

DIVINE TRUTH

Deconstructing the Façade & Experiencing the Hurt Self

[Divine Truth](#)

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

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Preface

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

Compilation from the Assistance Group (Group 1) 2014:

In the Understanding Self Introduction seminar, Jesus opens a series of discussions on the subject of understanding self, and introduces the concepts of the real, hurt, and facade portions of ourselves. He also raises the issue of how development and growth can only occur by deconstructing the façade, emotionally experiencing the hurt, and developing the real self.

In the Deconstructing the Façade seminar, Jesus presents material showing the intellectual and emotional steps that will be required to deconstruct any part of ourselves not in harmony with Love. He shows how most people have barely begun the emotional steps of deconstruction, and this is why real change has not been possible. He also introduces the concept of sin, and the importance to recognise it.

In the Experiencing the Hurt Self seminar, Mary presents additional information about what will be required to experience the hurt self. She makes practical suggestions about how to deconstruct the hurt that exists inside of each person preventing their ability to love and be happy.

In the Façade & Hurt Self Homework, Jesus engages the audience in examining their own homework on the subject and answering more detailed questions.

The seminars used for this compilation are:

- Understanding Self Introduction (AG) – [July 13, 2014](#)
- Deconstructing the Façade P1 (AG) – [July 13, 2014](#)
- Experiencing the Hurt Self (AG) – [July 13, 2014](#)
- Façade & Hurt Self Homework (AG) – [July 18, 2014](#)

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

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UNDERSTANDING SELF – INTRODUCTION

1. Introduction

Jesus:

The whole focus today is on understanding yourself, understanding self; that's our focus. There are three areas we're going to focus on. There are more than three that we could focus on, but the three areas we're focusing on today are the three areas that we feel people need the most assistance with, at this point in time. There is a lot more information we could present on the subject of understanding yourself, but today we want to focus on the things that will help you the most, at this point in time, so the talk that I am now going to give to you, is basically an introduction to yourself.

G'day my name's Jesus, what's yours? (Laughs) An introduction to yourself, and most of us have no idea who we really are, that's to be honest. We have very little idea of who we really are, and the main reason why we have very little idea of who we are is that we've never given ourselves much contemplation from an analytical perspective, and most of us as yet do not understand the soul. Most of us are still very focused on the appearance of the physical body. Some of us have got an idea, "I've got some spirit body behind everything, that seems to be governing some things," but very few of us really understand our soul at this point. Today we're going to talk about why that's the case, why we struggle with understanding our soul. [00:02:17.07]

But before we get started on this subject, which I feel is a very fascinating subject ... I've spent a lot of the last two thousand years attempting to understand myself, and understand the human soul and how it functions. If you can understand the human soul and how it functions, you have a great capacity for personal growth, an infinite capacity, in fact, for personal growth.

The soul is one of the most – and I believe is the most – fascinating creation of God. It is the highest creation of God; it is the most complex creation of God, and all of the Laws of the Universe have been created in order to govern the way the soul functions. Even the Universe in which you live has been created specifically for you to learn about how your soul functions.

God created the souls, and then God created the universe that is perfect for the souls to live in. If you think about it from God's perspective, the highest creation, the human soul, was given a lot of lower creations, the Universe, the creatures in the Universe, all the matter in the Universe, and all these other things. [00:03:41.05]

Also when I say Universe, I'm really talking Universes, because they are multi-layered; you've got the physical universe, then you've got different spheres in the spiritual universe, and then there are actually other universes just relating around pure soul functions, that all come into existence as you grow. Your soul is this fascinating thing, that even creates universes by its own creation, because of the framework that God has created for your soul to live in.

At the moment on Earth, we're not thinking that way of course, because we feel so limited and we feel so restricted, but we need restriction in the place we're in now, because if you were given unlimited power right now, you would badly misuse that ability.

To actually have true power in the Universe in which you live, you need to know about love, and you need to know about how the soul functions. That knowledge is not going to come to you through some kind of New Age process, where all of a sudden you're a magical being, after not being a magical being for fifty years. It doesn't happen like that; it can't. In fact, God designed it to not happen like that. That is called spirit over-cloaking and possession, and my suggestion is to avoid that – it's never going to do you any good.

2. Jesus' observations regarding stagnation

[00:05:09.06] **Jesus:**

What do we need to talk about, with regard to understanding our self? Well, let's firstly focus on the issue of stagnation, shall we?

What I have observed when people are stagnant: Most people don't really understand themselves; most people don't even want to know God, and most people have really never come face-to-face with the truth about themselves. In fact most people resist the process of coming face-to-face with the truth about themselves; this is what people who become stagnant don't do.

What do they do? Let's have a look at the next slide. They want to ignore their own true condition. They want to ignore God. They want to ignore their feelings and their emotions and experiencing things. They want to ignore what God created them to be. This is why we are completely unaware, as humanity, from humanity's perspective; we're completely unaware of what's really going on. [00:06:21.07]

These are the primary issues of stagnation. Let's go to our next slide and have a look at it, and I'm going to present this information today quite quickly, so let's have a look at our next slide.

2.1. The importance of understanding self and how you were made

Jesus:

What's the importance of understanding yourself? Well obviously, what I've just said is really important for you to remember. The whole universe has been created for you to learn about yourself; it's your playground.

Now, I don't know if you often think about the council playgrounds that they make in Australia, the community playgrounds that we have here, they don't prevent you from having accidents, do they? They're focused on giving you some fun and potentially, depending on if you do something wrong with those pieces of equipment, you might have some accidents.

When you're on a playground and you have an accident, what do you do? Usually a child would have a cry and then get back up, on the playground, because they love playing on the playground. What do we do as adults? We have an accident, we have a mistake, we sit down on the ground and instead of crying, we don't cry at all and then we say, "I'm never doing that again." And we don't; that's what we do. [00:07:45.17]

We've got to stop doing that; we've got to start seeing the Universe like a great big playground that we can play in, that we can experiment with, and it's all to help your soul grow, and for you to come to a true knowledge of who you are. Without understanding self, you can't grow. Without knowing where you're starting from, you can't grow. Without understanding how your soul's made, you can't grow.

What we want to do, and what we'd like to see on the planet, is that everyone becomes aware of their soul, and aware of how their soul functions. Part of what I'm going to discuss with you today is about that.

As you know, on the internet – many of you would already know – we've done a whole series of FAQs on the human soul, and how it functions already. If you haven't had a look at that material, my suggestion is that you have a look at it. It's on the FAQ channel of YouTube or, if you've got it on your hard disk drive, it's under FAQs – Human Soul. You'll see the list there of how the human soul functions. There are eight discussions, some of which I had with Luli, and some of which I had with Mary. My suggestion is: go through that material; it will help you understand your soul. Without understanding your soul, you won't be able to grow.

3. Introduction to the three selves

Jesus:

Now a concept that I've talked about to you previously, is the understanding of the three selves. You remember that concept? Can you remember what the three selves are? We can do them one by one; it doesn't worry me which one you come up with first.

[00:09:38.20] **Participant Female:** I'm naming just one?

[00:09:43.01] **Jesus:** Yes.

[00:09:44.01] **Participant Female:** Our facade self.

[00:09:45.17] **Jesus:** Your facade self.

[00:09:56.29] **Participant Female:** Your hurt self.

[00:09:57.25] **Jesus:** Your hurt self.

[00:10:09.13] **Participant Female:** The real self.



The three selves

Jesus:

The real self, okay. Today Mary and I are focusing you, in particular, on two of those three selves, but in this introduction part, we are going to discuss all three selves. We're going to give you a bit of an idea how to recognise these three selves. What we've done is, we've introduced you to the three selves – the undamaged self that God created, and the hurt self.

What created the hurt self? No not just that – what was said there was, "Parents." There's something else that also contributes to the hurt self. What is that, do you think?

[00:11:09.25] **Participant Female:** Our environment.

[00:11:11.29] **Jesus:**

It's our environment, yes, but there's more to it than that. See, our environment is external to ourselves, is it not? What else creates the hurt self?

[00:11:29.20] **Participant Male:** I do.

[00:11:31.09] **Jesus:** Yes. How?

[00:11:32.20] **Participant Male:**

By not feeling what the environment created in me, and then damaging others and myself.

[00:11:38.11] **Jesus:**

Yes, so there are two processes: there's the choice to not feel what's been done, but then there's also the choices you make that are out of harmony with love, that also hurt yourself – yes, definitely. What creates the facade self?

[00:12:00.25] **Participant Male:** Supporting our addictions.

[00:12:02.19] **Jesus:**

Yes, but where did this process start, Alan? Like, did it start in our adulthood? Did it start in our childhood? What began, or created, this desire for us to create a facade?

[00:12:21.06] **Participant Male:**

I created it by the desire to avoid my own pain.

[00:12:28.11] **Jesus:**

Yes. You participated in the creation of the facade, but how did you come up with the idea that it was a good thing to do?

[00:12:36.11] **Participant Male:** My environment.

[00:12:36.27] **Jesus:**

Correct. Somebody in your environment, usually your parents, illustrated that to you by doing it themselves, and many times they actually forced us into doing that. Again, there are two parts to the creation of the facade self. That is firstly, we had a lot of hurt and we decided to deny that hurt, but then we were also helped in doing that, because our parents and our environment illustrated to us how to do all that. That's how we learnt how to do it; that's the creation of the facade.

That's just a general introduction; now what we want to do, is go into each individual self. Let's do that, shall we?

4. What is my real self?

[00:13:16.18] **Jesus:**

Let's focus our attention now on our real self; let's do that. Let's go into a

bit more detail about what parts of that self are, and who created it. Who created the real self?

[00:13:47.26] **Participant Female:** God created our real self.

[00:13:52.13] **Jesus:**

Is that strictly true? Well it is true that God created parts of our real self, so let's have a look at our real self.

4.1. God created the personality of our real self, the soul, and laws that govern the soul

Jesus: God created what parts of our real self?

[00:14:23.19] **Participant Female:** Our personality.

[00:14:25.18] **Jesus:**

Our personality. Yes, this is very important, isn't it? Anything else that you can think of that God created?

[00:14:38.05] **Participant Female:** Our soul.

[00:14:40.12] **Jesus:**

Our soul, but that is our real self, so you're talking about the same thing.

[00:14:48.01] **Participant Female:** So, within the soul ...

[00:14:49.06] **Jesus:** What did God create within the soul?

[00:14:51.04] **Participant Female:** Our desires.

[00:14:53.01] **Jesus:** No.

[00:14:54.01] **Participant Female:** He didn't?

[00:14:54.21] **Jesus:** No. Who creates our desires? We do.

[00:15:01.27] **Participant Male:**

God creates the actual container of the soul.

[00:15:07.00] **Jesus:**

The actual physical container of ourselves – yes, that's true. You could say: God does create the soul, which is the container of what? This is getting all too complicated already.

[00:15:30.29] **Participant Female:**

Is it the physical container for the physical and spiritual bodies?

[00:15:39.25] **Jesus:**

Well no, because they are just attachments to the real self. They are, if you like, expressions that other people actually create, so who creates the spirit body and material body?

Participant Female: Your parents.

Jesus:

Yes, your parents. When they had sex they conceived you, and during the process of conception, the two bodies that are attached to the half of the soul, are created. God didn't create that. God didn't create the spirit body or the material body. God created the laws that govern its function.

God created the laws that govern the function of the soul, and all of the attachments that can happen to the soul, of which the spirit body and material body are two; they are all governed by laws as well. Those laws are all laws that govern the function of the soul. Even the way the soul splits into two halves is governed by a law. Everything is governed by these laws.

And so the soul God created, the governance, or you could say the framework within which the soul exists ... Then God creates the personality. Is there anything else you can think of that God might create?

[00:17:11.11] **Participant Female:** True passions.

[00:17:17.26] **Jesus:** No.

[00:17:24.29] **Participant Female:**

Would it be the longing for God's Love itself even in our real self, that's not there?

[00:17:30.06] **Jesus:** No, interesting hey?

4.2. God created instinctual characteristics and attributes of the soul

[00:17:37.19] **Participant Female:**

Is it that He creates the potential for our will, for how we use our will? Like, He creates our emotions? Like we have the choice to feel it?

[00:17:48.24] **Jesus:**

Alright, now let's look at this emotion thing. You could say the soul has some instinctual characteristics, could you not? Being emotional is one instinctual characteristic of the soul. Being emotional is one of those instinctual characteristics. God created the instinctual characteristics of the soul – we'll go through some of them soon.

REAL SELF - PERSONALITY
 SOUL-CONTAINER....
 LAWS GOVERNING FUNCTION
 INSTINCTUAL CHARACTERISTICS

Aspects of the real self created by God

[00:18:38.01] **Participant Male:**

Would an instinctual characteristic be a desire to absorb truth? Or just our ability to receive truth from the environment, or error, I guess?

[00:18:49.23] **Jesus:**

Yes, God did not create any of your desires. Even a desire to absorb truth, God did not create that, but God did create an instinctual characteristic called inquisitiveness. There's a difference between desire and inquisitiveness; inquisitiveness is a natural characteristic of the soul.

You look at a child, you place a child – any child that's just one or two years of age – in a new environment. What does it do? It goes around experimenting with the boundaries of the entire environment, does it not? It taste-tests everything, smell-tests everything, crush-tests everything, and works out how everything in its environment works. That desire to do that, it is not really a desire, it's an instinct that God created in part of the soul. It can be developed further into passion and desire, but there's a natural characteristic of the soul that can be developed.

This is probably the best way to describe it – instinctual characteristics and attributes. It's like, if you look at anything in God's Universe that has a body, or some kind of function, like an organism that has some kind of function, they all have instinctual characteristics built in.

A bird's instinct is to fly. It knows how to fly by instinct. It has to be taught, just very quickly. Usually within a day it's flying. It knows how to use its wings; it's an instinctual process. All of the animals in God's creation have instinct built into them, and we, being one of those animals, also have instinct built into us. [00:20:38.22]

The human soul has a whole series of instincts built into it. They can all be developed or suppressed, and who does the developing? We do; and who does the suppression? In the end we do, or we do it to someone else, and then they learn to do it to themselves. So, the personality of my real self is created by God.

4.3. Development and expression of the real self

Jesus:

The expression of my real self is controlled by myself. The development of my real self is controlled by myself.

My real self has the ability to grow and change. It also, by the way, has the ability to attempt its own self-destruction, without actually ever destroying itself. You can grow and change in a positive direction, or negatively, and it can be your real self that does those things.

At my conception, my real self has not been hurt and it does not play facade. Notice I'm being very specific there: at my conception, it hasn't been hurt or play facade. [00:22:11.16]

After that point, what happens to that real self depends very much, firstly upon the environment that allows that real self to develop, and also your own choices. They are the two biggest causes of change in the real self, and in the long run, it is your choices that have by far the greatest effect.

Most of you at this point in time think it's the other way around – you think it's the injuries coming from your environment that have the greatest effect, but actually that's not true; it's your choices that have the greatest effect on your soul. This is why Mary raised the issue of will with you yesterday; it's your choices that are the expression of your will.

[00:22:59.17] **Participant Male:**

So you can't blame your choices on your environment, AJ?

[00:23:01.15] **Jesus:**

Dead right, you can't. For example, a person who abuses another person can't blame it on the fact that they have personally been abused. I know many people who have been abused in their childhood who have never abused somebody else purposely in their entire life. It's a choice to blame it, and a choice to abuse, and this is what we need to see. Sometimes this choice was made very young, and therefore it's coloured a lot, and sometimes the choice has been influenced by others, in particular people in our environment – usually our parents. But in the end it is our choices that determine the kind of person we become. [00:23:40.23]

Now isn't that a freeing thing? Because that means it doesn't matter what family you were born into, and how damaged that family was, it's your choices that in the end will determine who you will become. I know. I've had many friends in the spirit world who have had shocking lives, far worse than any of you have ever had, and they are very happy people, because of their choices, in particular, the main choice, which was the choice to receive God's Love. That was their primary choice, and that choice healed them of all of their past pain. Now most of them hardly even remember the past pain – you've got to give them a minute or two before they can remember, because all of the emotional signature of those choices has gone.

So your choices are by far the greatest influence on your life. Stop blaming your damage as being the greatest influence, because it is not the greatest influence on you. It's your choices that are the greatest influence on you. It's a very important thing to understand, and your choices determine what happens to your real self.

4.4. Instinctual characteristics of the real emotional self

[00:24:59.16] **Participant Female:**

The instinctual characteristics, is that the same as the potentiality that God gave us?

[00:25:05.05] **Jesus:**

Yes. Let's look at some of them, shall we? From an emotional perspective, from a soul-based perspective, what are some of these instinctual characteristics that can either be developed or suppressed? Shall we have a look at them? Let's have a look at the whole slide.



My Real Emotional Self ...

- Is sensitive, aware, perceptive and insightful
- Is expressive, animated, communicative, open and unrestrained
- Is honest, truthful, sincere, frank, candid, blunt and transparent
- Is adventurous, courageous, daring, bold, creative, brave and audacious
- Is curious, inquisitive, questioning, probing, searching and enquiring
- Is emotional, feeling, sensing

Instinctual characteristics of the real self created by God

Our real self is sensitive, aware, perceptive and insightful. In other words, God created you in your real self naturally, as an instinctual quality, to be aware, perceptive, and sensitive; that's how God created you to be. This creation was in every one of you; none of you have a different amount of it. It's all something that God put in you as an instinct to be. Some of us now of course are very insensitive, and have no awareness and so forth. Well that's because of the things that happened, or the choices that we've made about the things that happened to us.

God created us to be like this. God created us to be expressive, animated, communicative, open and unrestrained. Does that sound pretty good? That's how God created us to be. Of course many of us are now not communicative, not open, we're very restrained, but that's all to do with damage that occurred to the soul, after this time. God created us to be honest, truthful, sincere, frank, candid, blunt and transparent; God created everyone to be like that. [00:26:51.12]

These are not personality traits; these are instinctual traits that God placed inside of the soul. You need to stop seeing them as personality traits. It's like, "Oh he's really open and honest," as if it's him. No, it's an instinct of everybody's soul to be open and honest; he just happens to be less damaged in that regard. Everyone you meet in the Celestial Heavens, this is what they are like – they are adventurous, courageous, daring, bold, creative, brave and audacious. [00:27:27.17]

When you look at a child, isn't a child like that? A child that hasn't been damaged very much, often they are like that. You think about it: when the child learns to walk, don't all those things apply? It's trying to do things that it definitely doesn't even have the capacity to do. It looks at a long stairwell and what does it do? It goes, "I'm going down, I'm going down." And it's like, if it's just crawling, crawl down, but if it's walking? No it's not going to crawl anymore, that's behind, "I'm going to walk down," and sometimes it's a tumble down, but then what does it do? Does it go, "Oh I went down one stairwell. I'm never going down one again"? This is what we do. No, the little child who's connected more to their real self goes, "I'm doing that again." And they can.

I remember my youngest son Caleb. My parents had a stairwell and he got up one night, as he usually did in the middle of the night – he always got up in the middle of the night, and he started walking around the place and rolled himself down the stairwell. So we wake up to this crash, bang, screaming whatever; five minutes later he wants to go down it again. It doesn't matter to him. [00:28:45.25]

Curious, inquisitive, questioning, probing, searching and enquiring, that's the instinctual part of our self. That's what we feel like.

4.5. Characteristics of the real emotional self that can be developed

Jesus:

Now there are a few corrections in this version; I'll have to make them as I go. When I say, "The real self is emotional, feeling, sensing, wise, intelligent, clever, gifted and logical," if we just go to the wise, intelligent, clever, gifted and logical, they are things that you can develop, but the "emotional, feeling, sensing" is something that God created within you as an instinctual thing. [00:29:44.06]

This is why on the last point I've placed, "My real emotional self can develop to become sensible, practical, responsible, accountable, dependable and rational."

My Real Emotional Self ...

- Is sensitive, aware, perceptive and insightful
- Is expressive, animated, communicative, open and unrestrained
- Is honest, truthful, sincere, frank, candid, blunt and transparent
- Is adventurous, courageous, daring, bold, creative, brave and audacious
- Is curious, inquisitive, questioning, probing, searching and enquiring
- Is emotional, feeling, sensing
- Can **develop** to become wise, intelligent, clever, gifted and logical
- Can **develop** to become sensible, practical, responsible, accountable, dependable and rational
- Can **develop** to become loving, caring, kind, gentle, considerate and compassionate

Now how many of you ever thought that your real self was dependable, responsible, rational? You know a lot of times we throw all that away. The Logical Song from Supertramp says something like "When I was young I was ..." all these different things, and then "They taught me to become sensible, practical, responsible," as if that was a negative thing – that's not a negative thing. That's a part of what you can develop your soul to be.

We can develop our soul to become loving, caring, kind and gentle. By the way, your soul is not naturally loving, kind or gentle; it's not an instinctual quality. God created you with the potential to be, but it has to be developed by you, the person who has control. There are whole areas of your real self that are instinctual in their nature, which we've listed, and then there are areas of yourself, and by the way there are far more

areas of yourself, that can be developed. And who develops? Yes, you; you through your choices develop that real self. [00:31:20.21]

God does not force this development upon you, and God will never do so; it has to be a choice you make, to develop. So our real self is not just what God created it to be, although it is a large part. At the time of conception, it is all of what God created it to be, but as you develop over time, as you grow, as you change, as you make choices, you are actually developing your real self. You are making changes to your soul – changes, some of which later you will have to choose to undo, if you ever want to be loving, kind or gentle. So does everyone get that so far? Is it logical? Yes.

[00:32:22.12] **Participant Female:**

I just want to recap to make sure I've really understood this. The emotional, feeling, wise, intelligence, clever, gifted and logical qualities are also falling into the category of ones that we can develop?

[00:32:36.15] **Jesus:**

Yes of course. All of these qualities are ones that we can actually develop. It's like a bird who knows how to fly but it can't fly very well. Well it can develop its gift of flying, to be an expert eventually if it wanted to be. Of course a bird doesn't have that soul-based quality, where it can make decisions for itself, so it doesn't choose such things. We, being the highest of God's creation, our soul being the highest of God's creation, have the ability to choose such things, have the ability to be self-aware.

[00:33:10.21] **Participant Female:** And that's the gift of free will?

[00:33:10.21] **Jesus:**

Yes. The free will itself is a gift, an instinctual gift God's given to the soul. That is another one of these things that are a part of the instinctual, or you could say the created, attributes of the human soul. There are many of them; we've only listed a few. Just to help you identify. There are many hundreds, thousands, millions in fact, once you start developing different things in your soul. You start realising, "Wow, this was something that I never knew was there, but now that I realise God created it, I can develop it."

[00:33:46.26] **Participant Female:** That's pretty awesome.

[00:33:46.26] **Jesus:**

It's pretty awesome, yes, and bear in mind the soul, this real self, has the ability to infinitely expand. If you think about that from a conceptual perspective, that means there must be an infinite number of qualities eventually, that you can develop and expand, from a logical perspective.

People who have been working on their soul for two thousand years like Mary, myself and others in the spirit world who have been doing that, have developed whole areas of our soul which you actually know nothing at all about at this point. You will know about them by developing your soul, the way God designed it to be developed.

5. Audience questions

5.1. Damage creates different characteristics to what is instinctually in the real self

[00:34:36.14] **Participant Female:**

From the list up there, it makes me realise the potential as parents that we have, for damaging and shutting down our children in just so many areas.

[00:34:49.24] **Jesus:** Correct.

[00:34:51.09] **Participant Female:**

Because I think of those things as being characteristics of the child, not something that's been God-given.

[00:35:02.18] **Jesus:**

It's pretty amazing, isn't it? The beauty of learning about the soul – and this is what I've personally found through my life – the beauty of learning about the soul is that you start realising a lot of things you never knew before. Like honestly, this kind of stuff should be in universities.

[00:35:18.07] **Participant Female:**

Because we just label a child, "Oh he's not daring," or "He's not this," or "He's not that."

[00:35:22.13] **Jesus:**

No, and we've got to be very careful about what is an instinctual quality that God created to be in every person's soul, and what we have done to this child. Often it's quite a large amount of damage that we've done to this child – to create it to be completely different to the instinctual natural part that's normally there, that God created to be there.

5.2. God created the potential to introduce new characteristics to the soul through receiving Divine Love

Jesus:

Remember that God also created the potential of you developing your own qualities. That means the framework, the laws by which your soul is governed, allow for God to actually introduce new attributes and characteristics into your soul from His soul. This is what receiving Divine Love does. Receiving Divine Love introduces new characteristics into your soul that you never had before, and you never had the potential of having. It's a remarkable design, the soul. It's amazing. There's so much that we could talk about with the soul; we are just introducing you very briefly to this subject.

5.3. Astrology does not accurately reflect the soul's attributes

[00:36:29.20] **Participant Female:**

Knowing this, this would override the whole thing of horoscopes and personality analysis and all that type of stuff?

[00:36:39.28] **Jesus:**

Of course. Don't forget that if a soul incarnates into another world in the Universe, then obviously there's a whole heap of different lunar and solar and astronomical things that govern when they arrived. Why would there be any relationship between that and their soul? The fact is, you can develop anything in your soul, any quality whatsoever, so that you don't have a predisposition towards certain things. You do have a personality that God created though. So yes, my suggestion with this astrological stuff, just give it up. It's all addiction anyway.

5.4. God created the potential to introduce new characteristics to the soul through receiving Divine Love (continued)

[00:37:23.13] **Participant Female:**

When we release a causal emotion and we receive God's Love, you were saying how we get new qualities that weren't there?

[00:37:42.03] **Jesus:**

Can I correct you on a number of levels? Firstly when you release a causal emotion, there's no guarantee that you're going to receive God's Love. Receiving Divine Love is about your pure desire to receive it. Secondly yes,

you're right, when you receive God's Love, there are openings that are created in your soul that were never there before, and are not a part of the instinctual part of your soul, but rather a part of the framework that God created as the potential for your soul. There's a whole list of attributes that are all about your potentials, that are completely separate to the instinctuals.

Now honestly, we could talk for days and days and days about this subject. I'm trying to get through, and I'm already behind time, on a number of other aspects here. You could ask hundreds of questions here I know, but what I am trying to do is help you come to a brief understanding, just very quickly, and then something for you to think about and we can expand upon it later. Is that okay with you?

6. What is my real self? (Continued)

6.1. Reasons that my real self lacks development

[00:38:41.26] **Jesus:**

So let's move on. My real self lacks development right now. What are the reasons it lacks development? Let's go through them. Firstly, others created damage or hurt to my real self at a very young age. In fact, when I say a very young age, the damage began at conception. That's why there's some lack of development in our real self.

Secondly, others attempted to force us into a facade to suit them, at a young age, which further damaged my real self. They weren't content with just hurting us, they also wanted to mould us into being something different to what God created us be naturally, and that of course then caused additional damage to us.

Okay what's next? I continue to damage and hurt myself through my choices. There was damage given to me at a very young age, there was damage that happened due to an establishment of a facade, suppression of my real self and so forth, that's damage, but then on top of that, I made some choices.

In fact, as I said to you earlier, the biggest amount of damage that happens to the human soul is because of the choices you make. And the biggest positive effect that happens to the human soul is because of the choices you make. The same thing determines how much damage, and how much positive things occur in the soul.

6.2. God created us to be fully self-responsible through our choices

[00:40:20.05] **Participant Male:**

Can I ask a question about that? Let's say you've got two people who've had quite similar upbringings, like they've had similar soul damage to them, and then one chooses to make a loving choice to feel some of their emotion, rather than act it out, and the other person doesn't. Is there anything inside of them that makes them do that, other than that they just decided? And that's the bottom line, that's just it?

[00:40:55.03] **Jesus:** Correct.

[00:40:55.18] **Participant Male:** You just made a choice.

[00:40:56.23] **Jesus:**

You think how unfair it would be if God put inside of some of the people a will to make a choice negatively, and then other people a will to make a choice positively. Would we then be equal? No, of course we wouldn't. God never placed any predisposition inside of your soul to do something evil or good. God created a framework for the soul to exist in, and your choice to do something evil or good is completely dependent upon you.

Can you see the self-responsible being God created you to be? See, many of you have not been taking full self-responsibility. You've been blaming it on other people. You've been going, "Oh now that I've learnt about emotional damage it's all my parents' fault." Or, "Now I've learnt about emotional damage it's all something that happened in my childhood's fault." No, it's not. [00:41:47.16]

It's all to do with the choices you make, and like I said, by far the greatest effect that ever will happen to your own soul is as a direct result of the choices you will make. That is the biggest effect that will ever happen to your soul. As I've said, there are people that have been damaged far more than you've ever been damaged, who are now very, very happy because of the choices they have made, as a result of their engagement of their will to love.

Isn't that good news? I think it's good news, because it means that it doesn't matter which family you came into on Earth, you've got some hope. All you've got to do is engage your will and things can change. Isn't that really positive? I think it's positive anyway.

6.3. Multi-generational sin prevents children being born as their real self

[00:42:39.18] **Participant Female:**

As an elder person with lots of children and grandchildren, it makes me realise the real importance of repentance in my life.

[00:42:47.14] **Jesus:**

Yes, and this is why we're going to have a long discussion with you about the principles of repentance and forgiveness on Tuesday, in a couple of days' time.

You can see that we're doing huge amounts of damage to children by the time they are even born, just because of what we hold onto, the influences we have upon them and so forth. We're just causing all sorts of problems, and of course that then pulls them away from their real self and complicates their life.

Can you imagine if every child was born as their real self, with no additional damage, no hurt, no facades already created, how much easier would it be for that child to learn, grow, understand, even do things like playing music, enjoying their life? They'd find everything easy after that, and this is the multi-generational sin that gets passed down from generation to generation. It has a huge effect on the real self.

6.4. Reasons that my real self lacks development (continued)

Jesus:

Okay, let's keep going. I continue to develop the facade to meet my own and others' expectations. I did that; I chose. Consequently, my real self remains undeveloped, untrained and usually remains a potential only, at this stage.

You could think, all of you at the moment, of being little tiny baby-conceived-souls in adult bodies, or seemingly adult bodies who have yet to learn anything about even their own adult bodies, let alone anything else, because of the damage and the facades that have been created. So we could call the real self your unknown potential self at this stage.

Now, how is it going to become known? Through your experimentation with life; that's how it becomes known. It doesn't become known by you sitting in a room and trying to work yourself out; it becomes known by you experiencing and then developing the experience of life. Life is this

wonderful gift God has given you to find out about your real self. I think it's just wonderful!

7. What is my hurt self?

[00:45:15.06] **Jesus:**

Okay let's go on to what's the hurt self. The question is, who created the hurt self? We've already talked about that, so let's go through some of these things.

It's created firstly by others harming me. Right at that time of conception, because my parents chose to hold onto their unresolved emotional issues, hold onto their rage and their anger and their fears, and all the other emotions they were holding onto, our parents chose to hold onto all of those things right before we even arrived, what happened was that those feelings entered me; they began to enter me as soon as I came here.

HURT SELF

• OTHERS HARMING ME

Because my soul was undeveloped, my soul began to absorb this emotion, because it's an instinctual part of the soul to absorb emotion. These emotions started to be absorbed from the parents, and from the environment. That's how some of the harm was created.

I then chose to harm myself further by injuring others. In fact, did you know the greatest amount of hurt that's inside of you is related to how you've hurt others? It's not the other way around. Most of us think that the greatest amount of hurt that's in us is because of what others did to us. It's actually the other way around. Let's keep going.

It's stagnant – and this is a very important part – it's stagnant at the age the damage or harm was created. What that means is, let's say you were two years old, and some damage entered your soul. That damage is now – because it wasn't released, it wasn't felt and experienced – locked up in your soul at that age. [00:47:15.17]

This is why many of you act very childish under certain circumstances, because the hurt is locked up at the age, and then that hurt gets triggered emotionally, which it's going to be because God created a Universe by which the soul will grow. Therefore God created a law called the Law of Attraction, which is going to trigger any damage to try to release it. And what most of us do instead of releasing it we act upon it further and so what we do, even as an adult sometimes, we act like a two-year-old.

And you've seen that, haven't you? Particularly when people get drunk, you see that happening very frequently, where they lose all their facade, and they're back in their damaged self, acting out all of these different things at different ages. They'll swing from one to the other; they'll be very uncontrolled, you could say, throughout the whole experience. This stagnancy thing is really important for us to understand, because remember, we have the choice to undo all of this hurt. Mary's going to talk to you about that later today. One of the functions of undoing all of this hurt is understanding that this hurt, is actually going to feel very much locked up at the age in which the hurt was experienced. This is very important to understand. [00:48:38.05]

The hurt self contains most of my own inner causal emotional pain and suffering – not all, by the way – but a lot of it is contained by my hurt self. In fact, if my hurt self releases emotion, and releases through experiencing the emotion, then what will happen is that inner pain and suffering will be released. It's important that we understand that.

We could call the hurt self, "My hurt child," if you like, in that many of the hurt self experiences are childish in their nature, because most of that hurt, a lot of the hurt occurred during our childhood. As such, it is locked up at that age, and because it's locked up at that age, it's going to feel childlike as you are experiencing it. It's going to feel childish and childlike as you experience it. Are there any questions so far about that?

8. Audience questions

8.1. Causal emotional pain is stored in the hurt and facade selves

[00:49:47.20] **Participant Female:**

If not all of the pain is locked in that hurt self, where else is it?

[00:49:54.01] **Jesus:**

It's in the next self, the facade self. There's a lot of pain in the facade self. We'll talk about that.

8.2. Some pain in the hurt child disappears when passing into the spirit world

[00:50:06.06] **Participant Female:**

I think I've heard you mention before, I might be mistaken here, when

you pass into the spirit world the damage that you had in the hurt self, that was caused by other people harming you, disappears?

[00:50:27.21] **Jesus:**

It can do, but not through the things that you've done as a result of the choices that you've made; that won't disappear. Remember, I said that most of the damage to the hurt child comes to you because of the choices that you have made. Some of it will disappear.

[00:50:44.12] **Participant Female:** So if you hadn't acted on ...

[00:50:46.05] **Jesus:**

Can you see though, your motivation for the question? You want to wait until then before you deal with some of it, and my suggestion is: don't do that. Don't wait until then before you deal with your damage, because you think that some of it can be dealt with by some mysterious process, once you hit the spirit world. Do it now.

8.3. Hurt in the hurt self is locked into the soul at the time damage was caused to another

[00:51:15.10] **Participant Male:**

With the hurt self, the damage that you've done to somebody else, what I've been thinking is my eldest son, or all my children, but in particular the one I am feeling at the moment is my eldest son ...

[00:51:31.22] **Jesus:**

... only because he's the one reflecting it the most.

[00:51:35.21] **Participant Male:**

Oh yes. For me the hurt, is that locked in at the time I did the damage?

[00:51:42.03] **Jesus:**

His hurt is locked in at the time you did the damage; for you the hurt is also locked in at the time that you did the damage. If you did the damage when you were thirty-five, then you'll also have hurt self emotions to feel about what happened when you were thirty-five.

9. What is my hurt self? (Continued)

[00:51:58.09] **Jesus:**

Okay, let's proceed. My hurt emotional self, how does it feel? Let's go through some of the feelings. It's pained, hurt, aggrieved, wounded, injured, upset, and distressed. You recognise some of those feelings? Yes?

It's timid, nervous, shy, fearful, hesitant, apprehensive, cautious, and concerned. You recognise some of those feelings? Yes. [00:52:26.14]

What's next? It's fragmented, disjointed, uneven, suppressed, dormant, undeveloped, concealed, and embryonic. Are we getting a feel of what it feels like in there? The hurt self, it's humiliated, shamed, embarrassed, disgraced, unfavoured, and self-conscious.

The reason why I am listing many of these emotions for you, is so you can connect to the bits and pieces that are you emotionally. Many of you, when we started to list the real self, felt quite emotional as you were reading some of those parts. As you read through some of this, you will feel quite emotional too, because this is the hurt associated with you. Allow yourself to feel those emotions.

It's rejected, discarded, unwanted, and unneeded by others. It's angry, rebellious, self-absorbed, self-centred, and lacks awareness of its surroundings. That's your hurt emotional self.

My Hurt Emotional Self ...

- Is pained, hurt, aggrieved, wounded, injured, upset, and distressed
- Is timid, nervous, shy, fearful, hesitant, apprehensive, cautious and concerned
- Is fragmented, disjointed, uneven, suppressed, dormant, undeveloped, concealed, embryonic
- Is humiliated, shamed, embarrassed, disgraced, unfavoured, and self-conscious
- Is rejected, discarded, unwanted, and unneeded by others
- Is angry, rebellious, self-absorbed, self-centred, and lacks awareness of surroundings

There's much more we could list in there obviously, and you can actually, as an exercise at some stage, allow yourself to work your way through what is actually inside of you, that is connected to this hurt emotional self.

9.1. Reasons my hurt self (hurt child) lacks development

9.1.1. Each hurt is "frozen" at the age the hurt occurred

[00:53:45.16] **Jesus:**

That means, our hurt self lacks development, just like our real self lacked development, because of all the suppression and everything. Our hurt self lacks development because each hurt is frozen at the age at which the hurt occurred. That means that parts of you are two, parts of you are three, parts of you are four, parts of you are five, parts of you are six, parts of you are seventeen, parts of you are twenty-five, parts of you are thirty-three, depending on how old you are; parts of you are any potential age between where you are now and zero, when you were conceived.

[00:54:25.06] **Participant Male:**

Does that mean that most of us, in terms of what we're being day-to-day, are sort of locked up? Are we acting out our stuff that's all just from different times?

[00:54:43.12] **Jesus:**

Yes. To be frank, most of us are somewhere in between our facade most of the time, and occasionally into our hurt self. It's very rare for most adults on this planet to be anywhere near their real self, which is unfortunate, but that's the way it is for most people.

9.1.2. Each hurt, while it remains, prevents God's Truth from entering on the same subject

Jesus:

Each hurt, while it remains, prevents God's Truth from entering on the same subject. This is a problem, because if there's hurt that's three years old that basically says you can't trust anybody, you might be thirty-five and in a relationship with a person you could trust, and yet your three year old is going to be saying that you can't trust him either, because God's Truth can't enter you on the subject that you haven't released, and if you haven't released the lack of trust, trust cannot be developed.

This is a problem, because it means there are all these fragments inside of us, that are all to do with all these problems, that are associated with these different ages, and as a result of all of that, God's Truth can't enter on these subjects, of what is locked up inside of us as an error.

9.1.3. An example of a participant who doesn't trust women

[00:55:56.11] Participant Female:

I had older sisters and I developed, at a young age, a feeling that I couldn't trust my sisters, and I still have that huge injury.

[00:56:06.23] Jesus:

So you can't trust any women?

[00:56:07.25] Participant Female:

Yes, and many times in my life my Law of Attraction showed me that I couldn't trust them, and I go, "There again, it proves that I can't trust them."

[00:56:15.00] Jesus:

You see, the Law of Attraction is there not to prove that you can't, but to release the emotion that's there.

[00:56:21.10] Participant Female: I know now. (Laughs)

[00:56:22.06] Jesus:

This is what we need – we need an experience that's like our childhood experience, to trigger the emotion. This is what our soul's creating, this experience. In other words, you can't trust your sisters from your childhood. You grow up, get married, and he's off flirting with some other woman and then you say, "I can't trust women either." No, that experience is there to help you release the childhood feeling, that you couldn't trust your sisters, and if you released that, then the whole thing is dealt with.

We don't understand a lot of this, and what we do is, "That woman's a bitch, she's taken my man away from me! It's all terrible," not understanding that it was all created by a soul that's you.

[00:57:05.09] Participant Female:

And I was thinking my Law of Attraction was showing me, "That confirms it, I can't trust my sisters. Why do you go there and trust your sisters? You just can't trust your sisters!"

[00:57:13.06] Jesus:

That's not what it's confirming. It's confirming that you have within you an emotion that needs to be released, of a lack of trust of women.

9.1.4. Each hurt, while it remains, prevents my ability to understand love and truth

Jesus:

Each hurt, while it remains, prevents my ability to feel and experience love as an emotion. Can you see that if you feel hurt about a subject, you're not going to be open to being loved on that subject, or understanding love on that subject?

You think: the average person has hundreds of different hurts, and so therefore hundreds of different injuries relating to love, and each one of them is locked up at a certain age, and each one of them prevents you from absorbing the truth about love on that same subject. You can see why it gets a bit complicated as we get older. [00:57:54.27]

Let's have a look at the next one. Each hurt, while it remains, defines my understanding of the Universe, in fact, the entire Universe. But not only the entire Universe, it defines my understanding of two of the most important things in the Universe, love and truth. Each hurt does that to us, and that's pretty unfortunate isn't it? That the hurts do that, but that's what it does.

9.1.5. Each hurt is locked up inside and cannot be released without sincere emotional expression

Jesus:

Each hurt is locked up inside, and cannot be released without sincere expression. You're going to have to feel something to release this hurt. Unless the hurt is felt emotionally, the hurt self cannot grow emotionally. What you do is, when you lock up an emotion inside of you at an age, it means that on that particular subject, you are going to remain the same age for the rest of your life, until you release that particular thing from your soul.

If, let's say at two years of age, you learnt not to trust your daddy, to not trust men, you are never going to trust men again, ever. No matter how many trustworthy men come into your life, or how many untrustworthy men come into your life, you are not going to trust men again, until you release that two-year-old emotion. Then you have a hope of trusting men again. You can see how undeveloped the hurt self is? It has these concepts that are all totally out of harmony with truth, but it has been the truth of the personal experience. [00:59:41.25]

And we're locked up in it; we're frozen in it, we can't move unless we feel something in it. Consequently, the hurt self remains young, childish, immature, contained and restricted, and isn't that how a lot of us feel?

Okay, so we're starting to get the feelings associated with the hurt self?

10. What is my facade self?

Jesus:

Let's proceed to the next self, the facade self. What is it? It's created in my childhood by other people wanting me to be different to the person I actually am. [01:00:55.28]

The very first time your mother saw you, for many of you, she had a judgment, "This isn't the child that I ordered. What's going on here?" Or your father might have had: "Oh it's a girl. I don't want a girl. I want a boy; it's not the child I ordered." Another judgement. Right from that very first moment of meeting you, many parents automatically began the process of attempting to create a facade in you. It's sad, isn't it? But that's what happens. [01:01:33.24]

Then it's further developed by my purposeful desire to ignore my real and hurt selves. Now why would I have purposeful desire to ignore those things? Well, I would have purposeful desire to ignore my real self because other people taught me to have a desire to do it, and then to ignore my hurt self, because I don't like the pain associated with the hurt self. I then choose to develop my facade further. [01:02:10.16]

In fact, by far the largest part of your facade has been developed by you. It's often very adult in its nature, because adults created the desire in you for a facade, or attempted to mould you into their facade, and for that reason, a lot of the emotions associated with the facade self are very adult-like, are very adult in nature.

It contains all of my mechanisms for coping, managing and controlling my life. It has been formulated so others firstly, and then I, could avoid the feelings of pain or the feelings of my real self, which were condemned by someone in my childhood. [01:03:03.07]

You know, when you were a little child, you might have been nice and sensitive, and somebody said to you, "Oh you're just way too sensitive." "I'm going to knock that out of you," is an even more violent response to that sensitivity. In other words they're going to give you a bit of hardship; and I know some parents who have purposely given their children hardship, in order to make them less sensitive. It's pretty damaging but that's what we do. [01:03:32.24]

We can call my facade my adult facade, and sometimes that's how we're going to refer to it, as my adult facade, so that you get an idea that a lot of

the emotions associated with this part of yourself – you can say it's another type of hurt self, isn't it? – the adult facade describes how many of the emotions are going to feel inside of you.

10.1. How my facade emotional self feels

Jesus:

So how does my emotional self feel? The adult facade emotional self. Let's have a look at how it feels. [01:04:13.10]

It loves addiction, compulsion, obsession, urges, cravings, fixation and mania. You think you're not nuts? Most of you are totally; from God's perspective most of us are totally bonkers, because we do a lot of stupid things in our adult facade. It loves bullying, force, harassment, oppression, repression, coercion, and manipulation. So every time you've tried to manipulate another person, there's your adult facade at work again. Every time you try to coerce them, there it is in operation again. Every time you try to bully them into doing something, there it is in operation again.

It loves abuse, cruelty, nastiness, meanness, brutality, viciousness, and unkindness. Why does it love all those things? Because it's denying its own hurt, and as a result it wants other people to hurt as much as it does. We often want other people to hurt as much as we do. There are many, many spirits in the hells, by the way, who are influencing the Earth right at this moment, who have that problem. They love abuse, they love harming others, they love attacking others, they love hurting other people, because they do it to avoid their own pain and feel powerful about their own pain. That's their motivation. That's their choice and that's why they're in the hells. [01:05:48.00]

It loves resistance, conflict, confrontation, disagreement, quarrel and squabbling. Does that remind you of yourself sometimes? Just itching for an argument. Loves arrogance, condescension, superiority, conceit, disdain, pride and egotism. You know, every time you think you're better than someone else, there it is again, That adult facade, the facade self. It's insensitive, unaware, lacks perception or insight. You could say it's self-absorbed as well, couldn't you? Narcissistic, but we'll get on to some of those. [01:06:41.25]

It's un-expressive or false in its expression. In other words, it's completely devoid of expression or completely false in its expression. It pretends and makes up. It's un-expressive or false in its expression, pretending and made up. This is what we do. It's unanimated or false in its animation. You know, you meet some people and they're like, lethargic, and you can't even motivate them to do anything – that's the

facade – and then you meet some other people and they're like, jumping up and down and you feel like, "Wow, you're pretty over the top, man," and that's another facade. It's two opposites of the same issues.

My Façade Emotional Self

• • •

- Loves addiction, compulsion, obsession, urges, cravings, fixation and mania
- Loves bullying, force, harassment, oppression, repression, coercion and manipulation
- Loves abuse, cruelty, nastiness, meanness, brutality, viciousness and unkindness
- Loves resistance, conflict, confrontation, disagreement, quarrel and squabbling
- Loves arrogance, condescension, superiority, conceit, disdain, pride and egotism
- Is insensitive, unaware, lacks perception or insight
- Is un-expressive or false in its expression, pretending and made up
- Is unanimated or false in its animation, lethargic or forced vibrancy

Now of course we need to have a few "and also's" here. In fact, we could probably have a multiple, twenty-five "and also's" here with regard, but let's list them: one more page only. It's closed, reserved, controlled, forced, guarded, and untrusting. Can you identify with that? How many times have you looked at something and gone, "Oh I can't trust that." No investigation, just blanket, "I'm not looking at that." [01:07:50.17]

It's dishonest, untruthful, insincere, lacks frankness, opaque – in other words not transparent. There's always something covering over something – and is not candid. Can you connect with that part of it? Every time you go, "Oh I could tell the truth now but I'm not going to," there it is again. It's prying, interfering, snoop, nosy, meddling, intrusive, invasive and pushy. You remember when you've done that? There it is again.

It's un-emotional or falsely emotional, unfeeling, unwise, dumb, stupid, and illogical. You know, some of the most illogical people that I have ever met have been adults. In fact all of the illogical people that I have ever met have been adults, come to think of it. Isn't that interesting?

It's fixed, immovable, predetermined and rigid. You see, remember the natural instinct of the soul was to be open, absorb new things, change, grow. This is going, "No, I'm not growing, I'm fixed; I already know everything. You can't tell me anything that I don't already know."

It's apathetic, lazy, disinterested, uninvolved, bored and unconcerned. These are all the emotions associated with this facade that we create. It's unwise, imprudent, thoughtless, irrational, reckless, irresponsible and careless. It's selfish, self-absorbed, self-centred, narcissistic and vain.

The reason I've been using these quite descriptive words, is so that you can get a feel, you can feel the feeling of, "That's the part of me that's that." "Oh, that part of me is that." You can get a feeling, a sensation in your body, what it feels like.

... and also ...

- Is closed, reserved, controlled, forced, guarded and untrusting
- Is dishonest, untruthful, insincere, lacks frankness, opaque and is not candid
- Is prying, interfering, snooping, nosy, meddling, intrusive, invasive and pushy
- Is unemotional or falsely emotional, unfeeling, unwise, dumb, stupid, and illogical
- Is fixed, immovable, predetermined and rigid
- Is apathetic, lazy, disinterested, uninvolved, bored and unconcerned
- Is unwise, imprudent, thoughtless, irrational, reckless, irresponsible and careless
- Is selfish, self-absorbed, self-centred, narcissistic and vain

Some feelings of the adult facade

11. Audience questions

11.1. We were taught our facade at an early age

[01:10:07.21] **Participant Male:**

You said dumb, stupid, when I'm feeling dumb or stupid or like, incapable – which is a big problem for me, feeling like I'm not capable of something, I wouldn't be able to do something like that – are you saying that's my facade self? I thought it was something that was projected at me when I was young ...

[01:10:39.28] **Jesus:**

Of course, remember that your facade also begins at a young age. Remember I said that at the beginning of the discussion about the facade,

that the facade was created by people. Someone taught you that you should think that you're dumb and stupid sometimes, someone taught you to do that, and they created a facade. And now you use that facade. You use that facade so that you don't have to do certain things; you use your facade to get away from doing things.

11.2. We create multiple facades

[01:11:08.22] **Participant Male:**

I also have a facade that I am more intelligent.

[01:11:14.15] **Jesus:**

Of course – that's the facade to avoid the other one. You see, we're really clever. I know many people who have done this. You get to about seventeen or eighteen and you go, "I don't really like myself very much now," because that was the facade that your mum and dad created. And then you go, "I know, I'm going to create another facade to help me avoid that facade." And we do this, we do do that.

In fact, throughout our lives, many of us have created multiple sets of facades. Some of you have had different relationships for example, and you've created a different facade for each relationship. In other words, when you're with your mates you have one facade, and then when you're with your girlfriends you have another facade, and then when you're with your partner you have another facade, and then when you're with your children you have another facade, and then when you're at work you have another facade, and then when you're at home by yourself you don't have much of a facade, and you just do what you want.

Do you see what I'm saying? You can end up, actually, with lots and lots and lots of facades. Each one comes into play when you're in a certain circumstance or situation.

[01:12:27.11] **Participant Female:**

When I was thirty I had a party, the only party I ever had, and I invited all the different people from all the different parts of my life, and when I got together I thought, "Oh, who am I going to be?" And someone came along and offered me a ride in their car, and we went out and we had a crash and I avoided it all.

[01:12:46.11] **Jesus:**

And you avoided the whole party? Wow, that's pretty powerful. This is why some people don't like going back to reunions, because in their teenage years they have one facade, usually very greatly assisted by their parents to create, and then by the time they hit their twenties or thirties, they've

already created another one, and they're afraid to go back to the other facade where everyone goes, "Wow, you're a lot different than you were when I met you last." We have lots of opportunities to do this in our life, and we do do it.

If you think about it, even in your day-to-day life, sometimes you're in one situation, you're in one facade. You're in another situation, you're in another facade. Completely different facades. In fact we've learnt, and even been taught, to switch facades depending upon the situation.

11.3. We create facades to avoid the hurt self emotions

[01:13:38.15] **Participant Female:**

My mum sincerely believes that she was stupid, and I'm not aware that I was ever treated as being stupid, but I thought I'd absorbed my belief of being stupid from her somehow.

[01:13:53.23] **Jesus:**

I agree, but it's her facade because she's not stupid.

[01:13:57.21] **Participant Female:** No, but ...

[01:14:00.19] **Jesus:**

It's either related to her hurt or to her facade. A lot of these emotions that you are asking about now, are often a mix between the hurt and the facade. The hurt causes us to feel one thing, and because of this hurt that we avoid, we then create a whole set of facades to avoid that particular hurt. There could be a causal hurt related to the emotions you're pointing out, but oftentimes there are also these facade emotions relating to those emotions.

For example, I know that with my mother, she does have a causal emotional hurt related to feeling silly, feeling stupid. This was created by the relationship with her own mother, but I have seen her use it as a tool, to avoid having to make choices and decisions in her day-to-day life. You see, that's her in her facade now.

[01:14:51.18] **Participant Female:**

I'm still not sure, did she have to treat me as stupid for me to feel stupid?

[01:14:58.28] **Jesus:**

No, because if she gave birth to you when she felt she was stupid, and if it was associated with being a woman and stuff like that, there's a high likelihood that every one of her girl children would have arrived on the planet with the same emotion in them. That's what it means, the causal

generation of sin, goes down by generation through generation through the emotion.

[01:15:23.06] **Participant Female:**

So just her feeling it herself comes through me?

[01:15:25.01] **Jesus:**

Yes. This is why it's so important to get rid of some of these emotions, because every one of these emotions unfelt remains within and affects everything around us. And if we have children, of course it affects our children the most. It affects our children the most because when they were conceived they were the blank slate, and of course they are going to absorb what we have as hurt, the most. That's going to be natural.

11.4. Removing our facade it makes it easier for our children to remove theirs

[01:15:59.21] **Participant Male:**

With our children, once we remove the facade they still have the facade in them because it's already there?

[01:16:06.24] **Jesus:**

Yes, but it's going to be much easier for them to remove it if you've removed it, because the main reason as children why they play it, is that you taught them to play it. So of course if you – while they are children – remove your facade, then there's no motivation anymore for them to retain it, so they will then go through the feelings of their facade.

[01:16:28.09] **Participant Male:**

So it's just like junk rubbish that they get rid of.

[01:16:30.18] **Jesus:**

Correct. It'll be much easier for them to remove facades that you have removed as an adult, if they have it as a child.

A lot of technical questions; remember this is an introduction.

11.5. Some people have facades which do not reflect their personality

[01:16:58.19] **Participant Female:**

I've developed, if you like, an idea or concept about the facade self, which I suspect is totally wrong and I wonder if you could confirm that

for me? It's that the facade self is kind of a reflection of our real personality, but in an addictive way.

[01:17:20.13] **Jesus:**

I have seen people, where there is literally not a single bit of their real personality in their facade – not one single bit.

[01:17:29.20] **Participant Female:**

So that was totally wrong, that idea; throw it away.

[01:17:32.23] **Jesus:**

It depends very much upon what happened during the childhood formative years, and what choices the person made, and a person is capable of making some very, very strong choices, when it comes to becoming another person.

In addition to that, unfortunately many people avoid themselves quite strongly, and they become over-cloaked by spirits, so the spirit is now acting out the person's life, and the person has basically just absconded from their own life. That might appear to be a facade, but that is actually obsession or possession. There are all sorts of complexities that will arise, with regard to the avoidance of your hurt, but we won't get into them here, because there are other things we need to discuss first.

12. What is my facade self? (Continued)

12.1. Reasons my facade self lacks development

[01:18:20.11] **Jesus:**

My facade self lacks development. Why? Because it is a figment of our or someone else's creation and imagination. Now notice, I've said it's a figment of ours or someone else's creation or imagination. Many of you in your teenage years, you didn't like certain things about yourself. You decided you were going to be someone else, so that's a figment of your creation and imagination. You decided what it would be cool to be, and you became it. It doesn't mean that it's real; it's just a facade.

The facade is denying the real emotions of the real and hurt selves. Now this is one of the problems of the facade; it is that the facade is not going to help you grow. The facade is going to have all of the locked up feelings under control, and when you have all of the locked up feelings under control, what's the result? No growth with any of those locked up feelings. That's what the facade's been created for.

The facade is managing and controlling the direction of growth, so in other words the soul can't grow and expand as God designed it to, because your facade's managing the whole process. This is a problem. You are not able to grow and change as God allows you, and has also designed your soul to be able to grow and change, which is very rapidly actually, because your facade is managing and controlling the entire process.

The facade has no interest in true soul-based progression, of the real or hurt self. In fact, the facade has been purposely created to avoid any engagement with the real or hurt self. The facade is an imitation adult, a baby in adult's clothing. [01:20:15.29]

My Façade Self Lacks Development ...

- The façade is a figment of our or someone else's creation and imagination
- The façade is denying the real emotions of the real and hurt selves
- The façade is managing or controlling the direction of growth & awareness
- The façade has no interest in true soul based progression of the real or hurt self
- The façade is an imitation adult, a baby or a fiction in adults clothing

So what shall we call it? What shall we call the facade? If you remind yourself that it's the adult facade, it will help you identify. These are choices and decisions I made mostly in my adult life, to become a certain person that I wasn't before then.

13. Steps involved in progression towards God

Jesus:

Okay, now to progress toward God what do we have to do? We've got all these selves, and bear in mind there's a different opinion of all these selves on every single subject that you can ever think of. It's going to be pretty complicated to unwind, isn't it? Don't you think?

Okay, so let's have a look at what we have to do. This is a very simplistic presentation of how and what's going to need to be done.

13.1. Remove the facade self

Jesus:

Number one is: remove the facade self. Remember that most of us have more than one, so we probably need to put in brackets "remove the facades." Now how many of them have you created? Well that's going to be how many you're going to have to remove, and if that means there's ten, there's ten. If that means there's one for every different situation you have, work, home, mates, friends, whatever, and there's seven of them there, you're going to have to get rid of them all. It makes sense, doesn't it? How are we going to get back to our real self, with the facade sitting there all the time, attempting to prevent us from getting back to our real self? We're going to have to remove them first. [01:22:07.27]

Then what do we do? We feel and experience, and of course we remove the facade by feelings and experiences as well. What I might do is rub that out and just go, we remove the hurt.

- 1) REMOVE FAÇADE(S)
- 2) REMOVE HURT

Remember, every one of those hurts is locked up at an age, so sometimes you'll feel twenty-five and sometimes you'll feel three, and sometimes you'll feel ten and sometimes you'll feel like, "Oh I don't even feel like I've been born yet," because it happened in the womb. Sometimes there will be intellectual thoughts associated with the hurt, and other times there will be none at all, and you'll just sit down on the floor crying, and you don't even know why. That's how it's going to be.

13.1.1. We can't engage in forgiveness and repentance if we're still in facade

[01:22:57.04] Participant Male:

So you can't really sincerely engage in forgiveness and repentance much if you're still in your facade?

[01:23:04.19] Jesus:

You can't at all; if you're in your facade, you can't engage in repentance or forgiveness at all. It's only your real soul that is capable of forgiveness or repentance, so if you're in your facade you're not even connected to your real soul. You will never engage forgiveness or repentance in your facade. You'll never release your addictions unless you choose to deconstruct your facade.

[01:23:29.07] Participant Male:

Just to understand that, you just said that it's the one under that, the real self, that engages forgiveness and repentance?

[01:23:43.06] Jesus:

Yes, that's right, but you do that by releasing the hurt initially, and then you've got to go through a choice, a choice to love a person by forgiving them; a choice to love yourself by repenting for what you've done. They are operations of your real self. Your real soul has to make those choices; your facade can't do it.

Your facade's fake, you'd be doing it fake-ly. Remember, your facade is the perfect faker; you go (AJ pretending to cry) "I'm really sorry for that." You walk away going, "I'm not really sorry for that," and you act like you're not really sorry for that. The next time you meet that person, you act like you're not sorry for that. You were never sorry in the first place; it was all a facade. [01:24:20.28]

If you attempt to forgive or repent while you're in your facade, nothing will happen at your soul level. It's a pointless operation. Most people on this planet, in fact every person I've ever heard talk about forgiveness and repentance, has encouraged it in facade. It doesn't benefit anybody in facade. Some people engage it truly, and I often see that as well, and then you see some benefit; you always see a benefit.

13.2. Educate, feel and experience the hurt self

[01:24:52.11] Jesus:

We have to educate – and this is something about removing the hurt – you have to educate, feel and experience the hurt self. See, part of removing the hurt is educating the hurt self, because the hurt self has a lot of beliefs about the Universe that are false, because of what happened to it. There are a lot of beliefs that are false, and it has to be re-educated. You have to take it through a loving education, you see, because the hurt self is mostly childlike in its nature; it's like the child never got any education.

It didn't get any proper education about love, about truth, about choice, about will, or any of these things, so you're going to have to somehow now educate this child, yours, you are it. It's part of you; you're going to have to educate it. You're going to have to help it see that, "No, actually that's not true."

So those of you who are really angry with God, well God never caused any of your pain. You're going to have to educate your hurt child that God never caused any of your pain; all of your pain was caused by someone else. You're

going to have to educate this hurt child to understand that. That's an example.

13.3. Develop, feel, and experience the real self's qualities, attributes and personality

[01:26:06.19] **Jesus:**

We develop and feel and experience the real self's qualities, attributes and personality.

- 1) REMOVE FAÇADE(S)
- 2) REMOVE HURT(S)
- 3) DEVELOP REAL

The last point we need to do is: develop the real self, and that is a choice. That is going to be the choice; if you're wise, it'll be the choice you make for the rest of your life. It's not something that you'll do today and it'll be finished tomorrow. [01:26:41.02]

It's something you'll start today, and in two thousand years' time, you'll still be doing it, and you'll even feel there's more to develop, and then in ten thousand years' time, you'll feel there's even more to develop. Isn't this wonderful! Because your soul's growing and expanding, and it's growing and expanding in new qualities and new attributes. If you're receiving God's Love then of course there are new things to develop, so it's going to be an everlasting process, this development of the real self, but you've got to start it.

13.4. Develop a desire in the real self to receive God's Love and Truth and be loving and truthful with others

[01:27:05.28] **Jesus:**

You've got to start it in a loving direction, as Mary said yesterday with regard to the use of your will, develop a desire in the real self to receive God's Love and Truth. Why? Because it's only the real self that can have a relationship with God, so that's where the desire has to be. It can't be faked. It can't be facaded. You can't facade your way into a relationship with God. You can't fake it until you make it. [01:27:37.09]

These are all these New Age concepts to create another facade. Shall we call that one the New Age facade? Many of you had that when I met you. The New Age facade. Do you remember that one? The one that said, "It's all this and it's all that, and I'm all zenned out and I'm really good, and what's this AJ talking about? Got no idea." [01:28:01.02]

Develop a desire in the real self to be loving and truthful with others. Remember, it's not a natural desire, it is a potential, but not a natural desire; it is something you must choose with the use of your will.

To Progress Towards God And Ourselves We Must ...

- Remove the façade self
- Educate, feel and experience the hurt self
- Develop, educate, feel, and experience the real self's qualities, attributes and personality
- Develop a desire in the real self to receive God's Love and Truth
- Develop a desire in the real self to be loving and truthful with others

14. Conclusion

Jesus:

That's a fair bit we've learnt, in about just over an hour now that I've been talking about this subject. There's a fair bit there to digest, don't you think? Yes. What myself and Mary would like to do is give you some introductory information associated with the facade and the hurt selves, because these are the places where we need to start. [01:28:50.22]

The next talk that you have now, will be myself talking about the facade, and then after me Mary will talk to you about the hurt, talk to you about some basic principles about the hurt. Again, what we're doing here is we're laying a foundation for you. We've got a lot to say about these subjects; we could go on for months about some of these subjects, as you can imagine.

We've got to just lay a groundwork with you. We understand you have many questions, and in the FAQ channel ... we're going to create some FAQ channels on these subjects, so that you can start to understand these particular subjects in more depth and detail. In fact, as you begin the development of your real self, and the experience of your facades, of removing them and removing the hurt, you'll find you'll have many more questions that you never even thought of before.

That's what happens when you start to become aware of something that you weren't aware of before. So let that process occur.

Let's look at it.

15. The most difficult process is to remove the facade self

Jesus:

The most difficult process is to remove the facade self. Can you see why? Because there are so many of them for a start. There's usually one for each sort of circumstance or situation, but on top of that we have so many mechanisms for retaining the facade. [01:30:25.13]

Let's look at some of the basic things here. This is not my next talk; I'm still in the same talk. The facade self has the most resistance to love and truth. It does, doesn't it? It's the one that wants to be angry; it's the one that wants to be upset; it's the one that wants to take offense; it's the one that wants to do all of those things. [01:30:44.01]

The facade self wants to retain itself. This is a big issue. To break down the facade, how do you do that when you, yourself want the facade? You created it. In the majority of cases you want it. You want it so that you can avoid some other things. Can you see, it's going to fight for its own existence?

You're going to think that you're giving up a real part of yourself when you give up your facade. You're going to think that you're really giving away yourself, and you're not. You're just giving away these facades that you've had with you for years, and years, but you're going to believe that you're giving up a real part of your nature and personality. You're going to, during this place, feel quite strange, because most of our facades have been around from our teenage years or earlier, and you're going to feel very strange giving them up.

The facade self wishes to avoid all painful emotion. You created the facade to avoid painful emotion, so of course it's going to want to fight for its existence. It's going to want to stop you from feeling painful emotion, and you've got to see that it's you, it's your choice; that's why you created this facade. [01:32:14.06]

The facade self is angry and resentful towards God, and this is a very interesting part of the facade self. Because we're so angry and resentful towards God, we blame God for everything that is our hurt, and we blame God for everything that God created us to be. Because we do that, we don't enter a relationship with God in our facade self. We avoid a relationship with God. We don't like God. Can you see the results of our facade, hurt and real selves? [01:32:55.21]

I've taken half an hour longer than I should have in that presentation, and we're probably going to take just as long in the other two presentations. It's very important information, so that means that some of these things might happen tomorrow rather than today.

In conclusion, we've got to understand ourselves to progress. You've got to understand the three parts of yourself, and that requires a personal effort on your own behalf. You've got to take some personal effort to develop this understanding of yourself. We need to experience these emotions, as we've mentioned. What do we feel about that?

16. Audience questions

16.1. To be emotionally overwhelmed, just stay present and listen

[01:33:56.14] **Participant Female:**

It is very compelling from the point of view that it makes me think, "Why would I not want to do this work?" but it's very emotionally overwhelming, and I kind-of feel like I need a day just to absorb what you've already said. I was wondering when Corny said yesterday to take this opportunity to be emotionally overwhelmed ...

[01:34:18.06] **Jesus:**

You'll get an opportunity to be emotionally overwhelmed, if you just stay here present and listen. You'll get plenty of opportunities to be overwhelmed.

16.2. Helping spirits move to a higher sphere involves going through their facade, into the hurt self, then the real self

[01:34:30.05] **Participant Female:**

With spirits, when you channel them and they receive some of God's Love, and they move to a higher sphere, they still have to know the facade self and go through these steps?

[01:34:45.17] **Jesus:**

Well, you think of every example I've ever given when I've done that with spirits. I've firstly gone through their facade self into some of their hurt self, and then I've been able to connect them to a feeling that's in their real self, before they have been able to have that experience. If you look at

the pattern of every discussion I've ever had with a spirit, you'll see the same pattern. That's why I do it the way I do it.

I'm trying to get them through the facade, which is all their fake stuff and all the stuff where they want to be angry, resentful, crying for things that are not real, and all those kinds of things, and into their hurt. This is their real hurt, which, for most of the time, they didn't come to me to talk about at all. Then once we talk about all that, I give them an opportunity at that point, to make a choice or a decision to connect with their real self to God, and that's why they make a bit of progress.

16.3. The process to removing the facade takes a long time

[01:35:34.00] **Participant Female:**

Maybe it's just the facade self, but I felt this is a long process, like this will take me a long time.

[01:35:40.23] **Jesus:**

Yes, it's definitely going to take you a long time.

[01:35:42.22] **Participant Female:** Oh it will take a long time, okay.

[01:35:44.20] **Jesus:**

Yes. None of those spirits are out of the first sphere yet, that you've ever heard me do that with. There's no instant transformation. It's just that they are no longer in the depths of the hells, where they are in a rage and acting out their rage, where they are harming other people, purposely harming other people. They've stopped that, so now they can go to a newer condition, but that doesn't mean that they don't have to do all of this, because every single person who's ever lived has to do this.

16.4. Every person who has ever lived has to go through the process of deconstructing their selves, unless their parents are at-one with God

Jesus:

Every single person who's ever lived has to do this. The only persons who will never have to do this in the future, are persons you give birth to once you are at-one with God, because they will already be in their real self, and you'll just have to teach them to develop their real self. They won't have to undo their facade, and they won't have to go through the hurt, but aside

from that, every single person who has ever lived is going to have to go through this process.

It doesn't matter if you're a spirit, or here on Earth, there is no magical solution; you must choose to go through a process. I can't emphasise that enough. There is no magical solution, there's no mysterious all-of-a-sudden wiping of anything. You must go through this process.

16.5. To connect with God we cannot be in facade

[01:37:09.14] **Participant Female:**

I'm not sure I understood you, but I want to, about one thing. When you said that we cannot connect to God unless we are connecting from our real self I get that, but here's my question. I know I have millions of facades, yes?

[01:37:25.15] **Jesus:**

I don't know if there's millions, probably an exaggeration.

[01:37:27.11] **Participant Female:**

I've got quite a few, but you're not saying that I have to get rid of all these facades before I connect to God? That's the question.

[01:37:43.27] **Jesus:**

No, of course not. All of these selves are operating simultaneously. What I am presenting to you there is: I am presenting to you what makes up you. This is about understanding self with no plural. Part of yourself is in facade, part of yourself is in the hurt, part of yourself is real; they are all operating simultaneously. Now you need to see which parts are which, depending on which emotions, which feelings are which. You've got to sort all that out.

16.5.1. When we are in a facade, instead of receiving God's Love, we are often receiving feelings from spirits

[01:38:25.15] **Participant Female:**

Because I do feel that I have received God's Love, even though I know I have quite a bit of facade.

[01:38:35.20] **Jesus:**

Yes well, I suggest a lot of times, people who believe they are receiving God's Love, and are in a lot of facade, are actually receiving love from spirits who are in co-dependent addictions, and they are interpreting that to be love from God.

[01:38:48.28] Participant Female:

Would you say that's true for me? Because I would love to know that.

[01:38:51.08] Jesus:

Well it's true for most people here. This is the problem with the facade; it's very, very hard for you to tell while you're in it. Like, you remember the interaction I had yesterday with Graeme and Christiana (see 20140712 Personal Truth – Christiana & Graeme Bates). Now an email was sent to them. It wasn't even sent by Paige, by the way. The email was actually sent by Kerry, interestingly enough, and yet Paige was the focus of their attention, which we'll talk about a bit. But the email was sent to them, which basically just said the truth, and there was an interpretation of that through the emotions, through the emotions of the person, and was again influenced by some negative spirits. Interpretation, influenced again by negative spirits who had an agenda, and this is the case for the average person. [01:39:45.08]

Every single thing is through one of these emotional filters. Very rarely does your real self get a pure emotion from another person without it passing through all of your facades, and also through your hurt. By the time it gets to your real self, are you interpreting this emotion accurately? Of course you are not. [01:40:09.05]

That applies even to the reception of love. Many times, many of you believe you are receiving love, when all you are receiving is a nice warm fuzzy feeling, which is a co-dependent addiction, and you've just got to wear that. That's just the way it is at the moment. We can change that by going through some processes, and that's what we'd like to talk to you about.

Rather than focusing too much time now on any more questions, because I'm sure you're going to have plenty in the future, and there's an FAQ channel for you to do that, what we're doing is just presenting you with a whole bit of information. I know it's a bit overwhelming, and it's introductory in its nature. There's a lot more we could say obviously, but what we want to do is move on to some introductory material about the facade and hurt selves.

Deconstructing the Façade Self

1. Introduction

Jesus:

Rather than go through a whole heap of introductory material about what the facade self is, and why we should deconstruct it, obviously you've just heard what the facade self is and you've just heard all of the details about its development. I won't revise all of that, which is what I would normally do if we were starting this talk from scratch. What we will do is get straight into the real theme of the talk, which is deconstructing the facade self.

2. Why must the facade self be deconstructed?

[00:01:04.00] Jesus:

The first question we need to ask ourselves is, "Why bother?" Well, if the problems with the facade self aren't big enough for you to bother with, then my suggestion is there's either a really, really, really big facade or you've got no facade self, and either one is highly unlikely. So, I feel that the problems associated with the facade self are so great that why would we not bother? Surely it would be one of our highest priority things to do, deconstruct the facade. [00:01:56.25]

Why Must The Façade Self Be Deconstructed?

- The description of the façade emotional self should be enough to help us to desire to remove it!
- Let's go through some of the reasons ...

How do you feel about deconstructing the facade? Well the reality is, our facade lives a lot in fear, so for the majority of us we're going to struggle a lot to deconstruct our facade. As we pointed out in the previous talk, it's the most difficult thing that you can achieve, that you will be faced with, probably, in your entire life actually. Deconstructing your facade self is probably the most difficult thing you will be faced with for your entire life!

Are you still up for it? Yes? Good, let's go. That's my opinion.

The description of the facade self should give us enough motivation to deconstruct it. It's obviously pretty damaged, isn't it? And obviously struggles; it causes a lot of pain in our life. It causes a lot of pain in the

world actually. Our facade causes the world's pain. So yes, of course we'd want to remove it. Let's move on and let's go through some of the reasons.

2.1. Reasons for deconstructing the facade self

2.1.1. All of the emotions associated with the facade self will continue to dominate our life

[00:03:20.02] **Jesus:**

Reason number one: All of the emotions associated with the facade self will continue to dominate our life until we remove them. Now I mean, it's going to dominate the rest of your life until you remove them. If the rest of your life means ten thousand years' time and you still haven't got rid of one of your facades, it's going to dominate ten thousand years of your life. That's how long it's going to last.

Remember, your facade is your choice to remove; no one's going to force you to remove it. God's Laws, of course, are all constructed to assist you to remove it, and all of God's Laws are working against your facade, but you're not going to get forced into removing it. That's your choice.

So, if you choose to not remove it for one hundred years, one thousand years, ten thousand years, that's how long it's going to be there. I've met people who've had their facade for seventy thousand years. That's how long you can have a facade in the spirit world. During that time there was no more development, after a certain point, of their real self, so I wouldn't recommend that.

2.1.2. Real love cannot be experienced by the facade self

[00:04:35.25] **Jesus:**

Real love cannot be experienced by the facade. Remember, the facade is all about bartering systems. You know that facade self you created when you were a teenager and you thought, "That's the facade where I'm going to get some boys or get some girls interested in me"? That facade. You know that one? Yeah, it never got loved, because the facade can't be loved. Love is a soul-to-soul transaction and not a facade-to-facade transaction. Your facade self is never going to experience real love. That's a good reason for removing it. [00:05:15.05]

There's no point to it, and you know what the painful irony of it is? It believes it's going to get loved. Isn't that a painful irony? You create the facade in order to get loved, but if you have to create something in order to get loved, you were never loved in the first place. That's the irony.

You see, love is a gift. It's not something that you have to earn from someone. Whenever you had to create a facade in order to get loved, you weren't getting loved when you were in that situation. You were in a bartering system with that person.

2.1.3. Absolute truth will never be accepted by the facade self

[00:05:58.02] **Jesus:**

The absolute truth will never be accepted by the adult facade. Why? Because the adult facade loves the lie. The adult facade's only interested in the lie. The whole word, "facade" means "lie." You're not going to know God's Truth when you're in a facade. Ever.

2.1.4. Loving relationships are not possible for the facade self

[00:06:25.10] **Jesus:**

Loving relationships are not possible for the adult facade, as we've already pointed out. It's impossible for the adult facade to have a loving relationship, because every relationship is a facade-based relationship. You're not having a relationship with the real person. You're having a relationship with a figment of somebody's imagination or creation. That's not the real person, so love is not able to be transacted under those circumstances.

2.1.5. Humility is not possible with the facade self

Jesus:

Humility is not possible with the adult facade, and I mean it's not possible. Is that a bit of a surprise? "Oh, yes. I'm in my adult facade, but I can be humble." No, you can't! While you retain this adult facade, you are never going to be humble, because humility is experiencing and feeling.

Let's define it properly: a passionate desire to feel and experience your real, true, sincere emotions. Does the adult facade have that? Never. The adult facade doesn't have that. The adult facade only wants you to experience emotions that you find acceptable. That's not any real emotion.

2.1.6. All relationships of the facade self are based on bartering addictions with others

[00:07:48.06] **Jesus:**

All relationships of the adult facade are based on bartering addictions with others. "What can you give me? What can I give you to make us both happy?" Again, it's a facade. How can you ever be happy? You're only going to have the appearance of happiness. [00:08:15.28]

That's why many of us, when we get to be alone, feel desperately unhappy, unfulfilled, un ..., un ... There's a whole list of "uns", isn't there, of things that we don't feel when we're alone. That's why we have to engage with people, engage with things, engage with food, engage with sex, engage with whatever other addictions we are trying to get involved in, in order to feel something, because when we're alone we're already detuned. We want to not feel.

2.1.7. The facade does not wish to allow expression of our hurt self and our development of our real self

[00:08:46.27] **Jesus:**

The adult facade does not wish to allow the expression of our hurt self. And the next one: the adult facade does not allow the development of our real self, because our adult facade has been created to avoid those two selves, to repress them and even keep them away from our own awareness of our self. [00:09:12.09]

While our adult facade remains, you're never really going to have a decent relationship with anyone. You're not going to have a relationship with God. It's impossible, as we'll point out next.

2.1.8. The facade cannot have a relationship with God

[00:09:26.00] **Jesus:**

The adult facade cannot have a relationship with God. What are relationships with God based upon? Sincere, real feelings and emotions. God does not want a relationship with our facade. God wants a relationship with your real self. That's not your facade. A relationship between your facade self and God is impossible.

Reasons For Deconstructing The Façade Self ...

- All of the emotions associated with the façade self will continue to dominate our life
- Real love cannot be experienced by the façade
- Absolute truth will never be accepted by the façade
- Loving relationships are not possible for the façade
- Humility is not possible with the façade
- All relationships of the façade are based on bartering addictions with others
- The façade does not wish to allow the expression of our hurt self
- The façade does not wish to allow the development of our real self
- The façade cannot have a relationship with God
- God does not want a relationship based on façade
- There are many more reasons for deconstructing the façade

2.2. How difficult will it be to deconstruct the facade self?

[00:12:54.07] **Jesus:**

So the natural question becomes, how? I've already told you how difficult it's going to be. It's going to be the most difficult thing you've ever done.

How many of you are up for the challenge? "No, maybe not?" "Maybe?" "I don't know how difficult it is. Tell me how difficult it is and then I'll know whether I'm up for the challenge!" (Laughs) [00:13:22.16]

How Difficult Will The Façade Self Be ...

- It will be the most difficult thing you have ever had to do!
- The façade will resist anything other than a firm desire and sincere attempt

It's going to be different for each of you, because each of you has different constructions, and different things, that have helped the growth of the facade. It's going to be a very individual process. Some other people can help you at different times, particularly if they've already gotten rid of their facade and gotten rid of their hurt. Those kinds of people can often help you, but again, on Earth not many people have done anywhere near any work on those two things, so it's very hard to get help except from your Celestial friends or from God, to get rid of your facade.

3. What is the process of deconstructing the facade self (or anything else)?

[00:13:57.05] **Jesus:**

Let's look at the personal things you need to do, shall we? Now, the interesting thing about this is, this information has been on my website for nine years. Did any of you know that? No. What does that tell you? (Laughs) A lack of desire to look for that bit? Mind you, there's a lot of information on the website now.

There are now seven hundred two-hour videos. That's fourteen hundred hours of video, and then there are all the FAQs, and most of them are fifteen minutes long. There are five hundred of those, and then there are all the written documents and all the written material. And then there

are all the audios, so it's becoming like a huge library. It's going to outgrow itself fairly shortly, I think. [00:15:00.23]

Yet some of the core material that we need, to grow, is buried in there, and what we'd like to do in this session is just help re-explain some of it for you. Sound good? So let's go with it. Most of us have never read the information, never applied it, so let's have a look at it. What's the process?

Facing the Façade Self ...

- Material that I first shared with people 9 years ago, material that has been on website since then!
- Most have neither read the material nor applied it, because most of us are in complete denial about the façade, or have no wish to break it down!

3.1. Begin in a place of denial

Jesus:

Number one, begin where you are. Where we are is in a place of denial, both intellectually and emotionally. Some of you have begun trying, or attempting, to deconstruct the facade over years now, or you've been attempting to address some addictions that you have, for years now. So I would say that you are not in denial, but there are many parts of your facade where you are in denial. Each one of these steps is involved with removing each individual facade attribute, and a facade is usually constructed of hundreds of attributes. Do you know what I mean by that?

Let's say you have a facade in your relationship with your friends. That means that under certain circumstances and situations you do certain things. You do certain things for each friend, usually. You have a relationship in this regard, and as a result you might have twelve or fifteen different attributes or qualities associated with this kind of facade, that you automatically engage when you're with that kind of person. Every one of the individual attributes of that facade has a reason for existing. You're going to have to notice what they are, every single one of them, and remove them, because only you can do it. [00:17:16.11]

Is that sounding like a lot of work? If you've got fifteen of them with one group of people, then there are fifteen attributes that you're going to have to work your way through, one-by-one, on each one of these steps. There are about sixteen steps that you're going to have to go through. Some of

them you'll go through quite naturally and other ones you'll be stuck on for months, because you'll be very resistive. Let's have a look at what they are. Begin in a place of denial.

3.1.1. The facade creates sin

Jesus:

Now let's firstly look at denial. It's emotional and intellectual, but let's look at the sin description. We need to see that everything that is created by our facade is sin. You don't generally ... most people don't like the term "sin." What is it? It's thoughts, words, actions and feelings, which are the result of unloving choices.

"Sin" is unloving thoughts, words and actions, driven by denial of unloving emotions.

The Process Of Deconstructing The Façade (or anything) ...

- Begin In A Place Of Denial
 - Neither intellectually or emotionally aware of the façade & the sin it creates
 - (Sin = unloving thoughts, words and actions driven by denial of unloving emotions)

Your recognition of sin is critical to your removal of the facade; in other words, your recognition that you have unloving emotions driving your unloving actions, words and thoughts and feelings that need to be recognised.

Right at the beginning, most of the time, we're in complete denial of that. You talk to the average parent, for example, and they say, "I've done my best with my children. How dare you suggest to me that I was a bad parent!" There is denial, because there is no understanding of sin. There's no understanding of how their thoughts, their words, their feelings and their actions towards their children have damaged their children, and how much work, now, their child is going to have to do, to undo that damage. In that place, there's just denial. That's usually where we start. Pretty much all of us start in that place of denial. That's where we begin.

3.2. Intellectual awareness that the unloving behaviour (sin) exists and is real

[00:20:01.10] **Jesus:**

What's next? We develop an intellectual awareness that the sin exists and it's real. In other words, it is something that is wrong. It's something that is a sin. In other words, we develop awareness that we are doing something wrong here. We are doing something that's unloving, that's out of harmony with love. [00:20:32.21]

Now at this stage, all we have is intellectual awareness. We've got no emotional awareness at this stage, generally. We're trying to work out, "Is this right? Is this wrong? Is this right? Is this wrong?" For example, for many of us, we look at our situation with our children and we say, "No, I'm right, they're wrong! I'm right, they're wrong!" Then after a while we start realising, "Well, hang on a second, I created and projected most of my emotions on them, so anything they're wrong on, it probably means that I was wrong first." Then we start developing the fact, "Oh, maybe I did something wrong." This is this stage: the thought that maybe you did something wrong. [00:21:16.19]

It's just a thought at this point. It's not even a feeling, but there needs to be a development of why it was wrong. Otherwise, you won't think it was wrong. Why is it wrong? If I look at my relationship with my child, for example, I go, "Well it was wrong because I can see now that the child is really struggling, because of something that I did to them when they were young. Therefore, the fact that they're struggling and in pain means that what I did must have been wrong." There's an intellectual awareness of why it was wrong, now. I did something that caused pain to them and they didn't have a choice in the matter. They couldn't leave. They were trapped, so what I did was wrong. [00:22:11.10]

The Process Of Deconstructing The Façade (or anything) ...

- Intellectual awareness that the unloving behaviour (sin) exists and is real
 - Intellectual awareness that what I am doing is wrong, and needs to be changed
 - Awareness of why it is wrong; find out what you believe God's Truth to be on the matter

This is the first step, or you could say it's the second step, because the first step was denial.

3.2.1. There is no emotional distress at this stage

[00:22:22.01] **Participant Male:**

Is it normal to experience emotional distress in this stage? Even considering it?

[00:22:29.08] **Jesus:** No.

Participant Male: It's just a thought?

Jesus:

Yes. It's just a thought. It's like a passing thought many times. Oftentimes it's our spirit guide giving us a passing thought, like, "What you just did was wrong," and you say, "No, it wasn't! No, it wasn't!" (Laughs) It's not like someone on Earth coming to you. If your child comes to you and says, "Mum, you treated me badly," "No, I didn't!" There's the denial. Then your child comes to you and says, "Mum, you treated me badly," and you say, "Oh, maybe I did, I don't really know, but maybe I did." You look at it and you go, "Oh, well they're in pain and I did do those things, and when I look at it now it does appear that it was probably wrong. So I probably did."

At this stage you're not that worried about it, but sometimes these feelings can go very rapidly. This process can run very rapidly through, if you're connected. What will happen, after you've done this many times with many of the individual attributes of your facades, it'll become quite a natural process that you'll automatically sort of flow through. Sometimes you can do it all in a day or less, but generally, most of our facades are pretty heavy in there, so it requires some effort going through it, initially in particular.

3.2.2. An example of a facade of believing that we're always wrong

[00:24:01.16] **Participant Female:**

What if you've created a facade that you're wrong, to avoid, probably, the real? Particularly as a parent, I've never thought, "Oh I'm a fantastic parent." I've always felt that I have done damage. But I'm starting to now realise that things that I'm comfortable with, I'll pick up, so for me, I'm having to deconstruct my facade as well, on that facade.

[00:24:31.25] **Jesus:**

Correct. You do. It's the same principle. You've got to become aware that you've constructed a facade on that issue. It's the same principle. You've now got to become aware that you've actually constructed a facade that

you're never wrong, or you've got to become aware that you've constructed a facade where you believe you're always wrong, but it's still a facade because no one's ever always wrong, and no one's ever always right generally. Both are facades.

You've got to understand that many of these facades are things that you think are good. There are things you think are good or there are things you think are bad, but either way they are facades. The deconstruction process applies to every one of them, whether you thought they were good or thought they were bad, or whether someone else constructed it, or whether you constructed it. It doesn't matter. The same material applies to every one of them. [00:25:28.15]

For example, you've constructed a facade with your children that you could never do anything wrong. Now you realise you've done a few things wrong. The lady next to you, Karen, has constructed a facade where she always does something wrong, and she's always to blame for whatever her children blame her for. Well, that's also a facade. You've got almost completely opposite facades sitting next to each other. Both are facades and both need to be deconstructed.

[00:26:00.12] **Participant Female:**

And is that kind of like, we look at our parents and we go, "Oh, I don't want to be like that," so we create the opposite facade? Like the injury, the error, is still there. So for me, I've gone out and I've made female friends, because my mum never had female friends, thinking that I am doing something different, when I'm not.

[00:26:20.16] **Jesus:**

Yes, but you're not. You're just thinking it. It is just a facade. The feeling inside of you is you can't trust women at all, because you can't trust your mother. She treated you badly and you can't trust her anymore. That's what you feel. Once the hurt's gone, then you'll be able to have a decent relationship with a woman, but not before then. Any other relationship you have with a woman before then is a facade.

This is just a state of intellectual awareness that something is wrong and you've sort of identified what it is. You might have identified what it is. So let's go through it.

3.3. Intellectual awareness that the unloving behaviour (sin) has a cause within ourselves

Jesus:

Now there needs to be a stage where we have an intellectual awareness that the unloving behaviour, the sin, has a cause within us. In other

words, it wasn't some magical thing that made me do it. Like, "Oh the spirits around me made me do it," or "The devil made me do it." We come up with all these things that we imagine. We blame it on other people, "Oh, because you did that, that's the reason why I did it." Or you blame your partner. "Well they did that first and so that's why I did it." Or you blame your children. "You did that first. You were unruly and terrible, so that's why I treated you unlovingly." [00:27:39.23]

You've got to get beyond that and into this place where you realise that what you chose to do, the sin, is caused by something inside of you. So me, it's in me. It's in me. The cause is in my soul.

Do you know that's where most of you are stuck? Most of you have yet to come to an intellectual awareness that the cause of the problem that you're stuck on is actually within you. Quite often I hear you going, "Oh yes, but my mother did this and my father did that." No, no, no. I'm sorry, all of that might be true, but at the end of the day, the cause of your unloving behaviour is inside of you. The cause of all your desires for all of your addictions and all of your facade, that's all now in you, only in you.

The Process Of Deconstructing The Façade ...

- Intellectual awareness that the unloving behaviour (sin) has a cause within ourselves
 - Intellectual awareness that an emotion within myself causes me to take the sinful action
 - Intellectual awareness that the emotion exists within myself, and not anyone else

So we need to see, and have an awareness, that there must be an emotion in me that causes me to take this action. There must be. This is an intellectual awareness that there's got to be an emotion in me that caused me to take that action. Many of you, when you're in your addiction, you don't feel that at all. You know, when you feel angry, what are you feeling? You're feeling, "The bastard, what did they do to me?" It's always blaming someone else, isn't it, generally, when you're angry? There's an indication that there's no emotional or intellectual awareness that actually the cause is within you. If you can't get beyond this point, there's no hope for you to release any facade.

3.4. Intellectual willingness to identify the cause within ourselves of the unloving behaviour

Jesus:

Once we have this intellectual awareness that the cause is within ourselves, what do you think we need to do now? Well, let's have a look. We need to now have a willingness to find it. We need to have a willingness to identify the cause. At this stage it's just going to be intellectual, because there might be a whole heap of emotional reasons why we don't want to. At least intellectually we're going, "Okay, I want to now spend some time here, with me, thinking about this issue, as to why I take that unloving action all the time. I've now identified intellectually that it is a sin, that it is something that's wrong. At this stage I don't have much emotional connection to it, most probably, but at least I'm willing to take the next step intellectually. I'm willing to look at it with more sincerity."

If you don't get to here, there's no hope of you ever emotionally processing it, because if you're unwilling to even intellectually look at it, how can you ever emotionally process something that you're unwilling to even intellectually see? It's going to be pretty much impossible.

This is about what Mary talked about yesterday; developing the muscle, developing the will, "I want to find it." That's emotional. That's another emotion that has to be developed, that comes from your real self. That's developing the will within the real self to actually discover the cause of your choices to sin. What's the underlying reason? This is important.

The Process Of Deconstructing The Façade (or anything) ...

- Intellectual willingness to identify the cause within ourselves of the unloving behaviour
- Develop a willingness (will-power) to find the emotional cause of my unloving behaviour

3.5. Intellectual awareness of the cause within ourselves of the unloving behaviour

[00:31:33.01] Jesus:

What's next: the intellectual awareness of the cause. What's the difference between this and the previous step? The previous step was a

willingness to find the cause and then the next step is, "I've now become aware intellectually of the cause." [00:32:09.11]

The Process Of Deconstructing The Façade (or anything) ...

- Intellectual awareness of the cause within ourselves of the unloving behaviour
 - Become aware of the actual cause of my unloving behaviour

Sometimes they happen very close together, but sometimes they are a long way away from each other. Sometimes you can say, "I really want to find out the reason why I'm doing this." Then you go and do it again, because at this stage, it's all intellectual. You go and do it again. You say, "There I go again! Man, I really want to find out what's going on," become aware of this cause, "what's going on." Then someone comes into your life, or something happens, or a Law of Attraction happens, and it's like a light bulb goes on. By the way, when you say you have a light bulb moment, that's what it is. You've now become intellectually aware.

AWARE OF CAUSE } LIGHT
BULB
MOMENT

Your spirit guides and your spirit friends are always trying to help you do this. By the way, the spirits who are in co-dependent addictions with you are always trying to prevent you from doing this. Your spirit guides are always trying to help you do it, and your spirit addictions are always trying to stop you from doing it.

If someone who's in a spirit addiction is with you, watching you, they're saying, "How can I manoeuvre this person around so they never have a light bulb moment?" That's how they feel, because they want the co-dependent addiction with you. They don't want you to have a light bulb moment on that issue. Your spirit guides are going, "How can I help them have a light bulb moment?" Sometimes it's like that. It's back and forward, back and forward, between these two different voices. It is two different voices really, trying to induce you, one trying to prevent you and one trying to help you, to get to the stage where you have a moment where you say, "Wow, I just realised what it's all about!"

Without the exercise of your own will you won't even get there. You won't ever have the light bulb moment.

[00:34:13.04] **Participant Female:**

I thought that having an intellectual awareness of the cause wasn't much help?

[00:34:19.11] **Jesus:** We'll get to that, you're jumping ahead.

3.6. Intellectual awareness of God's Truth

Jesus:

We have an intellectual awareness of what we believe to be God's Truth. In other words, we think we know the cause at this point. We've gone through this process of desiring to find something, so we're not inactive anymore. We're not just sitting there going, "No, there's nothing wrong with me." We're actually focused on finding out what is wrong, and we go through developing the willingness intellectually.

We're at least going, "Okay. I have intellectual willingness to actually find out what this is about." Then we become aware through the light bulb moment. At that stage we say, "Wow, it's definitely wrong! I can see now that if I've got that emotion, then I've definitely got an issue I've got to resolve." Now we have an intellectual awareness of a truth. That is, "I have to resolve this particular problem, and it's most probably associated with this conduct or behaviour that I've now identified as sin, as something that's wrong, something that's out of harmony with love."

At this stage, you will ask yourself about what God's Truth is about the behaviour. That doesn't mean at this stage that you will actually know. You're just asking yourself. You're trying to feel about, probably more accurately, to think about, what the problem might be.

The Process Of Deconstructing The Façade ...

- Intellectual awareness of God's Truth
 - Ask yourself what God's Truth would be about the unloving behaviour and the emotional addiction that drives the unloving behaviour
 - This is not 'knowing' God's Truth, but rather 'thinking' about what God's Truth would be

So we get there and now we've got to have a bit of a think about this issue.

Let's have a think about this issue. Even though we've been through all of that, I've not yet made any real soul change. That is where I see most religions and most New Age principles stop. That's where they stop. They say, "I've resolved it. I had my light bulb moment! There's my beautiful, magical change. We're all resolved now. We're great. We're going good."

Intellectual Awareness Vs Soul Awareness

- Even though intellectual awareness has occurred I have not yet made any soul based changes
- However, now that I have done all of that, I can BEGIN to make a soul based change!
- I have removed my intellectual barriers to soul based emotional change!

3.6.1. An example of the awareness of wanting to punish another person

[00:36:34.04] **Participant Female:**

I'm just reflecting on the awareness of the behaviour thing intellectually. Would that be when I might go, "Oh I really just want to punish that person"?

[00:36:49.20] **Jesus:**

Yes, it can be like that. I do feel this feeling in me that I do want to punish them. There's an intellectual awareness that, yes, I do want to punish them, actually. There's an admission of the issue. You see, most of us won't even admit an issue. We lack so much humility, we can't even admit to ourselves, intellectually, that we have an issue, let alone go and find out what it is and deal with it. That's a problem, isn't it? How are you ever going to change if you can't even admit to yourself that there's something wrong? Impossible. [00:37:23.04]

This process of intellectual awareness is basically the intellectual admission that there is something wrong. There are also some light bulb moments involved, when you realise, "Oh, maybe it's that." Most people in the world, most people in life get to that stage and they say, "It's all done! That was easy. Let's get on to the next one." (Laughs)

3.6.2. An example of developing a facade of having a major change

[00:37:57.11] **Participant Male:**

And then we just develop this really pseudo-spiritual creepy facade about it all, I think.

[00:38:03.02] **Jesus:**

Correct, that's exactly what we do. We say, "Yeah, aren't I cool? I've just done a major thing, I've just made a major change in myself!" And you know what? Nothing's happened. Nothing's changed really. In fact, if you're honest with yourself, you'll know nothing's changed in your next six months of life, because you'll just go ploughing on with the same life, even though you've made this 'magical change'! That's proof that nothing's changed. We've got to be honest with ourselves.

This is where yesterday was important. Analyse yourself. Has anything really changed? No, it's not really changed. Then no real change has happened. I can have these intellectual light bulb moments, I can have one hundred of them in a day, and nothing will really change. There's got to be a soul-based change, an emotional change, for any real change to occur. Everyone get that? That's the way the soul works.

Even though I have an intellectual awareness, I've not made any soul changes yet. I've just gotten to this stage where I'm willing to even examine that there might be a problem. I've actually started to identify the problem, attempted to identify the problem, rather than just ignore it for the rest of my life.

4. Intellectual awareness vs soul awareness

[00:39:17.28] **Jesus:**

Now that I've done all that, I can begin to make a soul-based change. You see, this is why those steps are important. Even though they are intellectual, they are important, because without them you will refuse to make soul-based changes. [00:39:39.05]

Intellectual Awareness Vs Soul Awareness

- Even though intellectual awareness has occurred I have not yet made any soul based changes
- However, now that I have done all of that, I can BEGIN to make a soul based change!
- I have removed my intellectual barriers to soul based emotional change!

Remember, your facade wants to hold on to its facade. It's going to like the refusal. It's going to like you tuning out and zoning out, all of that. Of course, while you're doing that, any spirits that come into your life, they're also going to influence you to not know what's going on, to not be aware.

What do we do now? We've got to enter the soul-based process. This is a process that involves a soul-based awareness. Imagine for a moment that I had an intellectual awareness. My child comes to me and says, "Dad, you've done this damage." And I go, "No I haven't. It's all your fault! What do you expect of me? I'm just normal. I've got flaws." There's my denial.

After a while I go away from that and I go, "Oh that's not really fair to him to say all that and he's probably right." Now I have some intellectual awareness that what he's saying is probably right. Then I go through a desire. Most people stop at that point. They don't even bother going any further. The next step is saying, "Am I willing to change something here?" I need to say, "Yes. I'd like to change that." I intellectually believe that I'd like to change that. [00:41:04.13]

I become aware of what I need to change. It's only a thought at this stage, so I'm not certain whether that's the thing. But I'm at least becoming, or trying to become, aware that there is a problem and what I need to change. Then I get to see, "Well, yes, I do need to change on that issue, because it's something I've identified." [00:41:22.15]

All of that intellectual process hasn't necessarily involved my soul. It has required a soul-based will, exercised in that direction to engage, though. This is one advantage at this point. I am now developing my soul-based will in a more loving direction. Rather than denying, I am at least wanting to intellectually look at things. That's a good change, isn't it, between total ignorance and desire for ignorance into some kind of intellectual thought to "Oh, maybe I should give it a go."

4.1. Soul (emotional) awareness that the sin exists and is real

Jesus:

This emotional awareness is very different. Once the child comes to me and says, "Dad you did these things," and I go, "Yeah I did these things," – once I realise I've done those things, I might skip straight into an emotional awareness, where I'd probably have a good cry about the fact that I did it. Now I've become emotionally aware that the sin exists; that I did something wrong and it's real – by actually going through an emotion. [00:42:36.17]

It requires an emotion to be processed here. It's a soul-based feeling that what I'm doing is wrong, rather than just an intellectual thought. It's a soul-based feeling of why it's wrong, rather than just an intellectual thought. It's a soul-based feeling about what I believe God's Truth to be on the matter, rather than an intellectual thought. That's our next step. That's the first step of the soul part of processing through things.

The Process Of Deconstructing The Façade (or anything) ...

- Soul (emotional) awareness that the sin exists and is real
 - Soul based feeling that what I am doing is wrong, and needs to be changed
 - Soul based feeling of why it is wrong
 - Soul based feeling of what I believe God's Truth to be on the matter

4.2. Soul (emotional) awareness that the sin has a cause within ourselves

What's the next one? It's a soul awareness that the sin has a cause within ourselves. This is where we actually stop blaming other people for what we did. Most of you will do this with any interaction. Somebody will come to you and say, "You treated me very unlovingly there." And you go, "Yes, I did, I feel really bad about that, but ..." And then what do we do? We minimise it, justify it, shift the blame, try to blame them, try to blame the Universe, try to blame our own parents, try to blame God. Basically, try to disclaim any personal responsibility. [00:43:49.03]

A person in this state does not do that. A person in this state knows the cause is within them and they are really focused on trying to release it. It's a soul-based feeling that the emotion within myself causes me to take the sinful action, and so I no longer blame anybody else for it.

The Process Of Deconstructing The Façade (or anything) ...

- Soul (emotional) awareness that sin has a cause within ourselves
 - Soul based feeling that an emotion within myself causes me to take the sinful action
 - Soul based feeling that the emotion exists within myself

4.2.1. The difference between emotional awareness and intellectual awareness

[00:44:10.14] **Participant Female:**

How is that step different to an intellectual awareness?

[00:44:16.17] **Jesus:**

Here I'm feeling some feelings now. When you get to this place you're going to be gutted emotionally, literally, whereas before you were only thinking about things. At this point you're going to be very, very upset, because you're now processing your way through some emotion regarding the problem. In this case, we're talking about the facade, so you're going to be processing through an emotion regarding, "Wow, I created that inner facade to avoid all this stuff inside of myself." And you'll just be gutted that you chose to take an action that was unloving towards another person. You'll be really emotionally affected by it. [00:44:57.28]

With all the soul-based awareness steps, you will be emotionally affected so much that you won't be able to think of anything else, sometimes for days and sometimes for weeks. You're so emotionally affected by the actual processing through of the actual problem.

4.2.2. The three blockages to experiencing emotion

[00:45:18.09] **Participant Female:**

All those excuses that we went through yesterday with Corny about the "I'll die," and all that ... Is that coming from the facade at this point, to prevent any real emotion coming up?

[00:45:26.21] **Jesus:**

Yes, of course. It's also to prevent any real desire to go through this process. They are all the excuses you give yourself. All of those things you call your fears; they're all your excuses. You really only have three problems, as Corny pointed out to you yesterday. You have no faith, you have no desire to be emotionally overwhelmed, or you have no desire for truth. They are the three real problems; everything else is just an excuse. A person who's really got some faith, knows that they can cope with anything, and wants the truth, will go through this process. They won't give you any excuses; they'll just do it.

4.3. Soul (emotional) willingness to identify the cause within ourselves

[00:46:13.26] **Jesus:**

What's next? It's a soul willingness to identify the cause. It's very similar

to the intellectual willingness, with the exception that it's an emotional process now. "I want to, with all of my heart, find out what this is about." In the last two steps I've had to process emotionally the damage that it did. I've gone through some repentance by this stage usually, about the damage that I've done. At this stage I'm starting to say, "Wow, this damage is incredibly complex! It's harmed that person. Their whole life has been affected by it; it's terrible!" [00:46:59.24]

Like I said, you'll be gutted by the experience of it and so you now want to know. When you get to this stage it won't be sitting down for ten minutes and working out what it might be. It'll be every day and night, prayer, contemplation, analysis of what it is. It'll be a completely different experience now. You won't be just intellectually trying to find it. Your whole being will be focused on trying to find the reason inside of yourself, as to why this bad thing occurred, why this thing out of harmony with love occurred.

The Process Of Deconstructing The Façade (or anything) ...

- Soul (emotional) willingness to identify the cause within ourselves
 - Develop a soul based emotional willingness (muscle) to find the emotional cause of my unloving behaviour

4.4. Soul (emotional) awareness of the cause within ourselves

Jesus:

Once we do that, we come to a soul-based awareness. Once you have the will, all of God's Universe is there to help you come to an awareness. Your now engaging your will, in the soul manner that needs to be engaged, means that within a few moments, or usually a few days, if not a few hours, you get to this point where you're now emotionally aware of the cause within yourself. You now know exactly what it is. There are no ifs or buts. You could talk to one hundred people, and they could all disagree with you, and you'd still know. That's how it is. [00:48:27.04]

You know for certain at this stage what the cause is within yourself, and you feel it. You know it because you feel it as an emotion. Like I pointed out, at this point we often find that our intellectual concept of the cause was completely wrong. It was something completely left-field that we couldn't

even imagine. But we had to go through the intellectual process, otherwise we wouldn't even have gotten to this stage.

4.5. Soul (emotional) willingness to experience the pain from the expiration of error

[00:49:01.02] **Jesus:**

Then what do we do? "A soul (emotional) willingness to experience the pain from the expiration of error." In other words, we've identified the cause, and if there is a willingness in our soul to feel it, we will now go through the actual release of emotion that will heal us. This process is one of the most productive processes, because through this process, we have finished up with getting rid of the reason why we did it.

The Process Of Deconstructing The Façade (or anything) ...

- Soul (emotional) willingness to experience the pain from the expiration of error
 - Develop a soul based willingness to actually experience the emotional pain that is the cause

Once you've gotten rid of the reason why you've done it, you will never do it again, under any circumstances. It won't be automatic for you to do it. It will be automatic for you to not do it.

Let's say the problem was something like, "I'm a man, and I'm sexually projecting at all these women all the time," and I go through and I realise that it's a sin. I have the intellectual awareness that there's some cause within myself. I imagine what it is. I come to some reason for why I do it, and then I start becoming emotionally aware that I do it, and I start going through some emotional processes of what I'm doing.

Then I get to this stage: I will actually release from me the cause of why I do it, and from that moment on I will never sexually project at another woman again. Ever. And it won't be an effort. It will be automatic. It'll be my automatic state and the only person after that point that I'd ever have any sexual interaction with is my soulmate, but, only if she was open emotionally and available emotionally to enter that sexual relationship. I've gone through the actual emotion that caused the behaviour.

4.6. Soul (emotional) release of the cause within ourselves

Jesus:

Okay, so the next step. There's a soul emotional release of the cause. I'm now crying, crying, crying, I'm dealing with the cause. I'm releasing it from myself emotionally. There's an actual release. After this process you will feel like an almost entirely different person.

The Process Of Deconstructing The Façade (or anything) ...

- Soul (emotional) release of the cause within ourselves
 - Actually experience, feel & release the emotion that causes the error

4.7. Soul (emotional) perception of the God's Truth

Jesus:

Then what's next? I now know what the truth is. Now I have it written in my soul. There's a nice Bible verse that says that God's trying to write the Law of Love on your soul. Now I have written in my soul the Law of Love on that issue. It's there, bang! [00:52:12.10]

I've actually gone through a soul-based change. There's no danger of me ever doing it again, unless I purposely choose to do it and I'll know that I've purposely chosen to do it. It won't be an automatic process that I sin anymore, it'll be an automatic process that I don't, on that issue.

The Process Of Deconstructing The Façade (or anything) ...

- Soul (emotional) perception of the God's Truth
 - Now we will have, written in our soul, a complete awareness of the Truth and the cause will no longer exist within us
 - We will now automatically not be able to engage in the sinful unloving behaviour & be automatically loving
 - We have actually gone through a soul based change!

4.7.1. An example of mistakenly thinking the whole process has been completed

[00:52:42.19] **Participant Male:**

There are some things that I've gone through, some of the process that you're talking about, with certain numbers of issues I have in my soul. I think maybe I've tricked myself into thinking the truth is in my soul, when I only have an intellectual understanding of the truth. I haven't gone through the whole process I don't think, with anything, actually.

[00:53:08.28] **Jesus:**

Correct. Yes. What most people find, when they start to go through this process, they start to see ... When you have your first whole, full experience, the whole, I think it's sixteen or fifteen steps or whatever it is, in a row, you actually come out the end completely different. You'll be able at that point to go, "Well that's what it feels like to make a soul change!" Once you know what it feels like to make a soul change, then you'll know whenever you haven't done it. [00:53:42.13]

At the moment, many of you are thinking you've made soul changes when you haven't done one. So I agree. For most people, they've not ever made one of these complete soul changes on any one issue. You've done different steps of different things. You've gotten to different points with different issues, but you haven't gone beyond. Once you get to this point you are a changed person, a completely changed person. [00:54:14.00]

What I love about that point is that every action after that is automatic on that issue. You don't even have to think about it anymore. You're placed in situations where you're put under pressure and you respond completely differently than you would have before. And it's automatic! You don't even think about it anymore! That's a wonderful place to be. It's worth having at least one of those experiences, just to get to that feeling.

5. Benefits of dealing with bigger emotional issues than smaller emotional issues

[00:54:47.29] **Participant Female:**

I'd like to think that there are small easy issues to pick to do the whole process.

[00:54:56.09] **Jesus:**

(Laughs) Yes, there are. Of course there are, but you've got to question ... Can I just make a statement to you that's really clear and logical? If you pick a small easy issue then there'll be a small result. If you pick a big hard

issue, there'll be a very, very large result. What would you prefer? Would you prefer a large result or a small result?

[00:55:21.23] **Participant Female:**

I was thinking it would be nice to experience the whole process, so I know what I'm doing.

[00:55:28.06] **Jesus:**

Yes, but it's going to hit you far more strongly if you have a large process than a small one. A small one you may barely notice. The large one is what builds faith, because you've actually gone through the entire experience and now you know you can do it. You know you can cope with the process. You now have faith in God. You have faith in the way your soul has been built. Think of Corny's talk yesterday. You now have faith in God. You have faith in yourself, because you've done it. You also now, on top of that, have awareness that you can emotionally cope with anything. Then on top of that, you know that facing personal truth is the best possible thing you could have done, because you're now completely changed. You have far less resistance to truth.

If you have a large experience like that, that's what will happen. If you have a small experience, then all those changes will be small. I don't know about you, but you know what makes sense to me? Do the large things first. That's what I would do. That's what I've tried to do.

Your soul doesn't always work that way of course. Sometimes it's the largest things that end up being last, because you've got the most resistance. If you know there are big things within you right at this point, why not start with them? It doesn't make sense to start with a little one. To me, that's fear driving that.

[00:56:49.28] **Participant Female:** Yes, exactly.

5.1. An example of going through the process with the issue of fear

[00:56:49.06] **Jesus:**

Give up the fear. This is part of the process we're going to have to give up. Focus on your fear first. Go through this process with your fear. Do you know, fear creates almost every sin you've ever created? If you give up fear, you know you can emotionally process it, and you get to this place where you actually do go through it, imagine the change in your life? Just that one emotion. If it were me, I'd say, "That's identified." You've just intellectually identified your fear. Develop a willingness to go through this with your fear, and you'll be a changed woman.

Honestly, if the little ones are there, process them, but most of us are going, "There's a big mountain of crap in the room," and what we do? We go around it, saying, "It doesn't smell." Do you like that illustration? (Laughter) We're just fooling ourselves. [00:57:47.26]

For example, if you go into a home and there was a big lump of shit. I mean, like somebody had been crapping there for the last year and it's just right in the middle of the room. Imagine the stench. And you just go, "Yes, I think I'm going to paint the wall." (Laughter) Is that what you would do? "Yes, I think I'll tidy up the kitchen. It's a bit of a mess." I don't think so. I think you'd be focusing on what the biggest problem is first, wouldn't you? [00:58:19.10]

It's very interesting that from a physical perspective, that's what we do. We focus on the biggest problem. When you walk into a room to clean it up, you usually focus on the biggest problem first, generally. Then you work your way down to the little ones.

When it comes to our emotions, you know what we do? Exactly the opposite. Why do we do that? Because we're afraid. We need to start treating our spiritual and emotional life like we treat our physical life. We focus on the big problems first, so emotionally focus on the big problems first. The biggest problem you're going to face, like I've said, is fear; focus on that first. You get through that one and your life's going to be very different.

It's going to be: "Oh, I'm a different person! This is a different life!" after you get through some of that. Focus on that first.

Now, what you do is up to you. It's your will, but that would be my recommendation. I wouldn't treat it like I would treat crap in the middle of the room. I wouldn't just sit there and leave it there and go around saying, "Oh it's pretty smelly in here, but you know, I think I'll go over and deal with that." I wouldn't do that. It's not a good idea. A lot of times the big problems are very obvious to us, and they are very easy to identify intellectually, very easy to understand many of the causes intellectually, very easy to see intellectually that they're there and what God's Truth on the issue is, but very hard to emotionally process. It's only when you get through the emotional process that you will actually have a deep faith in yourself that you can do it with any issue.

6. Conclusion

[01:00:08.27] **Jesus:**

Okay that's it. (Applause) Why are you clapping? No, it's alright, I'm just joking with you.

Honestly, when you go through that process with just one thing, you're going to come out the other side feeling like a different person on that thing. And when you've done that once, you'll have more faith in God, more faith in yourself, more love of emotional work, and more love of truth than you've ever imagined you could have, once you go through that process.

The hardest thing to do is go through that process the first time. It's going to feel pretty stressful going through that process the first time. Remember, I said sometimes we're going to have to go through this process a hundred times on a hundred different subjects, so this is a process you've got to get used to. It's a process you want to engage and understand, to have a soul-based awareness. You want to study it.

The seminar outline will be on the Internet exactly as we've presented it there. You know what I'd do? I'd print out the outline and I'd study it. I'd say, "What does this mean? What does this mean?" I'd work it out, even intellectually. It's going to benefit you, if you can do that. Work out what each step involves, from an intellectual and emotional process, and then try to take yourself through it. Ask God for help to take you through the process.

When Mary comes and presents to you, going through the hurt child's emotions, it's exactly the same process. She's going to add some additional thoughts for you, but it's exactly the same process, and it's the same process with everything inside of you that's out of harmony with love.

When I wrote that material nine years ago, I wrote it to a group of people, who actually kicked me off their forum afterwards, because some of them had asked, "How do I really change," and that was my response to them. That's how you really change. You go through that process with every single thing, every issue that you can think of. That's what you do. You can see from that, that it is a difficult process isn't it? So I'm not making out to you it's an easy process.

6.1. The most difficult process is to remove the facade self

Jesus:

For every facade we created, it was a difficult process to create it, and it's going to be quite a complicated difficult process to undo it of course. If you can remember that there are some simple things we've got to follow that will help you immensely, but it's not going to be easy. Like I said, it's going to be the hardest thing you've ever done, without a doubt.

Once you've gotten rid of your facade, feeling the hurt child almost feels like a breeze sometimes, in comparison, and developing your real self is a joy. It's fantastic fun to develop the real self! Imagine developing your real self without any fear, developing your real self without any desire or anger, desire to harm others,

developing yourself under those circumstances. You can't really make a mistake because all the reasons inside of you for making mistakes have all disappeared. [01:04:00.18]

This is going to be the most difficult process. Remember, the facade self wants to keep itself. The facade self wants to hold on to the resistance to truth. It wants to not have any faith. It wants to retain itself. It wants to avoid all emotion. It wants to do all of these things. That's why it's going to be hard. [01:04:19.23]

Let yourself go through it, even once. That's all I suggest to you, even once, do it once with one thing. Go through the entire process. It will build an immense amount of knowledge and faith inside of you about how your soul works, and once you've got that knowledge you can apply it to every single thing you visit in your life. That's what I love about what God has done with the soul. God hasn't made it as hard as you think. There are things that you can do that are logical, that will lead you through a process, but it requires a large amount of effort and will, and this is why it's so important to develop that will, like a muscle. Start off weak and develop it so you're strong, with regard to the way in which you process through these things.

7. Audience questions

7.1. Going through the process of deconstructing the façade assists our soulmates

[01:05:15.10] **Participant Female:**

In relationship with our soulmate and our will, I'm just wanting to know (and I'm sure you've answered this before; it's a constant question for me) how connected is our will, in terms of if we're striving to make those changes when our soulmate isn't, and our will's very connected. Does that make it more difficult? How connected is our will in terms of our soulmate?

[01:05:40.24] **Jesus:**

In terms of your soulmate, is that what you're asking?

[01:05:44.13] **Participant Female:** Yes.

[01:05:44.13] **Jesus:**

I think from what I've already talked about, if you look at it from a logical perspective, you can see that everything you do to improve your will, is automatically going to assist the other half of yourself. It is actually going to make it easier for the other half of yourself, not more difficult.

[01:06:06.02] **Participant Female:**

And conversely, if they don't, does it make it more difficult for you?

[01:06:12.17] **Jesus:**

Not initially. Because you are so detuned from them anyway, it has no effect on you. Over time it may. You may come up with some of these emotions. Remember, the biggest emotions you're going to have inside of yourself are going to be: Firstly, the number one set of emotions that are the largest, are all of the emotions you have that oppose your relationship with God. Then the second set of the largest emotions, are all the emotions you have that oppose the relationship with the other half of yourself.

If you deal with those two sets of emotions first, which we're all capable of doing, then you'll draw your soulmate into your life quite rapidly, but also you'll heal a lot of yourself. There'll be bits and pieces left over, and as you go through that they will be drawn into your life.

Then they will also have to, at some point, make their own choice to do the same thing you did. That's where it gets a bit tricky, because they have a developed will of their own, and not always in the same direction. This is where you'll need all of the things you've learned: patience, love,

kindness, understanding, compassion and understanding of where you've been, where you've had to come through what you've had to do. You'll automatically have all of that, because you've already done it. Of course you'll have all those feelings inside of yourself, and all those feelings inside of you means that you're going to be compassionate and understanding to them. Even that compassion and understanding is going to help them engage the process. So it's far better for you to engage this process, even by yourself, than it is to wait for your soulmate to come along and try to engage it together.

7.2. Benefits of dealing with fear first

[01:08:01.26] **Participant Female:**

Would you say, for people who are already in a relationship, to first sort out the relationship with God issue? Because, for people who are already in a relationship, if they are not sure if they're with their soulmate, is it best to sort out the relationship with God first?

[01:08:27.07] **Jesus:**

All of these questions associated with, "What do I do first? What do I do next?" are driven by fear. My suggestion to people asking those questions is: deal with your fear first. Make that the first big process you go through, because once you go through your fear, you won't ask those questions about, "What's my next thing that I should do?" because what will happen is, you'll automatically embrace as many things as possible simultaneously. The reason why we want to manage a process, and we want to do one thing at a time, is that we're afraid of being emotionally overwhelmed, which is what Corny talked about with you yesterday. We don't believe we can cope doing two things at the same time, or three emotions at the same time. Isn't that the case?

So, my suggestion is: fear is driving those questions. I would first deal with my fear, not with the issue with God, not with the issue of who's my soulmate, but my fear of everything! Go through that first. Then, once you've gone through that, you'll be able to probably process one, two or three or even more things at the same time.

7.3. The process of deconstructing the façade needs to be done for every individual issue

[01:09:57.06] **Participant Female:**

When you go through a process now, and you've talked about the steps that you go through to process, and you get down to the grief or shame, is there fear involved, still?

[01:10:09.14] **Jesus:**

Yes. I still have fear. If I didn't have fear, I'd be at-one with God now.

[01:10:15.03] **Participant Female:**

Yes. That's what I was just thinking, because you're not getting rid of all of your fear, just about one particular thing.

[01:10:20.06] **Jesus:**

Correct. This is what you've got to remember, I'm talking now about each individual issue. This is a process for each individual issue. Just because you've done it on one issue doesn't mean you have done it on all of them.

[01:10:33.29] **Participant Female:**

But it'll be easier because you know you can get through it.

[01:10:36.14] **Jesus:**

It'll be much easier because you've done it once. If you do it twice, three times, four times, five times, obviously the more times you do it, the better it gets.

7.4. Fear is sin

[01:10:47.24] **Participant Male:**

I can see how the sin would be involved with the anger, if I had a situation where I was angry. But I'm having hard time understanding a situation where I had fear.

[01:11:06.06] **Jesus:**

Yes. A lot of people have a lot of difficulty understanding that fear is sin. That's a completely different discussion in its own right. We're not going to be raising the issue of, "What is sin?" in this whole thing. We're trying to help you identify what it is, but I can assure you, that every time you enter a state of fear, you are doing harm either to yourself or to someone else, and every time you do harm to yourself or someone else, you are sinning. You are unloving to yourself or someone else; therefore, it is a sin. [01:11:48.17]

Fear creates the worst possible problems on this planet. All wars have been created by fear. All murders have been created by fear, generally. All rapes are created by fear. Did you know that? Rapes, even, are created by fear. The men who rape are afraid of something. Most people have no awareness of that, but they are. They're afraid of a lot of things, actually. They're afraid of not being loved by women, of not being wanted by women. They're not wanting to feel those emotions so they get angry, and when they get angry, then they go and do something that's out of

harmony with love. Fear is the underlying seed of almost all of our world problems. Fear is certainly, from God's perspective, out of harmony with love and therefore a sin. [01:12:40.26]

Now that's a general statement. We can go into each individual fear and actually work out how it's a sin, and why it's harming other people, and why it's harming ourselves, but that's a process that you need to go through and understand.

[01:12:57.24] **Participant Male:**

And the last part is, identifying the difference between a fear that's from something I did wrong, and a fear that's from something I didn't do wrong?

[01:13:10.02] **Jesus:**

There are what I would classify as sins of omission. Things that you should have done, but you didn't do. Then there are sins of commission, things that you did do that you shouldn't have done. Fear has a tendency to drive both of those. Sometimes you don't do something you should have done because you're afraid, and sometimes you do something that you shouldn't have done because you are afraid.

Remember, the sin, the unloving action, word or deed, is the effect of the underlying cause, which was the fear. For example, why do most people have an abortion? People who don't want a child, why do they have an abortion? Because they're afraid of bringing up a child. They are afraid of putting the child into some other person's care once it's born, so they decide to get rid of the child, which is a sin, the act of murder. Most of our actions are driven by this fear, but I won't get into a discussion of fear now.

8. Homework

[01:18:34.18] **Participant Male:**

Jesus, was there any homework from the first two sessions that we've done today that you wanted to ...?

[01:18:48.07] **Jesus:**

My feeling is, you need to sit with what you've just heard and try to grasp it and understand it if you can. In particular, if you struggle with what I just went through with your facade self, my suggestion is to go back to the previous presentation. Try to understand the feelings of each part of yourself, the feelings of the real self, the feelings of the facade self, the feelings of the hurt self. Try to understand and feel those a bit. That'll help you quite a lot if you can do that.

Experiencing the Hurt Self

1. Introduction

Mary:

How is everyone feeling about what was presented in the middle portion of the day? Enough time to process a small amount? Not really? A little bit? I feel that what Jesus presented to you is an amazing resource that you can go back to. Something I want to encourage everyone to do is, if you find yourself emotionally overwhelmed at any point, don't forget that it's an opportunity. One of the reasons we record everything, is so that you can go back ... If you miss it you can go back and look at it. There are going to be outlines and videos. The opportunity to be overwhelmed is a moment in the life of your soul. Don't miss it just because you're worried about what's coming next and getting it all down. You can always ask someone else who was there what the homework was, and join in as we go on.

Something that a couple of you raised was about ... do you remember in the second discussion, Jesus talked to you about this process that you go through, of the intellectual awareness that there might be a problem, and then a sort of intellectual investigation of what the problem might be, all leading to this soul awareness that, "Wow! There's sin in me," to connecting emotionally to that, and eventually connecting emotionally to the cause and letting it go. [00:02:08.01]

I know some of you felt pretty overwhelmed by that. A little bit of fear came up about, "Where am I at in this process?" I just wanted to talk to you briefly, before I start my talk, about the fact that it's taken me a long time to work through those steps, to even begin to connect to some of those soul-awareness's, and my soul's emotional responses to them. And that's okay. [00:02:46.06]

It's a process of undoing damage that you've had with you for a long time, and it's worth the effort. There will be times, like I talked about, when you're growing the will muscle, when you think, "Oh man, this is sort of hurting. And where am I going?" If you stay with these principles of faith, and what you have already felt ... because, a lot of you have felt some things already, and felt "No, this does work," or, "No, I can feel the truth of some things." Stay with that; there will be results. There really will.

As I've said, I'm only just starting, after six years, to feel I'm a little bit freer of facade. I'm beginning to connect to some of these feelings in the hurt self, that I want to talk to you about tonight. That's when the fun really starts, because your faith really increases at that point.

Before then, it can feel a little bit like a hard slog, because you're faced with, "Oops, there's another addiction! Oops, there I'm in facade again." I just wanted to encourage you to keep growing that will to do that work, because nothing beats the feeling of reward when you feel just that little bit closer to your real self, a little bit freer to be who you are. Even when you start to feel those hurt self feelings, that's a powerful acknowledgment of the truth, and of who you are. So, that's my word of encouragement, before we begin.

2. What is my hurt self?

Mary:

Who can me remind me of what the hurt self is? Who can tell me something about the hurt self?

[00:05:22.19] **Participant Female:**

The hurt one? The hurt child?

[00:05:26.22] **Mary:**

Yes. It's a part of our self that is holding all of our hurt. Really, we can't even call it one part of ourselves. Why is that?

[00:05:39.06] **Participant Female:**

Because they're all working at the same time. Because the soul is ultimately influencing all of them, but they're all expressing themselves. They're acting at the same time, connected.

[00:05:52.00] **Mary:**

Yes. It's more that: parts of our self got shut down at different ages, didn't they? It's very common in modern psychology, maybe we'd call it, to talk about the inner child, connecting to the inner child. Initially, I was going to call this talk "Experiencing the hurt child," but I think there's a danger in saying we've got one child inside of us, because we're actually fragmented. There are parts of us that are still feeling two years old, because they got shut down at that point. There are parts of us stuck at five, there are other parts at seven, thirteen, preconception, one year old. The fragments inside of us that are still holding onto hurt have been suppressed, and they feel quite childlike when we connect to them.

It is a fragmented process. Part of the beauty of starting on this work, is that you begin to bring those fragments into joining together. That's really what happens when you connect to your real self. You begin to feel, "I'm a whole person, and not this fragmented person that seems to act five one day and act thirty-five the other day, but is that really my facade?" Then having two-year-old tantrums sometimes.

When you've begun to do this work of breaking down the adult facade ... because why is it that we don't experience these hurts right now?

[00:07:42.21] **Participant Male:**

Probably more than anything, we're scared to.

[00:07:47.25] **Mary:**

We're scared to. What do we do in response to that fear?

[00:07:51.14] **Participant Female:**

We created our facade self to cover it up, so we don't have to feel it.

[00:07:55.17] **Mary:**

Yes. The majority of our actions and our desires, right now, are reflections of addictions of our adult facade. That's what we use to stay away from experiencing this hurt child, or hurt self. These hurt parts of ourselves; every part of our facade is there because we're invested in staying away from these things.

[00:08:25.22] **Participant Male:**

So with any part of your hurt self, if you're not actually experiencing it, does it mean that there has to be some kind of facade on top of that to be suppressing it at any time?

[00:08:41.01] **Mary:**

Yes, an addiction, which is part of your facade, and your facade. Something that is really awesome, is that the real self wants to be itself, the hurt self wants to feel its hurt, but the facade self is the one that doesn't want you to do either of those things. It stays in place, keeping you away from these parts of yourself.

[00:09:09.09] **Participant Male:**

So, if I think that I don't really have much of a facade, but I'm not really experiencing my hurt self, then there's a lot of self-deception?

[00:09:15.20] **Mary:**

Yes, because if you think about it, how do you feel underneath your facade?

[00:09:23.00] **Participant Male:** Sad and afraid.

[00:09:24.27] **Mary:**

"Sad and afraid." If you're not feeling that all the time, there's something else that's going on. There's something else you're presenting. Often, it's a story we're even telling ourselves about what the truth is.

3. Essential steps needed to connect to and heal our hurt self

Mary:

How are we going to become our real selves? How are we going to connect to our real selves properly, one hundred percent of the time? What are the things we have to do?

[00:09:54.23] Participant Female:

I guess the first thing is to deconstruct, and feel through our facade self?

[00:10:00.20] Mary:

Yes, all those steps Jesus talked about in his presentation "Deconstructing The Facade Self" (see 20140713 Understanding Self – Deconstructing The Facade Self), we have to do, with every part of our facade. And then?

[00:10:07.13] Participant Female:

And then, I have to feel through all the parts of my hurt self.

[00:10:11.18] Mary:

Yes. I want to talk to you about how we're going to do that.

3.1. Acknowledge that hurt exists within and feels emotional, uncontrolled, raw and truthful

Mary:

What do you think is the first thing we're going to have to do?

[00:10:23.05] Participant Female:

Be honest with ourselves about the facade?

[00:10:25.14] Mary:

True, and beyond that, what else are we going to have to be honest with ourselves about?

[00:10:41.20] Participant Female:

Be honest about our addictions.

[00:10:45.07] Mary:

Yes, true also, but what about when we're talking specifically about the hurt self? We've done some work on this facade and addictions. How are we going to begin to experience our hurt self?

[00:11:01.11] Participant Female:

I'm guessing it's going to be a similar experience to deconstructing the facade. First we want to have some intellectual awareness, to accept that there is damage to our self, and be willing to explore that.

[00:11:18.02] Mary:

Yes. Let's say our first point is that we have to acknowledge that the hurt self even exists. In fact, it feels very childlike a lot of the time.

1. ACKNOWLEDGE THAT THAT THE HURT SELF
EXIST AND IS MAINLY CHILD LIKE

What did you notice when you saw Jesus put up the two slides, about the feelings involved with the adult facade compared to the feelings involved with the hurt self? What did you notice in terms of the difference between the feelings?

[00:12:09.19] Participant Male:

Basically my facade self is quite adult and the hurt self is quite childlike.

[00:12:17.07] Mary:

Yes; very important point. Something else?

[00:12:26.10] Participant Female:

How God has actually made me is cool. I'm fun and courageous. I have all these things that I'm trying to have at the moment, whereas my adult self is real hard and nasty.

[00:12:40.25] Mary:

So, your adult facade, the feelings are quite hard and nasty. What about the hurt self? You skipped that one. You went straight to the real one.

[00:12:48.00] Participant Female:

Oh, sorry. It's because I just want to go there! (Laughs)

[00:12:55.23] Mary:

You're right. The adult facade feelings are quite hard. They are quite rigid, quite hard. The hurt self is all of those descriptive words that you heard.

[00:13:16.27] Participant Female:

They actually felt a lot softer.

[00:13:19.04] Mary:

A lot softer. Remember when Jesus was talking to you about the hurt self? It's the hurt parts of ourselves that we've suppressed at various ages

starting from childhood. When we connect to those feelings they're going to feel really childlike when we experience them.

He also talked about when we're adults and we shut down our hurt. We're going to have to experience those feelings as well, but they're going to feel soft when we connect to them. They're not our facade. They're not our anger, our resistance. The hurt self feels soft when it connects to things. Often we associate that with something that's childlike: softness, pliability, willingness to be vulnerable and go into feelings.

That's what we're going to have to do first, before we even start feeling anything. We have to acknowledge that this part of us is inside of us. If you think about it, a lot of us have a lot of resistance to even that concept, emotionally, the thought that inside of me there is a self that feels pretty sad and pretty soft, and doesn't have any big armour on to go out and face the world. We have to acknowledge that they exist.

3.2. Acknowledge how you currently treat the emotions of the hurt self

Mary: What do you think the second thing is we need to do?

[00:14:51.00] **Participant Female:**
To have compassion for that hurt child.

[00:15:01.07] **Mary:**
I agree. We have to begin to have compassion for that hurt child, but before we do that, wouldn't it be good to figure out how we're currently treating them? Number two is to acknowledge our current treatment of our hurt self. How do you currently treat this hurt part of yourself?

[00:15:38.02] **Participant Female:** Totally ignore it.

[00:15:41.21] **Mary:**
You ignore. I'm going to write a list. Who else has got one?

[00:15:56.02] **Participant Female:** I've shamed mine.

[00:15:58.22] **Mary:** Yes, we shame them.

[00:16:07.09] **Participant Female:**
I'm as cruel to her as those who were cruel to me.

[00:16:11.05] **Mary:**
This is the interesting part of it. You're quite cruel to these hurt parts of

yourself. Very often, it's because that was what was modelled to you when you were little.

[00:16:27.29] **Participant Female:** I dismiss it.

[00:16:30.08] **Mary:**

Dismiss. "Come on, it's not as bad as that. You've complicated my life now. I've got things to do. I've got to get on with things!" Who else?

[00:16:47.09] **Participant Female:**

I get frustrated and angry with her.

[00:16:50.04] **Mary:**

Yes. "Come on! You shouldn't be feeling this. You should be over this!"

[00:16:53.12] **Participant Female:** Like a whip.

[00:16:53.27] **Mary:** "Hurry up!" We're very harsh, aren't we?

[00:17:03.00] **Participant Female:** I judge it.

[00:17:06.10] **Mary:** How do you judge your hurt child?

[00:17:08.09] **Participant Female:**

As weak and not going to be able to cope.

[00:17:12.13] **Mary:** Yes, all those things. Anyone else?

[00:17:29.13] **Participant Female:**

I find I want to get away from her when something comes up. It's like this panic.

[00:17:39.11] **Mary:** A panic, so, you're afraid?

[00:17:43.05] **Participant Female:**

Yes. A huge fear comes up and I just want to run away.

[00:17:44.23] **Mary:** You want denial again?

[00:17:48.19] **Participant Female:**

Any kind of relief, "Get me out of here!"

[00:17:52.07] **Mary:** Panic, that's a good word.

[00:17:56.13] **Participant Female:**

I have really high expectations that it will shift very quickly. I'm quite ambitious that it will come out and move and be gone.

[00:18:04.12] **Mary:** Can we call it "pushy"?

[00:18:18.11] **Participant Female:** I laugh at my hurt child.

[00:18:22.28] **Mary:**

So you're involved in calling her silly? Yes, ridiculing.

2. ACKNOWLEDGE TREATMENT

IGNORE	CRUEL	HARSH	DISMISSIVE
SHAME THEM	JUDGEMENT	PANIC	
PUSHY	RIDICULE		

Mary:

What about that we might not think is that terrible a treatment? In fact, you might think it's quite nice.

[00:18:52.18] **Participant Female:**

Mollycoddle her. Say, "Oh, you poor thing." And "Poor me."

[00:19:01.23] **Mary:**

"It's all too hard." "It's okay, you don't really have to face any of that kind of thing."

[00:19:05.07] **Participant Female:**

"Just do a little bit, just five minutes." "That's okay, have a cup of tea."

[00:19:09.12] **Mary:** Yes, mollycoddling.

Mary:

Another one that I notice some of you are doing is the "cheer up." "Come on, let's go outside. Have a walk. You'll be right." But is that really kind to your hurt self? It's actually quite harsh. It's saying, "Your feelings aren't even important enough to feel." We are all pretty good at this harsh treatment.

[00:19:53.03] **Participant Male:**

You lick the wounds. "I'm hurt. I'm in pain."

[00:20:02.00] **Mary:**

Yes, and huddle and say, "You shouldn't have to do any more of that." Like Jesus was saying, you fall down the stairs and it hurts and you say, "Oh I'll never do that again!" That's really the adult facade acting upon the hurt child, isn't it? It is saying, "Don't feel about it. Just avoid it."

This treatment, and I'm going to call it harsh treatment, is that fair? We have to acknowledge that the current harsh treatment is actually coming from our facade, to shut down our hurt self.

3.3. Stop the harsh treatment of the hurt self

Mary:

If we're going to get on with experiencing this hurt self, what are we going to do next?

[00:21:11.17] **Participant Female:**

Intellectually see that it's a sin, that it's wrong.

[00:21:16.22] **Mary:**

Actually, when we start this process, we're intellectually doing both of these things really, aren't we? What happens, do you think, when we start to get emotionally in touch with these things? What would be the next logical thing to do? If we know: "Okay I have a hurt self and it's a part of me that has been shut down, and it's a part of me that needs to be experienced, but currently I'm treating it really harshly, and that's shutting it down even more, keeping it shut down, what should I do?"

[00:21:55.07] **Participant Female:**

I think at that stage I would want to see how God would treat me.

[00:22:01.20] **Mary:**

We're way ahead of ourselves. Let's just stop the harsh treatment. These are all good ideas, but way down the track. Honestly guys, you're not going to be able to skip these steps. You have to emotionally acknowledge that there is a hurt self inside of me. That will be emotional. Some fear will come up in that place. Emotionally let yourself feel how you are treating this part of yourself. That will be very emotional.

3. STOP THE HARSH TREATMENT

[00:22:56.08] **Participant Female:**

So, the acknowledgment that I'm treating myself harshly would probably indicate that I'm treating others harshly as well?

[00:23:04.07] **Mary:**

Yes. You might be treating the hurt self of others quite harshly, because this is your belief. "This is how I should treat the hurt in me, so I'll treat it the same in you." "Come on. Go for a walk, you're right. Aren't you over that yet?" (Laughs)

[00:23:27.14] Participant Female:

Is this different to when we tend to blame ourselves in order to avoid our parents blaming us?

[00:23:37.23] Mary:

That's how we end up treating our hurt self. We get really hard and punishing and blaming, instead of feeling. That is often a reflection of how our parents treated us, or mechanisms we used to try to shut down the hurt that was there. If I blame myself, I don't have to feel that someone else is being hard on me. That's a way we use to shut down our hurt self.

[00:24:06.23] Participant Female:

We don't necessarily treat others that way, we just treat ourselves that way, rather than feel others are treating us that way?

[00:24:12.26] Mary:

Not necessarily. Experiment with your awareness on that one. You're thinking, "I'm blaming myself. I'm not blaming others." But do you encourage others to blame themselves? Like, your kids, as you're raising them, things like that? If that's a part of your soul, and the way you are keeping your hurt self at bay, you are automatically modelling this to the people around you, that this is the way you treat hurt, or this is the way you avoid hurt. It's a good thing to experiment with.

Part of your homework is going to be to start this process, and let yourself discover the specific ways you are treating your hurt self. And then for the next week, just let yourself sit with the question as you interact with others, "Mmm, am I treating their hurt self in the same way?"

3.4. Allow the hurt self a voice

Mary:

What should we do after this?

[00:25:37.11] Participant Female:

I've been wondering lately, if there is such a thing as repentance towards yourself and your whole soul. For instance, if you've been promiscuous, every time you've had a partner, you've actually hurt your soulmate as well as yourself, as well as other people. Would repentance be a part of this process?

[00:26:03.21] Mary:

Not yet, because we're not yet experiencing the hurt self. How can we repent if we're not yet connected? Jesus is going to speak to you at length about the processes of repentance and forgiveness, in a couple of days. It's a

good reflection. Keep it in mind as we progress through the week.

[00:26:30.16] **Participant Female:** Feel the pain of the hurt self?

[00:26:32.23] **Mary:**

Almost, but my experience has showed me there's one more step in between.

[00:26:41.04] **Participant Female:**

Just let ourselves become aware of our hurt self?

[00:26:46.26] **Mary:**

Let ourselves become aware of our hurt self.

[00:26:49.15] **Participant Female:**

And see it, and acknowledge more?

[00:26:53.01] **Mary:**

Let me tell you about these three first steps. You're going to go through them and then get to step three and have to say, "Oh, there's more in step one now. I see more of my hurt self now. I can feel more of my hurt self now. Wow, how am I treating it? There's even more harsh treatment that I'm aware of. I'll have a good cry about that one." Then we have to exercise our will, to make a choice to stop this harsh treatment.

Nobody has really cared for these hurt parts of ourselves before, not even us. Someone's going to have to start doing that, and there's no one but you to do it. You're going to have to harness your will to stop this harsh treatment. As you do, the awareness keeps growing. The acknowledgment keeps growing. This is an emotional process, remember.

There's one really important thing that comes next. Here you are, you've gained an awareness of this hurt self. You've stopped treating it harshly, which is a really awesome, great step. It's the beginning of caring. What comes next?

[00:28:20.14] **Participant Male:**

Just letting the hurt self be there. Just letting it exist. Not trying to suppress it.

[00:28:27.18] **Mary:**

Not trying to suppress it. What would you be encouraging it to do if you weren't suppressing it? Imagine you had a little kid here, who has been treated harshly and you said, "Suppression is over. No more harsh treatment for you. Just be yourself." What might that kid start doing?

[00:28:44.03] **Participant Male:** Expressing itself. Letting it flow.

[00:28:46.17] **Mary:**

Having a voice. You're going to start allowing yourself to have a voice; to say the things that you didn't say, that you didn't get to say, but you wanted to say. When I say, "Allow your voice" here, I mean allowing the voice of your hurt self. Let it say the truth of what happened. A lot of times we're shutting down that whole thing.

1. ACKNOWLEDGE THAT THAT THE HURT SELF
EXIST AND IS MAINLY CHILD LIKE
2. ACKNOWLEDGE HARSH TREATMENT
3. **STOP** THE HARSH TREATMENT
4. ALLOW YOUR VOICE

[00:29:30.26] **Participant Male:**

In that process, would you love the hurt child?

[00:29:34.28] **Mary:**

We are getting ahead of ourselves, but if you think about it, isn't number four the beginning of showing some love? Step three is really ceasing the lack of love, but four is starting to show love, just like you would to a little child.

You're now showing it to yourself. "What do you want to say? You've been shut up for years and years. What do you want to say right now? Let's hear it!" What usually happens when someone gives voice to their feelings?

[00:30:16.23] **Participant Female:**

People around you go into panic and shut you down even more!

[00:30:23.13] **Mary:**

(Laughs) We're doing all of this in the privacy of our own home, so there's no one else around. Remember, there's no more harsh treatment. There's no more harsh treatment coming towards this hurt child. It's in a space where it feels allowed to have its voice. What might start to happen when it has its voice?

[00:30:44.05] **Participant Female:**

Just hurt feelings will come up.

[00:30:46.24] **Mary:** Yes.

3.5. Allow the feelings of the hurt self

Mary:

I'm going to go to step five. Again, you're going to have to allow this little hurt self the childlike hurt feelings, to have their feelings, to be experienced. It's not magic, either. It will happen much easier once you stop all the harsh treatment and judgment and punishment, and all of these things, but you're still going to have to use your will to allow this process. Guess how it's going to feel? I'll tell you how it's going to feel: overwhelming. It's going to feel overwhelming.

5. ALLOW THE HURT CHILD-LIKE FEELINGS

6. TAKE CARE OF THE HURT SELF

You can see, there are a lot of steps before we even really get to feel these feelings? Step five is to allow the hurt, childlike feelings. And you can relate to that. When you begin to feel like you're in a really safe environment, and you say what you wanted to say or you say the truth, very often it connects you emotionally, doesn't it?

[00:32:25.11] **Participant Male:**

And are they feelings of what's been done to me? Can they also be the hurt childlike feelings about what you've done to someone else?

[00:32:36.24] **Mary:**

Yes definitely. Remember these hurt childlike feelings are the ones that Jesus had up on his slide, that are softer. There's fear, there's pain, there's grief, there are all these things, but they're much softer. You're feeling softer now, you're feeling a flow of emotions rather than rigid ...

How many of you have tried to process your emotions while pushing yourself? "Come on! Get into this! You didn't do that! That wasn't long enough! Did you time that? Fifteen minutes! How am I ever going to get to be at one with God?" (Laughs) It's not like that. That is your adult facade in operation.

When we get to this place, we have to give all that up. We're being kind now, to a part of our self that hasn't been loved before. Okay what's going to happen next? Now we're starting to experience this hurt child. What do we need to do now? And some of you have already been trying to jump the gun on this one.

3.6. Begin to take care of the hurt self

Mary: What shall we do now with this hurt child?

[00:33:56.26] **Participant Male:** Just give it love.

[00:33:59.11] **Mary:**

Yes, let's take care of it. Take care of the hurt parts of ourselves.

And what would that be like? Who can give me some examples? How would we do that? How would we take care of this part of ourselves?

Participant Female:

Make plenty of time for her.

[00:34:30.19] **Mary:**

Yes. Let's take time. We won't be watching that clock anymore, timing the bouts of tears. We won't be rushing around with our to-do list every morning saying, "I've got to get all this done or I'm not a worthy woman!" We'll be saying, "You know what? You've been shut up and shut down for a really, really, long time. Now is your time. I'm going to give you time and space to tell me what you feel, to let those feelings come." What else might we do?

[00:35:06.04] **Participant Female:**

I'm thinking of the Corinthians passage: "Love is always patient and kind."

[00:35:11.13] **Mary:**

We'll be patient with ourselves, with this hurt child. It will feel very childlike, guys. You're going to have to be patient. These expressions that come out of you will often sound just like a child. The things they want to say to you might sound just like a two year old is speaking with you. It's speaking from you. It's a part of you. We're not separate.

This is why I'm calling it the hurt parts of ourselves. It's not a separate little kid that you're going to have with you all this time. It is just parts of yourself that have stayed at that age. There is a lot of inner child philosophy that says your inner child will be a child forever, and will stay a child forever. I don't believe that. I believe that these parts of us should get the chance to mature, to feel what they need to feel.

The awesome thing is that they just keep the best bits, the bits that you saw in the real self description: the curiosity, the inquisitiveness, the passion, the desire. All of those things that we often associate with children are stuck underneath, and sometimes in with, all these hurt parts of

ourselves that have been shut down. We are going to be patient with ourselves as we feel these things. What else are we going to do?

[00:36:41.00] **Participant Female:**

Sometimes my hurt child craves warmth and just looking into her eyes with patience and love.

[00:36:55.20] **Mary:** An emotional warmth?

[00:36:58.26] **Participant Female:**

Yes, just this openness. That's what I imagine in myself. That's what I'm doing.

[00:37:04.22] **Mary:**

You're practising being warm and open to these parts of yourself that feel quite childlike?

[00:37:14.24] **Participant Female:**

Yes, and just looking into her eyes with this love.

[00:37:17.24] **Mary:**

Looking into your eyes, though. Don't confuse it. We don't want to be more fragmented. We want to bring it all together. Looking into your own eyes. Trying to display this love to these parts of yourself. Awesome.

[00:37:35.02] **Participant Female:**

Sitting here I was thinking that my inner child's definitely going to need some encouragement.

[00:37:44.03] **Mary:**

Yes, that's a good one. We are going to be encouraging as these hurt feelings surface, that feel quite childlike.

3.7. Educate the hurt self

Mary:

What might we be telling ourselves? We're almost skipping into the next point.

[00:38:04.27] **Participant Female:** It's all okay.

[00:38:05.28] **Mary:** It's okay. What is that?

[00:38:09.15] **Participant Female:** It's okay to feel what you're feeling.

[00:38:10.19] **Mary:**

What are you telling them? That is a statement of?

[00:38:15.29] **Participant Female:** Truth.

[00:38:18.13] **Mary:**

Truth. We are going to tell ourselves the truth as we go through this. We are going to say, "Yes. I'm feeling hurt and frightened, but I was built to feel this." We are going to tell the truth. We have been letting these parts of ourselves tell the truth about what they've been sitting on for all these years. "Nobody pays any attention to me." Or, "I want to get what I want!" or whatever it is. Tell the truth, I should probably call it God's Truth, to these parts of us.

This is where we are starting to get into the final very, very, crucial thing that we need to do in this process of experiencing and really healing the hurt self, and allowing this maturity to happen. What might we call this? We are taking care. We are showing love. What is something that these parts of our self have missed out on?

[00:39:28.28] **Participant Female:**
Being introduced to God and God's Love?

[00:39:32.18] **Mary:**

Yes. They are lacking a good education. We are going to educate these parts of ourselves. We have suppressed these parts of ourselves so much, it's almost like they don't even have an awareness of everything else that's going on in our life. We are wandering around. There is a part of us that's balled up, like a rock, just here under our rib, that's hurt and we don't want to know about it.

We are having these experiences. We are even coming to a Divine Truth seminar, we are learning all this stuff, but can this balled-up rock-hard part of us know about it? A lot of the time that we are in those seminars, we are acting in our facade, aren't we? Sometimes, the hurt selves come out and the tears flow a bit. That's when there is more receptivity to gaining this education. In order to heal this hurt self, you're going to need to give yourself this education. [00:40:43.22]

Give these parts of yourself this education. One really, really, important thing to educate ourselves on is God's Truth, the truth about the universe. What other aspects might you want these childlike hurt parts of yourself to know about?

[00:41:05.21] **Participant Female:**

That she has a unique personality and beautiful qualities that are inside of her.

had had no concept of that, that I had grown from waist height to adult height.

[00:44:34.11] **Participant Female:**

What comes to me a wee bit further back is: you are lovable.

[00:44:39.05] **Mary:**

Yes, beautiful. Can you see that as you begin to give these parts of yourself a voice and you begin to allow them to have their feelings, and you stop judging them and stop punishing them, and begin to educate them, they even begin to feel lovable? – Because they are receiving this loving environment from you internally.

4. Audience questions

4.1. You need to connect to the hurt self to educate it

[00:45:08.09] **Participant Female:**

Mary, I'm just wondering for those of us who have been sitting in the Divine Love sessions and listening to all this stuff, isn't the hurt child listening to that? I mean, do we actually have to tell them about it since ...

[00:45:19.29] **Mary:**

If you think about it, how connected are you to your hurt self while you're sitting in this seminar?

[00:45:26.22] **Participant Female:** Not very.

[00:45:27.22] **Mary:**

So how can you expect your hurt self to be hearing any of it?

[00:45:30.26] **Participant Female:**

So you assume it hasn't heard any of this stuff?

[00:45:34.16] **Mary:**

You'll know when you connect to it. You'll say, "Yes, this part of me has no idea about love. This part of me doesn't believe in God. This part of me feels hopeless in the worst kind of way." That's where you start to give the education, a loving education.

4.2. Examples of books on the recovery of the inner child

[00:46:00.15] **Participant Female:**

Mary, I was just wondering if you could give us some examples as to

how you've actually educated yourself with some of these things. I'm assuming it's an experiential education?

[00:46:16.07] **Mary:**

Yes. I was going to recommend to you guys a book, "Recovery of Your Inner Child" by Lucia Capacchione, that I admit I haven't really worked my way all the way through. What I was going to say is that I found I just needed a way to connect with this hurt part of myself first off, and this book gave me some tools to do that.

I know there's "Homecoming" by John Bradshaw. I've never read it, but what I'm recommending is to find a tool to connect to this hurt part of you. Mind you, it's not going to be a magic bullet. You're going to have to do all the work on your facade. I couldn't even look at anything about the inner child work for years. I hated it. I was angry about it. "Don't even tell me there's another part of me! I don't want to know!"

So when you've worked through enough of your facade, and are actually desiring now to connect more to your hurt self, I suggest you'll probably attract something like this book, which is what I did. It is referenced in the seminar outline of this talk that will be on the Internet (see 20140713 Understanding Self – Experiencing The Hurt Self (Outline).

4.3. Reinforce the hurt child's education by the actions that you take

Mary:

I found that doing a lot of journaling helped me to initially connect, and then to educate. It is an emotional education. Also, it's got to be reinforced by the actions that you take. You know, a lot of us have a hurt child, or hurt childlike feeling inside. We are really afraid a lot of the time. What do we do? "Just come on! Get through it! Come on, you'll be right." That only serves to hurt ourselves more.

We have to be soft to those feelings and then go ahead with our desires. While we're being harsh and nasty and pushing ourselves into situations the hurt parts of us don't really want to go, we are not allowing anything. We are certainly becoming hypocrites, if we are saying, "You're allowed to feel your feelings. This part of me is allowed to feel like this, but come on! We're doing this."

I feel it's emotional. It's almost like a dialogue I suppose, internally, with a fragment of yourself. I really want to get away from saying it's another being. It's just fragments of yourself that haven't received loving education from anyone else. It is emotionally, and sometimes internally

verbally, telling the truth. It is acting in harmony with what you're saying as well, and allowing the feelings.

Once that becomes more routine, I feel you then get more and more in touch with your hurt self. You have a stronger sense of your emotions all of the time. You also have a stronger sense of what's lacking, in terms of your knowledge of love. You can begin to seek out experiences that will help you learn about that, as well as acting in the faith that you have already established.

4.4. Reconnection to the hurt self

[00:49:45.00] **Participant Male:**

I kind of imagine it like a circuit board where the part of the circuit board wasn't getting electricity or energy and so it's just been completely de-activated, basically, and what you're trying to do is get energy back.

[00:50:02.05] **Mary:**

Make a reconnection? Yes, it is similar to that. Except, if you think about it as a circuit board, most of it is out of power at the moment. You're trying to make connections to all kind of bits that are shut down at different ages.

[00:50:20.09] **Participant Male:**

It's on a complete board though. You're just re-turning on, re-feeding little parts.

[00:50:26.08] **Mary:**

If you think about it, this hurt self is a lot closer to your real self than your facade. Your facade is like a big cover you want to put over the whole circuit board and say, "Nothing here. All the circuitry is wonderful. It's fantastic." But, when you take it off, as you're going through this emotional work, you go, "There's a mess of wires in here and not much is connected. This bit seems to know a bit about this. This one's had these experiences. This one has got no idea about any of them, because when I was three it got shut down." And, this is the important thing to recognise, "Ever since then, I've been doing it."

[00:51:05.15] **Participant Male:**

So I've still got the old operating system happening as well.

[00:51:06.26] **Mary:**

Yes, (laughs) the old operating system. You're going to have to take the operating system out and that's going to be emotional.

[00:51:13.28] **Participant Male:** Reformat.

[00:51:15.14] **Mary:**

Reformat and input new software. Am I mixing my analogies now? I don't really know how it works.

[00:51:22.00] **Participant Male:**

It's making sense now.

[00:51:23.21] **Mary:** Any other questions?

4.5. Education occurs after feeling the hurt child's experience

[00:51:30.02] **Participant Female:**

Mary, I really experienced my hurt self recently. I was in such a small place I couldn't even complete the conversation. I am kind of wondering how, when you're in that place, I couldn't have talked to myself because I was there, I was in that, it's like a place I went to and I couldn't even function.

[00:51:55.16] **Mary:**

You need to allow the hurt child their feelings. When the hurt child is having their feelings, it's not a time to enter dialogue. I keep saying "hurt child"; when the hurt parts of yourself are having the feelings, just let it happen. That's an important part of it and it's not the time to say, "It'll be alright." If you're reassuring that's fine. If you're being kind and taking care, then you might take yourself to a place where you can fully experience.

[00:52:25.07] **Participant Female:**

So I don't rush away from that experience?

[00:52:27.06] **Mary:**

No. In fact, you want to encourage that experience, because it's been shut down for a long time. Did everyone hear Suzanne's question? She was in an experience where she felt very connected to this hurt self. She felt very small and childlike. She was saying, "Is that the time to start educating?" I'm saying no, that's the time to embrace allowance of those feelings and just love and care for yourself. You might remove yourself to a place where you can really experience those feelings. You'd be patient and kind and gentle with yourself.

Then after that process, sometimes immediately after, that's when you can start saying some truth: "That was a normal experience. You've been shut down for a long time." You might feel like you're three and then you go, "I'm not three anymore!"

[00:53:26.25] **Participant Female:**

Yes, I was just in shock for quite a while and then I was ashamed of myself.

[00:53:33.04] **Mary:**

This is when the facade kicks back in. The shock is about the fear of the adult facade saying, "Hang on. I'm not in control anymore. Cut this out!" It's your fear, of experiencing the hurt self more often, really being exposed. Then the shame is saying, "Oh, I've done something wrong." That is when you can start this education, saying, "Hang on, this is an error-based feeling, this shame. I did nothing to be ashamed of. I just felt something real."

4.6. The process of deconstructing the facade self is the same process as for the hurt self

[00:54:12.17] **Participant Female:**

I'm just wondering how this fits in with the last talk, about working through the layers of the facade self? (See 20140713 Understanding Self – Deconstructing The Facade Self) Like, when you get to the soul feeling parts of the facade self, is that basically when you're in the hurt self?

[00:54:25.07] **Mary:**

Yes, you're getting towards the hurt self then.

[00:54:28.22] **Participant Female:**

Okay, so you kind of integrate these steps in the latter part of the facade self steps?

[00:54:35.01] **Mary:**

From what I've experienced so far, is that that process that Jesus outlined: intellectual awareness, the many levels that happen, then you begin to get into the soul awareness, sometimes I've done that with purely facade emotions. It's like giving up an addiction. The soul-based process was coming to terms with the grief that what I expected and demanded was not loving. I couldn't expect and demand anymore, and a bit of my facade fell away. Then there are other things, where you'll start to get into the hurt self through those experiences. But, I do want to ask Jesus if he would help clarify that, because I feel like I'm still a novice at that, like I'm just starting here.

[00:55:35.16] **Participant Female:**

I've had experiences where I get into the hurt self but I don't stay there, thinking that it's because there's more facade to work through before I can properly get in there.

[00:55:49.00] **Mary:**

I think again there are parts of your facade that you'll let go of. Also, there's the fight of the facade to get you away from the hurt self. Jesus, could I ask you to clarify some of that?

[00:56:14.00] **Jesus:**

The process that I described in the adult facade applies entirely, also, to the hurt self. You go through intellectual stages of coming to awareness of your hurt self. It's exactly the same process that you're going through.

4.6.1. Additional steps are required to allow the deconstruction of the hurt self

Jesus:

Mary is adding additional things here, that each of you will need to do, in order to allow the hurt child to go through the same process. The hurt child is going through the same process as the adult facade has to go through. There are the same levels of intellectual awareness and the same levels of emotional awareness getting into every issue. Bear in mind that some of these issues are repentance-based and some of them are forgiveness-based.

In order to get to the hurt self, you need to do these additional things Mary is mentioning. Every one of you will have to do it. This is not just Mary's personal experience. This is what every person who ever has to experience their hurt self has to do. It is the same process that you have to do to get through your adult facade, with these additional steps. There is a re-educational process that needs to occur, and there's a loving process that has to occur, that the adult facade is not very good at. The hurt self needs to be taken care of.

[00:57:39.27] **Mary:**

So, of those four or five steps that I talked about, we often have an intellectual awareness of them first: that there's an existence of a hurt child, that we're treating our hurt parts of ourselves harshly, before we even connect to it emotionally. A lot of you have started to do that intellectually, recognising that, "Oh, there are hurt parts of me that feel childlike, and I'm not treating them very nicely." Then you're going to have to go through the soul awareness parts of it, and that's when you begin to start to experience the hurt parts of yourself.

4.6.2. Stopping the harsh treatment of the child is an emotional process

Jesus:

Even stopping the harsh treatment of the child is an emotional process. You have to emotionally recognise that you actually treat your child harshly.

If you look at the average parent, the way it treats a child, it treats a child pretty harshly. The child starts crying and what does it say? It says, "Shut up or I'll give you something to cry about!" There's the adult facade in play. That adult facade is going to have to go through repentance about its treatment of the child. It's going to have to go through an emotional process to release that kind of treatment of the child, before you can even change or stop the treatment.

Remember, every one of these steps that Mary's mentioning is actually an emotional step. It involves the same processes as what your facade self has to go through, to recognise and clear away any emotional impediment to love.

[00:59:20.18] **Mary:**

I have to say that for myself, that emotional acknowledgment of the harsh treatment was very emotional for me. Days of recognising emotionally how I was treating these hurt parts of myself; the messages I was giving these parts of myself, constantly.

4.7. Being compassionate towards the facade self

[00:59:51.10] **Participant Female:**

I have a question about how we treat the facade self when we're going through this process? Are we supposed to be equally kind to it or hard on it? I feel I tend to be hard on it, about everything in myself. It seems to me when you talk about one being aware of how we treat ourselves, and then changing that, it feels like the facade is harder work, maybe because I have to confront my unloving choices; maybe that's it? The required humility or something. I don't know if my question is clear or not.

[01:00:27.04] **Mary:**

Your first question was: "Do we have to be equally kind to the facade as we're ceasing the facade?" I feel yes. I feel any kind of harsh treatment of any part of ourselves is not loving. Love is the most powerful motivator and environment for change, in my experience.

4.7.1. We have formed the facade for survival and protection

Mary:

Also, we need to recognise why the facade exists. Does anyone remember why it exists, from Jesus's discussion?

[01:01:00.22] **Participant Female:** For survival and protection.

[01:01:10.16] Mary:

When we were little, because we were taught that this is a better way to be than the way we actually were. Then we perpetuated it. Why do we perpetuate it? Because we still have that same belief. If we're going to let go of the facade, I feel we do need to be compassionate with ourselves about why it exists. We need to see, just as Jesus said in his talk, that it's not serving us and actually it's not really that nice. It is something that is going to have to be let go of, if we want to grow and become more loving individuals.

4.8. We need to be honest with the facade and the hurt child

[01:01:52.08] Jesus:

I feel we've got to be careful here, though, because a lot of us judge any honesty as if it's harsh. Honesty is not harsh. Bluntness and honesty is direct and to the point and actually the most loving thing that you could do. The adult facade needs to be treated with a lot of firmness and honesty. That is loving.

The hurt child needs to be treated with firmness and honesty, too. You can allow it to be a victim for the rest of your life if you want, but that's not going to heal it.

What I've noticed a lot of people doing with the hurt child is, they say, "Yes, you were hurt. It was terrible, wasn't it? And you're right, you're allowed to stay in this for as long as you want." None of those things are really true. They need to go through an emotional process.

Unless you're firm about that, you won't go through the process. You've got to be very careful, you've got to separate what you believe to be harsh treatment. Your belief of harsh treatment is very different to what harsh treatment really is. That's a part of the facade.

You've got to be very careful that you don't mix things up here and go, "Okay, I'm going to let my little hurt self get away with murder." Many of us do let that happen, just like we let our adult facade get away with

murder, as well. Literally, we let it get away with murder sometimes. When it comes to things like abortions, we are letting our adult facade and our hurt self get away with murder. Is that the right thing to do? Definitely not. This is where we've got to educate both this hurt child and our real self about those matters.

4.9. Blaming is not feeling

[01:03:26.21] **Mary:**

We do have to educate. When we are experiencing those feelings, there's not blaming going on. There's not justifying of poor behaviour. There's not sitting in the corner and saying, "Woe is me. I should just make a cup of tea and hide from the world, because it is too scary out there."

All those things that are very often associated with feeling childlike and hurt, if we're educating ourselves properly, we will know that blaming is not really feeling. Blaming is trying to make someone else feel, and we are feeling injustice in that place. We might actually experience feelings of a lack of justice in our childhood, but while we do that, we won't be blaming as much as we will be feeling. That's quite different energetically.

We won't be justifying poor treatment or poor behaviour. We'll be looking at ethics and morality. A lot of our hurt selves are injured, in the way that we feel that we should be able to get away with anything. That is not the way God's Universe operates. This is where the loving education is so important.

[01:04:48.22] **Participant Male:**

I was thinking about this before. The facade and when you're in denial of the hurt self, you project it out at other people and stuff, but it's different when you're feeling it.

[01:05:04.27] **Mary:**

Are you meaning about feelings when we're in our facade? How you want to blame and point fingers?

[01:05:10.21] **Participant Male:** It always goes out to other people.

[01:05:13.26] **Mary:**

Yes, very often. It's projections you're talking about. Whereas when we're experiencing our hurt, we're simply feeling how hurtful the lack of justice felt, how painful that felt, rather than saying, "Yes, I've got these issues because my mum was terrible." Really, you're still in a lot of blame.

While it might be true that there was harsh treatment in your relationship with your mum, while you still have this feeling of, "It's her fault that I am

like I am," you are blaming, and not owning that you have a will to feel the hurt. Actually, you are responsible for loving these parts of yourself and feeling them now. No one else can do that for you. Until you do it, you won't grow in love. While we're experiencing, we're not going to be blaming like that.

4.10. Allowing the hurt self a voice

[01:06:14.29] **Participant Male:**

Sometimes I think I've felt that I've been giving my hurt child parts a voice, where, actually, I've just probably been bashing a bit. Saying it but not really owning it/feeling it.

[01:06:24.04] **Mary:**

Yes, you've been in a state of blame and attack. When I say we want to give these hurt parts of ourselves a voice, let me clarify. The best way to do it is on your own. I'm not saying, "March off and tell someone something." No. This is about experiencing the hurt. You don't need to involve anyone else in that. It is very personal. It's within you.

While you might find your voice, as you continue to go through this process, and let go of blame, and let go of the desire to attack – you might find your voice. I think you will, and want to be very truthful with everyone around you, regardless of the subject – I would encourage you, initially, to find your voice with yourself. Would you agree with that advice, Jesus?

Jesus: Yes.

4.11. Treating our children as we have been treated

[01:07:25.13] **Participant Female:**

I was just thinking, if we have young children and they haven't fully developed a facade, and that the majority of the time they are in their hurt self, it would be pretty logical to say that we do treat them very similar to the way that we treat our own hurt child.

[01:07:41.08] **Mary:**

Most children I see have already got a very well-established facade by the time they're four or five, because of the harsh treatment that we have towards ourselves, that we then put out on our children. I don't see many kids without a facade.

[01:08:01.24] Participant Female:

So the will is that automatic thing. If we've got a very small child, our will is being used in that way, just every moment.

[01:08:13.03] Mary:

Yes, it's a soul thing. It's also our words and our actions, the messages we give our kids, "Don't be like that! Come on. No, it's not really like that," all those things to shut down the hurt. Or, we do the opposite where we say to them, "You're allowed your free will, do whatever you want." Then they get these feelings of, "I'm allowed to have whatever I want." Actually, that's now a hurt part, if you want. That's an injured part of themselves, where they are getting an addiction met. They feel like they can get whatever they want.

[01:08:50.21] Participant Female:

But on a soul-base we can't really give them the opposite to what we're giving our own hurt child, because we believe that's the only way to handle the hurt.

[01:09:01.08] Mary:

The only way we can do it is by starting this process ourselves. Even starting emotionally to acknowledge that you have these hurt parts of yourself, and the way you're treating them is harsh right now, once you emotionally connect to that, I feel that you immediately soften towards yourself, and therefore to others.

5. Conclusion

Mary:

I think we're in overload. I want to stress a couple of things to you, just to close. This hurt self, I think Jesus just said it to you, is parts of you that you are going to have to experience if you are ever going to reach your real self, and if you're ever going to have a relationship with God that's lasting and fulfilling and long term. It's not possible unless you deal with this hurt self. It's not optional. There's no detour. There's no way we can jump it or fast-forward it. It's work that has to be done, and I think that it's worthwhile.

As I said at the beginning, all of this work of deconstructing the facade, and experiencing these hurt parts of ourselves, is really, the journey back to our real selves, via the same route we got away, isn't it? That, to me, is really important. You learn a lot in that process about love and about yourself.

6. Homework

Mary:

I'm really passionate about this subject. I have homework for you. Remember the first three steps that were on the board? What were they? Acknowledge the hurt exists, acknowledge the harsh treatment, and stop the harsh treatment. Your homework is to find out the adult facade's feelings toward the hurt self.

That's the beginning. You are probably going to start gaining awareness in the way that Jesus outlined today: having an intellectual idea about it and then intellectually feeling, "I'd like to figure it out." Then, hopefully, start to have an emotional connection to what those feelings are. The question is, "How does your hurt self feel in response to the adult facade?" That's the second question, actually. The first question is, "How does the adult facade feel about the hurt self?"

These questions are related to starting those first three steps. Basically, you want to find out about the adult facade, how it's treating and how it feels about the hurt self. And, if you gain the emotional openness, feel how the hurt self feels about the adult's treatment.

[01:13:13.13] **Participant Male:**

Just to clarify, when you say my adult self, you mean my facade self. Is that the same thing?

[01:13:20.13] **Mary:**

Yes, (laughs) good to clarify, we've got enough selves and facades and adults and kids.

7. Your most important education is about love

[01:13:36.00] **Participant Female:**

When you're working with the hurt self, that must be your real self, to be able to work with your hurt self rather than the facade self. Is that true?

[01:13:51.17] **Mary:**

Now we're pushing my comfort zones on fragmentation. (Laughs) I don't know.

[01:13:58.02] **Participant Female:**

Just show it the love and the care and the compassion and the gentleness.

[01:14:02.06] **Mary:**

I'm not kidding when I say "I don't know." (Laughs) As I said earlier, I've

already had so many blocks about this fragmentation thing. I've already been like, Mary Luck, Mary Magdalene, now there's a child? What? No more! (Laughs) So I'm sorry. Jesus can you answer that question?

[01:14:29.19] **Jesus:**

You're over-complicating things, which you are desiring to do, because it's great for making you completely reliant on spirits, rather than actually starting to deal with your real self. My suggestion is, they are all oneself; stop thinking of them as separate selves. The reason why we're presenting them as separate selves, is so you can identify the emotions associated with each part of yourself, so you can identify the ages associated with them, but it's all oneself in the end. That's why we've called it, "Understanding Self," not "Understanding Selves."

7.1. All parts of our selves, including our real selves, do not understand love and need an education

Jesus:

There are three parts that all need to be integrated. All of them need to learn love. Your facade needs to stop the facade and that's learning love. Your hurt self needs to come to understand God, the soul and how it all works. You need to give it an education. That's about understanding love. Your real self is completely undeveloped in love at the moment, actually. You have no idea how to be loving at the moment, because your real self is not loving at all. It's not your real self that's going through this process. It's you learning, through a process of education, to educate all these parts and bring them all together.

It's very important to understand that. It is an educational process. Remember, yesterday Mary gave a very specific talk about what is your most important education? Love. This is a part of educating yourself in love. Educating the adult facade is a part of educating yourself in love. Educating and developing the real self is a part of educating yourself in love. It's all oneself. You need to integrate it all and educate yourself in love. This is a part of what you're going to need to do.

There are emotions locked up in each part, at ages that you need to allow the experience of. Don't over-complicate that by saying, "It's my real self who knows about love." No. Most of our real selves know nothing at all about love. From the moment of conception they were treated unlovingly, so they know nothing. Don't think that you're going to get love from your real self at this point, because your real self doesn't know anything about love.

The key thing to focus on is, "This is about my education in love. There are parts of me that are fragmented. There are the adult, or the facade, parts of me that I created. There are the parts of me that other people harmed or I harmed. There are the parts of me that God created, that are part of my personality. All of them need an education in love, all of them. Don't go and assume that your real self knows everything about love, which is a very New Age concept, and is completely false. Instead, understand that all of us at this point, all parts of us, don't know anything about love, which is, if you remember in my introduction, what I said. All parts of us are not developed. All parts of us don't know anything about love.

[01:17:41.00] **Mary:**

Thanks, Jesus. Okay, let's call it a night.

Facade & Hurt Self Homework

1. Introduction

Jesus:

Let's go to our homework of the facade and hurt self. You notice that I don't say selves too much, just self: it's all part of oneself, unfortunately, though there are all these fragmented parts of ourselves and we're trying to join them all together. Trying to get everything back together that's been fragmented apart.

There were two questions associated with the hurt and facade self. The first one was, how does my adult facade feel about my hurt self and its feelings? And the second one was, how does my hurt self feel in response to my adult facade? They are the two questions.

Homework: Hurt Self

- How does my adult façade feel about my hurt self and its feelings?
- How does my hurt self feel in response to my adult façade?

2. Examples from participants about how their adult facades feel about their hurt self

Jesus:

How did you go with the first question, which was, how does my adult facade feel about my hurt self and its feelings? What did you find out about yourself there?

[00:01:38.18] Participant Female:

I thought my initial exposure to the inner child was, "I don't want to know about it," which I thought, when I reflected on it, it's not even got a gender. It's an "it".

[00:01:51.17] **Jesus:** It's an "it", yes.

[00:01:52.19] **Participant Female:** Which I thought was pretty sad.

[00:01:57.11] **Jesus:** Yes.

[00:01:58.21] **Participant Female:** Yes I wish they didn't exist.

[00:02:01.17] **Jesus:**

You wished they didn't exist. Did you work out why you wished they didn't exist?

[00:02:07.15] **Participant Female:**

I feel really weighed down and burdened by it.

[00:02:13.12] **Jesus:** By its hurt?

[00:02:13.12] **Participant Female:**

Yes, I really feel it's stopping me from going forward and having a life, embracing my life. That's how I feel.

[00:02:21.15] **Jesus:**

It's where most of your pain is, and it feels like a huge burden that you're carrying around, that you just wished it was gone.

[00:02:32.29] **Participant Female:**

Yes my facade self is so ashamed of my hurt self, that it's even got this big iron cage on top on my hurt self to suppress it, because it's shaming the facade self all the time.

[00:02:52.02] **Jesus:**

So did you work out why it was so ashamed?

[00:02:55.03] **Participant Female:**

Because the facade self has decided that the hurt self's so worthless, so, just the worst possible person.

[00:03:11.13] **Jesus:** Yes, good, they're very common feelings.

[00:03:18.00] **Participant Female:**

I suppress it, dismiss it, control it, and ignore it and get impatient with it. Like I would with a little kid like, "You don't move fast enough." Or, "You're not thinking fast enough for me." All those things like a little kid.

[00:03:37.06] **Jesus:**

Good, so lots of judgement there. There's one more I would have added to your list, and that is you make fun of it and you make it have fun; you force it into fun.

[00:03:51.08] **Participant Female:** Yes that's true. Yes, thank you.

[00:04:02.29] **Participant Male:**

I feel like my facade is better able to deal with problems and better able to deal with the outside world, and that my inner child just makes me look like an idiot, stupid or look bad.

[00:04:18.16] **Jesus:** Making you look like an idiot all the time.

[00:04:19.23] **Participant Male:**

And it's just like a problem, "You're just useless here, let my facade do the work, let it do the job."

[00:04:28.22] **Jesus:** Yes that's a very common thing too, very common.

[00:04:34.04] **Participant Female:** Shall I read it all out?

[00:04:37.25] **Jesus:**

Just mention a few of the things that really strike you.

[00:04:41.15] **Participant Female:**

My facade feels my hurt self is childish, silly, demanding, unworthy of attention, a waste of time, wimpy and unworthy, it's churlish, petulant, and sooky, babyish, useless, weak and helpless. It wants, it demands, I hate it.

[00:05:02.01] **Jesus:**

Okay so there's a lot of judgment there going against the poor child, isn't there?

[00:05:17.27] **Participant Female:**

My facade self is basically too busy to notice my hurt self.

[00:05:25.00] **Jesus:**

You keep yourself so busy you can't even feel your hurt self.

Participant Female:

And when it does it's all those silly, weak, things. I push it around, sometimes I try to cheer it up and cajole it; things like that. It's rare that I even notice it, I'm just so in my facade.

[00:05:42.07] **Participant Male:**

It's harsh, my facade self is harsh and pushy, and it wants to blanket and suppress the hurt child, but sometimes it actually plays the hurt child, but it's not really the hurt child.

[00:05:53.19] **Jesus:** Yes like a fake hurt, a lot of people do that.

[00:06:08.13] **Participant Female:**

My facade self is a lot of all the other things; that I'm very judgemental and critical, but I'm also very crushing and cruel towards my hurt child.

[00:06:21.26] **Jesus:**

Yes this is something that many of you might not be aware of as much.

Remember the facade self emotions that we described: at the top of the list there were a lot of emotions about cruelty and hurt, and trying to cause pain, and all of those kind of things, because of our own hurt being suppressed. But often we are like that to our own self too. We're trying to cause pain; we're trying to, it's a big issue that.

Revision: Emotions Of The Façade...

- Loves addiction, compulsion, resistance, coercion and manipulation
- Loves cruelty, nastiness, meanness, arrogance, condescension and superiority
- Is insensitive, unaware, pretending, false, closed, controlled, and untrusting
- Is dishonest, untruthful, insincere, invasive, unemotional, illogical
- Is immovable, imprudent, thoughtless, irrational, reckless, irresponsible and careless
- My façade self is the main cause of my unloving (sinful) actions

[00:06:57.04] Participant Female:

I was noticing my facade tells my child to be strong and if others see you as a child, like in the vulnerable state, that they will think you're less than. So you've got to be strong, pretend, don't give people a reason to think they are more than you.

[00:07:36.02] Participant Another Female:

I think what I feel, and I think it's probably related to self-pity – I feel sorry for it.

[00:07:42.02] Jesus:

Sorry for it? Yes. Does feeling sorry for someone actually – like when someone feels sorry for you how does that feel? Like when somebody feels sorry for your adult facade, how do you feel? Like I see a lot of you when someone feels sorry for you, you get really angry with them. And why is that? The feeling of sorrow for somebody is often what kind of an emotion do you feel?

[00:08:13.01] Participant Male: I feel condescended towards.

[00:08:13.29] Jesus:

Yes it's often condescending, isn't it? Often now our inner child's feeling very condescended to all the time from the adult facade, from the facade.

[00:08:28.12] Participant Male:

For me I suddenly realised that I was just looking through my parents' eyes at myself.

[00:08:34.17] **Jesus:**

Yes, very important, because the facade is all about your parent's definitions of your hurt self, and of course after you start recognising it you start seeing, what were all of the attitudes of my parents towards my hurt? And that really is where a lot of forgiveness begins, isn't it?

[00:08:54.11] **Participant Male:**

That lead me to in writing a letter to them because I suddenly realised I was still locked in that matrix.

[00:09:01.24] **Jesus:** Cycle, yes.

[00:09:02.20] **Participant Male:**

And the relationship between the two of them.

[00:09:05.01] **Jesus:**

And remember a letter you wrote a couple of years ago to your mum, and how much in your adult facade self you were blaming your hurt child for its treatment of your mother?

[00:09:18.17] **Participant Male:** I got it backwards.

[00:09:19.20] **Jesus:** Yes it was all backwards.

[00:09:20.27] **Participant Male:** I turned it around this time.

[00:09:23.01] **Jesus:** Yes good on you, it's the right way around.

[00:09:32.20] **Participant Female:**

I feel like it's a destructive part of me.

[00:09:36.07] **Jesus:**

Right, what does it do to your life? It makes it worse ...

[00:09:38.29] **Participant Female:** Just terrible.

[00:09:39.28] **Jesus:** Yes.

[00:09:41.14] **Participant Female:** Just absolute disaster.

[00:09:42.19] **Jesus:**

Okay so this is where most of us go, "Got to get rid of that."

[00:09:50.07] **Participant Female:**

My facade self, I'm forcing myself to feel emotional when I don't want to, and I'm very critical of my own efforts and lack of progress.

[00:10:02.05] **Jesus:**

Can I say that your hurt self generally does want to feel emotionally, but there is a reason why it doesn't or it has a layer over the top of that of not wanting to feel? What do you think is that layer over the top that causes it to feel, "I don't want to feel, I don't want to feel"? And it goes into this sort of panic of not wanting to feel anything. What would be the underlying reason for that do you think?

[00:10:36.04] **Participant Male:**

In my case I think it's what my father projected at me which was, "Grow up, toughen up, get over it!"

[00:10:44.19] **Jesus:**

And so it knows that no one around it is soft, hey? No one around it is soft.

[00:10:51.15] **Participant Male:**

No softness or compassion just, "That's not manly, get over it, son."

[00:11:00.14] **Jesus:** Yes, very common.

[00:11:03.25] **Jesus:**

Usually the hurt child has a lot of fear about expressing its hurt and often doesn't want to express its hurt. And if you ask yourself, if there was a little child next to you and you knew it wanted to cry but it didn't do it, could you understand what are the emotions surrounding the child, that would cause that child to not want to feel emotional?

[00:11:34.11] **Participant Female:**

For me it's a lot of the judgment about feeling emotional, and just really afraid of what's going to happen if I start to feel emotional, and if I actually start to let it out.

[00:11:47.10] **Jesus:**

Yes, so when you're judged how do you feel? You don't feel like expressing yourself fully in front of a group of people, do you? It's the last thing that's on your mind. All you want to do really is get away. And if you can't get away and you're trapped, then what you do is try to become what they want you to be don't you? That's the general thing that you do, but you don't actually allow the actual feelings to flow.

[00:12:14.16] **Participant Male:**

If I was that child I would feel unsafe to express myself.

[00:12:20.18] **Jesus:**

Correct, very unsafe. In fact it would be frightening if you think about it. Often times our hurt inner feelings are too frightened to even be expressed,

because in our childhood what generally happened when we did express our hurt inner feelings? What was the general feeling?

[00:12:43.24] **Participant Female:** Severe punishment.

[00:12:46.00] **Jesus:**

Severe punishment usually, wasn't it? And many times that punishment if it wasn't just verbally violent, often it was physically violent as well. So of course that child needs to be re-educated in that ... it's not even in that environment anymore. Like it's not even there anymore. It now has the opportunity to express how it feels without getting absolutely hammered by the environment.

2.1. The hurt in our hurt self is locked up at the ages the hurt occurred

Jesus:

Remember our hurt is locked up at the ages the hurt occurred. So the hurt inside of you doesn't even know what age you are; it only knows what age it is. So if it received violent abuse at the hands of dad or mum when it was two, three, four or five, it's going to be locked up at that age, and it's going to believe that it can't speak even when it could, because it still believes it's three, four or five in that place.

This is the problem with this lack of integration of self that we have. We're carrying around all those snapshots, if you like of emotion, that occurred at certain ages, and each snapshot of emotion has a certain signature to it, that's linked to usually violent abuse or some kind of terrible event that occurred around it at that age. [00:14:05.05]

And this is where we often struggle: we don't understand that. This is where we often try to go to the hurt and then it feels so uncomfortable, because it's almost like it's a different person inside of us at times, and that's because that person or that hurt hasn't been a part of your future development, your development from that time. In other words it was snapshotted at that moment, and it didn't develop any of the other qualities that the rest of you started developing, because all that emotion was locked up at that age at that time. This is something that we need to understand about the hurt and how it works.

3. Examples from participants about how their hurt self feels in response to their adult facade

Jesus:

Well let's go to the next question, which was, how does my hurt self feel in response to my adult facade?

Homework: Hurt Self

- How does my adult façade feel about my hurt self and its feelings?
- How does my hurt self feel in response to my adult façade?

This is a much more difficult question to answer because this requires some kind of connection to that hurt self. You would have found that this was a much more difficult thing, to actually feel and some of you might have had to go into your imagination to feel it, or things like that rather than actually feeling your hurt self.

[00:15:25.25] Participant Male:

Mean, controlling, scared, cold, unloving, lacking compassion.

[00:15:36.27] Jesus:

They are all very common feelings of what the child feels. Now when you think about it, all the emotions you just listed they are the same emotions that this hurt child or this hurt self feels about your parents. This is where it's very handy. You can make the linkage between what it feels about your facade, because your facade was created by your environment and probably your parents mostly, it's going to also feel these same things about its own parents.

[00:16:12.23] Participant Female:

Mine was cold and angry and dismissive.

[00:16:15.24] Jesus:

Cold and angry, dismissive. Does that sound like mum and dad sometimes? Yes.

[00:16:32.14] Participant Female:

For me particularly was paralysed, quiet, invisible, insignificant.

[00:16:39.13] Jesus: In comparison to the adult?

[00:16:43.11] Participant Female: Yes, like not even noticed.

[00:16:48.19] **Jesus:** Not even acknowledged, dismissed.

[00:16:51.29] **Participant Female:** No voice.

[00:16:53.05] **Jesus:**

And it's interesting that for the majority of people even with hardly any abuse that might have occurred, any violence or anything that might have occurred in childhood, the majority of people feel those emotions, because a lot of the times that's what children are. In fact we have a saying for it even as adults we could say, "It's better for a child to be seen and not heard." This is the adult projecting these things at the child.

[00:17:23.13] **Participant Male:**

I found that it's quite worried and uncertain of attack. And the biggest one for me was obligated; like I felt this sense of obligation to make people feel better.

[00:17:35.18] **Jesus:** The hurt child felt that?

[00:17:36.16] **Participant Male:**

The hurt child felt like it had to do something to make everything right.

[00:17:42.12] **Jesus:**

Good, so it had some jobs to help all the adults with. This is a big part of our hurt, having these jobs.

[00:18:01.12] **Participant Female:**

In the terror I feel like just, "I'm sorry, I'm sorry." I can't say it enough. Like I go into, "I'm sorry mum, I'm sorry mum."

[00:18:13.07] **Jesus:** Like a terrified panic.

[00:18:15.23] **Participant Female:**

Yes and if I keep saying, "I'm sorry," I might get away from the violence.

[00:18:20.17] **Jesus:** Yes good.

[00:18:23.09] **Participant Male:**

It needs to go away, it's silly, self-absorbed, it must toughen up. And same as Fab, it needs to make everything right and then also stay quiet, it's not as bad as it thinks it is.

[00:18:38.03] **Jesus:** Yes, right, this is a very common thing.

[00:18:40.25] **Participant Male:**

And it's best just to stay where it is. The hurt self is not important. Like it's just this silly thing that I need to get over.

[00:18:49.17] **Jesus:**

Can you see how many of these beliefs with our hurt child are actually societal beliefs of children as well? For example, things like, "Nothing's as bad as what the children think it is." "It's just a little smack across the ear hole, he'll get over it." "You just scraped yourself on the leg you'll get over it." "You just broke your leg you'll get over it!" "Everybody does right?" And this is how we treat hurt. We treat hurt without any validity.

Okay so that's really good thinking I feel on that particular subject. Are you, in that process, starting to identify at least some of your feelings? That's probably the key thing there isn't it, in that process? What we're trying to do is help you to start identify some of the feelings.

The key is what you now do with that knowledge. You see what we're trying to achieve in these homework sessions, is we're trying to help you learn more about love, and in the process of learning more about love, what we need to do is allow ourselves to connect with how or what we're learning about love through this process.

4. Treating the hurt self with love

Jesus:

So what would a loving person do to a child who has this hurt? What would a loving person do?

[00:20:26.26] **Participant Female:**

Allow the child to feel it all the way through.

[00:20:30.23] **Jesus:**

Yes that's correct. What else would we do if we were a loving adult how would we treat this child?

[00:20:40.16] **Participant Male:** We make a safe environment for it.

[00:20:45.16] **Jesus:** We would.

[00:20:46.19] **Participant Male:**

And protect I guess you would shield it from harm.

[00:20:50.15] **Jesus:** You would.; so you would do those things.

[00:21:04.02] **Participant Female:**

Is that an opportunity that we would start to educate the child, to what is loving and what's not?

[00:21:10.03] **Jesus:**

Yes we would, wouldn't we? We would give it loving education. It wouldn't be browbeating it, beating it over the head, telling it that it's an idiot and stupid, we'd instead be sitting down and explaining things. You know this is what we would do.

4.1. Treating our hurt self with compassion is part of love of self and love of others

Jesus:

This is part of your love of self, you see. Most of us don't know how to love ourselves at all, because nobody ever loved us either, and so we don't love ourselves. This is a part of learning to love yourself, is to learn to educate yourself about love, by treating this hurt that's within you in a loving compassionate manner.

This is a very important part of you understanding love, because every single person on this planet, and all the people who are in the first sphere and in the hells of the spirit world, they all have hurt, and the more you can connect with those feelings of love and compassion towards this hurt part of yourself, the more you'll be able to connect to the hurt inside of other people. [00:22:09.04]

You'll have a lot more compassion in the way in which you deal with other people. See at the moment you get very hard and harsh with other people. You get very bitter, angry, you know almost rageful sometimes with other people. All that will cease once you start this connection and re-education process of your own hurt.

You'll start to realise this is how I also need to treat other people as well. I need to not laugh at them about the hurt that's in them; I need to treat them with gentleness but firmness. Because the child the hurt within you needs a firm hand, in the sense it needs to not get away with things all the time. It needs to be clearly educated and it still needs a firm hand but it needs to be compassionate, loving and kind, and you can be firm and compassionate and loving and kind at the same time.

4.2. Promising the hurt self that the adult self will be compassionate

[00:23:02.09] **Participant Female:**

It's the first time that the hurt self is ever going to experience that, because the treatment by the parents and then by the facade, it's just been so harsh, in judging it and making it wrong.

[00:23:18.18] **Jesus:**

So it's going to need some education, it's even going to need some education from the adult that actually, "I've changed; I'm not going to treat you like this anymore." It needs a promise from the adult part of you, doesn't it really? It needs a promise, because if it doesn't get a promise that you're willing to keep, then why would it express itself? How is it going to express itself, if it's not going to have some kind of promise that you're going to treat it with love and kindness and consideration?

[00:23:52.28] **Participant Female:**

So it's not necessarily one conversation.

[00:23:55.02] **Jesus:**

No in the end it's not really a conversation, these are emotional feelings between parts of yourself that are locked up at different ages. You need to get away from this concept of remaining separate.

4.3. Healing fragmentation within ourselves

Jesus:

May I also point out that many of you don't realise that you are keeping yourself fragmented purposely at the moment. In fact your adult walks around like a victim all the time, and I'm not talking about your facade now, I'm talking about the parts of yourself that have grown up, that are all parts of your hurt, adult facade and your real self. Those parts of you that have grown up that have been conscious of your age as you've been changing. [00:24:39.02]

Those parts of yourself often have these terrible viewpoints about the rest of yourself as well, but they also have this feeling in them frequently, that they need to change towards these parts of yourself. They need to be more loving and kind and considerate of these parts of yourself that haven't grown, haven't changed, because you chose to lock up the emotion, with regard to the growth of these parts of yourself.

I just see them as parts of myself – I don't see them as separate individual things – they are parts of myself that are locked up at an age, because of the specific emotion that's been held onto at that time. And that's the very important part that we need to continually remember with this.

We're not talking about trying to create some fragmentation in you; what we're talking about is trying to heal the fragmentation, by allowing the emotions of each part and the reasons why these parts have been created.

4.4. How the facade treats the hurt child is the same as our parents treated us

[00:25:48.24] **Jesus:**

If you also think about it, your adult facade is almost the mirror image of your mum and dad. So when you come to forgive, you will find that a lot of what you need to work your way through, is related to actually how your adult facade treats yourself is exactly the same as how your parents treated you.

You know when you made that list of how your adult facade treated your hurt child? That's highly likely to be the exact list of how your parents treated you when you were a child, and that's also then highly likely to be the list of emotions you're going to have to forgive in your parents, to go through and work through this aspect of forgiveness. You can see the linkage between these things? So it's important to see that.

4.5. Developing a relationship with all parts of our self

[00:26:57.04] **Participant Male:**

Would you say that we need to develop a relationship with our hurt child?

[00:27:01.26] **Jesus:**

Well you need to have a relationship with all parts of yourself, and the hurt part of yourself is a part of yourself. The majority of you are not having a relationship with the hurt part of yourself; you're denying it, shutting it down, putting bars around it, telling it to go away. That's not a relationship with the hurt parts of yourself.

Also the majority of you are actually only in a relationship with the facade part of yourself, because that's the thing that mummy and daddy liked about you. That's the thing they wanted you to be; that's the thing they wanted to create or move you to go into.

For many of you, you don't have a relationship with your real self, you don't have a relationship with your hurt self, and the main part of your self-awareness or self-concept is all to do with your facade self, for those reasons. What we need to do is we need to have a relationship with all; to integrate all these parts of our self.

The reason why they are all parts, is because we're pushing them away, we're trying to keep them away from us. We need to integrate all of these parts of ourselves into one self-aware being, and we're not doing that when we're just living in our facade. Our facade is just trying to control the

hurt and control even the real self, and its development. It's all being controlled by the facade.

We need to integrate these parts of our being, rather than keeping them all separate. When you integrate you will no longer even say things like, "Oh I didn't know why I did that." You'll know exactly why you did everything, because you've integrated all the parts of yourself emotionally that would determine what you do. You would always know why you did something.

5. Audience questions

5.1. An example of a participant with an addiction to speaking quietly

[00:28:58.05] **Participant Female:**

I don't understand what you mean when you say as adults we treat ourselves as a victim?

[00:29:03.20] **Jesus:**

Sorry I am not hearing you clearly because you choose in your addiction to not speak up. And soon I'm going to say to you, "I don't want to hear from you at all if you keep doing this." This is an unloving thing you do to the rest of the world to make them engage with you. So can you please speak up and remember to do so in the future.

5.2. Treating ourselves as the victim

[00:29:25.20] **Participant Female:**

I don't understand what it means: as adults we treat ourselves as a victim? Is that in the last few years, or is that forever?

[00:29:38.14] **Jesus:**

I mean because of all of the hurt and the baggage that we're carrying around, Karen, what we often do as adults is we grow up into being a victim. We act out the victim. We become victims. Because we're so narcissistic, every single thing that happens to us, we believe, "Somebody's trying to hurt me again, someone's trying to harm me again," when they might have just forgot something. We'll take it all personally, and the reason why we do all of that is because in our hurt, we haven't released all our hurt, we've shut all that away and pushed it all away, and now, as a result, we become the victim we're trying to prevent ourselves from becoming, by acknowledging the hurt.

The irony of a lot of these emotions is, we become exactly what we're trying to prevent, and this is what is a big problem for many of us. We are now so narcissistic, because our entire life is built around trying to suppress the bits of ourselves that we can't acknowledge, and so now we're suspicious of everything, every single thing that happens around us we're trying to be what I would call super aware all the time, you know, "What's going on here, what's going on there?" Because our fear is trying to prevent it from actually ever causing some kind of emotional experience within ourselves, and in that place we've become so narcissistic, and we've become victim-like in the way in which we act.

You see this a lot. If you walk down the street or big shopping centre you know someone walks past you and just smoothly walks passed you, "What are they doing?" There's this instant reaction inside you. Someone cuts you off driving, or just little things that happen, we are so much in our victim state that we have huge emotional responses.

There was an example, remember in that lovely discussion I had with Alwyn and Neil yesterday. (See 20140717 Personal Truth – Alwyn Campbell & Neil Henderson) You can see some of that in operation.

The reason why that happens is we're already suppressing the hurt. We're not wanting to acknowledge it. We're not wanting to acknowledge our partner's hurt either, if we have a partner. We don't want to acknowledge other people's hurt that we interact with, and so we're always critical, always acting as if we're the victim of every operation of everything that happens around us.

Often that's not the case at all. People make mistakes because we're not perfect: for example, people do things sometimes without thinking – and when I say without thinking, there are reasons emotionally why they do those things, but they don't realise what they are trying to do – and yet we misinterpret all of those things oftentimes and overreact to most of those things.

6. Discussion about the three selves

6.1. The hurt self is terrified of the facade self

[00:32:36.09] **Jesus:**

Okay can I proceed? Remember when we talked about the emotions of the facade: it loved addiction, compulsion, resistance, it loved cruelty, nastiness, meanness. Can you start seeing now the link between the exercise you went through with those feelings?

Revision: Emotions Of The Façade...

- Loves addiction, compulsion, resistance, coercion and manipulation
- Loves cruelty, nastiness, meanness, arrogance, condescension and superiority
- Is insensitive, unaware, pretending, false, closed, controlled, and untrusting
- Is dishonest, untruthful, insincere, invasive, unemotional, illogical
- Is immovable, imprudent, thoughtless, irrational, reckless, irresponsible and careless
- My façade self is the main cause of my unloving (sinful) actions

It's interesting when I ask you about the façade, even your hurt child, your hurt self, is not willing to fully express itself about what it feels about the adult façade. Do you know why that is? Because it's terrified of your adult façade. [00:33:19.01]

Many of you are not yet connecting to these kinds of feelings, the cruelty, the nastiness, the meanness of the adult façade, the feeling of superiority, you know the insensitivity, the pretence and all those kinds of feelings. Many of you, you are not connecting to those kinds of feelings because your adult façade is ruling your life still, and you are honouring it more than anything else.

When your hurt is asked, "What do you feel hurt about the adult façade?" It goes, "Don't ask me I'm too frightened to tell you." Just like a little child would be too frightened to tell you what is going on. There is still a need inside of you to realise, how much the hurt part of yourself is still in terror about you, let alone the other people that you agree with.

Remember your adult façade, the façade part of yourself, which is very adult-like, agrees almost totally with the way your parents treated your hurt. Your adult façade, or your adult part of yourself, believes completely that the way your parents treated you when you were a child was completely right. This is one reason why your hurt part of yourself doesn't express itself very much: because not only does it have to be concerned about everybody else in the room, but it also has to be concerned about how you yourself are going to treat yourself when it starts to have a feeling – when this part of yourself that's hurt starts to feel – and this is our big problem.

6.2. An example of a participant who views her hurt child as separate to herself

[00:35:31.20] **Participant Female:**

Yes AJ you're right in that my hurt child was terrified to talk to me and it took a while for me to connect to her.

[00:35:39.29] **Jesus:**

Why do you keep thinking it's her? Why do you see her as someone else?

[00:35:47.07] **Participant Female:**

Yes because I'm not connecting to her; I've dismissed her for all of my life.

[00:35:51.05] **Jesus:** Correct.

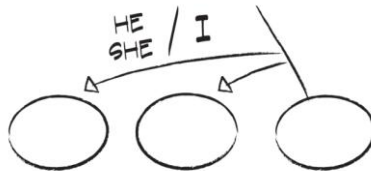
[00:35:54.12] **Participant Female:** She's external from me at this stage.

[00:35:55.06] **Jesus:**

Yes, what I find is that people who have not healed their hurt parts of themselves see themselves as three separate selves. That's how they see themselves; whereas I see it as me. I see it as my hurt, my facade, and my real parts of myself.

Once you start healing and integrating, even your language will change. Initially your language begins by going, "My hurt child" and then you start saying, "she" or "she did this", not "I". You start going "she". Can you see what that does? There's already separation there. This is an indication of how much separation is present. [00:36:44.21]

When you, as an adult refer, to another part of yourself as "she", rather than "I", or "he" rather than "I", can you see we're already indicating how fragmented we are? We're already showing through our language how fragmented we are.



A fragmented person calls their selves "he" or "she", whereas an integrated person calls their selves "I"

Once you start this process of integration of feeling everything, it'll become my hurt, not her hurt. Her hurt is a way of distancing myself as an adult from that hurt which is actually my hurt.

[00:37:24.11] Participant Female:

Very true, thank you. When I connected to my hurt self, all she could say to me was, "I was unloved and uncared for." And the image that I have of her always, is sitting on the next door neighbour's steps, because she ran away from home in tattered rags and dirty and no underpants on, and no shoes on, and she was just crying and crying.

[00:37:53.16] Jesus:

You can start to connect to some of that feeling, like she's almost like an orphan or a person without a home really; a person without a family, friends, and for many of us that's how our hurt self feels actually. It's there where we don't have family, we don't have friends, we don't have people that love us, we don't have people who care about us. Unfortunately a lot of the times we carry that around into our adult life.

With anybody who loves us, we don't really feel their love, because we feel the hurt part of our self feels, "I don't have friends. I don't have someone who loves me." She or he is locked up at that age, and so even though now you might have someone who loves you, you still believe you don't, for that reason. [00:38:37.23]

Can everyone see the picture of what's happened there and start to see why it's so important that you, after a while, begin to actually acknowledge it's all mine. You know even my facade is all mine. You know it belongs to me and no one else it's in me now. I've got to deal with this now. This is part of me. We can call it our hurt part of me, our facade part of me, our real part of me, the personality that God created, our real part of me. So do you feel that exercise was helpful to start to see?

6.3. Discussion about a movie "The Kid" which looks at the facade and hurt selves

[00:39:32.21] Participant Male:

Just on what Barb was saying, the movie "The Kid" that we watched the other night was just perfect for me, because as soon as I went to little Pete, it just became exactly clear on what I need to feel with the hurt self.

[00:39:46.21] Jesus:

Yes that movie "The Kid" is interesting, isn't it? Because he starts out in his facade, his very obvious facade, and how does he treat any child? And how does he treat any adult who acts a bit like a child? You know he sat in

front of one of his clients, the politician woman, and he just starts being sarcastic about her crying, "Stop crying!" And she says "Okay." "No now! Don't wait. I don't want you to ever see you cry again." And that's how he's treating that part of himself. Exactly the same way.

[00:40:24.23] **Participant Male:** He just didn't have a farm.

[00:40:27.26] **Jesus:** Yes he didn't have fun.

[00:40:33.00] **Participant Male:**
Oh no a farm, a property like I've got. Like that was the only difference.

[00:40:36.14] **Jesus:**
Yes I get you, Pete. He didn't have a farm to have all things to coming out on. He just had an executive job of his own company. I like that movie; it's quite good.

[00:40:51.00] **Participant Male:**
And I guess to be present to the fear that the inner child has and to carry that around with us in a sense.

[00:41:02.11] **Jesus:** Yes.

7. Treating the hurt self with love (continued)

Jesus:

What we're basically saying is, this hurt part of yourself is actually terrified of your adult self. Now if you, as an adult, recognise that a little child was terrified of you, what would you do? What actions would you take? Like you'd be pretty gentle, wouldn't you? You'd be pretty kind, gentle, considerate, and you'd make sure that you'd never hurt this child, wouldn't you? You wouldn't take another action to hurt it again. You would honour every promise that you made to it, wouldn't you?

So why aren't we doing that with our hurt selves? Why aren't we honouring every promise we make to our hurt self? Why aren't we being gentle, kind, considerate, compassionate with our hurt self?

This is something for you to keep in mind, one of the best ways that you can start to connect with your hurt self, is to think of your hurt self as a little child who's very, very damaged and hurt and what would you do with that child. If you really cared, what would you do? And that is a very good question.

Sometimes I've asked that question of all sorts of people and some of those things have been recorded, but I've always focused on, "What would you

do if this part of you was another person like a little child? Would you treat it the same way as you're treating yourself? Most of the time we would answer, "No I would treat it probably completely different." I would at least attempt to treat it completely different.

[00:42:56.19] **Participant Male:**

You would even probably self reflect to why the child is scared of you. You'd stand there and go, "Wow what's in me?" You would have that kind of love to look at yourself.

[00:43:06.12] **Jesus:**

Exactly, imagine if you knew that a child was terrified of you, you'd almost go, "Wow what's coming out of me for this child to be terrified of me? There's got to be something coming out of me." Or this child has been hurt that much, if there's nothing coming out of you, then this child has been hurt that much, either way you would have a lot of compassion, wouldn't you? You wouldn't be doing what you currently do, which is browbeating it, punishing it further, all of those kind of things.

8. Discussion about the three selves (continued)

8.1. The hurt self is close to our awareness and takes effort to suppress

[00:43:50.03] **Participant Male:**

Since you started talking about the three selves and particularly today, I feel I am the hurt self, it's still there complete inside me. And if you ask me who I am, I am that. And it's like to me, I'm under the blankets, or rather I'm in the bed, and all of a sudden it gets scary and I pull the facade blanket across me just to protect me.

[00:44:17.03] **Jesus:** Yes.

[00:44:18.16] **Participant Male:**

But I can feel the softness in everything – it's all there. When you put up the three selves, it's like I am the hurt self. It's just so connected.

[00:44:30.08] **Jesus:**

You may say that right now but let's go into your day-to-day life.

[00:44:34.27] **Participant Male:** No I'll get into the facade later.

[00:44:36.02] **Jesus:**

Exactly, but if you're in your day-to-day life, what's the feeling then?

[00:44:40.00] **Participant Male:** I realise how close to me that is.

[00:44:43.26] **Jesus:**

Oh yes, for every one of you it is super close to your awareness.

[00:44:49.28] **Participant Male:** It's a total vulnerability is what it is.

[00:44:52.18] **Jesus:**

It is yes, it's super close to your awareness but, and so there's a large amount of effort to suppress it.

[00:45:01.26] **Participant Male:** Yes absolutely.

[00:45:01.26] **Jesus:**

And this is what many of you don't understand. The reason why you're feeling really tired and exhausted, and all those other feelings that you feel, even in the course of the day, is because you've got a large amount of effort every day being exercised to suppress the hurt – to keep it under control, keep it under wraps.

8.2. The facade self creates more hurt

Jesus:

The other thing you said, that I also need to disagree with too, and that is your facade often is not there to protect your hurt. It's not protecting your hurt; it's causing more hurt. This is a problem that we have is that we often think that our facade is there to protect us, but it's not there to protect that child, it's actually causing more hurt to the inner child-like feelings and we're not acknowledging that. [00:45:52.24]

Do you see what I'm saying? And you're definitely not acknowledging how your facade continues to hurt this child, who's wrapped itself in the blanket, like you said, trying to get protection, but it even needs protection from your own facade. That's the sad part.

[00:46:13.07] **Participant Male:** So the question is who am I?

[00:46:14.01] **Jesus:** Exactly.

[00:46:15.11] **Participant Male:** Nobody's asked that one before.

8.3. Determining which part of our self caused us to take an action

[00:46:28.25] **Participant Female:**

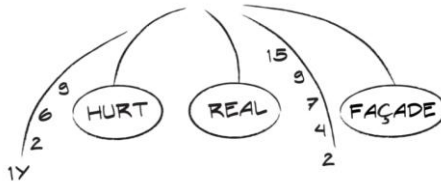
Quite often I observe myself I do things and then I observe myself and I think, "Why did I do that? What's that about?" And I'm just confused as to whether that's the facade self asking what the hurt child did, or is it the hurt child asking what the facade self did?

[00:46:51.07] **Jesus:**

Well remember the problem is we're totally disintegrated. I've broken it into three main areas, in terms of understanding yourself: remember in practice we've broken it into the hurt, the real self and the facade. That's what we've done to help you understand what's going on, but the reality is your hurt is broken into age one year old, two years old, six years old, nine years old. When did your facade start getting constructed? The same time: so you have a facade that's two years old, a facade that's four years old, a facade that's seven years old, nine years old, fifteen years old and so forth.

Does it feel like there's just one or the other? No it feels like there are hundreds of things going on inside and hundreds of selves that you're really struggling to find.

Every one of these ages has usually got a major event associated with it that caused you significant hurt. Otherwise it wouldn't have got locked up at that stage emotionally. Every one of these ages has that. Now how does the adult work out which one is actually in play right now? Well it's pretty hard to be honest. It's pretty hard to actually work out which one of those locked up pieces of yourself, that's locked up at the emotional age that it's locked up, that has actually caused you to take the action you just took.



There are many parts of our hurt and facade selves within us, locked up at different ages

[00:48:37.19] **Participant Female:**

Quite often I just think, "How am I going to stop this person doing these stupid things?"

[00:48:45.13] **Jesus:** A bit of judgment there too though.

8.3.1. We can become conscious of all parts of our selves by feeling them

Jesus:

But if you think about it, it's what psychologists do, is they wrap all that stuff up that they don't understand fully or that you don't understand fully and they call that your subconscious. That's what they call it, and they say this is the subconscious self. "Sub" meaning "underneath conscious self".

SUBCONSCIOUS

I don't believe it has to be underneath your consciousness. Every one of these things that have happened to you, when you feel them, will become conscious to you. You'll become aware of them and for most of us we've got at least ten or fifteen or twenty major hurts that have occurred in our lives, and for most of us they are locked up at ages that are all different. Deconstructing that, from an intellectual perspective, can be pretty difficult.

The key is to give up trying to deconstruct it from an intellectual process, and focus on deconstructing it emotionally, which means feeling the feelings associated with each thing, because remember all of these things occurred because a feeling was not felt. That's the main thing we need to remember here.

For instance, here the facade at two got created because a feeling was not felt. Here the hurt got created at six because a feeling was not felt, and it was a significant enough feeling for you to choose to not feel it, so we're not talking about you know you scraped your chins on some metal. I remember when I was about five and my father built a new trailer and I fell out of a tree onto the new trailer, and I scraped off a bit off a bit of skin on my leg right down to the bone. I remember that, but a couple of days later I'd done all the crying. I can talk about it now and it doesn't hurt or anything, and the scar's completely disappeared pretty much. You can't even see where it was; so that shows you that the hurt in that case has all been dealt with emotionally.

But unfortunately with most of our emotional hurts, none of it's been dealt with emotionally, or very little of it's been dealt with emotionally. It's all locked up at these ages, so what we're trying to do here, and what we need to do, is forget about trying to analyse which one it came from, and just feel the feeling. Because if you just feel the feeling, the feeling will disappear. Or you could say, the rest of the feeling that we should have felt at the time that we never felt between now and then gets felt, and once the rest of

the feeling has completed its feeling, now it's gone. Once it's gone that part of ourselves has been integrated back into ourselves at our current age.

That's the result of us feeling the feelings. Once that happens you will feel like a grown up adult without any of these funny things affecting you. You won't believe in the subconscious at all actually. You'll know every single reason why you do every single thing, which would be wonderful.

8.3.2. We are fully conscious of our selves when at-one with God

Jesus:

Once you become at-one with God that's what it's like. You know every single reason you do every single thing. There's no hidden part of yourself that you don't know anything about. There are often things that are undeveloped still, because you may still recognise a part of yourself and decide to develop that now, and there are also new parts of yourself when you receive God's Love that start coming out that you realise, "Wow I could start developing that as well." But there is no hidden emotion. No hidden childlike experience that is interfering with your life. [00:52:56.19]

And you're totally conscious of everything going on around you, and not only going on inside you or around you, but you are totally conscious in fact of everything going on inside everyone else you meet as well. That's a pretty amazing place that, because that means that you know everybody before they even open their mouth. That's pretty cool hey?

You don't have to get to know somebody; you just walk up to them and say, "Good day mate, how are you, David? When you were three you know how that event happened?" And they go, "What?" And you go, "Yeah I know that event, I can read that, you've still got some emotion about that." You'll be able to go straight into it with them and you know oftentimes more about it than their own events that have affected their life.

Isn't that an amazing place to be? But it's only when you get to that place requires you doing it to yourself to open up yourself.

9. Revision of the intellectual process of deconstructing the facade

[00:54:19.06] **Jesus:**

Let me just revise a few things. Remember with the facade, remember we went through this deconstruction process? This is an area that most of

you had a lot of difficulty with, if we're honest with ourselves, so I wanted to talk to you a little bit about the deconstruction process if I could.

This is the intellectual part of the phase of deconstructing anything inside of yourself. Even the hurt that's inside of yourself has to go through this process at some point. Some of these parts happen relatively fast between each other, and other ones you could be stuck on for months or even years if you're not careful. If you don't have a very strong will you could be stuck on it for years.

We begin in a state of denial. We become aware that the sin that we have observed in ourselves that we've created, or whatever, is real: that there is something wrong with it. You can see that for many of you, there's still not a feeling, or even a thought that there's something wrong. That has to change if you're ever going to change anything inside yourself.

For some of you, you might go, "Well I know I've got all this hurt but honestly, are you telling me that I've got to get rid of it? What's the point? It's all gone, it's all in the past. It's already been dealt with." Well you're lying to yourself if you think that, but that is in the place of denial. You haven't even seen yet that holding onto this emotion is actually a sin in itself; it's preventing your progress. It's a sin against yourself, but it's also a sin against God in the sense that you're not going to have a relationship with God until you let it go, so both things are not possible.

There's not even an intellectual awareness at that point that there's something wrong. Then we get to the stage where we go, "Okay, yes I can see that this stuff that's in me from the past is still in me, and therefore it's causing all sorts of problems in my life." So we're starting to become aware that holding onto what's inside of myself from the past is actually a sin in itself. [00:57:00.24]

We're becoming aware of that now, intellectually, not emotionally. We're just aware that it's having an effect on our life, and then we go, "Okay why is this thing in me that's causing me to stop my progress? Why it is there?" And we start working it out from an intellectual perspective why it's there.

Revision: Intellectual Process Of Deconstruction...

- Begin In A Place Of Denial
- Awareness that the unloving behaviour (sin) exists and is real
- Awareness that the unloving behaviour (sin) has a cause within ourselves
- Intellectual willingness to identify the cause within ourselves
- Intellectual awareness of the cause within ourselves
- Intellectual awareness of God's Truth

9.1. Narcissistically motivated deconstruction

Jesus:

Many of you have tried to do that with some of the things that you wanted to remove, but to be honest with you, many of the things up until now that you've wanted to remove, have all been what I would call narcissistically motivated. Can you tell me what you think I mean by that?

[00:57:47.11] **Participant Female:**

It's just all about me and making my life better and making me feel better about myself, not really because I want to or I love anyone else.

[00:57:57.26] **Jesus:**

Well I might even start to want to, but because it's a selfish motivation it's because I'm going to get better. So when we talk about soulmates the reason why many of you are glued to the discussion, there's no other way to put it, you're glued to the discussion, is because of the narcissistic selfish motivation, which is? What is that motivation?

[00:58:30.00] **Participant Female:**

They're going to make me feel better.

[00:58:32.29] **Jesus:**

Yes he's going to make me feel better. There's my narcissistic selfish motivation, so I want to know who he is, where he is, what's he doing, how can I get him right now? I'm really keen on that discussion, but again it's not really sincerely motivated. What happens if he happens to be in jail and he happens to be a murderer and he happens to have raped somebody? And he happens to have been a child molester and all those things, and he's now in jail for some of these things? Are we that keen then to find him?

[00:59:06.28] Participant Female:

I've wondered about what would happen if I found out that that was the case actually.

[00:59:12.00] Jesus:

I know that many of my spirit friends in the spirit world, have had a person exactly like that that they've found in the hells.

[00:59:22.06] Participant Female:

This is where it would be really helpful to have dealt with our facade self and connecting to our hurt child.

[00:59:26.19] Jesus:

Of course, but also to have dealt with our personal motivations which are all often selfish. In other words we're just only interested in what we're going to get out of it. That's not love is it? That's selfishness. Oftentimes we're motivated to go down through this process, but only for selfish purposes.

9.2. The importance for sincerity for deconstructing the facade

Jesus:

That's never going to be a sincere process, if it's motivated only by selfishness. It can't be sincere because you're going to skip over a whole heap of things that don't sound good for yourself. You're going to skip over a whole heap of things that are not beneficial, either way you see it, not beneficial for me to notice about myself.

God's Laws don't work that way; God does not skip over all of the selfishness inside of you – God exposes it. We need to allow that to occur. So this process where we skip down into the process from an intellectual perspective, some of you have tried to go down into that process, but unfortunately you have been selfishly motivated in doing so, which meant that even during the intellectual phase of the process you weren't sincere.

To deconstruct anything you're going to have to develop this quality of sincerity inside of yourself. You're going to have to be really sincere. It's going to require giving up a lot of the facade just to be sincere, isn't it? Sometimes you'll get down into it and you'll go, "Yeah the reality is I don't even see that there's a problem with what I'm doing." That's sincerity if that's what you feel; that's sincerity. That's better than going, "Oh yeah I realise that there was this problem and that problem," when all of what you've said about the problems mean nothing to you.

Remember that conversation I had, I just had a short conversation with you Mel yesterday and you said to Mary, I forget your comment to Mary, but I shook my head and I said, "No it's not that." Then I asked you what you really felt; what that hurt part of yourself really felt. And she feels like murdering somebody. And that's sincerity: it's sincere to actually acknowledge that's how I feel. That's how angry I feel inside of me.

You can't process an emotion without acknowledging the actual depth of the feeling. That's going to require some really sincere looking at ourselves to do that, in this intellectual phase actually, some real deep sincerity in this intellectual phase. We're not going to even have any awareness on what God's Truth would be, on an intellectual level if there's no sincerity. You won't even get there, and if you don't get there through that, there is no hope for you to actually make any progress emotionally.

If there's no hope to make progress emotionally, then you will not ever become at-one with God. And by the way you won't ever become at-one with yourselves either; that's the sad thing – you won't even know yourself. You won't even be able to reach the sixth sphere without some emotional process that's actually sincere; you won't even be able to do that. You're going to lock yourself up at different stages of development if you do those things.

10. Audience questions

Jesus:

Are there any questions you have about that?

10.1. An example of a participant with hopeless feelings

[01:03:11.18] Participant Female:

So I have a constant feeling I want to give up. Sorry, I'm just being really honest. And when I get into that, just all this self-critical self shows up. And so are you suggesting to just like Mel, to just feel that? Just feel the truth of that, like it's just never going to work and I can't do it and all that stuff?

[01:03:37.12] Jesus:

That's the hopeless feelings that are actually part of the lack of faith. Remember Corny identified with you on the starting day the lack of faith was one of the primary reasons why we don't change, and it's these feelings that are a part of that lack of faith. You need to feel them and let them go.

[01:03:57.11] Participant Female:

But before we even attempt to do this processing, is that what you're suggesting?

10.1.1. Dealing with the emotions that are present in the moment**[01:03:59.26] Jesus:**

Can I just stop for a moment? Many of you are doing this with me. You're now going, "Now which process do I run first? Do I do this process first, or that process first? I'm confused." What do you do? Anything that's there in your awareness right now.

[01:04:18.25] Participant Female: Feel it.

[01:04:19.23] Jesus:

Many of you are now becoming even this week are becoming aware of things you weren't aware of before, is that not correct? Deal with them; deal with the things in your awareness. When you deal with the things that are in your awareness, new things will come into your awareness. Some of those new things will be good actually, and some of them might be further depths of despair or other feelings, but deal with the thing that's in your awareness.

Now this is in your awareness; you need to let yourself to completely feel it, this hopeless feeling. It won't be projected at anyone, because it will be an internal feeling. When you start projecting it at other people, most of the time it means you are not feeling it; you're just blaming people for it. You need to feel it.

10.2. Making lists of emotions we are aware of, and focussing on the biggest issue**Jesus:**

I suggest to you that whatever's in your awareness, make a list of all the things that are in your current awareness. This is a very good operation for all of you to try. Everything that's in your current awareness, make a list of it. Choose the one that's the biggest, that's having the most impact on your life, and start focusing on dealing with it, deconstructing it – right now. [01:05:26.28]

Why did I say choose the biggest one? Because it will have the most change on your life if you deal with it. That's why I deal with the biggest ones first. Whatever's in your awareness.

You know that many of us are still in the place of complete denial with all the things that we're unaware of, but once you uncover all the things you're aware of already ... and many of you are aware of a lot. You think of when it came to Corny talking to you about recognising your addictions, your hands were going up left right and centre saying "Yeah this is that feeling." "This is that feeling." And you are aware of those feelings. So there's a lot there that's in your awareness.

What do you do with that stuff? You choose to write it all down so you don't forget it, because there's plenty of opportunity to forget it when you're in your facade. So you write it all down and you choose the biggest one of those things that's having an impact upon your life or the life of others around you, and you choose to go through this process of deconstruction with it.

For some of you, you won't have to do the intellectual part of it anymore because you'll already know it's wrong, you can already feel it, you're already feeling part of the emotion for some of these things inside of you. You're already at that place, which we'll go through in a minute.

Honestly it is far easier for you to start on all the things you're aware of, than it is to try something that you're not aware of. So get a list of all the things you are aware of, and then ask yourself where you are in the deconstruction process of that thing that you are aware of. For many of you, you are already starting to feel it even, or at least have recognised that it's of sin, that it's a problem that's affecting your life, or other people's life from an emotional perspective. Sometimes you've even cried about it already.

10.2.1. Some emotions such as hopelessness affect many areas of our life

Jesus:

Things like hopelessness is an emotion that is going to affect a lot of areas of your life, isn't it? It's going to impact upon your desires, it's going to impact upon your passions, your understandings and everything. So what do you do with it? You go, "Okay this hopeless emotion is fairly high up on my list to feel and if I'm already starting to connect with the hopeless emotion, that's very good because I'm almost there."

Remember that it's the connection to the emotion and fully feeling the emotion that's right near the end of the process, so I'm almost there. All I've got to do is go through the feeling of it, and once I go through the feeling of it, now that hopelessness won't be impacting upon every single other thing I try to do. [01:08:30.14]

There are some emotions that are like that, that impact upon everything, so I would put those as my highest priority. The faster I get rid of those emotions the rest of my life will improve significantly.

10.3. A question from a participant, Loise White, who asks about sincere desire

[01:08:53.28] **Participant Female:**

AJ I'm still a bit confused about our sincere desire. Like I understand that I've got an emotion coming up, I'm wanting approval from women and I'm not getting approval. So I understand to deal with that. But there's this confusion like, if I'm with soulmates, yes, I'm just wanting it to get that soulmate to make me feel better, I understand that that's not sincere, but say with an emotion that's coming up, or that I want to come up, like I'm not forgiving my mother? So I do want to feel better you know and feel more at peace.

[01:09:34.02] **Jesus:**

What if you and I have a little self truth session because that is the thing you asked about, wasn't it? What if we do a bit of a truth session now? (See 20140718 Personal Truth – Loise White)

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