you could say, "They are not colours that I would wear but if you're happy with those colours then they're fine." Then that would be truthful. "What I'm saying is I don't really like those colours together." (01:59:04)

No you're not really saying that.

Participant: Yes I am.

No you're not.

Participant: They're not what I would choose for myself. (01:59:10)

So say that.

Participant: Yes those colours don't suit me. (01:50:13)

So why not tell them the truth. She's asked for your opinion; tell her the truth of how you feel. Why not tell her the truth? Because you're afraid of her emotional response. If you're basing your response on fear, are you loving the person? No, you are not.

8.6.2. Divine Truth cannot be embellished

And this gets back to the previous comment that I made. You want to embellish the truth, if you want to make it more comfortable and more palatable. And honestly you've got no idea if you feel that way because from God's perspective the truth is already the most beautiful thing She has created. (01:59:55)

The truth is what sets you free. It is the most beautiful thing God has created. You can't embellish it; you can think you can but you're just really thinking that you are better than God. That's all you're feeling. The truth being stated exactly the way you feel it right in that instant is exactly the thing the person who is asking you the question needs. (02:00:15)

Participant: Deep down I think that the person is actually worried about it and so that is why they are actually seeking the truth. (02:00:19)

Yes. Deep down they are worried about it. They are seeking their addiction to be satisfied and what you are doing by telling them the truth is not satisfying their addiction and allowing them to connect with the emotion, which is the thing that is going to lead them closer to God. So by speaking the truth in every single instance, what you are actually doing is helping the person to actually connect to the emotional resistances that they have with God. Every single time, and you can't embellish that. You can't make it better than it is. (02:00:51)

The truth is just so beautiful that eventually you will come to just love it for itself. And that's even the truth of you're own opinion. You're allowed to have your own opinion, even when you're a Celestial spirit you're going

to be allowed to have your own opinion. So another Celestial spirit comes along and says, “Do you reckon I look pretty cool today?” (Laughter) And you say, “Nah I don’t like what you wearing, but you can wear what you want.” And you will have no trouble with that. That’s called variety and you would accept variety. That doesn’t mean that you are not loving the person. And if they have an emotional response to your comment, what’s the issue? (02:01:37)

Participant: They are wanting from you.

Exactly, they are wanting or needing something from you, and if you give it to them what are you doing? You are just enabling them to stay away from the feeling that they have just attracted for you to trigger. That’s what you’re doing.

Participant: Is there any place not to say anything at all. (02:01:59)

8.6.3. It’s futile to “cast pearls before swine”

Certainly there are times when like I said in the first Century, “It’s pointless to cast pearls before swine”. And I wasn’t judging people by that. What I was actually saying is that if a person is rejecting truth already it is pointless for you to actually tell them more. Why bother casting more pearls of wisdom (of truth) when the person has already rejected the ones you have just given them? I find this happening a lot with interactions with groups. Some people ask me a question and I give them the answer. Then they say, “I don’t think you understood what I was asking,” and then they ask me the same question in a different way. And I give them the same answer. Then they say, “No I don’t think you understand.”

What’s really happening here? They want a different truth than what I’ve given them, that’s all. And so what I have to do then is just stop. I’ve got to stop. “If you don’t want to accept my answer, that’s fine, you’re allowed to not accept my answer. That’s fine. I’m just telling you the truth.” And you can do exactly the same. You do not have to tell the truth constantly to people over and over again if they are rejecting it already. But give them the opportunity to reject it or accept it. And the only reason why we don’t in most cases is because we are too afraid to experience our own emotions about their rejection. (02:03:27)

Participant: So if you have a heartfelt intention to be of service to them...? (02:03:36)

When you have a heartfelt intention to live in love, which also means living in truth - I mean Divine Truth and Divine Love. When you have a heartfelt intention to live in those places, you won’t be afraid of what other people feel about your truth. And if you are afraid you will realise that there is an emotion inside of you that has yet to actually come to understand truth. (02:04:04)

So all of us at some point feel afraid about truth, don't we? Some of you get into the state where you're feeling, (shaking) "I don't know if I can say this," because you know even what the response is probably going to be in many cases. You have this feeling, "Oh the response is going to be this," or, "The response is going to be that." And you sometimes don't know whether that's just your feeling or whether you know the person so well that you know that is the way that they are going to respond. But honestly in most cases if you can just allow yourself to say the truth, whatever is in your heart emotionally, will come out. Whatever is in their heart emotionally that is still locked up, will come out. And you'll have a much more truthful existence. (02:04:49)

Participant: I often think the way we treat children in comparison to how we treat ourselves and our friends. So to tell a difficult truth of a child we may sit them down and be gentle. I think it is really important if we're going to speak truth to a friend then to think, "This may be a difficult truth but I have a loving obligation not to soften the blow," but at the same time consciously make sure that we are gentle with it. (02:05:21)

Always. So if I'm coming from a loving space already I'm automatically gentle. But don't confuse gentleness with weakness, because the truth is a very powerful thing and will have a huge powerful effect on people who you tell it to. So I've sat down with people with my arm around them and have told them the truth, and for the next 6 months they haven't spoken to me. So what didn't they feel? They didn't feel the love I felt for them telling the truth. All they felt was this big emotional resonance and they can't handle that truth because they don't want to feel the underlying emotion. (02:06:03)

Participant: Are they the ones you call a swine?

No, I use a lot of metaphors. For a lot of metaphors in the language I was using at the time the words had double meanings. For example wind had a similar meaning to spirit. So swine has a double meaning with other words as well. And the reason why I did that was back then, is because you said anything nice and straight and direct like I am saying it to you now, most people would just get angry and want to shoot you. (Laughter) So what I had to do back then was to create a way in which people could actually hear what I was saying and think about it first, (Laughter) without responding first.

And so a lot of the things I am saying to you very directly now, I would of have had to have said back then in a way that caused you to go, "Oh I wonder what he meant by that?" "Was he getting at me?" "Are you joking with me or was he serious or what?" Whereas now because more and more people are used to plain direct speaking it's a lot easier to give that direct plain truth without having to put it in metaphors. (02:07:29)

You will find that you will do the same with people. At the start you might have an illustration that you give them in the hope they might get it, but after a while once a person really wants truth in their heart you will be able to just say it as straight as it is. You will be able to say, for example, “The feeling that I am getting from you is that you just don’t love your husband at all actually. That’s the feeling I’m getting from you.” And you will be able to say that. And you will also be able to accept that you might be wrong. You won’t feel bad if you’re wrong.

8.6.4. Giving truth is an act of love

Participant: I have some perception about a friend that I feel is very accurate... but she’s not asking me for my opinion. There’s no point in me giving it to them, is there? (02:08:20)

I suppose if there is any grey area in the terms of how we feel about things generally is that when a person is not asking for it we then go down the track of saying, “Well I don’t know whether I should really give it to her then.” But the thing I feel about truth is this. How does a person ever find out the truth if they don’t know the truth in the first place? If no body actually comes along and volunteers to give it to them! (02:08:50)

Participant: It’s very hard to give it when the person gets incredibly upset. (02:08:55)

Right, so what’s a fear that’s in you that you first need to feel? (02:09:01)

Participant: About losing the friendship, (02:09:03)

My feelings about friendship are this. When I love the person completely I will actually never be afraid of losing their friendship ever. So obviously if I’m afraid of losing their friendship, my love for them has yet to be completed. And it’s usually yet to be completed because of an emotion that I have within myself. So I’m afraid of losing their friendship, because I like parts of their friendship and if they get upset with me I won’t get that feeling anymore; I’m afraid I’m going to lose something precious. There are a lot of issues like that revolving around telling the truth.

Participant: So it’s our responsibility to let them know about the truth.

I’m not saying that it’s your responsibility; I’m not forcing you to offer it. What I am saying is it’s an act of love to offer it. It’s an act of love to offer the truth to someone, even if they are not asking for it at that moment. It’s an act of love to offer it. So I would not go and tell her in an angry way; that is not offering it in love. I would offer it in love. Every one of us needs help to find truth. That’s generally the case; all of us need help to find the truth. What we need to do is to come to like the interchange with people, which expose our truth. We come to love that. Now if I love a person enough I will be willing to risk my friendship with them for the sake of their happiness. (02:10:42)

Participant: Can I just share an experience I had this morning? About something that you are saying there and something that you said yesterday about there's no perfect time; we've got to start dealing with our stuff no matter where we are. (02:10:55)

Yes.

Participant: I have a friend whose mother recently died and every time I run into her it just comes out of my mouth that I say something about her mother, forgetting that her mother has died. And I said to her today that I realised that I'm doing this every time and I thought this is happening because she obviously needs to deal with some more stuff about her mother and so I brought it to her attention. (02:11:19)

Yes.

Participant: And then saying that to her quietly I said, "Look, at the moment this is going to keep coming out of my mouth and this is the way it is." And she said. "Oh I don't want to deal with this right now," and I didn't say anything after that. Then in about 3 minutes everyone sitting at the table started looking at her bracelet and said, "Oh my god that is the most beautiful bracelet where did you get it?" And it was something that her mother had left her. And it was just so in her face but they had not heard anything that we had said. (02:11:54)

Yes, yes that's right and nor had she in her heart. You will find in your own life that every single situation that you attract is there to actually expose that emotion that you're ready to experience; otherwise you wouldn't have attracted it. And we often say, "Oh I'm not ready" but the truth is you are. You would not be attracting it if you weren't ready for it. So you're ready to experience it. (02:12:22)

Participant: I've had an experience with a couple of guys who have this sexually crazy kind of behaviour and I'm just wondering, is it taking away their free will to have an experience with a women, even if it's abusive, by going to warn the women not to be with them because their not very nice? (02:11:42)

The experience you have had of sexually predatory behaviour is due to your Law of Attraction. There is an emotion from your childhood about men and their behaviour that you are yet to release. When you release that emotion, what will happen is that you will no longer attract men who are predators sexually. In terms of protecting other people about it, well that is your choice or your decision. Bear in mind that there is also a Law of Attraction at work in every case. (02:13:11)

Participant: Yes I can see that.

You can tell 1,000 women and if there are 50 of them who are attracting that kind of behaviour, they will still attract them unless they are fully

willing to experience that emotion. Remember it's the emotion that solves all the problems. Experiencing it is the thing that solves all the problems, that's the truth. Let's go onto the next one. (02:13:40)

8.6.5. There are emotional penalties for wanting to believe a lie

Oh by the way I just wanted to say on this lies issue, there are emotional penalties on your soul for wanting to believe a lie. And the emotional penalty is always painful. When you want to believe a lie: you know some people say, "Do you want to know if your husband cheated on you today?" How many people would put up their hand and say, "No, I really don't want to know"? A lot actually would do that. So now why do they want to believe a lie? (02:14:15)

Participant: So they don't have to deal with it.

They won't have to deal with the emotion. Can you see the link? If you want to believe a lie you don't want to deal with the emotion, and when you don't want to deal with an emotion there is an automatic penalty. You are making a choice that is going to result in pain. Every time we make a choice that is going to result in pain, we actually are not loving our soul. That's an interesting thought when you think about it.

8.7. Divine Truth does not allow the lie, no matter what the price

Let's go onto the next quality in the seminar outline: Divine Truth does not allow a lie no matter what the price.

8.7.1. Friendships based on truth

Who has been in a position when their husband or wife has cheated on them and there are people around them that knew but nobody told them? Have any of you been in that position? Quite a few! How did that feel?

Participant: Betrayed.

Total betrayal of friends and it just feels really bad. Now bear in mind that you attracted it. There are some issues to work your way through emotionally. But what I am saying is that if I am a friend of a person and I am seeing her husband cheating on her with somebody else, and if I love her in my heart and if I love him in my heart, I would firstly go to him and say, "You need to be open and truthful. Not because of anything I'm forcing you to be. I'm just saying that if you're not going to be open and truthful then I am going to be open and truthful because that's my responsibility to God to be open and truthful." And I will stay in that truth.

And so when he gets angry and upset with me; that's too bad - I am going to stay in this truth no matter what the price. "If I'm going to lose your

friendship that's too bad, I'm sad about that, but" And if you are sad about that... have a cry. But nowadays I'm not sad about that anymore because once you cry out all of those emotions, once you feel the grief of losing friendships because they don't want to be in truth then that emotion is free from you and you don't worry about that anymore; it's not a part of you anymore. And so you would say the truth also to your friend. How many of you feel that you shouldn't say anything to your friend, it's their business? A fair few of you! (02:16:54)

Participant: I suppose people have the fear that it will backfire and they will end up still together again. (02:17:01)

And what do you learn in that process?

Participant: That they are not ready to hear the truth.

And are they going to be good friends if they can't hear the truth?

Participant: No.

Okay well you need to go through that emotion of feeling the loss of good friends because you spoke the truth. Do you follow me? There is an emotion that's going to come up there. I've lost many good friends about speaking the truth. People who I've loved, but obviously they didn't love the truth. (02:17:30)

And how are you ever going to be a permanent friend to somebody who hasn't got this permanent connection with God wanting truth? In the end it's going to ebb and flow, isn't it? One moment they will be in truth, everything's going fine, then they will get in some error and if you are both, or one of you is in error, obviously it's not going to be fine in that period of time. And then they will get back into truth and come back to you later on. Because you have told somebody something and they got really upset, worked through it emotionally and then come back afterwards. That means that they have learnt some of the lessons of truth; they have faced some of those emotions. But the truth never allows a lie, not knowingly. (02:18:13)

So if you know somebody is lying right now and you allow them to continue doing it, and I don't mean you allow them in the sense that you've got control over them. I mean you allow the lie itself to continue unopposed and I'm not talking about opposing the person; I'm not talking about judging the person. I'm just saying the lie itself is an object in its own right. It's an emotion now, being passed through all your surroundings, all through your environment, and what do emotions of lies create? (02:18:53)

Participant: Pain.

They all create pain. It's only the emotions based around truth and love that create bliss. So every time that you allow the lie, the object called the

lie to exist, you are allowing, in fact, pain to exist. And the key is to see that.

Participant: If you saw a friend having a relationship with someone else, wouldn't it be more important for you to go to the friend having the relationship and say, "Look I can't have a relationship with you while you are doing this," but is it really your part to go tell their wife or their husband? Is it really your part to do that?

Well your first comment is spot on, of course you would go to the person who is doing the act and say look I don't feel we could have a truthful relationship while you are not having truthful relationships yourself. Obviously if you are willing to lie to your wife, you're certainly willing to lie to me, so you know I don't feel that we can have a truthful relationship. But in the end, it would not be loving to reject the person, no matter what they are doing. We are not talking about rejecting the person; I'm just talking about saying the truth. So I would never go to a person and say, "I'm not going to be your friend because you are doing this." (02:20:10)

Participant: That's a judgement, isn't it?

And that's a judgement, it's also a condemnation and a rejection, and why would I want to do that? All I want to do is go to them and say, "Look you're not telling the truth and I'm here because I love the truth. And as your friend I love you so much that I am willing to tell your truth to everyone." People get really upset with me because they feel nothing is private with me and that is a big issue.

9. All emotions are visible to people in the spirit world

Honestly, in the spirit world, nothing is private. Nothing! Do you not think at the moment that every single skeleton in your closet is known by 1,000's of people if they wanted to know? Every single spirit in this room knows every single skeleton in your closet. From the ones who are still practising evil, right through to the Celestials who are in a state of love; they all know your skeletons. (02:21:17)

Participant: They say that all skeletons come out of the closet.

Of course they do because all these spirits know them. Because at some point they want to tell somebody else them, particularly if they are manipulative and controlling; rather than helping you deal with your emotions they will tell someone else them. So why do you want to protect all your skeletons in your closet? Because of an unresolved emotion that you don't want to feel that's all, that's all it is. (02:21:40)

Participant: Where's the free will though?

The free will is I'm allowed to feel an emotion in you and I'm allowed to go and tell this person over here "Do you realise that Carol's got this emotion where she over nurtures people?" (Laughter) And Carol has totally got free will; she is totally in denial about it. I'm allowed to say those things; I have free will, don't I? I'm allowed to say those things. I've got to look sincerely as to why I'm saying those things, what's my purpose? If my purpose is to help the person to a personal truth, then that's a loving purpose. If my purpose is to make you feel bad then straight away my intention has broken a law of God anyway; straight away there is a Law of Compensation effect on my soul if my intention is bad. So look at your intention of doing it. (02:22:46)

But there are literally 100's of people who know about every single thing in your soul, every single thing you have done, everything you are ashamed of. When people pass into the spirit world this is one very confronting thing they have. They realise, "Hang on a sec all my emotions are naked and every single thing I've ever done is naked to every single person around me." Can you imagine that? If you've got issues of shame, what's going to come up straight away? Lots of shame! So why not work through it now. Get over that now; get into this space now where you are totally open, totally free, totally able to be yourself without reservation, totally able to talk about anything you want without being worried about what other people are thinking or feeling about it all. Why not get into that space now? When you pass you will breeze through it; you will think, "This is fantastic. I don't have to work anymore." Well you do work, but a different type, but you don't have to cook meals anymore. "I don't have to care for this anymore, I've got this total freedom and not only that, all these emotions are gone from me I feel fantastic." Why not be in that place now? (02:24:04)

Participant: That brings up in me a deep feeling of gratitude for you. That the information that you are taking the time to share for me personally and us as a group allows me to take the time to not avoid that shame that you were talking about that particular issue. (02:24:23)

Yep

Participant: Although that deeply affected me.

Did It?

Participant: You know I'm saying thank you.

Thank you. (Applause)

Participant: We now have more of a chance to evolve and it's time to resolve this stuff! (02:24:43)

Yes! And that's the beauty of all this. If you are brave enough to do all of this now, you are just going to have a free existence. Very shortly in this

physical life, imagine a free existence even now. And then when you pass not having to deal with all this crap that the majority of people have to deal with when they pass. (02:25:08)

In the book “Post Mortem Journal” throughout the first 6 or 7 Chapters Lawrence of Arabia is just dealing with one emotion after another emotion after another emotion. And he is just like constantly overwhelmed by this process of emotional awakening. You won’t have to experience any of that because you have already experienced it now and you will be in this space of that you are already emotionally awakened. It’s a beautiful space to live in. You don’t have to feel constrained by anything, the truth is just freedom, and it’s a beautiful thing. (02:25:44)

Participant: When you read what he wrote in “Post Mortem Journal” though what I could not help feeling was he had no concept of the Divine Love Path and the tiny amounts of gain that he made over years and years of effort. You think, “Wow how fortunate to actually know about that before you ever get into those levels.”

Yeah.

Participant: You know just the tiniest improvement in his consciousness took him so much effort and so much pain, that he was not even within the universe of knowing about Divine Love. (02:26:23)

10. Growing towards at-onement with God through understanding truth

That’s right. So it’s really beautiful to know these secrets really; they don’t have to be secrets anymore. It was never God’s purpose for these to be secrets. But they are, they became secrets because everyone wants to stay away from the truth. So if you come to love truth, what happens is all these emotions will explode. You will get into the state of bliss, eventually you will get into at-onement with God. It might take a few years and it might take the next 5 years of your life if you deal with your emotions.

In that process you are expanding your soul, you are getting to know yourself, and you are getting to know everyone around you truthfully. Everyone around you, every single interaction becomes truthful. Every single interaction there is no lying going on, there is no disharmony going on and then as that’s building and building you get into a state of bliss. And now you’re in bliss and everyone around you will notice that you’re in bliss. And they will say “What have you got that I haven’t got?” And they will just be attracted to you because of that thing that has now entered you to the point of at-onement with God. They will be just drawn to you because of that. That is what’s ahead of all of you. This beautiful place of truth and love is ahead of you, if you are brave enough to confront the

emotions that are involved with accepting truth, and accepting God's Truth. (02:27:47)

Participant: So is this just a gradual concept of between where we are and where we hope to be? Is it somewhere on that upper scale that you can say we are in that bliss or do you have to be right at the top, and if so, are there many, if any, people on earth living that life now? (02:28:03)

There is no one on the Earth living that life of at-onement with God right now. Very shortly there will be and many of you will be; it won't take very long. At the moment you are thinking it's a long, long, long way away. Many of you will not actually take very long to actually enter that state. Remember there are the spheres of the spirit world, and the 7th sphere is transition into the 8th Sphere; that's when you are at-one. (02:28:32)



We progress through spheres of love as we grow towards God

You can reach that condition here on Earth right now. By doing these processes of feeling your emotions; experiencing the truth; feeling God's Truth enter you and being open and completely vulnerable to all of your emotions. You can get to that state within a very, very short period of time. Spirits who are dedicated to it in the space of our time take a few months, 6 months, or 12 months. Bearing in mind of course there is no time there, from their perspective. They are immersed in the emotion, if you decide to immerse yourself in your emotions you can be in this place of at-onement.

Participant: What happened with Ramtha?

Well Ramtha was in 6th sphere for 35,000 years and then made the transition into at-onement over a period of Earth time in a few minutes. In his time he went through lots of emotions to make that transition, lots of emotions of self reliance had to be lost and God reliance had to be taken on board. So he actually went back to the 3rd sphere and experience emotions there, and emotions in the 5th sphere that he had missed. Then he progressed into the 7th sphere and then to at-onement. But in terms of our time it took a few minutes. (02:29:55)

Participant: Was that person you spoke about Longsend Ramtha.

No Ramtha who JC Knight's channelling.

Participant: You're saying you are not at-one with God?

10.1. AJ's reincarnated emotional injuries

I'm saying that my condition of injuries prevent me from expressing my love completely, which is the same condition as not being at-one with God. (02:30:15)

Participant: So you're saying realistically people in this room can achieve it before you do?

Realistically all of you could achieve it before I do.

Participant: Wow.

But I've had like 2,000 years of all these memories piped down through some pretty severe emotional injuries that I now have to work through and I have been working through for 12 years, but it's not going to take you 12 years. The first person to do anything takes a long time. That's normally the case. (02:30:52)

Now in my case, I am the first person to experience reincarnation to get back into that condition, so I'll be the first person to do that but you can be the first person from a condition of sin and error to reach at-onement with God. So why wouldn't you want to be the first person to do that? Who cares about that in the end? All we care about is, "Feel our emotions, connect with God, do it all sincerely and you will get there quite rapidly". So what I am saying is that this is all very possible for you. I am not presenting a Utopian dream here, although many people think I am. I am presenting reality and if you don't believe it, in the end, I am hoping that I get there and can prove it to you. But in the end, you can choose to decide to do it all now if you wanted to, because in the end I am just encouraging you to be real. (02:31:50)

Participant: AJ I thought that you said in a previous talk that you took on the emotions of your parents in this life time to experience what it is like to go through the emotions so you can understand us.

Yes.

Participant: So what you are saying now is that there were emotions from the 1st Century that are unresolved?

No. What I am saying now is consistent with what I said then and that is all the experiences and memories that I had in my 2,000 years of life have been piped through my parent's emotions. (02:32:21)

Participant: What do you mean?

Basically I'm experiencing now all these experiences that I remember through the emotional injuries of my parents that I had in this life, and I'm having to resolve them all emotionally. As those memories come to me, each one triggers new emotions in me and I've got to experience them and release them. (02:32:40)

Participant: So you haven't taken this on just for the exercise of it then?

No, they are not my injuries from 2,000 years because I didn't have any. They are all my memories piped through the emotions of my parents this time. (02:33:00)

Participant: So you now experience them emotionally?

Yes, I'll give you an example. In the 1st Century when I was about 20, I had an experience where a woman tried to have sex with me and I rejected her. She went home and told her father and her brothers and they beat me nearly to death. That was one of my experiences from the 1st Century. At the time it did not affect me very much at all emotionally, but it affected me a lot physically and it took me 5 years physically to recover from it, but emotionally it didn't affect me very much at all. So what happened is my father had some mistrust of women emotions. (02:35:37)

Participant: Your current father?

My current father! So when I incarnated now into this life I am absorbing all these mistrust of women emotions and guess what comes up? This memory pops up of this woman who basically lied about what had happened. (02:35:50)

Participant: Is that because you did not deal with it back then?

No, it's just a memory being passed through the emotional filter of my father in this life. So now the feeling I have about that event is that I can't trust women. And I had to release that emotion. I had a feeling in my heart that women were liars and that when a woman lies you can die from it. That's the feeling that I had that I had to deal with. And so of course I attracted women who lied. So I attracted quite a number of women into my life, including my own mother, who would lie to protect herself but often would cause damage to others. So what happens at reincarnation is that all these memories, which are not emotions in that 2,000 years experience, become emotions through the filter of the emotional injuries that you get on reincarnation. (02:34:58)

Participant: Is that just helping you to gain more experience or did you choose it?

I could have chosen a parent who was close to having no emotional injuries. I could have, yes. I could have actually gone into India somewhere and chosen someone in the 3rd sphere, because there are

some women and men who are married on Earth who are in a 3rd sphere condition, right now. And I could have chosen them, which meant I would not have to deal with hardly any of these emotions that I have, but I actually purposefully chose the two parents that I chose so I could go through those emotional experiences. (02:35:35)

Participant: Sorry but weren't you saying before that it's the parents who choose the child?

No but on reincarnation it's totally different.

Participant: Oh it's the reverse.

Yeah you can do anything you want on reincarnation. Understand that with the first incarnation your parents choose you because you are totally unconscious of the choice. But at the moment of individualisation you are now conscious and now you have free will to do anything that you like. And when you reach the 22nd sphere state you are now fully conscious, you can choose your parents; you can choose who you are going to incarnate through. You can choose your parents, you can even see, "Oh that parent has that quality and that parent has that quality and I can work through the genetic issues of that and I can actually choose somebody who actually makes me look a certain way." I can choose all of that.

Participant: Did you do that?

Yeah.

Participant: Yeah. You have a bit of Jesus looking qualities...

(Laughter) Yeah. But you know I don't look as good as I did then.

(Laughter) (02:36:42)

11. Spirits can make people feel that they are reincarnated

Participant: I don't reckon that you are the only person who has ever reincarnated.

I know you don't, I'm not the only person there is 14 of us. (02:36:48)

Participant: There must be more than that though. Because nearly everyone I know has memories of their past lives.

Yeah, but we have talked about that in previous groups and that is the impression of spirits following them around that they are actually feeling.

Participant: And the other thing is I've got knowledge and memory of totally different experiences that have got nothing to do with been here. How have I got that? (02:37:07)

From spirits!

Participant: I feel like I've been in other places.

Well that's what you want to believe.

Participant: I can even remember it so clearly. I can remember my baby dying when I was in New Zealand and floating off down a river and someone burning the forest behind me, and it's like I'm so there.

Exactly!

Participant: It wasn't another spirit.

The spirit is here with us right now if you want to know.

Participant: Okay yep.

The issue is she has a lot of painful experiences from her life

Participant: Yep.

And she is hanging around you because she feels quite strongly that you and her are very, very similar to each other personality wise. So what is actually happening is she has a strong feeling of camaraderie with you. Also one of the reasons why she is giving you these pictures is she wants your friendship, and she wants you to feel what she felt.

Participant: So she can clear it?

Not just so she can clear it. At the moment her viewpoint is that it all hurt her too much that she wants you to commiserate at the moment with her life. So at the moment her desire is to not actually feel the emotion she felt at the time but for you and her to sort of get together and be friends and commiserate with each other about some of the childhood emotional experiences. (02:38:24)

Participant: Is that healthy or not?

Yeah very healthy because what it does is it triggers your emotions. So when she gave you those pictures what did you do?

Participant: Oh I just felt grief.

Yeah so this is your unresolved grief being triggered by her giving you those pictures. And the key for you now is to allow yourself to experience that grief and show her how she can experience her grief. Because what's blocking her at the moment is that she has all this grief inside of her that she is strongly... she now actually wants to talk to me... (Laughter) But anyway, I'm just describing her emotions. She has all this grief inside of her that she doesn't know how to deal with it from her Earth existence and it's actually locking her up in her current location in the spirit world.

This happens to you all the time. You will get spirits around you who like you, and feel, “You’ve got these feelings and motions that I’ve got and I feel like we can be friends.” And they are just trying to resolve their emotional issues just like you are. And when you attract them it’s a very good thing. The key is to go into the emotion of it. She had a very hard life obviously, and she has a lot of grief that is locked in her chest. I’m saying where because she can actually look at it and see that it is across her chest, and it is locked in her and she is not willing to cry about it. She’s in a sort of a mixture of anger and tears about it at the moment. You can probably feel what I am saying about that because you are quite mediumistic actually. And one of the things that it is preventing your mediumistic skills is this belief that these are past lives. (02:40:17)

Participant: Okay.

If you can see that everything that is being presented to you is a spirit who is coming to talk with you, you will find that you will be able to have conversations with them. (02:40:24)

Participant: Right I will try that.

It will actually help you and them to work through emotional issues.

Participant: Okay. Thanks.

12. Forgiveness and Repentance

Participant: Okay so I’ve entered into the Divine Truth and I’ve come to the realisation that I’ve perpetuated a lot of pain to others. In that truth you realise the pain that you have perpetuated on others. So you’re in truth, you feel the love; you know you’ve done the wrong thing, how do you fix it? (02:41:20)

Well this is another conversation that is a topic all together by itself that I’ll spend a whole day on. And that’s the issue of Divine Laws of Forgiveness and Repentance. Now all of you have heard of God’s Grace? God’s Grace is God’s Mercy. You can think of it as a quality of mercy. What the quality of mercy is, is this desire that God has to demonstrate mercy or to basically take away from you the causes of what you’ve done or caused other people pain. God wants to do that for you but God can only do that for you when you are in a state of being repentant for that. (02:42:10)

There is this law that requires repentance. The reason why it requires repentance is that there is another Law called the Law of Compensation or the Law of Karma. If a person is not repentant then the “Law of Karma” is what clears them away of the error. In other words they reap what they sow. (02:42:31)

And so what we need to do is firstly learn that every time that we are not repentant - in other words every time we get out of the emotion that we are feeling about the things that we have done to others, and we go into our head about the things we have done, and we justify those things, then the “Law of Attraction” and the “Law of Compensation” is going to clean us up. It will refine you, like wash you clean; but you don’t need to do that long-winded process, it’s a long-winded process. You can do this shorter process where you actually allow yourself to completely feel the emotions of sorrow about what you have done and when you direct those feelings of what you have done towards God, God’s Love comes and enters you and rubs away, if you like, the causes within you that created your desire for you to do those things.

Participant: It’s like a cleansing?

It’s like a cleansing process.

Participant: That is real forgiveness?

Yeah God’s always forgiving, so don’t feel that God doesn’t forgive you. God forgives you whether you are repentant or not. And in fact God actually requires that you forgive others if they are repentant or not. But that is a different aspect of mercy. Mercy is a totally different situation, so what I’ve given you is a brief summary of that entire discussion.

Participant: I just want to say that I’ve actually experienced that feeling after being repentant, where God put his hand in my hurt and took it all away. (02:44:19)

Yeah, but it required a real deep feeling of sorrow on your behalf and an understanding of the pain that it has caused?

Participant: Yep.

12.1. The example of a mother damaging her daughter

Participant: I realise the things that I’ve done with my children in my parenting. In my childhood I was rejected in my family, I was the black sheep, the scapegoat. (02:44:41)

Yep.

Participant: I’ve done this to my eldest daughter. In my emotions I can’t understand why I can’t really know her, but I know that in a way I reject her and think she is not as good as my other daughter. (02:44:53)

So the causal emotion is the fact that there is an emotion inside of yourself of shame that you have inside of yourself that she actually mirrors. So the reason why you can’t connect with her is that you are not allowing this connection with yourself. There is a feeling inside of you, and I think you pretty much know what it might be about, about how you define yourself

that she mirrors. And you can't allow the connection to your own feeling, and that's what's causing the blockage between you and your daughter.

Participant: I feel deeply sorry that I've done this to her.

No you don't.

Participant: I don't?

No. The reason why you don't feel deeply sorry is because you are unwilling to feel the emotion of unworthiness. (02:45:39)

Participant: In myself?

The actual emotion! You see when you are willing to feel the actual emotion then you will be sorry. (02:45:45)

Participant: Oh okay.

And at that moment it can be cleared. You see a lot of times we think that we are sorry but we are not willing to feel the emotion connected to the truth of the sorrow. (02:46:58)

Participant: I feel sad about it all, I really do.

I agree you feel sad about the effects totally, but you are not addressing the cause. (02:46:06)

Participant: I just have to feel the unworthiness that I feel within me.

Yes. She is mirroring something to you that you hate within yourself, and you are going to need to come to love that within yourself. And when you do that emotionally that is the time you are repentant. And when you are repentant, the causes will be removed and ironically your daughter will change as well. (02:46:30)

Participant: Yes I know that. I know that she's going to change when I change something; often that happens. (02:46:37)

And that's another discussion within itself about children. (02:46:43)

Participant: She is so connected to me on some levels and she is just crying out for my love.

Yeah. So the discussion actually I have not chosen next week's discussion in Brisbane yet so I might make it about the Laws of Divine Love "Repentance and Forgiveness". So we'll be talking about God's Grace and Mercy in other words. It's a beautiful Law that God has created because it actually allows you to by-pass, if you like, the law of, "What you sow you reap." It actually allows you to by-pass that if you connect emotionally with the cause of what's going on inside of you, and it's a beautiful Law that God has created that is a part of God's Mercy. God has this way in

which He can remove these deep emotional injuries but only when you are fully feeling them. And that's what repentance is all about; fully experiencing and feeling those emotions. (02:47:45)

But we're off the topic but actually we have almost finished the qualities of Divine Truth in the seminar outlines as I'm not going to cover all the topics. (02:47:58)

13. Divine Truth qualities and attributes continued

13.1. Divine Truth is felt, it is emotional

The last one I'd like to talk about a bit before we go is, Divine Truth is felt, and it is emotional. We can intellectualise all day about truth. We can talk about it 'till the cows come home, but unless you start feeling it, until that time occurs it's all just going to be a pointless intellectual exercise. Now unless you are prepared to start acting upon and feeling in your heart the emotions of truth and what they confront, then really the whole point of this discussion is lost. The truth is felt emotionally, just like error is felt emotionally. So you know when an error leaves you, many of you have already had this experience, when error leaves you; you are overwhelmed emotionally, aren't you? (02:48:50)

It's a terrible emotion, it feels painful. Well when the truth enters you, it's often an overwhelming emotion but it is not painful. It's actually pleasurable; you know when you cry for joy and that kind of pleasurable emotion. The truth will enter you emotionally and error will leave you emotionally. If the truth hasn't entered you emotionally you will not change.

13.1.1. The example of eating meat

So let me give a simple illustration. When you feel the truth emotionally that every action you take towards an animal has an effect on how the animals treat you and how the animals react with you. When you understand that truth emotionally you will change the way you eat. You will no longer be able to eat meat. I guarantee you; it will just be an automatic change in you. (02:49:49)

Now until that time in a lot of ways it's pointless to intellectually change but you can do that to trigger the emotion. So for instance, if you gave up eating meat right now, knowing that down the track you will give it up anyway, it will bring up emotions. It will bring up emotions of, "I don't feel full with every meal that I eat. I don't feel that nice comfortable full feeling that comes when I eat meat. I feel like something's missing." And it will start bringing up the emotions as to why you eat meat, which are all emotional reasons actually. So you can choose to do that. (02:50:30)

Or you can choose to contemplate God's Truth about animals. Contemplate the truth about how we are treating them. Contemplate the truth. If we went outside would you get a sheep and actually slit its throat and bleed it and then cut it up and cook it, right now? Would you do that? No. So why are you asking another person to do it for you? Why are you doing that? Do you think that's fair? No. Is it an honest thing to do?

Participant: It disguises the truth a bit more.

Yes it disguises the truth a bit more that's why we do it. But the truth is, once you feel that in your heart you won't be able to eat another piece of meat again. And if you're not feeling it, then you've got to ask yourself the question, "What emotion inside of me that causes me not to feel that?"

Now I'm not saying that you all have to give up eating meat. What I am saying is that once you become in harmony with God's Truths at the point of at-onement you will not be eating meat I can guarantee you, because you will not be able to. You will not be able to feel love for animals and at the same time kill them. Or ask other people to kill them for you.

Participant: AJ, I actually went through this process last year intellectually. I found that it was okay for a while but then I eventually went back to meat. But then when you said do it for the love of the animal and that was it. I cut meat out. And I was away for work at a bit of a function and it had a lot of meat. And I did eat a couple of prawns but I felt really, really guilty about it. And from then on...

You can't do it now.

Participant: Because of that emotional...

Yes, because when you get into a state of truth what will happen is every time you are out of that state you will feel pain. You're actually getting pain right now when you're out of a state of truth but you're just not sensitive to it. You just become more sensitive to it as your soul opens.

13.1.2. The example of working in the meat industry

Participant: AJ, how does this affect me then, what action can I take? I run a small property with cows that are used for breeding vealers. It's just a natural state of the cycle of the business that you send the vealers off to the beef market. (02:53:15)

I'm not going to tell you what to do because you need to allow yourself to feel your emotions. At the moment you're willing to actually go through this process for a financial reason.

Participant: Yes, sort of.

Well it is for a financial reason, because why else would you be doing it? (02:53:38)

Participant: Oh well, yeah.

You see there is an emotion inside of you.

Participant: I've always had a very big emotional contact with my cows anyway. I bawl my head off when I have to part with my older ones that I've foolishly given names instead of numbers. (02:53:53)

No I don't think you're being foolish, not at all (02:53:55)

Participant: No well I don't think so. I named all my animals and I can't bear anybody to come and treat them roughly.

So how in your heart can you justify...? (02:54:02)

Participant: I don't know I just put up with that for years.

So there is something going on emotionally. (02:54:07)

Participant: Yes there is, it's always upset me a lot.

So let yourself feel that emotion now and then you will know what to do. I don't want to tell you what to do. What I'm saying is, feel your emotion. You will know what to do if you really feel your emotions. If you sit down and look at how they make Kentucky Fried Chicken; on the net there is a site dedicated to that entire subject. If you looked at it sincerely you would never be able to eat a chicken again. (02:54:39)

Participant: What's it called... the site?

I can't remember the site, just Google it.

Participant: I actually did that when I was living in New Zealand my daughter brought home a book about how they killed chickens. And I made myself read this book and I was so upset and I remember, I was picking the kids up from somewhere, and I was bawling my eyes out in the car. But I have gone back...

So you hadn't released the...

Participant: But I really felt at the time I would like to...

Remember there are two things we need to do when we are accepting truth. Firstly, we need to release the error. So what's the error? The error is all the grief I feel about guilt and what I've done about all that in the past; there's the error.

Secondly I need to accept truth. What's the truth? See a lot of times when your conduct does not change you are not doing one of those things. You are either not releasing the error or you are yet to accept the Divine Truth. One of the two is happening still. (02:55:38)

So what I need to do is ask myself, "Alright I went through all that terrible emotional experience and now I've gone back to doing it so there

must be more emotion in there for me, or something that I'm not yet accepting from God to enter me that causes me to re-do that." (02:55:57)

Now by the way I brought up the subject of meat not to discuss the subject of meat but to actually focus you on how the truth will affect your life emotionally. When you realise things emotionally you will change and you will change permanently. You won't ever be able to go back. When you try to go back either because you get resentful or you feel the feeling of rebellion that pops up occasionally. But you will find it so painful that you can't do it again. That's how it works. (02:56:29)

13.1.3. An example of renting out an apartment

Participant: Can I tell a story? You know my unit?

Yep

Participant: And a woman wanted to rent it, but when I met her to sign the paperwork, on the bottom line I noticed that her partner's name wasn't on the form, and she said, "No that's because I'm not telling the government that he is living with me because I'm on a pension and I'll lose too much pension." And I went, "Well that's their lie I'm not having anything to do with that." And I drove away and got half way home and I just started feeling sick. And I had all this tension. So I phoned her up again and I said, "Look we'll have to talk again." And I could have signed her up for the whole six months and got a whole heap of rent but I just can't do it. So I had to say I can't do it.

Yeah, so what you are doing is that you are going through the emotion. The emotion was being triggered was the willingness to prostitute your truth. (02:57:21)

Participant: For money.

For the sake of money! And honestly this is what we do a lot, if we are honest with ourselves. We actually prostitute ourselves a lot. And I feel a lot of feelings towards people, who are prostitutes because they are condemned for their actions, and yet the majority of us in our lives are doing it constantly every day and nobody makes a comment. They are just being open about it; they are selling themselves for money. But we sell ourselves for money all the time and everybody thinks it's normal. There's a lot of condemnation there. (02:57:58)

Participant: Funnily enough the same week I hired a DVD called "Whore" from the Video shop. (02:58:02)

Interesting Law of Attraction!

Participant: Yeah exactly. It was basically interviews of prostitutes.

Yeah there you go. So the whole attitude of prostituting yourself is actually one that is deeply imbedded in society. And it's all to do with our unwillingness to face the truth and our willingness to use money as our God, guiding all of our other actions.

Participant: Just on that word prostitute, AJ, do you know what the original meaning of the word was? (02:58:36)

No.

Participant: A woman who has come into her own power. It was only the Church that converted the meaning in about the fourth century AD.

Interesting, isn't it?

Participant: I was brought up on a farm and I saw animals been slaughtered all the time, and having their heads chopped off, but I've got to the point now that I couldn't cut the chicken up (02:59:10)

Yes, so you were preparing a meal and...?

Participant: I couldn't cut it up.

It has that sickly smell feeling (02:59:21)

Participant: That's right.

Yes, so listen to your soul. See often times what we are doing is not listening to our soul at all. Your soul knows a lot of Divine Truth, you just don't accept it. And your soul is telling you almost on a daily basis a lot of times. How many of you like the smell of raw meat? How many of you like its smell? Your soul is telling you already. How many of you would like to cut a chooks head off? Would you really like that? Would it be something that you would enjoy? No. So why are you doing it or getting other people to do it? (03:00:03)

Participant: Sometimes it's a fear of change, stepping outside the square. (03:00:07)

But honestly, one of the things that I said about truth is that it is going to require change of you constantly. So your fear of change is an emotion, deal with that emotion; you are going to change. Whether you like it or not! (Laughter) The truth is that you are going to change. (03:00:24)

Participant: Some people think you need meat to be able to work. Ange and I gave up meat 18 months ago and I do fine and some of the vegetarian meals are tastier anyway.

14. Closing Words

I've got to stop everybody's questions. It's 10 to 6 and I haven't stopped. I know you've all got questions. (03:10:30)

Also this afternoon I don't want to answer your questions afterwards. The reason I am feeling this at the moment is because I have already just given you 5 hours straight of my time. And that's my love for you and I realise that many of you could keep asking about all these personal things but go back to the basic truths that we have been learning: truth, love and emotion.

Go back to that and you will be able to answer almost every one of your own questions. (03:11:01)

Appendix: Developing Your Relationship With God: Qualities of Divine Truth Seminar Outline

Introduction

- Who believes in “shades of grey” or “white lies?”
- Emotional issues with quoting from the Bible
- My experience with Pilate in the 1st century “The Truth will set you free!” John 8:32, John 18:33-38
- Most people have an inbuilt desire for truth
- When lies are presented, generally people have painful emotional responses
- From the perspective of the Human Soul, all “truth” whether personal or absolute, is emotional

Personal Truth

- Personal “Truth” is what we personally emotionally accept as the “truth”
- Personal “Truth” can become Absolute Truth if we grow towards God Personal “Truth” is often very limiting, and often binds or entraps us
- Personal “Truth” is often error from God’s perspective, and is based upon fear
- Personal “Truth” is emotional, and is painful to release if it is in error, pleasurable if truthful

Divine Truth

- Absolute Truth is the Truth that only God has, the Divine Truth
- Divine Truth or Absolute Truth has Qualities or Attributes
- Anything presented as “truth” can be compared to these attributes to determine whether they are God’s Truth
- Divine Truth enters the soul emotionally

Fear & Pain

- The Truth ---- Fear scale
- The Pleasure ---- Pain scale
- The Desire --- Apathy scale
- We only accept truth emotionally when our pain is greater than our fear

- We can remove fear with truth
- We can remove pain with emotional processing

Qualities of Divine Truth

Divine Truth Is Infinite

- Eccl 3:11: “God has put time indefinite into our heart”
- God possesses Absolute Truth, and since God is infinite, Absolute Truth is also infinite
- No single creation of God knows all of the Absolute Truth, and never will

Step 1 Find the Truth about God and connect to God emotionally

Step 2 Find the Truth about myself and connect to myself emotionally

Step 3 Find the Truth about others and connect to others emotionally

Step 4 Find the Truth about the universe and be overwhelmed emotionally

Mat 6:33: “Seeking first God’s Love, all other things will be added to you”

Fear always wants personal “truth” to be fixed

Divine Truth Is of Itself, A Thing Apart, And Admits of No Variations Or Modifications

- Personal “truth” is, and must be changeable, always adjusting to conform to God’s Truth
- Fear always dictates to hold onto personal “truth” at the expense of receiving Divine Truth
- God’s Truth is never updated, since it has been and will always be Truth
- Once we receive God’s Truth into the soul, if it is the Absolute Truth, it will never need modification
- Eg. Truth of Law of Aerodynamics, always existed, but man did not understand until recently

Divine Truth and Love Are Always In Perfect Harmony, and Without Truth, Love Cannot Be Complete

- Any Love is not really possible without Truth
- Divine Love cannot flow into the soul without being in harmony (in that instant) with Divine Truth

- If Divine Love stops flowing into the soul, the cause is our being out of harmony with Divine Truth
- Eg. The Holy Spirit, the conduit for Divine Love, is the Spirit of Truth

Divine Truth Does Not and Cannot Compromise, Even For The Sake Of Peace

- Since God’s Truth is unchangeable, God does not change it to suit men, even for the sake of peace
- Bitter anger and hatred based emotions are caused by emotional opposition to Divine Truth
- A person in truth will not compromise for the sake of peace, but will always be peaceful
- To compromise would result in being out of harmony with Love, and therefore with Law
- The presence of Divine Truth often exposes many unloving emotions in others
- Eg. When sitting down and talking to a person with arm around them about their unloving actions

Divine Truth Itself, With All The Power And Knowledge That It Has As Its Foundation, Will Not Compel A Man To Accept It Against His Will

- We can make a personal stand for Divine Truth and Divine Love, but can never fight for Truth or Love
- Due to the laws of Free Will, God will never compel a person to accept Divine Truth or Divine Love
- Personal “Truth” is fallible, and often is “fought” for because of emotional injuries
- Wars, hatred, envy, anger are all the result of a person wanting to compel others to accept “their” truth
- If we fight for “truth”, we walk away from truth and love, and the more painful our life becomes

Divine Truth Will Never Accommodate Itself To The Beliefs Of Men

- God does not change His Truth to suit mankind’s wants
- Divine Truth can never be modified to suit what man believes
- Eg. 6th sphere, still 1000’s of religious forms or worship of God
- Men who want to hold onto personal “truth” do not really love God, or understand God

Divine Truth Results In Freedom

- The Laws of Divine Love completely free a person from error, and therefore from pain
- The Divine Truth sets you completely free
- Often untruth causes us to stay in unloving situations (such as an abusive relationship)
- Even death is not an obstacle
- Eg. Divine Truth about death entering the soul emotionally

Divine Truth Results In A Fearless Existence

- Fear is the result of a person believing lies rather than the Divine Truth
- Eg. The belief in eternal torment for the wicked
- Eg. The belief that I died for your sins
- Eg. The belief in reincarnation Karma
- Eg. The belief that we must remain loyal to a certain belief system
- If a teaching prevents us seeking more truth, then that teaching is not in harmony with Divine Truth

Divine Truth Does Not Hurt Anyone Or Anything

- The Divine Truth does not “hurt”, it is emotional error, lies and deceit that hurt
- If we reject “truth” because of potential pain, we are choosing to remain in emotional error
- Pain results from the exposure of emotional error by Divine Truth
- If we release emotional error, hearing the Divine Truth will only bring us peace, happiness and bliss
- Eg. A woman being told her husband has been sexually unfaithful
- Eg. A person being told they are overweight
- If we find the truth “hurtful” then we want to hold onto emotional error
- We often feel the emotional pain of truth entering us, because of error we believe which hurts to release
- Not being open and telling the whole truth always results in more harm and pain to the soul
- There are emotional penalties for wanting to believe lies in order to avoid emotional pain

Divine Truth Does Not Allow The Lie, No Matter What The Price

- A person in harmony with Divine Truth will not want to lie for any reason

- If we want to lie for any reason, there is an emotional error within us that we are avoiding experiencing
- A person living in Divine Truth will not desire to withhold truth from others
- Eg. If I know my friend is sexually unfaithful in a relationship, but the partner does not know
- Eg. If I know something that will help a person emotionally process an error and I don't say it
- A person living in Divine Truth will not make a decision affecting others Free Will
- Eg. If I withhold Truth, I am making a decision for another person without them being aware of it
- If we project unloving emotions at a messenger of Truth, then we will have additional emotional injuries

The Individual's Knowledge of Divine Truth Is Eternally Progressive

- Since Divine Truth is infinite, and personal "truth" is limited, our knowledge will be eternally progressive
- If a religious form tells us it is the complete truth, then it is automatically in error and out of harmony
- Each person will grow emotionally, and come to accept new truth due to emotional error being released

Breaking The Law Of Divine Truth Results In Penalties

- God has made laws for the orderly maintenance of His Universe
- Penalties immediately affect the soul acting in disharmony with Divine Truth and Divine Love
- Penalties result in pain and suffering of the soul, and affect the soul the instant a law is broken
- All laws have penalties on the soul, whether visible, or invisible they will always be felt emotionally
- Eg. Law of gravity
- There is a Law Hierarchy, with the Law of Divine Love being the highest Law
- Eg. Law of gravity, Law of aerodynamics

Personal "Truth" Must Be Faced Before Divine Truth Can Be Found

- Personal "Truth" is a person's emotions, desires, intentions, feelings and beliefs

- If we refuse to feel personal “truth”, then we will never be able to feel Divine Truth
- If our personal emotion is in opposition to Divine Truth, then we cannot feel Divine Love completely
- Eg. If I believe myself to be worthless and unlovable
- Eg. If I believe that I am better than other people
- Eg. If I believe I can keep breaking Divine Laws without penalty
- Eg. A person suffering child abuse who refuses to work through the issue emotionally
- We cannot avoid the feelings of personal “truth” and at the same time receive the Divine Truth

Personal “Truth” Must Be Eternal Progressive

- Personal knowledge of Divine Truth (which is emotional and experiential) grows infinitely
- Personal knowledge of Divine Truth will always change (eg. experience of sex as we grow)
- If we fear change, then we will always struggle with Absolute Truth, and soul progression will stagnate

Divine Truth Is Demonstrated By Actions

- The truth about the condition of someone’s soul is demonstrated by their actions
- Coming to know Divine Truth, will always result in changes to our emotions, intentions and desires
- Eg. Woman being abused by husband would realize that he must not love her if he beats her
- Divine Truth affects our thoughts and feelings, not just our actions
- Eg. Anyone looking at a woman to have sex with her has already committed adultery in his heart
- Eg. Person saying want to give up smoking, but continues to smoke, has no intention to give up

Divine Truth Is Felt, it is Emotional

- Divine Truth cannot be intellectually accepted
- Divine Truth is an emotional experience, which results in permanent change
- If any “truth” requires us to be devoid of emotion, then it cannot ever be the Divine Truth
- Eg. My sacrificial death paying the penalty for the sins of mankind
- All the soul’s truth centers around emotions, desires, passions, appetites, and the love principle
- Divine Truth centers around God’s Emotions, Desires, Passions,

and Intentions, and His Divine Love

- We can only analyze a “truth” with our feelings when we have cleared our emotional errors
- Eg. I believe someone telling me the truth is being unloving, then I have another emotional error

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- Reference: “The True Gospel” Padgett Messages. Volume II, page 269. Apostle John “Important that man must search and find the truth”
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Developing a Desire for Truth

1. Introduction

Jesus:

I said at the beginning of my chat with you this afternoon that there are two issues that I would like to raise with you and I haven't raised the second yet – the first one took a while to raise – so what I would like to do is raise the second one with you. When I began talking yesterday, at the beginning when somebody asked the question of what's happening with regard to learning centres, and where's the best and the most appropriate place to place a learning centre and all those kinds of things, and I started referring to Earth changes in Europe (see 20110618 General Discussion – Earth Changes, Fear & Desire), what happened was that the majority of you – who are from Europe – went into a lot of fear. [00:01:33.28]

It's interesting what happens when we go into fear: what happens is as soon as you go into fear that you don't want to feel, spirits straightaway start shutting everything down and you could feel yesterday at the beginning how strongly you felt like, "Oh, I don't really want to hear this conversation," how much most of you went away from the conversation emotionally. In other words there's a stepping away from yourself in that place, and that causes spirits to have more influence and then you step away more, and then the spirits have more influence. Slowly it gets to the point, where actually now, "Oh my throat is starting to hurt because really nobody wants to hear anything that's being said." [00:02:34.06]

Now, I want to start addressing some of these fears with you. Because the reality is that unless we deal with fear, we are going to be controlled by our fear for the rest of our existence. I don't just mean the rest of your life on Earth, I mean the rest of your existence. Because as soon as you pass into the spirit world, you will have lost one fear, and that is probably the fear of death, but none of the other fears that you have will ever have been dealt with.

The reality is the faster and the more we can confront our fears and start to process them and deal with them, the better off our life is going to be while we're on Earth, but it's also going to be much better when we arrive in the spirit world. You'll have far more ability to investigate truth when you arrive in the spirit world in a fearless state than if you arrive in the spirit world with all this fear still inside of you. So we want to start addressing fear in reality.

2. Prominent fears in people on Earth

Jesus:

First, of course, is the fear of death. Now many of us feel we don't have the fear of death but I put to you that the majority of us do have a fear of death – in particular a painful death. There is also a lot of fear about sexual matters, sexual fear. This is the fear of being raped, or the fear of being abused, or the fear of being harmed by aggressive and violent people and for many women, they're afraid of being harmed by aggressive, violent men. For many men, they're not very afraid of being sexually harmed by an aggressive or violent woman, because that's often not what happens, and the man is often strong enough to repel such a thing. [00:04:34.17]

There's also that fear, and that fear is dominant in the female gender. There are also the fears of what will happen to my family? Many of you are more afraid of your families and what will happen to them than you are of yourself even. So you're more afraid of your children being hurt than you are of you being hurt. You're more afraid of your children passing than you are of you passing. We have a lot of family investment, in our children in particular, in their survival, or in their happiness even. The reason why we're often like that is because, as parents, we're often heavily invested in our children being happy, because we see their happiness as our happiness, basically – so there are huge investments there.

3. Fear impacts upon seeking truth

Jesus:

Now all of these investments affect how we see the Earth change situation because the reality is many of us would be very interested in investigating fully, with spirits and with other people, and with scientists, and everything else, the truth about the Earth and how it works and the changes that happened to it on a periodic basis. We'd be very interested investigating all of those things if it weren't for the fears that we have about such things.

Now the main reason why truth is not easily available on the planet is because of our fear. Fear automatically rejects truth. This is a basic thing we need to understand about our fear. When we're in an emotional state of fear, we are also automatically in the state of rejecting truth.

Now for some of us, it's a fear of how we feel about ourselves, so we're automatically in a state of rejecting the truth about ourselves. In other words, if we have a mirror there, and we could see our spirit body in the mirror, we don't want to see. We go up there, we want to see this physical body, and even then half the time we don't want to see that, do we? We don't want to see what is happening to it because we're growing older and

all sorts of things are happening to us and so we don't even want to see the truth of what's happening to us physically, let alone what's happening to our spirit body as we make choices and decisions.

Then we definitely don't want to see what's happening to the people around us, as well, particularly if they're our children. A lot of times we have no desire to see the truth about their condition and what's happening to them.

As a result, with regard to the Earth, we also have these strong feelings that we want to believe that the Earth is going to stay as it is, at least for all of my own existence. That's what we generally want to believe. We don't want to see major changes that have a huge impact on my life happening in my lifetime, unless those impacts are more comfort, more security, more safety, and all those kinds of things, we don't really want to see them.

We have this desire to avoid the truth of what is happening. We become like an ostrich, burying its head in the sand, because it doesn't want to know what's going on around it. I think that's just a fable anyway; I don't know if anybody's actually seen an ostrich with its head buried in the sand, but it's just a saying.

4. The current political and economic state of Europe

Jesus:

Now, let's look at what's happening politically in your region and economically in your region but let's do it without the fear, and just be honest about what's happening.

4.1. The financial state of European countries

Jesus:

There are different countries through Europe, how many of them are bankrupt? Do you know which ones are bankrupt? Mike, you're involved, let's go for what they're telling us first. So in reality, which ones are bankrupt?

[00:08:46.11] **Participant Male:**

In reality, obviously Greece is in a lot of trouble at the moment.

[00:08:49.23] **Jesus:** So Greece, yes.

[00:08:51.04] **Participant Male:**

Staying near there, Portugal. Spain as well. Ireland, Iceland. Yes, so that's kind of what's more in the news.

[00:09:09.01] **Jesus:**

Okay, now the ones that are not in the news, Mike, that you're aware of?

[00:09:12.28] **Participant Male:**

Well, I mean I'd say that the UK was bankrupt. I haven't looked into France.

[00:09:18.26] **Jesus:**

Yes, so what about these countries through eastern Europe? Croatia, Slovenia? Pretty much the same? Yes. So we've got huge numbers of countries now in the European Union on the verge of bankruptcy or bankrupt.

[00:09:41.00] **Participant Male:** United States of America, as well.

[00:09:43.11] **Jesus:**

Of course, the biggest economy in the world is pretty much there, isn't it? It just hasn't been declared as such.

[00:09:49.17] **Participant Male:**

Basically the only thing that keeps everything afloat is confidence, isn't it? Belief in the press that's things aren't that bad. If you actually look at the reality of it, the actual way the economies are run, they're all bankrupt.

[00:10:00.22] **Jesus:** Exactly.

4.2. Denial of truth about the financial system

Jesus:

Let's look at that as one thing for a start. How is it that all of us believe that we're all secure monetarily, most of us do believe that, and yet most of the countries are in so much debt that if we were in that much debt, we'd be in a panic.

How did that happen? It happened because we do not want to see the truth, that's how it happens. We want to maintain confidence in a system that is proving that there is no confidence in it and yet we want to maintain confidence. The irony is while we maintain the confidence, it keeps it alive, but it's still going to get worse, because it's still being run in exactly the same manner. Agreed? Yet we want to bury our head in the sand.

How many of you feel safe when you have a hundred thousand Euros in the bank. Would you feel safe then? Well, I wouldn't feel safe then because the reality is that a lot of the economies here are bankrupt and sooner or later it's going to have an effect at my bank. Why would you feel safe?

Then you go, "Alright, I'll take my Euros out of the bank and put it under my pillow." Well, the problem with the type of things that happen during a collapse is we have huge inflation generally, and all of a sudden something that's a hundred thousand Euros, becomes five thousand Euros in terms of its value. So is that safe? Not really, so really we aren't safe financially, are we? No, we're not safe financially – okay.

How does that feel? Can you see most of us want to avoid the feeling of that? While we believe we've got the security, we want to avoid the feeling that we're not safe financially. This is why these leaders of these countries are not telling you the truth. The reality is you don't want to know the truth. We don't want to know the truth; collectively we don't want to know the truth. [00:12:07.04]

Who of you have seen "The Matrix"? Yes, a lot of you. You know it's the "red pill, blue pill" thing. If you wanted to know the truth no matter how bad it was, would you take the pill? You see most of us don't, most of us don't want to take the pill. Most of us don't want to see the truth, no matter how bad it is. Mind you, I feel the truth is quite good, but the truth of the Earth and the economic condition is not very good.

4.3. The environmental state of the Earth

Jesus:

Let's look at the environmental position of the Earth. Who of you have investigated much about the environmental position of the Earth? A few of you? Any of you have done that? What do you find?

How much fish is used out of the sea? Do you have any idea? There are huge amounts of meat that comes from the sea. Do you know what they're having to do now to get that fish? Well, they have to do fish farms, yes, and seed them and do all this stuff. Or they have big trawlers, two or three trawlers with a large net that goes for kilometres, generally, in between and they drag the whole sea, just to get a feed of fish. None of us really want to know, those people who eat the fish don't really want to know that that's what's happening.

The fish stocks are being decimated in a lot of locations on the planet, and we don't want to know because it's under the sea but it's environmentally having some damage.

What about how many of us are interested in what happens with our power generation? Well, we're interested from a consumer perspective, I'm sure, like I said yesterday but how interested are we in terms of the damage that it does to the world? The coal, the search for coal, the search for uranium. [00:14:06.18]

Even so called green energy, such as wind and solar, what actually goes into producing these forms of energy is huge amounts of energy. The reality is none of them are really sustainable. In fact, nuclear power is more sustainable than almost any other power at the moment, if you look at sustainability, in terms of its impact on the environment, in terms of what gets taken from the environment. I'm not saying it's sustainable in terms of what goes back into the environment as its waste but it's even more sustainable than many of the other forms of energy that we're using.

We don't want to see the damage that's being done to our own air quality, the air we breathe. We don't want to see the damage to the water systems. Why do we need water filtration plants now? Because the natural filtration plants of the Earth are becoming more and more polluted because of how we search for fuel. [00:15:15.00]

We don't want to see that, so what do we do? We bury our head in that as well, we don't want look at that either. I feel the Earth change issue is just another one of those issues. We just don't want to see it.

[00:15:32.29] **Participant Male:**

I was just going to say another thing that people – and it's been like a bugbear for me recently – and I don't know if you get them in Greece, but the chemical trails that get dropped off the planes.

[00:15:44.09] **Jesus:** Chem trails, yes.

[00:15:46.01] **Participant Male:**

There have been BBC documentaries about it. They're basically putting aluminium, bromide, all these sort of things into the atmosphere. One argument is whether they want to stop global warming and people sit there, and everyone looks at it and complains and there are all these clips on YouTube, but nobody does a thing about it.

You try and talk to people about it, and they go, "No, it's a vapour trail or something like that." But they put their hands up and said, "We're are trying to modify the climate, we're trying to modify your health through this." It's all documented.

[00:16:15.11] **Jesus:** Yes.

[00:16:15.20] **Participant Male:**

And people just ignore it because they don't want it to be true.

[00:16:18.10] **Jesus:**

Yes, what about what happens with the seed supply at the moment? How many of us don't want to know what's going on there? In some places in the world now it's illegal to plant your own backyard garden that produces

food. Can you believe that? It's actually illegal to do that in some parts of the world now. Large companies, which are genetically modifying seed, want to make sure that they have control of the world's seed supply – so that's happening at the moment too.

Can you see this Earth change issue is really, in a way, almost a minor issue in comparison with all of the different things that are happening on the Earth right at the moment, that we're mostly burying our head in the sands about because we don't feel we can do anything about it personally? We bury our head in the sand; we just hope that it's all going to go away. In fact, we try to make out and live our life like it's not even really happening – that's what we try to do.

4.4. Common fears drive the desire to avoid different truths

[00:17:20.22] **Jesus:**

Now I suggest to you that exactly the same fear that drives that desire to get away from what's happening in the world right at the moment is exactly the same fear that is the cause of you not wanting to know what's going to happen to Europe in the coming years – it's exactly the same fear.

The fear that drives the desire to keep your head in the sand about economy, your head in the sand about the environment, your head in the sand about the political system, your head in the sand about what's happening all through the energy system, and the pharmaceutical system, and every other system on this planet. All of those same feelings that you have of wanting to avoid what's really going on in all of those areas is the same reason why you want to avoid the truth about Earth changes. The irony is that Earth changes, partially, is the result of our avoidance of all the other things; what's happening with Earth changes is the result of our avoidance.

5. Confronting fears and the denial of truth

[00:18:19.24] **Jesus:**

What can we do about that? What do you feel we can do about that? Well obviously we've got to start feeling our fears. How do you start feeling your fears? You start by doing one thing. It's a real basic thing: you tell yourself and everyone else the truth. That's how you feel your fears.

TELL YOURSELF
AND EVERYONE
ELSE THE TRUTH

You know what we do? Most of the time we even avoid telling ourselves the truth and that helps us skip over a lot of our fears, our personal fears and whatever. [00:19:21.05]

But more importantly, even when we do tell ourselves the truth, we generally skip over the "and everyone else" part so we're happy to tell ourselves the truth and change maybe a bit of our life, but we're not happy to tell other people the truth.

Now when you start telling other people the truth, sooner or later, if you do it from a place of love, people will start listening to you. But what do they normally go through as a cycle when they listen? Well, they're not happy when you tell them the truth: their first emotion is anger. This is why we're avoiding telling other people the truth, because we want to avoid their anger.

This is why most people don't want to know about Earth changes because anybody who starts talking about them generally is ridiculed, laughed at, all of the scientific community basically have decried any Earth change thing that's going on at the moment. They've basically dismissed all of it. There's plenty of evidence if you look at the individual evidence in different systems on the planet that things are happening but everyone wants to avoid because nobody wants to tell everyone else the truth.

Governments spend half their life not telling you the truth. Every government on the planet has secret archives, secret files. Almost all governments on the planet have secret police, even, with a whole heap of what we often relate to as espionage type things, but they're all secret files, secrets that are kept from you, the public. Why do they do that? Because you don't want to know the truth, because you'd be up in arms if you heard the truth.

We've got to start loving the truth rather than being up in arms every time we hear truth. If we love the truth, then the truth will come to us. If we love the truth, then we won't get up in arms about hearing this truth, or that truth. We won't get all upset about hearing the truth. If we love the truth, we'll automatically have a soul-based openness towards hearing it. When we have a soul-based openness towards hearing truth, that's when truth can enter us.

Now I suggest to you that a soul-based openness towards Earth changes is the only thing that's going to give you the truth about Earth changes – it's the only thing and the reason why we don't want to know is because half the time we don't even want to tell ourselves what's going to go on. Then the other half of the time, we definitely don't want to tell anybody else

what's going on because the people who tell other people generally get laughed at, ridiculed, or even worse – that's what normally happens.

6. Locations for potential learning centres in Europe

Jesus:

Let's now address this issue. If I was going to set up a learning centre in Europe, I can tell you exactly where I would set it up. [00:22:36.08]

In Greece, you reckon? Well, let me tell you the truth about Greece. Do you want to hear the truth about Greece? You see all of these mountain ranges through Greece? And all of these mountain ranges that go through Italy, and all of those mountain ranges that go through northern Spain, they are there because of a compression zone. So that goes through Turkey, through Greece, through Italy and the southern Alps, and through the Alps of Spain and southern France, the Pyrenees. All the way through there is a zone: it's the second most active seismic zone in the world; the first most active seismic zone is the Pacific Ring of Fire. [00:23:38.12]

The second most active zone is this zone, through southern Europe: that's a compression zone. In other words, any seismic activity that occurs in your region in Europe is all going to happen due to the compression of the African continent moving upwards towards the Eurasian continent, or the European continent and as the African continent moves up, you get a compression all the way through where the land is sub-ducting, where it's going underneath. As a result of that, this is the most volcanically active zone in your region and it is also the most seismically, Earthquake prone zone in the region. Does it sound to you like Greece is going to be the best place to be if this compression continues? Not really, does it? No.

6.1. The benefits of Northern Europe as a location

[00:24:39.18] **Jesus:**

Where would be the best place to be do you think? On the moon. (Laughter) There's no atmosphere to breathe on the moon so it's not good for you.

Participant Female: Scandinavia.

Jesus:

Yes, those from Scandinavia want to say that. Where are there no compression zones? Obviously, if you look at the map. In this area here – there are no compression zones in those areas – this area from Germany and then as you come across into Russia, obviously there's less compression until you get to this fault here, a mountain range in Russia, which is another compression zone.

Now, all through this area of Russia, Germany and Scandinavia is relatively flat in comparison with the other locations because the other locations are the seismic areas, they're the places where things compress. So if I was going to build a place that I wanted to be a learning centre, I certainly wouldn't be focusing somewhere around southern Europe, the Alps, the Pyrenees, Turkey or Greece, just from a point of practicality. Now I haven't even discussed what's going to happen with water events, and what super volcanoes might erupt or any of those things. All I've done is discuss just the practicalities of where the compression is going to occur.

So where I would choose is probably right up on the border between Finland and Sweden. It's almost in the Arctic Circle, it's completely dark for a month, and then it gets completely light for another month at the opposite end. Due to the Earth being on a twenty-two and a half degree axis, of course, part of it is going to, at any one point in time, be dark at the tops and the bottoms, at the poles. Yet I would still choose there.

Katarina just said is it's going to shift – eventually light's going to come. Well you don't know that for certain though, do you? No. So why say that? You're hoping that that's the case.

You see most of the time what we do is we don't follow our feelings. What we do is we follow logic in most of our choices and decisions. Now what I'm suggesting to you is you need to have a mixture of logic and feelings. You can't just have feelings by themselves, because often the feelings are distorted by errors, and therefore will be inaccurate. But you can't just have logic by itself either, because usually we're flawed in our logic. We don't include all things in our logic.

For example, what we often do when we're looking at the Earth is look at where's the place to live, what do we want to do, and what passions do we have? Along those lines – my feelings are that I know there are many millions of spiritual people in Russia.

I know that as you get more and more into Western Europe, the spirituality declines because everyone is more capitalistic. Everyone is more focused on their day-to-day life in terms of money, and less focused in terms of God. As you progress towards Eastern Europe, there's less focus on money because they don't have as much money. Their economies are quite poor, and therefore they're more focused on developing other things. Many of them are much more connected with nature as a result, and generally a connection with nature results in a more spiritual environment.

I'm feeling about all the people in this north Eastern Europe region, and I'm going, these are people who are going to be ready to hear truth at some point soon in the future. It would make sense to me to have a place

somewhere through north Eastern Europe that would be a learning centre so that those people, at some point, can be attracted to that place and learn about the truth – that's my desire.

All I do is feel that desire, I look at the people, and feel the desire, and I go, "Yes, that sounds good." Then if I know a bit about where the zones are, and where the changes might occur, I go, "Surely that would make sense to place a learning centre where the people who are probably more open to learning are going to be, than it is to place a learning centre where people are very closed to learning about Divine Truth." [00:29:46.07]

That's where I would focus my attention, in north Eastern Europe and this covers a large region, does it not? You've got the Black Sea, you've got Georgia, and then you've got all north of Georgia, the mountains, and then you've got north of that, all west of the Urals mountains, and then anywhere from Germany heading eastwards. This area is automatically interesting, I feel – that's my personal opinion.

6.2. The drawbacks of Southern Europe as a location

Jesus:

But just imagine for a moment that what I said yesterday is true, that around Naples there is a super volcano and there are three points, in Naples, on the border between France and Italy, and on the border between Italy and Slovenia, that are points of major tectonic stress. These are the areas that the spirits have indicated at this point that something would eventually happen. Now if something does happen in that region and we have major volcanic eruptions, can you see this whole region near the Mediterranean is going to be severely affected by those events?

Now the Earth also rotates, at the moment, towards the east so as the Earth rotates eastward, anything that's spewing out will automatically drifts west, will it not? The only thing stopping that is the weather-based systems that come in from the Atlantic, which come in usually from your northwest – that's the only thing stopping the flow of that ash and dust that will come out of the super volcano.

You can see that in time, all of Western Europe, a lot of this region, unless we have some major blows pointing back in the other direction, is potentially going to be covered in ash, at least, if these volcanoes do erupt. If you've got the African continent moving up, a lot of the area in the far south of Europe, by the Mediterranean, may subduct actually; it may actually go underneath the European plate. So we may have large landmasses in Europe completely disappearing, and going under the ground.

7. Earth's geography and Earth changes

7.1. Causes of land movement on Earth

[00:32:47.11] **Participant Female:**

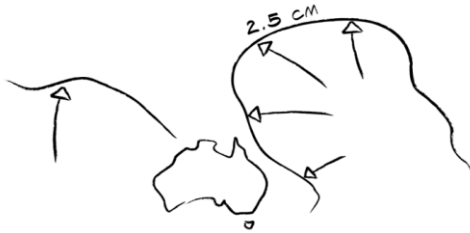
AJ, what causes the continent to move up? You were just saying that the continent there would move up.

[00:32:55.05] **Jesus:**

What causes a continent to move up? There are many causes, Joy, at the moment. Now, if you're asking what are the scientific causes of a continent moving up, as geophysicists and geologists describe today, that's a different question to what actually causes all continents to move historically. There are two completely different questions because the reality is that mankind doesn't know all the reasons why things happen. We don't even know all the reasons why something happens in our own body, let alone on the planet so the reality is that there are varying reasons why continents move. [00:33:48.14]

Now at the moment, if you drew a map of the world, you've basically got the big Pacific plate, and then you've got Australia down here, and then you've got this zone, this line coming from Australia up through the Himalayas, firstly, down through Turkey, and through Europe. They're the two major zones of subduction on the planet. So they are what is called continental mountains that produce more of the Earth's crust, and they occur in the Pacific and they also occur in the Atlantic. The land is coming from underneath the Earth, and up to the surface through volcanic activity, and then the plates move, and as they move, the direction in which they move determines what happens at the point of subduction.

Everything from the African plate is moving in the northern direction and mankind doesn't really even really understand why at this point, why it's moving, but they know it is. For example, I think the Pacific plate, at the moment, moves about two and a half centimetres a year. You're talking a forty thousand kilometre ring here, that's 40,000 km long, of subduction zone moving at two and a bit centimetres per year. Not very much, just an inch – very small. Actually, I think the Pacific plate might be about six centimetres, but parts of it are two and a half centimetres: it depends on how the zone works because there are parts of it that are going in different directions and some of them move longer than others.



The Pacific plate (right) is moving in different directions, with some regions moving two and a half centimetres north per year. The African plate (left) to the left of Australia (centre) is also moving northwards

You've got this movement just naturally occurring on the Earth already. That's what causes all of our seismic activity. But you notice lately, we've had a lot more seismic activity. Have you noticed that? In the last ten years, there's been a lot more seismic activity than normal. [00:35:58.16]

In fact, all the way through different points of the Pacific Rim plate, there are now small volcanos – when I say small, they're volcanoes that are under a Volcano Explosive Index (VEI) of less than five. Now the Volcano Explosive Index is like the Richter scale in Earthquakes in that each scale is ten times bigger in intensity, but one thousand times bigger in energy release so it's ten times the intensity, one thousand times the energy release. A volcanic index of five is what the average volcano is less than at the moment on the planet. You remember Mount St. Helen's went off in 1980? Was it 1980? It had a Volcanic Explosive Index of five.

VEI : 5

The super volcano, if it goes off in Italy, has a Volcano Explosive Index of 8 – so that just gives you an idea of what you're dealing with.

Now, this process of this Earth crustal movement, like I said, just happens naturally. It's a natural process of replenishing the Earth, replenishing the soil, and replenishing in terms of providing energy. It does provide a lot of things to the Earth systems. If you look at the most productive areas on the Earth, in terms of food production, where are they? They're usually where there have been volcanoes in the past; volcanic soil is usually the most productive and mineral rich soil. So it's a natural process and it's a good process for the Earth.

7.2. Increasing seismic activity on Earth

[00:38:05.02] **Jesus:**

The problem we face is what's coming up is a combination of a whole lot of things. Like I mentioned yesterday (see 20110618 General Discussion – Earth Changes, Fear & Desire), it's a combination of the Love of God permeating the Universe to greater intensities, plus the fact that we're going through some galactic cycles. As a result of that, there will be pressure on the Earth in a lot of these different places, where at the moment the pressure is intensifying and you can see already where that is.

You think of the last year to two years, what have you heard of in your own news? You've heard of Japan, what happened there? A very large Earthquake, one of the largest Earthquakes they've ever had, of a nine on the Richter scale. And what happened after that? Tsunamis. Have they determined how many people died from that yet? I don't know if they have.

All the way above Japan, in Russia, in the northern part of the Pacific Rim plate, there are a whole series of volcanoes that have erupted. Around five or six of them have erupted that have been dormant for some time. Then you've got the Aleutian Islands, which are the Alaskan Islands coming across the top of the Pacific Rim zone – there are volcanoes erupting in that area.

Where else have we heard from the news in the last six months? New Zealand, which is at the bottom of the Pacific Rim zone. You've also heard of Iceland, but that's in the Atlantic zone. Chile, which is still in this Pacific Rim zone. Remember there's a volcano that's gone off in Chile just a few weeks ago; Papua New Guinea just had an Earthquake two or three days ago, 6.6 on the Richter scale. The one in Chile I think was 6.6 or 6.8, something like that. Can you see all of these places are all the Pacific Rim? So there's obviously something going on with the Pacific Rim, obviously something happening. [00:40:05.12]



There have been increases in volcanic activity at locations on the edge of the Pacific Rim, such as in Japan (top), New Zealand (bottom centre) and Chile (indicated by the circle on the right)

Now the Pacific Rim plate is the largest plate that doesn't have landmass on the planet, it's all under water. Most of it is very, very hard to measure what's going on with it, let alone work out what's happening underneath the sea.

About eight months ago, I think it was, NASA put out something from their site, where they said in between the New Zealand Islands and Fiji Islands, they had the sea floor raise six hundred feet in a space of a few months. It caused so much of a stink that they removed it from their website the next day. Why did they remove it? Because people don't want to know the truth – they're afraid, you see. When people get afraid, their whole website gets hit with millions of hits, it shuts down the whole system so, of course, it's best to remove the offending piece of truth. But the sea floor is actually raising in the Pacific.

[00:41:40.10] **Participant Female:**

They discovered it or they did something that caused it?

[00:41:45.20] **Jesus:**

No, no, they've measured it; they discovered it.

[00:41:47.26] **Participant Female:**

So they had like a measurement from before and ...

[00:41:50.16] **Jesus:**

Oh no, they actually have instruments all across the floor. You see there are transatlantic cables going across different areas, joining parts of the countries together, all the countries together and to protect those cables, they put in measuring instruments to know what's going on with the Earth floor. The measuring instruments, some of them are ... like the Pacific has average depth of four and half thousand meters, four and a half kilometres

deep, the average depth. There are places of it that are nearly ten thousand kilometres deep, or eight thousand kilometres deep. That's a lot of water, isn't it? It's almost one third of the surface of the Earth covered with water four and a half kilometres deep.

It's very, very hard to measure what's going underground, on the ground, under the sea at four thousand meters deep, and so they put these sensors in and these sensors send signals to measuring stations in the different places around the Earth to keep track of what's going on because they don't want their subterranean cables to break, because that would cause an interruption of all communications. Regularly, different scientific agencies measure all of these things.

7.3. An example of avoiding the truth about Earth changes

Jesus:

Now what causes most of our weather? Do you know what causes most of our weather?

[00:43:27.09] **Participant Female:**

Is it something to do with the temperature of the water on the planet?

[00:43:32.27] **Jesus:**

It has a lot to do with the temperature of the water of the planet, but what determines the temperature of the water on the planet? The sun: so, the sun is the major cause of our weather. Anything that happens to the sun is worth knowing about because if we know about what's happening to the sun, we can, at least, predict what might happen to the Earth as a result in the weather systems.

Do you know what has happened recently? You know what I think the most significant thing that has happened recently? The USA, which had I think seven major satellites pointing at the sun to measure it, has closed down five of them. Now why would a government that knows that the major impact upon the Earth's weather systems and other systems on the Earth is the sun, close down five of its monitoring stations for the sun? Because we don't want the truth – spot on, exactly, that is exactly the reason why – we don't want the truth.

We're not willing, even, to spend money on the truth. We don't want to know the truth. We don't want, as governments, we don't even want to spend money on truth. The main reason why these events happen is because nobody on Earth really wants to know the truth. We don't want to know what's going on with our Earth even. We want to bury our head in the sand, so that we don't have to worry about it. Why? Because inside of us there is so much fear that anything that potentially upsets our life, we don't want to know about. We just want to remain blind to it.

Did you know that in 2003, NASA had a picture on their website for ten days. The picture on their website was a picture of a very large object the size of Jupiter intercepting between the sun and the Earth. They had it on there for ten days. It's a picture that was on the NASA website. It was taken by one of those sun monitoring stations that we were talking about, facing towards the sun. They removed it after ten days. They wanted to tell everyone the truth, but once everyone gets upset about the truth, what happens? Can you see how much we don't want to hear? [00:47:03.27]

It's interesting when we sit down, myself and Mary, and talk to mothers with their children around because anything they don't want to hear, their children come and interrupt them – it happens every time; every time there's a subject you don't want to hear, the children will come and interrupt you. I've seen this happen so many thousands of times, it's just amusing now to watch. Any subject that you don't want to hear, you will create around you reasons to not hear and it's very interesting how it happens even with our own children. We just don't want to hear so much that they just come and interrupt, and interrupt again, and interrupt again, and that's just telling us we don't want to hear anything about that subject and in my opinion, that's telling you that's a very important subject for you to begin addressing emotionally. [00:48:13.14]

I feel this Earth change subject is not important in itself, but it's important because of the fear that it creates in us. The fear is so strong in most people have a deep loathing of the subject as a result. They don't want to know what's going on. We don't even want to know the natural systems of the Earth that happen regularly, let alone know the ones that will happen tumultuously – the ones that will happen all of a sudden.

There is evidence, although the scientists would disagree with me, there is evidence that the Earth goes through cataclysmic change at times. In particular there's evidence, from a scientific perspective, regarding what happened to animals on the planet. We have cycles of large extinction events of certain types of animals throughout history on the planet. We have proof of animals being snap frozen within moments while they still are eating vegetation. They get snapped frozen and get covered in ice. Now those events are definitely proven on the planet. Scientists still have not come up with satisfactory answers as to why these events occur.

My suggestion is that they haven't come up with satisfactory answers because we don't want to know the answer; we're too afraid to know the answers – that's why none of this happens you see.

8. Fear impacts upon seeking truth and discovering desires

Jesus:

We've got to start giving up our fear about knowing the answers or knowing the truth. We've got to give up our fear about knowing the truth about ourselves, and give up our fear about knowing the truth about our external environment and we've got to start feeling our desires. [00:50:15.14]

Now the truth is you cannot feel desires while you have so much fear. It's hard to feel desires while fear is present. You try that. You allow yourself to get triggered by a movie. Like, let's say you watch a movie, many of you are afraid of spirits, so let's say you watched a movie like, "The Exorcism of Emily Rose", you might have heard of that movie. Just something like that, that is quite fearful if we're afraid of spirits. Now you try feeling your desires while you're watching it. (Laughter) Most people just sit there, and there's no desire at all. No desire for food, no desire for anything and usually afterwards, then the desire for food kicks in – stuff down that fear is the way we go. [00:51:19.22]

This is the way we cope with the stresses of fear on our planet. We use food, alcohol, cigarettes and drugs, caffeine, in a way to avoid as much as we can possibly avoid of our own fear – that's what we do and we're there complaining, and many people on the Earth, at times, complain about the fact that governments don't tell us the truth.

I put to you that governments don't tell us the truth because we don't want to know the truth. When we find out the truth we're going to be so annoyed with the governments, they're going to lose their power. Now what government in its right mind would give you truth that it know that will cause it to lose its power? It's only going to give you truth when everybody says, "Oh, we're going to keep you in government even though you've lied to us in the past." Then we have a chance of hearing the truth from that government, do we not? But what do we want to do?

8.1. Seeking retribution for being lied to

[00:52:16.29] **Jesus:**

On the planet we also have this other thing going on – it's called retribution, where we want to take vengeance upon the people who have told us lies. We get so upset and angry that we've been told a series of lies that all we want to do is punish the person who's done it. You'll see this if you investigate this on the planet any person who's ever told the truth after they've lied to you always finishes up getting punished.

[00:52:57.20] **Participant Female:** Except for Bill Clinton.

[00:52:59.05] **Jesus:**

Except for Bill Clinton. I don't know about that, I think he got pretty punished, didn't he? He got day after day after day after day after day after of embarrassment, people talking about him for years, and he still gets it. He's still getting it after he's left power even. I'd call that retribution, wouldn't you?

The reality is that most of us have a strong desire to punish people who have done the wrong thing. As a result of that desire, it's highly unlikely that those people will ever confess to what they've done. Would you confess to something you've done if you knew you were going to be punished for what you've done? Well, it's unfortunately one of the main human injuries that we don't. We don't have that much of a love of truth, unfortunately. [00:54:03.01]

We can't expect our governments to confess to what they've done, can we, if we have that attitude ourselves that we're not going to confess to what we've done? How can we expect our governments to confess to what they've done, or other people to confess to what they've done?

8.2. An example of avoiding the truth about Earth changes (continued)

Jesus:

The reality is, I feel, that one of the things about all of this stuff about Earth changes that effect Europe or the rest of the world is that we don't want to know the truth; we don't want to see what evidence is out there because we are so afraid to know what the truth is because it might mean that my life has to change. I put to you that if none of us had any fear, right now, if all of us on the planet had no fear, every single person on the planet would know what is going to happen in the future. We would already be living in the places that would be the most safe, right now. The only reason why that's not the case is because we all have fear. [00:55:03.01]

We all have fear of the truth. We all have fear of knowing what the truth is and we all have fear of changing our lives to suit that truth. The reality is we want to rebel against God's Truth constantly. We want to rebel against the Absolute Truth. We want God's Truth to conform to what I want it to be. We don't want to conform to what God's Truth is. We want God's Truth to conform to what we want it to be.

The only problem with that is that there are six and a half billion people on the planet who all have a different opinion about what that truth should be, so the likelihood of that happening is pretty remote, isn't it?

My suggestion is, one of the first things we need to deal with over the next few months if we really want to progress ourselves towards God, is to deal with our fear of the truth. Our fear of our personal truth, what we look like and currently are, and the emotions that are within us and our fear of the external truth – what is going to happen to our Earth and our environment, and where we're going to live and all those things.

We need to deal with those two fears. If we deal with those two fears we will be inspired to do lots of things with our desires but desire and fear do not co-exist. When you desire something, your desire will be squashed as soon as you feel a fear. My suggestion is to feel it as rapidly as possible and release it from you, rather than living in it and not feeling it, and therefore your desire then just remains stagnant and doesn't progress. Instead of doing that, if you desire something and you get to a point where you're afraid, if you feel your fear and release your fear from your soul, then you are free to continue the desire.

9. Working through fear

9.1. Childhood-based reasons for resistance to feeling fear

[00:57:15.22] **Participant Male:** Why is it so difficult?

[00:57:18.20] **Jesus:**

Because we are so afraid as a human race; that's why it's so difficult. We are just so afraid: that's the biggest problem we face is our fear. Earth changes are minor compared to our fear. The fear is the worst possible problem we have on the planet; it causes all other things; it causes all of our pain as well. It's just a terrible effect on us – our fear.

We are even afraid of our own fear. We've become such locked up in this cycle that we're even afraid to feel fear. We believe it's an emotion that we cannot feel. How many of you believe your terror is impossible to feel? Many more of you than that, trust me, because it's like, what's happening for most of us is we have the fear, and then we have our fear of our fear. That's how locked up we are with fear.

This is why the human race gets very angry, because we have so much fear that we're afraid of feeling that we get angry instead. We try to become powerful by being angry rather than feeling this fear.

I could probably list quite a few hundred emotional reasons why we're afraid of our fear, and they all go back to our childhoods. All of the reasons why we're afraid of fear go back to childhood. If you were a child where did most of your fear come from? The grownups around you, yes. So they are big, big people, probably parents, but also others, big people and what are

those grownups like? This is the child's perspective of the grown-up. You cast your mind back to your own childhood. When you were afraid, you cast your mind back to the times you were afraid. What was going on? Anger. [00:59:25.29]

It's not like just a little friend of yours being angry, was it? It was this person, like eight times your size, or more, in a rage, often in a spirit-induced rage because you sometimes see their eyes change, and their whole face almost change, didn't you? Many of you saw that when you were children.

You've got this rage coming out, and along with the anger is the feeling of violence coming out towards this little child. Of course the child is going to be terrified, isn't it? And then when the child starts shaking, what does the angry, violent parent say? "Stop crying!" But they don't just say, "Aw, poor person, poor kid, being scared. Stop crying." What do they say? They're even more angry and violent, projecting at the child, and saying, "If you don't shut up, I'll give you something to be afraid of!"

CHILD → GROWN UP
 ANGER
 VIOLENCE

Then they actually perpetrate violence; the child now is getting physically abused. The child is getting, actually, attacked physically and, in fact, if that adult attacked another adult physically like that, the adult would be put in jail, or at least accused of assault by the government, would they not? Yet because it's the child, the adult doesn't get accused of assault, do they? No.

In other words, the child learns that it is totally unprotected even from the people who love it; even the people who love it don't protect it. In fact, they are often angry and violent with the child and they realise they have no external form of protection at all.

Now almost every one of us has been through this at some point in our childhood. Now, is it any wonder why we have so much trouble feeling fear? Just from that one reason. It makes sense, doesn't it?

[01:02:02.10] **Participant Female:**

I used to be told that all my fears are in my imagination, that I'm making them up.

[01:02:10.07] **Jesus:** Right, yes.

[01:02:11.04] **Participant Female:** That it's in my mind. It's not real.

[01:02:13.26] **Jesus:**

Well, the reality is in your childhood, they were all real. Pretty much all of your fears were real in your childhood, or they were your parents' fears, one of the two. You would never have any fear otherwise.

But the reality is when we get to be a grown-up ourselves, then we're told, "That never happened. I wasn't like that. I loved you. We did our best." They told all these messages that then cause us to detune from our fears rather than feel them.

Now these are just the fears to do with our personal pain. What about the fears associated with our emotional pain? How much are they ignored? They're even ignored even more. It's totally denied that our parents generally caused any emotional pain. So we have all this fear of physical pain, we have all this fear of emotional pain, all just inside of us, stored there.

Now somebody comes along and says, "Oh, I want to tell you the truth about your emotional pain." We've got so much fear stored in there, but what do I do with it? How am I going to work through that? What am I going to do with that information? And how does that benefit me? It doesn't benefit me. I just want to stay away from it.

We want to bury our head in the sand as to our own emotional pain, our own physical pain and therefore by extension, we're going to bury our head in the sand about global pain, about the pain of the world, the suffering of the world, if you like. That desire of ourselves to bury our head in the sand with regard to fear causes us to not want to know about what's going to happen to the Earth; it causes us to not want to know about what's going to happen economically, what's going to happen environmentally, what's going to happen medically, what's going to happen to the Earth itself. We don't want to know; it's far better to not know. That's what we feel and that's what we eventually project onto our environment. [01:04:14.20]

The reality, though, is without us releasing this childhood fear and terror that has been created inside of us, we will never enjoy a happy and desirous life. We can't because the fear will dictate everything we do; the fear will control us, every single day. You'd be so amazed, once you become more aware ... remember we talked about stepping up the steps of awareness before? Well, see, with regard to fear, most of us are here at the bottom because we're yet to deal with our first fears but when you deal with the first fears, and you have a different viewpoint of everything, you start seeing, wow, everybody's in fear and you start seeing how every moment of your life was dictated by some fear that you had. That's what you start seeing.

When you're in fear, you sort of go numb to everything, don't you? Have you noticed that? Like it's just, "Oh, I don't know what to do. I don't know what to feel. I don't know ..." You feel confusion, and numbness, even, inside of yourself, yes? But if you have love and desire, then straightaway that's going to motivate you to begin at least accepting these emotions and if you have truth, then truth will confront the fear: truth is the opposite to the fear.

The more I'm willing to accept truth into my life, and the more I'm willing to act in a loving and desirous manner, the higher likelihood it is that my fear will no longer dominate my life and we need to make this shift into truth and you can do this, even though you're afraid, because if you have love and desire for yourself, you will realise one important truth, and that is fear is just another emotion. [01:08:02.09]

Now this is a very important truth to understand: fear is just another emotion. Fear is not real – it is just another emotion. Now, I'm not saying that when the fear was created, the event wasn't real. What I'm saying is now that the fear is inside of me it is just another emotion that I can release and if I choose to release it, it will no longer dictate my life – it is just another emotion to release.

The problem we have though is that we don't believe that; we don't believe fear is just another emotion to release. Because of this fear, we believe that if we feel it we'll die. But that's just another emotion, too because the reality is, the truth is, you can't die. Your physical body can go, but you still can't die, you can't not exist. You'll just be in the spirit world existing there if your physical body dies. So, even death is not a truth.

You see, the more we start to focus on the truth, the less our fear will dictate our life. It's our fear that dictates our life. Our desire to continue to feel that these false expectations we have are still real – we want to believe they're real and while we want to believe they're real, we're not going to accept the truth.

For example, who's the most fearful about public speaking? No one wants to put up their hand. (Laughter) You're afraid of what I'm going to do with you next, aren't you? Christina, are you the most fearful about public speaking? I don't feel you are actually. But do you want to come up and do some speaking for five minutes? What's the feeling now?

9.3. The primary fear is being afraid of feeling our own emotions

[01:10:19.27] **Participant Female:** Fear.

[01:10:23.18] **Jesus:**

Why do you feel afraid? These are just people, when they're undressed they still have the same bits and pieces. They're just people, like you and I. So why are we so afraid of them? Can you see what we're afraid of is what they will project at me? Can you see that's what we're afraid of? And we're afraid of their anger, their laughing at us. That's one of the big things, isn't it, for yourself? Them laughing at us and being angry with us, being projected at me. And then how am I going to feel when they do that? I'm going to feel like terrible, sad. Like I just want to get out of here. I don't want to do this. I feel all these different emotions. I want to run: because I'm afraid, I want to run.

What am I really afraid of? I'm afraid, at the deepest level, of my own emotions. I'm really afraid that I will feel a feeling that I won't be able to cope with by standing up here. That's what I'm afraid of. I'm afraid of my own response to what might happen.

So one of the basic truths that we need to understand about fear is that we are actually never really afraid of anything external. We are really just afraid of what we might feel when that thing happens.

Imagine you're in a plane, and you haven't got a parachute, and you fall out of it. Now I'm sure quite a lot of fear will come up in that moment. There's no way out here, the Law of Gravity works pretty well. It seems pretty consistent with everyone else and you're there falling, and you're falling, you know your life is about to end. Most of us would feel terrified because we have a fear of death, and so we're terrified. It's not going to be a very painful death because it's going to be pretty fast, isn't it, once we hit that ground.

But the issue is the period in between, you see. We're feeling all this terror, aren't we? As we're falling, we're just feeling all this terror and we're terrified of what? We're terrified of our life ending; we're terrified of our relationships ending and in that moment we're not coping with it because we're afraid of even our own feelings about all those things – that's really what we're afraid of.

If you weren't afraid of your own feelings about anything, you would be able to do anything you desire, wouldn't you? So, imagine you had a passion: imagine one of your passions was playing the guitar. You would not be afraid of playing the guitar in front of one person, or in front of a

hundred thousand persons if you really had a passion with no fear, would you? You would do it either way, wouldn't you? Because you just had the passion.

But now you throw in your feelings about being in front of a hundred thousand people. What does that feel like? There's all their expectations, all their demands upon you. How does that now feel? Now you might be a good guitarist, but now, because of all those projections, you might just freeze, completely, because of fear, because of not wanting to feel how you may feel.

You see in the end, really, most of our fears are all about ourselves. That's the thing we need to come to appreciate. When we're afraid of discussing Earth changes, really what are we afraid of? We're afraid of how we will feel discussing the subject – that's what we're afraid of; that's all we're afraid of. We're just afraid of what might come up for us that we might not be able to cope with is the feeling we have.

9.4. Learning the truth that God designed the soul to cope with all of its feelings

Jesus:

God designed you to cope with all of your feelings. A basic truth that I need to accept is that God designed me to feel all of my feelings and fear is just a feeling. Therefore, God designed me to feel fear, because fear is just a feeling and if I understand that that is a basic truth, and I feel that truth – you see, you can't tell yourself that truth, you've got to eventually feel it for it to be true.

At the moment, what happens for most of us, is we're yet to even feel the truth of that one statement – that God designed us to feel all of our feelings, and that fear is just a feeling. Most of us are yet to feel that as a truth. We think that's true and when AJ says it, we go, "Yes, that makes logical sense to me. I think I can agree with that statement." But when it actually comes to feeling that as a truth in your own life, day-to-day, most of us do not feel that yet.

We need to get to a point where we do feel that if we really want to progress with holding on to our passions and desires. If we really want to follow our passions and desires, we need to get to the point where we understand, that basic truth; that basic truth that God designed me to feel everything, and fear is just a feeling, an emotion – that's all it is.

9.4.1. An example of a participant feeling afraid of being alone

[01:16:35.03] **Participant Female:**

At the moment, I don't know whether it's true or not, but I can connect to feelings I have of co-dependency and losing people and being alone. So I wanted to ask is this a good route to take, at the moment, like would that help me get into the fear of being able to feel the truth?

[01:16:55.22] **Jesus:**

Definitely but again, remember you need to tell yourself the truth, even with those, in order to feel them. For example, with co-dependency, that means that you feel you are dependent on another person for your life in some way. Like to feel happy, or secure, or whatever way. What is the truth? There is only one Being in the universe that you're dependent upon for your life, and that is God. That's the only person who you need in your life. You don't need any single friend; you don't need any friends; you don't need any acquaintances; you don't need parents; you don't need anybody – you only need God to survive.

[01:17:35.21] **Participant Female:** What about your soulmate?

[01:17:37.03] **Jesus:**

You don't even need your soulmate to survive when you're at-one with God, do you? You'd love to have them, and they would enhance your life because they're the other half of yourself but, at the end of the day, you don't need them, you're not needy for them.

The truth is that we do not need a relationship with anyone else: therefore every relationship we have is a gift and then we will treat every relationship we have as a gift, and not something that we need – but it's got to be, again, a feeling in me.

Yes, dealing with any of the co-dependent addictions and the fears associated with co-dependency are a very important part of it, but you need to tell yourself the truth. See, what we often do is we tell ourselves the lie. What we do is we tell ourselves, "I do need my mother; I do need my friend, to live; if I didn't have my friends I wouldn't want to live."

I put to you if you didn't have your friends, and then felt that you didn't want to live, then that's an emotional error and it's untruth: therefore it needs to be corrected. When you're in a state of love, and you're in a state of connectedness with God, you won't feel that way – that's what I put to you.

9.5. The importance of telling ourselves the truth

Jesus:

This is where we've got to be very careful. We can say, "Alright, I want to deal with my addictions with my friends," for example. But underneath we're still telling ourselves the lie – the lie being I need friends. So we might say, "I want to deal with my co-dependent addictions with my mum and dad," but underneath I'm telling myself, "I need my mum and dad's approval to survive." That's not a truth but we're telling ourselves it's still the truth, you see.

This is why the truth is so important. If we keep telling ourselves lies, we'll never be able to feel the fear that's associated with those lies.

Before this discussion, how many of you would have felt that you need your friends, and everyone needs friends? Would you have felt that everyone needs friends? That's what I felt – I felt everyone needs friends. The reality is we don't need any friends and we can still have a happy life. Now that sounds really strange to say, doesn't it? That is so opposite of what the world would tell you; it's also opposite of what most psychologists would tell you, isn't it?

The reality is if you've got God as your friend, you will not need all these other friends and therefore any friend you do have, you'll appreciate fully. You'll actually love them and you'll be able to give to them without expecting anything in return. So you'll actually be able to be a good friend yourself, where you don't have expectations and demands and other things going on with them. You see, when we tell ourselves the truth, that helps us identify the fear. [01:20:36.17]

If we tell ourselves the fear, we have no hope of ever seeing the truth. If I tell myself I need my friends to survive, that is just the expression of a fear and while I tell myself the fear, I am never going to emotionally feel that I don't need my friends to survive because I'm already telling myself, and feeling, the complete opposite.

This is where confronting the truth is so important and this is why I began the conversation this afternoon with the statement that, actually, most of us don't want to know the truth because can you see the power of the truth when we know it? It changes everything.

If you really fully accept the truth inside of your heart, it changes every way you act; it changes what you do. It changes what you decide to do in the future. It changes your friendships, your relationships, and everything else, always for the better. It cannot do anything else; that's the power of the truth.

That's why I said to you, "The truth will set you free," because it results in complete freedom. That's what the truth does and if we have love and desire, as well as the truth, now we have a motivation for truth, because we become more loving in the process. That's the motivation for understanding and feeling the truth and, in the process of being more loving and more desirous, we are definitely going to experience more joy.

What I find is a lot of people on the Path at the moment are not experiencing very much joy and it doesn't mean you're experiencing Joy, the person, it means you're not experiencing very much joy, the emotion and the reason why we're not experiencing very much joy is because we are not realising that there is a wonderful power in the truth, and there is wonderful joy in following your desires and passions that are harmonious with love.

We are so frightened to follow our desires and passions harmonious with love. We are so frightened by the prospect of dealing with our fears, because most on the planet have a deep belief that we cannot feel fear as a choice. We believe that fear has to be felt when it's only forced upon us and I put to you that we can feel fear as a choice because fear is just an emotion: that's all it is, nothing else. God created you to feel all of your emotions so, therefore God created you to feel your fear.

9.6. Facing fears about future Earth changes

[01:23:33.01] **Jesus:**

Can I make a suggestion to you over this week? If you haven't already done so in your progression, and sometimes even if you have it's wise to do this again, write down a list of what fears come up for you when you think about the future and in particular if you think about the future regarding what might happen to the Earth. What fears come up for you? Let yourself be really honest about it.

You'll find that many of the fears won't be "I'm afraid of dying a painful death." They'll be, "I'm afraid of losing all my friends; I'm afraid of making changes in my life and then all my friends laughing at me." Those kinds of fears are often far more powerful in our lives. "I'm afraid of losing my children; I'm afraid of my children passing. If my children pass, I want to pass." I've had so many mothers say that to me, and my answer to them is you are far too heavily invested in your children's life: in other words you are afraid of living your own if you feel that way.

What we need to do is allow ourselves to feel the real emotions that are behind our fears and if you do that you'll find that most of your real emotions have nothing much to do with being afraid of being tortured to death, or anything like that, but rather they have a lot more to do with what

happens after these events and what happens with your interpersonal relationships. A lot of our fears are along those lines.

For that reason, there's not much more I can say about this until you want to know the truth. You see, if I love you, I will respond to the desire of your soul as far as I am able and if the desire of your soul is to not know the truth, then it is not the right thing for me to do to tell you a truth you do not want to know, because then I'd be breaking your free will; what's coming out of you as a collective desire.

When we all have a desire to know the truth, that's, I feel, when our spirit friends and many others will be able to give us the truth very openly, succinctly, and directly, and we will have very, very clear options as to what we should do if we want to act upon that truth – that's what will happen. But until that point in time, if we're blocked, closed down, pushing away the truth, the wise thing for any person who loves you to do is to say, "Okay that person doesn't want to know the truth. So I'm not going to tell them the truth they don't want to know; I can't until they have a desire."

9.6.1. Basing decisions on what we feel to be true

[01:26:51.08] **Participant Female:**

So let's say I go to my family, and start telling them, "Okay, guys, I'm going to pack my stuff. I'm going to move to somewhere else." Facing my own fear, telling them about what I have learned about Earth changes. Would that mean now that their soul had a desire to hear this?

[01:27:12.14] **Jesus:**

Well, I would firstly put to you, never make a decision to move based on what you hear about Earth changes. Make a decision based on what you feel to be true, yourself, about Earth changes. Do you understand the difference?

[01:27:30.04] **Participant Female:** Yes, I do.

[01:27:32.01] **Jesus:**

You see when we base our choices and decisions on what we hear, rather than on what we feel to be true, we're actually acting out of fear. Can you see why?

[01:27:43.18] **Participant Female:**

Well, I can see that as long as I have not understood, yet, myself, what is true, then I would ...

[01:27:55.15] **Jesus:**

Can you see that I'm trusting somebody else to tell me the truth and then

I'm believing them, without feeling about it? Why would I act upon such a thing? I could only act because I'm afraid. And to me there is no point in acting upon something that you do not agree with, or that you do not personally know. Don't do something just because somebody tells you to do it. Do it because you feel to do it in your own soul. You feel, "I have a desire to do this. I have a desire to go there. I have a desire to do this." Go and do it because of that reason. Don't do it for anything that anybody tells you, whether that person is Jesus or anybody else, don't do it. Do it because you feel it; so don't get into this trap of doing things just because somebody tells you this is what they believe is true.

[01:28:56.00] **Jesus:** So that's the first thing.

9.6.2. Viewing everybody as equal

Jesus:

The second thing is why do we have such a desire to tell our parents or our family, and not everybody? Can you see there is also an emotional injury? We are viewing our family as more important than the rest of the world. How does God view everybody?

[01:29:19.05] **Participant Female:** Equally.

[01:29:20.00] **Jesus:**

Equally, so God treats your dad the same way as he treats Peter over there, and the same way he treats me – God views us all as equal. So why would you tell your dad something and not tell me it if you had the opportunity? Can you see already there's a feeling of non-equality inside of ourselves that we would have to address, that's unloving? Because when I'm loving, I will want to love you and it doesn't matter to me whether you're my family, it doesn't matter to me whether you're my partner. I will still want to love you in the sense that I will want to tell you the truth, and I want to hear the truth from you and I don't want to judge you, I don't want to accuse you. I would want to do all of that and if I had the truth available to me, I would want to tell it with you even though you're not my family.

[01:30:12.09] **Jesus:** So why would I focus on my family?

[01:30:16.09] **Participant Female:**

Well, probably because of the emotional investments that I have with my family.

[01:30:22.17] **Jesus:**

Because I'm afraid of what they'll think of me; I'm afraid of losing them; I'm afraid of all sorts of things and I don't want to feel those fears, so I tell my family first. That's why I generally tell them. Can you see how even most of these decisions are caused by fear in the end? Our decision to tell

our family or to tell certain friends, but not other friends, or to tell only our friends and our family, but not tell everybody we meet but they're all driven by fears that we have.

9.6.3. Respecting others' desire for truth

Jesus:

Now, it's one thing to feel the emotion coming from you. Does your family want to know?

[01:31:01.19] **Participant Female:**

You're asking me? Well, I'm not so sure about that either.

[01:31:05.00] **Jesus:**

Have they demonstrated to you in the past that they want to know?

[01:31:09.26] **Participant Female:**

They have demonstrated that they would not want to know.

[01:31:12.09] **Jesus:**

They don't want to know. So, can you see, by me then telling them I'd be trying to impose upon their free will. They've already shown me they don't want to know. What I'd say to my family is, "Look, I want to talk about a lot of things about Earth changes and stuff, but the last time we chatted, you didn't want to know. So I can't tell you. And we can talk about it when you want to know." [01:31:40.13]

And they'll go, "What do you mean we don't want to know? Of course we want to know." "Well, no, Mum, every time you get angry, you prove to me you don't want to know." Like, a person who wants to know doesn't get angry, do they? If you're there soaking up truth, and you really want the truth in your heart, do you get angry with the person who's giving you it? Don't you go, "Oh, this is great. Give me more." Isn't that the way you are instead?

The person who's getting angry with you and saying, "Argh, Grr, Grr!!" And getting angry with what you believe, are they wanting to know the truth? No, they don't want to know the truth. So, okay, you don't want to know the truth, that's fine. What's the Greek way of saying that – Okay?

The key is just to let ourselves feel like they don't want to know, so that's okay not to tell them. What is my strong desire to tell my family, but not a strong desire to tell everyone else? Then that is obviously an emotion. I want my family to be saved along with me; I want bad things to not happen to my family; I want them to be safe; I want to feel that they're secure. [01:32:51.06]

All of that is just emotional projection, which is actually based upon fear. The truth is they can't die, even if their physical body perishes, they haven't died; they're still going to be alive. They're probably going to be in almost identical condition than they are right now; they're going to be almost the same person. I haven't lost anything, I can connect to them still if I wish to, so I haven't lost anything. If they want to know, then I'll tell them; if they don't want to know, then don't tell them.

9.6.4. Viewing everybody as equal (continued)

[01:33:22.09] **Jesus:**

What I'm illustrating in this discussion with you is that so many of our choices, even with our family and our friends, are motivated by fear; they're not motivated by love; they're motivated by fear. They're not motivated by the fact that we feel everyone is equal; they're motivated by the fact we feel that family has high importance in our life, our friends have high importance in our life, and other people who I meet on the street have less importance in my life. People in Greece have even less importance in my life; people in Latvia have even less importance in my life and then people down in Australia, they have virtually no importance in my life because they're at the bottom of the world.

We have no conception of equality inside of us. The key is to deal with that emotionally. We want to gain a conception of equality if we wish to love like God loves.

10. Audience questions

10.1. A mother's fear is not based on love and creates fear in the child

[01:34:19.24] **Participant Female:**

How do you judge a mother's fear for her child? It's based on love, though, isn't it?

[01:34:32.23] **Jesus:** No.

[01:34:33.05] **Participant Female:** Doesn't fear end in love even so?

[01:34:35.10] **Jesus:**

No, one of the things I wanted to present today, and we will in another day, is a basic thing that the world views as love, but it is nothing to do with God's view of love, and that is this concept that love is fearful. Many people justify it with their relationship between parents and children. In other words, I'm afraid for my child's welfare – that's because I love them.

I put to you that God is not afraid of your welfare. God has created everything in such a way that He has created a perfect system, and He's not afraid of what you'll do with that system and I put to you that whenever we are afraid of our child's welfare, we are no longer loving them, and now we are controlling them.

This is a very important thing to understand as a parent: there is no love in fear at all; no love in fear at all. We must understand this as a basic truth if we are ever going to understand God's Love for us. [01:35:41.26]

God is not afraid for you; God is not afraid of your decisions and choices and God is not afraid of what happens to you. If I am afraid of what happens to you, then I don't love you anymore, I'm afraid for you and in my fear, it's amazing what I can actually force you, or manipulate you, into doing.

You see many mothers, in particular, doing this with their children: they will nag them and nag them about not going out and riding the motorbike and they'll be angry and upset with them about them having bought a motorbike and they'll be upset. I'm talking about a male who buys a motorbike, and he's tearing around the place on his motorbike and they are so afraid, that they impose this fear daily on the child and the child doesn't grow up feeling free.

[01:36:34.10] **Participant Female:** And he manifests an accident.

[01:36:36.20] **Jesus:**

Often he does, yes, for the sake of the mother's fear, I agree but he doesn't grow up feeling free and love always creates freedom. He doesn't grow up feeling free, he grows up feeling controlled by his mother – that's what he grows up feeling and mum says, "I do this because I love you." No, she does this because she's afraid.

She's afraid of her feelings of what will happen when he dies – as if there's any such thing as death – she's afraid that when he dies, she's going to have all this grief, and she doesn't know what she's going to do with all that grief. What does is she imposes her fear of her grief upon him and causes him to change his behaviour and that is not love – love never does that.

Mary and I want to talk a lot more about the comparison between the world's view of love, and God's view of love. The world's view of love is very, very different to God's view of love and this idea of the justification of fear as a loving thing is a terrible thing that we put upon each generation.

We need to come to understand emotionally that fear is never loving, ever – it's never loving. The results of fear are always unloving – they're never loving. If you think about it in your own lives, there is daily proof of that.

How many of you now, as adults, are afraid to act for no other reason than your mother was afraid of that same thing?

10.1.1. An example of AJ's former fear of spiders created during his childhood

Jesus:

I remember my first experience with spiders in Australia. In South Australia, where I grew up, we have quite a number of poisonous spiders. In Australia I think we have the most poisonous spiders in the world actually, and the most poisonous snakes too. [01:38:37.26]

One of the poisonous spiders in Australia is like a black widow, but it's got a red back and it's called a Redback spider and it looks like a black widow with a big red stripe down the back of it. It's only a little spider – like when I say a little spider, about one or two centimetres across. In Australia there are spiders the size of a hand, so one or two centimetres across is quite small.

Anyway, I would have the little Redback spider on my hand. This was when I was only two years of age and I had the little red spider, out the backyard. You get them all over Australia so you can get them anywhere there, and you pick it up and it's just crawling over your hand, and I'm watching it's red back, watching what it's doing and so forth. My mum comes along and screams and yells at me. Why? Because she's afraid; I wasn't afraid before then, but do you reckon I was after then? I sure was. I sure was afraid after that.

[01:39:35.16] **Participant Female:** And the spider was afraid too.

[01:39:36.26] **Jesus:**

Exactly and the likelihood of it now biting me is much greater, of course, because of the response to my fear.

10.1.2. An example of being afraid of snakes

Jesus:

In Australia we have a lot of snakes as well. We have the deadliest snake in the world, which is called a Taipan snake. In two minutes you can die from a bite from the Taipan. There are quite a number of them but they're very, very shy though but it's amazing how many mothers in Australia are very afraid of their children ever seeing this snake.

Now, we have brown snakes and black snakes and red-bellied black snakes and all these other shakes. We have I think it's the ten most poisonous snakes in the world, actually, in Australia. So, you imagine this is a fear mother's nightmare, isn't it? Because she's just afraid and they're so

prevalent that you see them very regularly, especially during summer, because it's very hot and they're all outside sunning themselves usually in the grass or whatever else. [01:40:32.12]

Quite often you would actually walk up and tread on a snake, because the snake is just curled around just sunning itself out on the ground. You don't need to be very afraid of them, really, but most people are terrified of them.

Mary is still terrified of snakes at the moment. We have this snake at our house, he's a green tree snake; he's not poisonous at all and he tried to get into our tent. We sleep in a tent for about nine or ten months of the year, and we have the tent there and Mary opens the door of the tent and there is the snake, lying across the doorway and Mary steps over it without really realising it, and then the snake moves and he moves and he goes in the tent. We have to shoo him out of the tent and then he goes up inside the tent, so I had to pull him out of the tent and take him somewhere but she's so afraid that I'm just going into a panic feeling her fear. [01:41:34.23]

I feel terrible feeling her fear. I'm going, "Just go away, relax, I'm okay with this poor thing." The poor snake, he's getting very distressed and because of the fear, there is obviously going to now be a response on the part of the animal, generally.

You see the problem is that we don't realise that a lot of these fears that we have only create the reality because the fear is present. That's the only reason why they create the reality; if the fear wasn't present, there would be nothing to create to trigger the fear that's within us.

My suggestion is, when it comes to this viewpoint that, when we're afraid for our children, that we have just reason, or just cause to be afraid for our children, understand that it's not coming from a position of love. It's coming from a position of our own fear and what our own fear feels will happen; if something happens to our child, what we will feel, and what we feel like we can't feel. [01:42:39.24]

You imagine for most parents, if their child passes away, there are huge amounts of grief, yes? Most parents do not want to ever experience that grief, and so they avoid that grief by projecting on the child, "Don't you do anything dangerous; don't you do this; don't you do that." In fact the child grows up feeling hemmed in by all of the rules that the parent now has created because of the parents' fear and this is the damaging effect of fear on our children so my feelings are never, ever view fear as a justified excuse for doing something.

10.2. The different effectiveness of truth versus information for lowering fear

[01:43:22.13] **Participant Female:**

What are your thoughts about information and ignorance? Ignorance is the enemy of not being afraid, and information is the way of feeling safe, instead of having fear and I have an example for that. I have three children. I'm obviously not Greek, I'm from Norway and I have three children. I would bring them to whatever health station it was for vaccines and things and the nurses would always say, "What is it with you foreigners? Your children never cry when we put the needle in their hand." And I would tell them it's because I tell them it's going to hurt on its way to doing you some good. So what are your thoughts around information?

[01:44:12.08] **Jesus:**

Can I contrast information with truthful information for a start? To me, there is information and then there is truthful information. Truthful information will always have a beneficial effect on fear: in other words, it will always lower the amount of fear a person feels.

Information by itself does not lower fear: in fact, if you look at the environment in which we live, we're bombarded with information, most of which is fear generating. In other words we get bombarded with information of all the things that are happening around the world, and instead of feeling more safe, we feel less safe and oftentimes the information is not truthful, but rather it's misinformation. It's not information that is true, but rather information given by what I would call spin doctors, using words in order to make people feel a certain thing. [01:45:15.17]

I don't believe information, in itself, is any good for mankind; I always feel truthful information is beneficial in every single case. Just because you receive information, it doesn't mean that information is beneficial.

10.2.1. An example of child vaccinations

Jesus:

Now if I give you an example. You took your children to get vaccines, yes? Now, that was a fear-based decision because you do not trust that if the person was completely clear of all their fear, that no matter what would happen to them, they could never catch an illness.

[01:45:56.01] **Participant Female:** I would not have done it today.

[01:45:58.06] **Jesus:**

I realise that, I'm just talking about the experience at the time. What I'm saying is at that moment in time, you had a fear for their life, a fear of them catching a disease, and so you got them the vaccine because of that fear. The fear drove the action. Then you told them a truth, which is great, "It's going to hurt." What do most mothers tell them?

[01:46:21.27] **Participant Female:** It's not going to hurt.

[01:46:23.00] **Jesus:**

It's not going to hurt. So you told them the truth, "It's going to hurt." You felt it was beneficial to take them out of some fear, but you at least didn't add to the fear with error and so that is naturally going to make things better on the child then if you added to the fear with error by saying to the child, "It's not going to hurt." And so then when they get the injection and it does hurt, what would the child then feel? They'd feel not only the pain of the hurt ...

[01:46:51.09] **Participant Female:** Let down.

[01:46:52.06] **Jesus:**

They feel betrayed by their own mother, which is a much greater hurt than being told the truth and this is the reason why your children had less response to the vaccine than a person who would have been told the error.

It is very important, I feel, to tell children the truth all the time, all the time. So if something is hurting, say, "It hurts"; not, "It doesn't hurt." Always tell the truth; the truth is always the doorway to the emotion and the truth is always the doorway to releasing fear and that's the reason why your children had less fear about having a vaccine than the average child would have had.

11. Being in denial about future Earth changes

[01:48:01.08] **Participant Male:**

A little more about Earth changes and fear: I've been studying or making investigations into the Mayan calendar and people that explain how the acceleration of the time, and the acceleration of the things happening. And then the last time when you started talking about Earth changes, a wave of people started spreading that in Sweden and talking about what are the best, safest places to live. And I feel that, for me, I was like, okay, wait a minute; my business is to develop my relationship with God, to open to love to myself. And then when Earth changes happen, I just trust that I'm not going to be there. I don't know if that's denial ...

[01:49:00.27] **Jesus:** Yes, it's denial.

[01:49:01.22] **Participant Male:**

Or because of where I am, because when you talk about Earth changes I feel very disconnected.

[01:49:09.14] **Jesus:**

Okay, yes, many people do this. Many people feel disconnected to the discussion. In fact Mary was one of those persons, weren't you, darling? You were one of those persons, and you didn't feel any feelings, just no feelings about Earth changes. When the reality is that Mary has quite a number of large feelings about Earth changes, not related to the changes themselves but more related to how her father feels about them.

See a lot of times we detune from emotions quite cleverly. We use our mind, our intellect, in quite a clever way to detune. My suggestion is you will have a feeling about everything once you're at-one with God: you'll have a feeling about everything; they won't be negative feelings, but you will have feelings. You'll have feelings of certainty, or certainty that something is not going to happen; you'll have feelings, they will be present all the time and you won't have any avoidance of discussing a certain issue, any avoidance at all – you'll be totally okay with fully embracing a discussion of an issue.

With regard to this Earth change issue for yourself, what you say is true. Our relationship with God is the primary thing and then our relationship with developing our relationship with ourselves is the next primary thing and our relationship then, of course, with our soulmate, which is the other half of ourselves.

But then comes the feeling of desire: you see one thing that's happening for a lot of people is they're not tuning into their desires with this Earth change topic. They're not saying to themselves, "Do I want to live, do I want to pass? What do I want to do after I live? Where do I want to live? What kind of life do I want to have?" They almost rely on somebody else creating all of that for them. [01:51:13.07]

Now I put to you that if you know about Earth changes, and you personally believe they're going to occur, assuming that's to be true – and many don't, so that's okay – but let's assume that you do believe they're going to occur, then I put to you that not taking action is a denial of your own self-responsibility. In other words, what you're trying to do is you're trying to place the responsibility for your life in the hands of somebody else after the changes occur and that wouldn't be a loving act towards them to do. [01:51:54.12]

Usually when a person detunes from the subject after that, it's because they don't want to make some choices and decisions about what they're going to do with their life after Earth changes and they're just hopeful that something will come along and sort it out for them. Now that is not acting in the desire; that is putting responsibility for your life into somebody else's hands.

[01:52:20.20] **Participant Male:**

But somehow I feel that it's going to be okay.

[01:52:23.03] **Jesus:**

Ah yes, Mary told me this many times, didn't you, darling? "I'm going to be okay; I'll be okay. Don't worry, I'll be okay. No matter where I am, I'll be okay." And I cannot see how that can be a truth unless you make some decisions and choices. It's a bit like, if I know something is going to happen, and I believe it in my heart that it's going to happen, then why would I not then take some decisions to prepare my life for it occurring?

Can you see that if I don't take decisions for preparing for its occurrence, then I am going to be asking somebody else to after it's happened? You see there are many people who believe, "Oh I'll be able to just go to the place, at the last minute I'll go to the right location." Or, "I'll be inspired to go to the right location at the last minute."

Now I put to you if it's at the last minute, that's not showing very much love to the other people in that location because many of them might have prepared for the changes, and you're now imposing yourself on their life, and expecting them to look after you. You're expecting them to have water for you. You're expecting them to have food for you. You're expecting them to have shelter for you, and clothing for you, and all these things and you didn't want to make any of those decisions before, when you knew that the changes were occurring – this is assuming you know.

Now many of us don't want to know; I put to you many of us still don't want to know. So we have this viewpoint, "Oh if they occur, then I'll do this. I'll be in the right place if they occur," and so forth. And that's because we're avoiding the choice. When we do these things, we are actually avoiding taking personal responsibility for our own choices – that's what we're doing.

11.1. An example of Mary's denial about Earth changes

Jesus:

My suggestion is the emotion isn't fear of Earth changes. The emotion is fear of making your own choices about what you're going to do in your life in regards to your desires. That's the emotion that drives that feeling. Mary

and I have discussed this a lot together, about how much Mary wanted to detune from her own desires and passions; she wanted to detune from taking personal responsibility for her life. She wanted other people to be responsible for her life rather than she make choices and decisions that would help her life in the future. Are there other emotions, darling, that you would like to mention?

Mary: I actually didn't really care if I died.

[01:55:03.06] **Jesus:** Exactly, that's what it got down to.

[01:55:04.11] **Mary:**

That's my main emotion. I'm happy to dig a trench or grow some veggies, but I actually didn't mind if I passed.

[01:55:11.18] **Jesus:**

Yes, so what was driving her decision that it doesn't matter what happens was this feeling that she had that she didn't really care if she died or lived.

Now I put to you that a person who is living in their passion does care: they're not afraid, they care. Because if I'm living in my passion, I can decide, alright, if I was in the spirit world, what would I like to be doing if I was there? And if I was on Earth, what would I like to be doing?

11.2. An example of AJ's desires for after Earth changes

Jesus:

Now, I know for certain, for myself, I want to be on Earth after these Earth changes – that's the way I feel, I'm very passionate about that. I want to be on Earth after these Earth changes because I know that I can affect change on Earth by being on Earth far better than I can if I'm in the spirit world. Because I'm on Earth, and if I'm in a positive place, and able to get into a better place of love, eventually if I get into at-onement with God on Earth, I can affect many positive changes on Earth, in that state – that's what I want.

Now my desire is the redemption of the human race: that's my desire. When I say redemption, what I mean is my passionate desire – which has been my passionate desire since the first century – is this desire that I would love to see everybody at least know that they can connect to God on a personal basis and enjoy this passionate connection with God that causes them to live in perfect happiness for the rest of their existence, in an everlasting sense – that's my passion.

I spent two thousand years in the spirit world trying to help the Earth realise the things that I taught in the first century, and I found it really hard. I've connected to more people since I've been talking about it in the

last three years than I have all that previous time, really, on Earth, in terms of the effect that I had on them, just by being on Earth. So I know where I want to be because I have a passionate desire and a very strong direction of where I'd like to be, I know what decisions I want to make.

11.3. Taking personal responsibility for events during and after Earth changes

Jesus:

I put to you that when you have a passionate desire, and a strong feeling of what you want to do, you will know where you want to be and you won't have an attitude of "Oh it doesn't matter if I die or live." You won't have that attitude at all. You'll have a very strong desire to live either here on Earth or in the spirit world, one or the other, and it won't be mixed. It won't be, "Oh, if it happens that way, then so be it." It won't be like that; it won't be "Que sera, sera, whatever will be, will be." It will be, "I know what I want and I'm going to seek that as a desire." That's what it will be.

Just be very careful about a laissez faire feeling, like a feeling of, "Oh, I don't really care either way." Be very careful of those feelings because they cover over a lot of very deep emotional scars. If we can notice when we don't care, usually we care very deeply, but we tell ourselves we don't care to avoid a whole group of emotions, or a whole group of personal responsibilities of love towards yourself, and people around you.

So I put to you that a person who decides, "Alright, if Earth changes happen, then it will turn out that AJ was right and if AJ is right, then it would make sense to me that the safest place to be is somewhere near his house and so what I'm going to do is when I notice the first Earth changes happen, I'm just going to get a flight and fly to his house and I'll be right."

When you'll rock up at my door what I would say is, "I told you about Earth changes, two, three, four years ago. You've had three or four years to prepare for them. I am not going to provide you with your life, now that you're rocking up at my doorstep, because you're being unloving to me; go somewhere else, and work out your life there." That's what I'll say to you because that will be the loving thing for me to say. [01:59:36.23]

You see there is a responsibility with knowledge: we need to come to some conclusion on this matter. Just like we need to come to some conclusion on all matters and we need to come to the conclusion that I want to be as loving as possible, not only to myself, but also to every person around me, every person on the planet.

I will not expect you to create my life for me in the future if I have a positive desire to live on the Earth, I will decide to create something that will cause me to live on the Earth, and as far as the best of my knowledge and ability affords me. I will not rely on you to create that for me, and expect to rock up at your doorstep at the last minute. Because I love you, I would not force myself upon you in such a time of stress. Because I love you, I would actually say to myself, "Okay, I want to live, I do want to live and I do care about what happens to me because I want to be a part of these Earth changes and I want to be a part of what will happen after them on the Earth – I want to do that." [02:00:45.18]

Many of us don't want to do that, yet and that's fine. Say to yourself, "I don't want to do that yet." Tell yourself the truth. If I want to do that, so I go, "I want to do that, but I do not want to make somebody else responsible for my life in that place. I want to create as much as possible of my life, for myself, given my different resources available to me. I want to create as much as possible for my life now while I have that opportunity." If I love you, that's what I will do; if I don't love you that much, but I love me, then I might do the other – I might wait till the last minute, fly to your doorstep, and hope everything's fine.

We've got to be very careful about unloving decisions. You see, what a lot of us do is we go, "I am uncertain about this matter." Frankly, many of us are uncertain about the matter of Earth changes – you've not come to a decision either way.

11.3.1. Focusing on desires and passions

Jesus:

My suggestion is you still need to learn to follow your desires and passions, whether you're uncertain about this issue or not. So what are your desires and passions? Focus on them even if you're uncertain about this issue. It doesn't matter if you follow your desires and passions in England, and it happens to be washed by a great big wave, and eventually you're in the spirit world, still following your desires and passions. That's fine, isn't it? There's nothing wrong with that if that's what happens. Is there anything wrong with that? No, of course there's nothing wrong with that. You're allowed to make those decisions and choices.

My suggestion is if you've learned to follow your passions and desires on Earth, then there's a pretty good chance you're going to do the same thing in the spirit world. But if you haven't learned to follow your passions and desires on Earth, and if you haven't learned to take responsibility for your life while you're on Earth, then there's a much higher likelihood that you'll arrive in the spirit world still passionless, still desire-less, and still

not knowing what to do. Now that would be a lot more dangerous for you and a lot more unhappy for you than if you had the opposite. [02:02:54.15]

You don't have to make a choice about Earth change stuff, you don't, you don't have to do anything about it if you don't want to. Only do it because you, inside of you, are convinced but then, even then, don't make choices out of fear, make choices about what decisions you want to take because you want to go a certain direction in your life. Don't do it because you're afraid; don't do it because somebody else tells you to do it. Feel your desires and passions, feel them inside of yourself, and then embrace them in your life.

If you do that, you will often end up being "in the right place at the right time", as the saying goes. But not only that, you'll end up in the right place at the right time prepared. Not in the right place at the right time by accident, but rather in the right place at the right time because you're prepared and the more prepared you are, the easier your life is going to be. Information, yes, information, truthful information, will allow you to have that preparedness.

12. Fear impacts on discovering desires

[02:04:19.03] **Participant Female:**

I'm more on the numb and fear side, and I struggle with knowing what my desires are. Like when I was like a teenager and in my twenties, they were much stronger, but for several years now they've decreased a lot.

[02:04:44.29] **Jesus:**

That's because as we get older, our fears kick in and so we feel less, yes, we feel more numb, more fearful, less desirous.

NUMB }
FEAR }

[02:04:52.18] **Participant Female:**

Yes, but still, before I met you three years ago, I had dreams about Earth changes and things that I didn't know about in my awake state and I went to the Internet to check, and I realised the dreams were accurate about what's going to happen. I have this desire, and it feels almost certain that I will survive. There are still emotions, but I feel it's possible that I can manage to process them 'till then. So, I'm confused about is that a real desire, or just based on some injury?

[02:05:40.10] **Jesus:**

Yes, I feel what's happening for many of you is this: your fear is kicking in,

and the problem with fear kicking in without you fully feeling it and working your way through it, in other words the problem with living in fear, is that the spirits who want you to remain afraid just surround you constantly. These are spirits who are in a place of anger, and also in a place of control and manipulation, where they want to control and manipulate others, they just surround and oppress a person in fear.

This is what's happening for many people. Many people, the more they go along the Divine Love Path, they become more and more afraid, and more suppressed and more suppressed, and they feel less joy, less joy, less joy, and there's no desire now present and the reason is they're under so much spirit oppression, through their fear.

See when you're willing to feel the fear, and work your way through it emotionally, rather than living in it, what will happen is that you will no longer attract those spirits who oppress you even further, and you will be able to again feel your desires passionately. [02:06:49.12]

Whenever you don't feel desire passionately, focus on the fact that you must be afraid, and what are you afraid of, and start feeling those fears by feeling them in your body. Things like massage and other things like that can help you greatly in experiencing these fears and releasing them from you because the fear is always going to affect desire.

Remember I said this over the weekend, Mary said it too, fear and desire are totally incompatible with each other. While you're afraid you will not desire anything. As soon as you release your fear, then you'll desire things until such a point as another fear comes along, then you won't desire it again. That's how it goes and we need to deal with these fears. Notice when you're numb; when you're numb, not feeling anything, that's because you're feeling really oppressed and you don't want to feel what you're afraid of, at all. Pray about feeling the fears.

12.1. Working through layers of emotions to release fear and other error

[02:07:50.10] **Jesus:**

The fear is the secret to unlocking the rest of your emotions; the emotional processing basically goes like this. You start with really deep grief and shame at the bottom. On top of that is a series of beliefs about grief and shame; those belief systems create your fears. On top of your fears is a series of beliefs about fears. That's why we feel afraid of our own fear, because we have a whole set of beliefs about them that are false; these are all false beliefs locking them down. [02:08:53.04]

Then on top of those beliefs about our fear is our expectations and demands. On top of our expectations is a series of beliefs about the expectations, and they create our anger. On top of our anger, if I can continue, are our beliefs about anger: anger is bad, it's not spiritual, it's wrong, we can't feel it. Right at the top of all of that is numb, or where many men go intellect only: in other words, they only stay in their intellect and what they believe to be logical.

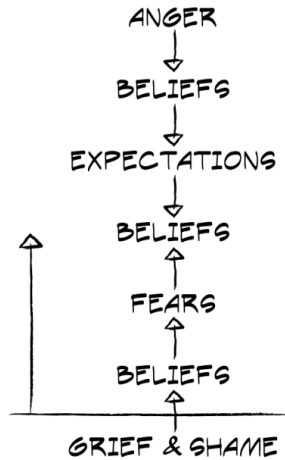


In unravelling all of that, we're going to need to deal with anger as an emotion, our belief systems about our expectations, then our expectations need to be dealt with, and then our beliefs about our fears need to be dealt with, and then our fears need to be dealt with, and then our beliefs about our grief need to be dealt with, and then our grief will be dealt with.

Now a lot of this happens a lot more seamlessly than what I've written there: in other words it happens quite naturally, like a child would do it when you become like a child. But the reality is that when you get to the processing of numb, when you get into numb, you really have beliefs about fears that are shutting you down and now you're in this upper level, way away, way away from causal emotion. [02:11:01.20]

From this point above grief and shame onwards, spirits can manipulate your process: so any time I choose to not feel my fear, a spirit is going to manipulate my fear; any time I choose to not feel my anger, a spirit is going to manipulate my anger; any time I try to hold on to a false belief, a spirit is going to manipulate my false belief; any time I hold on to false beliefs about my anger, my fear, even my beliefs about grief, anything that's false, can be manipulated. This is what I mean by truthful information; truth is essential to the process – anything that's truth cannot be manipulated;

it cannot be manipulated by a person. It cannot change something; they can't manipulate you and they can't manipulate you to be oppressed by their feelings of fear. [02:12:00.13]



Spirits can manipulate people on Earth who are in avoidance of any emotion or belief above grief and shame

My suggestion for yourself, Christina, is to stop focusing so much on this attempt to feel your grief and shame, and just begin where you are, feeling these emotions of fear and feeling numb: in other words, if I try to feel grief and shame, when I have fears in play, I am better off going to those fears first, and that will unlock this other process.

But if I try and skip over that fear, which I can sometimes do, what I'll finish up doing is skipping over a whole heap of false beliefs, and a whole heap of fears that I still have in me, that still need to be released from me at another time. Every time I try to get to grief, I'll have to go through a belief, through a false belief about my fear, then through my fear, and then through a false belief about my grief.

It's far better to not have to go through a false belief because it no longer exists; what we want to do is get to the point where our false beliefs about fear no longer exist – now I can feel my fears – and I need to get to the place where my false beliefs about grief no longer exist – now I can feel my grief – and my false beliefs about my expectations no longer exist, now I can feel my expectations. My false belief about anger no longer exists, now I can feel my anger.

ANGER

EXPECTATIONS

FEARS

GRIEF & SHAME

The most effective way to process emotions is to remove the false beliefs that prevent us from feeling our painful emotions, such as fear, anger, grief and shame

What I put to you is that the false belief that you have is about your fear that you can't get through it, that you're going to stay in it, that's the false beliefs that you need to begin addressing. When you get through those false beliefs, you'll be able to feel your fear, and then you won't feel numb – you'll feel fear instead. Feeling fear feels very different than numb; it feels terrifying – it doesn't feel numb. When we feel numb, we're detuning from our fear; we're trying to run away from our fear – that's why we feel numb.

13. Audience questions

13.1. Development of the soul is necessary for progression above the sixth dimension

[02:14:08.04] **Participant Female:**

My question is a clarification about spirit influence and the process of understanding what's actually taking place in your mind. So, in one moment, I was experiencing a lot of spirit influence, and I had this what I felt was a realisation, that if this was really true, what I was learning from your teachings, that actually all these thoughts and external thoughts which I tend to reject as the stupidity of my mind, are spirit influence. And if I accept and understand it in that way, and observe it, then I suddenly felt like I was sovereign in my being. And that this was true. All I needed now was to become more attuned at discerning the spirit influence, and what it was. [02:15:01.11]

And this brings me to something I wish to ask, relating to these possibly false belief systems which come from, I don't know, from what I have gathered, the sixth sphere relating to our spirituality, and understanding of these things in terms of the mind. And so this, in fact, is a fallacy,

this concept that there's a mind that we're all determined by. It doesn't take into an understanding that these are spirit influences.

[02:15:29.20] **Jesus:** You're saying the mind external to yourself?

[02:15:33.18] **Participant Female:**

I'm talking about one that you might, if you were practicing yoga and you were working on controlling the mind, and evolving and reaching liberation through control of the mind. And a lot of my questions have been around this because I've been in a very deep belief system of that, and coming to a new realisation. So I'm just trying to discern where these things ...

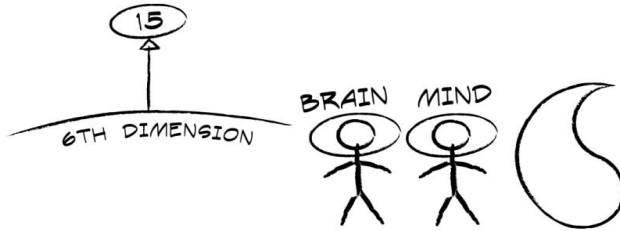
[02:15:57.10] **Jesus:**

So most Buddhist systems, and most New Age systems, which are based on a lot of the Buddhist and Hindu belief systems, are all saying that the mind needs to become dominant. In other words, the dominance of the mind is essential for spiritual enlightenment.

I don't believe that the mind has to be dominant at all. In fact, the reality is as you progress through the dimensions in existence in the spirit world, the sixth dimension, which is the place where the mind is the most dominant, the sixth sphere or the sixth dimension is the furthest point you can progress to with your mind. That's the furthest point. The reality is there are at least another fifteen dimensions above there, but you'll never get to them with your mind. You can't. You have to get to them through the development of your soul, which is a totally different thing than the spirit body's mind.

So let's clarify the mind. You've got your physical body and its brain. You've then got the spirit body, which is your own spirit body, and its mind. That's where the mind is. This is just the brain. That's why a person can have some kind of brain damage, and then the brain repairs itself, and then they remember what was in their mind, because the mind is in another location. It's not in their physical body. So the mind's in the spirit body.

And then you have the soul, which has a mind of its own actually. And the soul itself has a completely different way of "thinking", if we could use the term because its way of thinking is feeling. So when you're in the soul, you actually think by feeling in your soul. So it's very different.



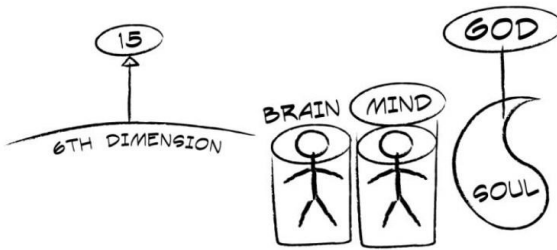
The brain is in the physical body, and the mind is in the spirit body, both of which are appendages of the soul. Development of the soul is necessary for progression above the sixth dimension for at least a further fifteen spheres

So what happens with most of the New Age philosophy, and the Buddhist philosophy, and the Hindu philosophy, is they're teaching that the mind is the way to enlightenment. The mind is the way to grow. But the mind is actually only a part of this spirit body, which actually could disappear because we don't need it. Just like we don't need the physical body in order to exist as a soul.

So in the end this mind has to disappear, it has to go away. And therefore our mind dominance has to disappear. We have to start having a soul dominance in our life, rather than a mind dominance.

Now, the soul is still very logical. Don't misunderstand that it's not logical, because the soul is very logical. It's always logical in fact. It's far more logical than the mind, actually. See the mind is like a computer central processing unit, it just responds to the stimuli. You give it the wrong stimuli, you give it the wrong information, and the mind will do all sorts of things with it. The soul can't do that. The soul is far more clever than that.

And this is where if our soul is connected to God's Soul, our soul in fact now becomes very clever. Because now we're channelling, if you like, feelings and we're channelling the Mind of God. Or we're channelling the Soul of God to our own soul. So now our soul is very clever. It can understand everything in that space.



Forming a soul to Soul connection with God creates a very clever human soul

The problem with the Buddhist philosophies, if you like, of which most New Age teachings are based on, is this mind dominance was done to avoid the process of emotional processing. It was done to get you away from the pain of your own emotions. Whereas what I'm saying is we need to feel the pain of our own emotions because our pain of our own emotions doesn't exist in our mind. Neither does it exist in our brain. The pain of our own emotions is actually in our soul. That's where our pain is, that's where our soul-based emotional pain exists. And unless we release it, we can never, ever be completely free of it. [02:19:57.22]

We can use our intellect as much as we like to deny it, and many spirits in the sixth dimension have done this, including Buddha himself. But they're not going to progress beyond that dimension without having the soul develop, rather than the mind.

13.1.1. Becoming soul-dominant

Jesus:

The seventh dimension is an interesting dimension, because the seventh dimension is where you give up the mind. When I say that, I mean you give up the mind's dominance of your life completely. And you now do everything based on the soul. You don't think about what you say even anymore. It just flows out of you. You don't have to go, "Oh that question meant this, and that question meant that. The answer to that is this," and so forth, and then you say that. It's nothing like that, it just flows out.

It's a bit like, you see some child prodigies pick up a musical instrument, they've never played a musical instrument in their life, and it just flows out of them. They're obviously not using their mind because if it was their mind they would have had to learn something to do it. So they're using their soul. Or in the case of many of them, they're channelling the soul of another person who's learned it.

13.1.2. "Enlightened" people are over-cloaked by spirits

Jesus:

Now the key with this mind development is that it has limitations. And the greatest limitation is that you will never, ever be at-one with God using that form of development. So when people talk about enlightenment, and I've had many emails recently from people who have heard about the Divine Truth because of the media, and they've said to me, "You are basically teaching the same things that Buddha is teaching." I'm sorry, I'm definitely not teaching the same things that Buddha is teaching. Because Buddha was teaching that the way to enlightenment was through the mind. And I am definitely not saying that. Because I know, I've seen Buddha, he's here in this sixth dimension, and he cannot progress beyond that point while he's this mind dominant.

[02:22:06.25] **Participant Female:**

So when people say that they're in a state of liberation, what dimension are they actually in?

[02:22:11.08] **Jesus:** You mean people on Earth or in the spirit world?

[02:22:13.13] **Participant Female:**

People on Earth who say they've attained the state of liberation.

[02:22:16.05] **Jesus:** I feel they've attained a state of self-delusion.

[02:22:19.09] **Participant Female:**

And generally they're over-cloaked by another high level being who is facilitating that experience of some kind of taste of enlightenment.

[02:22:25.01] **Jesus:**

They are most definitely over-cloaked, yes. If you look at many of them, like, for instance David Hawkins; he's written a book describing his own emotional process of feeling enlightened. And what he describes is exactly spirit over-cloaking. Every single person I've ever met, actually, who's described enlightenment on the Earth, has been over-cloaked.

13.1.3. An example of spirits who organise the Oneness movement

Jesus:

I've recently spoken to a group of spirits who are part of the "Oneness" movement on the Earth. Many of you might have heard of that movement. The group of spirits who are part of the "Oneness" movement believed that they were enlightened, like they were "at-one with God" was what they called the term. I've since talked to the leaders of the movement, who are now in the third sphere, they were in the sixth, but they went back to the

third to learn some things, and they've probably progressed since then because I haven't spoken to them for the last year or so. [02:23:30.28]

They had to go through many emotions that they had denied to get to the point of the sixth dimension, through their mind. So they had heavily suppressed their true emotional feelings. And when they started to allow them, they started having many feelings come up, which meant they went back to the third sphere and allowed themselves to feel those feelings.

13.1.4. Limitations of mind-dominance

Jesus:

Mind dominance has a lot of danger in it in that the mind is totally incapable of understanding matters of the soul. So in other words, it's totally incapable of understanding your own soul. It's also totally incapable of understanding the Soul of God. It's totally incapable of feeling the feelings that God feels. It's only the soul that's capable of feeling those feelings. And remember there's a soul union process where the other half of the soul joins you, and that happens at the soul level, not at the mind level. [02:24:35.07]

So it has a severe limitation even on the soulmate relationship, which is a soul-based relationship. So the mind will never help you be at-one with God. It will never help you be at-one with your soulmate. And on top of that, it has huge limitations in terms of progression. You can't progress beyond the sixth dimension without releasing the mind as the dominant part of your controlling force.

13.2. What happens during spirit over-cloaking

Participant Female:

I just have a question about if you are experiencing being over-cloaked by a spirit. It feels like it's a spiritual experience, as in you feel this experience in your soul. That's actually not happening in your soul, or is it? And is this a state of fascination, which is generated from those dimensions, or how does it work?

[02:25:21.10] **Jesus:**

Yes. What your soul is attracting is a spirit who wishes to over-cloak. And what your soul is attracting is a desire to be over-cloaked, if you are. And you've got to look at the reason why you would be desiring that. For most of us it's a desire to get away from our life in some way, to get away from our day-to-day mundane life.

When you are actually living in your own soul, without a desire to be over-cloaked or anything else, you will live passionately in your own day-to-day life. You will not be looking externally for someone or something to give you a feeling in order to live passionately in your life.

The problem for many is that we have a strong desire to avoid our life, because we feel sad about it, or annoyed with it, or frustrated with it, and so forth. And for almost every person I know who's had a spiritual enlightenment position, or rather, it would be better to say, they've been over-cloaked by a spirit who's been attracted to them, that attraction has been caused by them having a desire to get away from their own life in some way, to avoid their own life. [02:26:30.11]

So what I would do is I would always suggest to the person to go back to the point when they felt the feeling the first time, and what feelings were they having just before then? Now, for most people they were having feelings of terrible despondency and despair before then, and that was the reason why they wanted to get out of their own life. And that is also the reason why somebody else come in and help them enjoy their life again from a spirit world.

So there is always a soul-based emotional reason why a person becomes attracted to certain groups of spirits, and why a sixth dimensional spirit on the Natural Love Path would be attracted to the soul of such a person.

My suggestion is when you want to connect with God, you realise that God is never going to over-cloak you. You will get to a point of at-onement with God, but even in that state, you will be very individual. Your individuality, in fact, is much more powerful in that state than any other state below it.

So the reality is you're not absorbed by the mind of God, but rather your soul becomes more of an individual, at-one with God's Feelings. In other words, in agreement with God's Feelings. It has the same feelings God has about all these different issues.

That is a very different state than a person being over-cloaked, and the mind or the feelings of the spirit affecting the person and making them feel euphoric feelings. That state is more like a drug-induced state.

13.2.1. What happens when over-cloaked people pass into the spirit world

Jesus:

The sad part about it is I've seen many hundreds of thousands, millions of people in fact, over my life, who have been in the state of being over-cloaked, thinking that it's themselves at-one with God. And then passing

into a state in the first sphere, and being totally and utterly distraught about how could they be in this condition, when they didn't feel that condition when they were on Earth. [02:28:34.08]

The reality is a spirit who's over-cloaking a person on Earth can no longer over-cloak the person when they're in the spirit world. So now the person is forced to feel themselves, themselves that they were avoiding. And that is a very harsh reality for many of these people to face.

Many of the Indian gurus pass in this state. Just recently, Sai Baba passed. He passed in that state. He visited us – we have some friends who were personally connected to Sai Baba, and he visited us expressing his severe disappointment with his passing because he didn't pass into the sixth dimension, he passed into the first. And it's because of the spirits who were over-cloaking him that he had that experience, plus his own desire to avoid the truth.

13.2.2. Discerning spirit influence from God

[02:29:31.17] **Participant Female:**

So how can you discern when you may have a spirit influence that seems to be like it's coming from God, and it isn't God?

[02:29:39.07] **Jesus:** Does it talk to you?

[02:29:41.07] **Participant Female:**

Well, sometimes I feel they sort of live through me slightly.

[02:29:46.09] **Jesus:**

Well, if you have a feeling that something's living through you, then it's not God, because God never lives through anyone. If you have a feeling that it's talking to you, then it's not God, because God doesn't talk to anyone like that. Because God transmits feeling-to-feeling, soul-to-soul.

[02:30:04.22] **Participant Female:**

Into your own soul, so you would feel it flowering through yourself?

[02:30:07.27] **Jesus:**

Yes, but you become more of an individual, not less of one. You become more yourself, not less of yourself. There are a lot of pointers, and perhaps we should have a long discussion at some point as to all the different pointers that indicate over-cloaking, in particular over-cloaking from a spirit who's got a good degree of development. But these are some of them.

13.2.3. What happens when over-cloaked people pass into the spirit world (continued)

Jesus:

I still get quite sad sometimes watching these people pass. Because they pass, and their level of distress is heightened by the fact of the contrast of what they experienced on Earth compared to what they're now experiencing in the spirit world. They experience very poor entry into the spirit world, with a lot of distress. When on Earth, they felt very happy with themselves and very content. They felt they were God, like in Sai Baba's case, he felt he was God. And when they pass, they arrive in the first dimension in quite a lot of darkness, and it's very, very distressing.

[02:31:17.12] Participant Female:

Do they not remain in denial for the system that still exists in all those other dimensions that supported them all through that experience?

[02:31:25.03] Jesus:

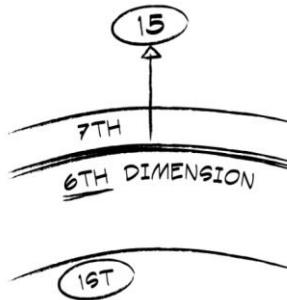
Yes, a lot of times they do remain in denial for a very long time.

[02:31:29.15] Participant Female:

Because if those exist in the other dimensions, then surely they would just pass into another aspect of it?

[02:31:35.28] Jesus:

No, it's not like that. Your soul, remember, goes to your place of development. If your place of development of your soul is in the first sphere, that's where you will go. And many times, then, the sixth sphere spirits, or the higher spirits who were over-cloaking you come to visit you, and explain to you what they did. But as you can imagine the emotions that you feel towards them are not very pleasant. Because you feel like your entire life was taken over.



People who were over-cloaked on Earth often pass into the first dimension, rather than the sixth dimension, where they spirits who were over-cloaking them reside

Many sixth sphere spirits and spirits lower on the Natural Love Path have a strong feeling they're helping you. So they feel, "Oh I'm helping the person. I'm making their life better." The spirits who over-cloaked Sai Baba still feel they made Sai Baba's life better. They have no remorse about their actions. And in reality it was an action that he encouraged. So, in the end, he can't very well blame them for something that he desired. But it is sad to see that when the results occur. That's the sad thing.

13.2.4. Ghandi's passing into the spirit world

[02:32:39.15] **Jesus:**

Whereas someone like Gandhi was totally different, he was in a totally different condition. He was very much in his own self, very much connected with himself. When he passed, he passed in relatively good condition in comparison with most people on the Earth. And he had a very strong desire for truth. He progressed very rapidly on the Divine Love Path. He didn't care whether it was a Jesus teaching or not, he had none of those predispositions towards Christianity. He found the Divine Love Path very, very rapidly as a result of his love for truth. A very different passing. He had one of the best passing any person on the planet, aside from myself, has had, even though he was brought up in the same culture, the same country as Sai Baba. [02:33:33.21]

I think it's time to finish now, isn't it? Yes. Thank you. (Applause)

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