

DIVINE TRUTH
God's Laws
Law of Desire and
Law of Cause & Effect

Divine Truth (divinetruth.com)

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

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03 March 2026

All compilations can be found at [The Written Word](http://TheWrittenWord.com) (thewrittenword.ca)

Front Cover Photo: LioPhotography (pixabay.com)

Printed in Canada by the [Goderich Print Shop](http://GoderichPrintShop.com) (goderichprintshop.com)
Printed in Europe by [24bookprint](http://24bookprint.com) (24bookprint.com)

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Preface

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

This compilation is from a seminar delivered by Jesus on the 21st February 2010 in Buderim, Queensland Australia by Jesus on the *Law of Desire* and from a seminar delivered on the 4th December 2011 in Murgon, Australia by Jesus on the *Law of Cause & Effect*. Both seminars are from the series on God's Laws.

In the *Law of Desire* seminar, Jesus discusses the fundamentals of the Law of Desire; how what we desire, we create, how following loving desires results in joy while following unloving desires results in pain, and how fear inhibits desire.

In the *Law of Cause & Effect* seminar, Jesus describes how the cause for every event that happens in our lives is something within our souls, all unloving effects have unloving causes, and we can only change events if we address the cause.

The seminars used for this compilation are:

- The Law of Desire P1– [Feb 21, 2010](#)
- The Law of Desire P2 –[Feb 21, 2010](#)
- The Law of Cause & Effect P1 – [Dec 4, 2011](#)
- The Law of Cause & Effect P2 – [Dec 4, 2011](#)

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

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

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

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The Law of Desire: Part 1

1. Introduction

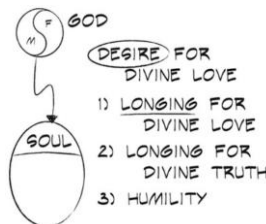
If you want to enjoy your life, one of God's Primary Laws to understand is the Law of Desire. You could call it also perhaps the Law of Passion, and I don't use passion in the negative sense of crisis, but rather passion in the sense of having huge passionate desire. This law is a major part of our soul being activated and if we don't understand how it influences us emotionally and spiritually and influences our relationship with God, often we will flounder and many, many times be feeling quite despondent on the Divine Love Path. You receiving God's Love in fact is totally about this law.

1.1. Receiving God's Love is dependent upon the Law of Desire

Let's look at how that works: here's your soul and here's God's Soul. What causes God's Love to enter your soul? Having a desire for it. The desire for Divine Love causes the Holy Spirit - God's Active Force, is of the highest order and in fact it is the way God transmits Her Love to Her Children - therefore it's the highest possible force and that's why in the spirit world we call it the Holy Spirit, because it's the highest possible active force of God. That Holy Spirit connects to your soul through this aspect of desire - that's what it means to have a longing for Divine Love. It means to have a desire, a passionate desire to be loved by God and also of course to love God.

Now remember there were three things we need on the Divine Love Path to progress. Do you remember what those three things primarily are? A longing for Divine Love; a longing for Divine Truth and what's the third?

Participant: Humility.



Receiving Love from God requires a desire for Divine Love

What's humility? It's actually a longing to experience your own emotions - a passionate desire to experience your own emotion. Can you see in each case how much desire is in place? And can you see too if I don't have a desire for instance to feel my own emotions then straight away I'm blocking emotion. If I don't have a desire to experience Divine Truth then I'm blocking Truth. If I don't have a desire to receive Divine Love then I'm never going to be able to receive Divine Love because it's desire that activates God's Soul. Your desire activates God's Soul. When your desire is harmonious with love, truth and emotion, your desire accesses God's Soul.

Now that's pretty powerful really to understand and ponder about because all of these people say how complicated it is and how much meditation you've got to do to connect with God and become blissful - you've got to meditate three to four hours - not meditate, meditate (Laughter) probably interchangeable words but anyway! - meditate three to four hours a day to receive Divine Love and so forth. In reality it's not about the meditation and the blanking yourself out or anything, it's about your passionate desire.

1.2. Introduction to desire

When you think about it, every time anyone around you has a passionate desire, don't you find it quite wonderful? Do you find that sort of resonates with you in your soul when somebody else has a passionate desire? For instance someone's got a passionate desire for their motor car. You just sit back sometimes and just smile at yourself when you hear them express their desire - don't you? - Because it just amazes: it's amazing the transformation of the person that occurs when they connect with that passionate desire.

That happens in all sorts of aspects of their life; for instance a passionate desire to have a family: now there'll be a high likelihood that this family will be brought up in a manner that's harmonious with love. If you don't really care about having children and you have one, how do you feel then? Not very passionately desirous of having the child so therefore there is this blockage to actually then having the child grow up with an environment of love. [00:06:26.11]

Desire enters every aspect of your being if you think about it. Now why do you eat something? Because there's this feeling inside that generates a feeling that I want to have something inside of me - food - to fill it. Now sometimes that feeling will be an emotional injury but it's still based around a desire that drives you: so in the end it's a desire that is driving even the desire to eat food because if you didn't have that desire, would you bother eating? Probably not.

Imagine if God made you so that you felt full all the time. You'd look at this great big beautiful platter of fruit, vegetables and other dishes, and you'd look at it and you'd go, "Okay" and then walk off. Now if your body needed food but you didn't have a desire for it at all, what's going to happen to your body eventually? It will just wither away and who knows - sometimes it depends on how connected with God - it might take a few years, but other times just a few months and you're pretty much a skeleton. That's what anorexia is all about: the resistance to food due to emotional reasons. So of course it's desire that generates even desire for food.

Of course we can have desires that are disharmonious with love and truth or we can have desires that are harmonious with love and truth. We can have either. Now when we act upon the ones that are disharmonious with love and truth, they have a certain flavour in terms of their result compared with desires that are harmonious with love and truth, and we'll talk about the different flavour that results from those two desires.

1.3. The importance of understanding desire

You can see how if we want to connect to - even to God - and receive Divine Love, which is the transforming thing that transforms our soul, we're going to need to understand desire. We're going to need to understand what affects desire, what controls desire within us, and how we can grow desire. We're going to need to understand those things, because if we don't understand those things, how are we going to grow this connection with God if it's all based on desire? So the Law of Desire is a really important thing to understand and desire and passion is something very important to develop within yourself.

2. Acting upon loving desires results in joy while acting upon unloving desires results in pain

Now a few weeks ago I asked you to actually have an attempt to feel some of your desires - I know some of you did that - to feel some of your desires and start acting upon them, and one of the things you would have noticed is that when you started acting upon desires that were harmonious with love you automatically felt some more joy in your life as a result. This is something that we need to come to understand - that when we act upon our desires that are harmonious with love and truth then joy results: it's an automatic result when we act upon desires harmonious with love and truth.

So if we want to have joy or happiness in our life we must discover our desire and this proviso is that we want to make sure it is harmonious with

love and truth, and then we want to act upon it. If we do all of that we'll have joy. So you could say joy equals discovering your desire plus making sure it is harmonious with love and truth and then acting upon it. We add those three together; joy will result in our lives.

Let's write another equation, pain equals discovering desire that is disharmonious with love and truth and acting upon it. Can you see it's almost the same equation with one primary difference? The primary difference is the harmony with Divine Love and Truth.

DISCOVER DESIRE + HARMONY WITH LOVE & TRUTH
+ ACT UPON THE DESIRE = JOY

PAIN = DISCOVERING DESIRE + DISHARMONY
WITH LOVE & TRUTH + ACTING

So if we look at this aspect of joy and we look at this aspect of pain, we see that God automatically created a feedback system. Do you understand what I mean by a feedback system? In electronics a feedback system is used to stop things from going into squealing at you. So for example you know the sound system here, this sound system has a thing called a phase lock loop amplifier, which is getting my voice and putting it into an electronic signal. And what it does with my signal is it amplifies my signal but to stop the signal from being amplified so much that it blows up the amplifier; there's a feedback system there that makes sure that it's kept within a certain range. This is what God has done with our desire; God has given us a feedback system so that we can actually see where the range of our desire that is safe to us and the range of our desires that is unsafe to us; and the feedback system is joy and pain. [00:13:01.01]

So when I'm feeling pain my feedback system is telling me that there is something about my desire here that is out of harmony with love and truth. So for example quite often people come up and say to me, "Oh we've just broken up from a relationship and I'm devastated, I'm devastated that we've just broken up. I want them to be with me but they don't want me and I feel really devastated." So would you classify devastation as a joy or a pain?

Audience: A pain.

Okay so we've got pain. So we know we're in the pain so straight away we know because of the pain that there must be something about a desire - that is disharmonious with love and truth - that I have, that would cause me to feel this pain. Otherwise I wouldn't feel the pain of this breakup. People then say to me, "That makes no sense to me at all." They say, "If I love them of course I'm going to feel pain." And I say, "Well no, that's not true at all because every time we have pain we are doing something in

disharmony with love and truth. That can't be true: if you love someone it doesn't automatically result in pain, in fact if you love somebody whether they love you back or not, it should result in your pleasure."

2.1. An example of a participant feeling pain after speaking the truth

Participant: Well how does that work when you have a desire to speak truth? Last night I decided to speak truth to a guy that I've known for a couple of years and I decided to tell him that I feel he needs attention from me. So that was my desire to be more honest with him but then it resulted in me feeling pain in a way because he couldn't understand why I felt he was needy ...

So what we're saying is you tried this equation of "discover desire + harmony with love and truth + act upon the desire = joy" and what ended up was the pain equation for you. So the pain equation you started with what you believed was a pure desire, desire to speak the truth. Is that desire harmonious with love and truth? Yes of course it is. And you acted upon it, did you not? Yes. And yet you still got pain.

PAIN = DESIRE TO SPEAK TRUTH

Participant: Is that just because I have got an injury within me that I need to release?

I'll tell you what's happening. The desire to speak truth was a pure desire and it wasn't that desire that caused you the pain. Because this equation of "discover desire + harmony with love and truth + act upon the desire = joy" always causes joy. You were in that equation, so the pain must be the result of another desire.

Participant: Now I wish I didn't ask this question! (Laughter) Oh no!

So what's the real desire that you felt the pain about? You gave the clue in your statement.

Participant: Oh maybe that he misunderstood me.

He misunderstood me. So what was my desire? I wanted him to understand.

PAIN = WANTED HIM TO UNDERSTAND

Now is that desire harmonious with truth and love?

Participant: No.

Why?

Participant: Because that's me having an expectation.

Yes. And that was the cause of your pain. Can you see the difference?

Participant: Yep.

You see a lot of times what we do with our emotions is we think we're in this equation of "discover desire + harmony with love and truth + act upon the desire = joy" but the pain is telling us we're in a totally different equation. There are lots of realisations happening here, so that's very good.

You see a lot of times we want to tell ourselves that we're doing something with a pure desire and a lot of times we do actually act upon a pure desire but at the same time we have another desire playing that is not so pure and it's that desire that caused us the pain - not the truth desire.

You see this is why the feedback system is very good because we can see, "I'm in pain: I must have had a desire that was out of harmony with truth and love. I need to discover it. I need to know what that desire was, because if my desire was harmonious with truth and love I wouldn't feel the pain of it by its expression."

So you can start seeing now that oftentimes we tell ourselves we're in this equation "discover desire + harmony with love and truth + act upon the desire = joy" but the result is equalling pain, which is telling us automatically that we're not in that equation, we're in something else.
[00:18:10.21]

2.2. Different types of pain

Participant: AJ I find that this area is very tricky because for a good part of my life I thought I was in the first equation. I would act upon certain desires that I would have to the best of my ability at the time. I thought I was in harmony with love and truth, and I'd act upon the desire and it wouldn't equal pain, it would actually bring results. It would bring positive results whether it was filling me up emotionally or producing results in the physical, but I realise the pain was suppressed.

Let's define pain. Pain is anything that causes you pain in your long term future, in your short term future, in your current state, in your physical body, in your spirit body, or in your soul. That's fairly comprehensive, isn't it? You see what we do most of the time on Earth is we only look at the physical or the immediate emotional benefits to what we do but we have very little consideration of the longer term effects. So how did I just define pain? As long term, short term, immediate, physical, emotional, spiritual or soul-based pain.

PAIN = LONG TERM, SHORT TERM,
IMMEDIATE, PHYSICAL, EMOTIONAL,
SPIRITUAL OR SOUL BASED PAIN

Now many people say to me, "Oh I'm doing everything in harmony with love and truth all my life and look I've got cancer now." Now that's telling you the pain is in this case a physical pain, and we're doing things out of harmony with love and truth. Whether we know it or not is immaterial. Or I've got an ache in my leg, what's that? A physical pain, so straight away I know I'm out of harmony.

Emotional pain might be you're in a relationship and the relationship breaks up. For instance I've been in the relationship for five years and I've just found out he was cheating on me. "We had such a happy relationship." I'm sorry but that's not true. That's what you'd like to believe for five years obviously but if he was cheating on you for five years your relationship was completely fake and therefore for five years we've been experiencing pain that we've been ignoring because the truth is if I was emotionally connected with this person - man or woman - I would know something's wrong. So therefore I wasn't emotionally connected with them, and I was ignoring the emotional connection because I'm ignoring my emotional pain, and sooner or later some other pain occurs and that shows me that I was in ignorance in the end.

2.3. Determining the purity of desire

So sooner or later pain will come to my life if I'm in a state of disharmony with something. You can measure it immediately only if you are in a completely open emotional state. Other than that you will never be able to measure the pain immediately, and in fact the majority of times you will even feel some of your pain is good because in the end a lot of us have addictions. We'll talk about addictions at another time for a full discussion. But the truth is that if I have an unhealed emotional addiction inside of myself I am already in a state of pain.

So let's say I'm alone and I've got no one in my life, and my addiction is I've got to have someone in my life, I've got to always have a man or a woman in my life for me to be happy. Now if I just sat by myself in this state where I'm alone, I would be able to feel that pain if I'm honest with myself but most of us are not very honest with ourselves because we want to avoid our pain. That's called denial, which is a totally different subject to what we're discussing about.

Denial is when we choose to avoid our pain in order to receive something. So if I'm in a state of denial what I will do is I'll go out and enter a relationship that I think I desire, I will think that my desire is harmonious with love and truth even perhaps, but it's not because it began from an addiction, which if I'd been sitting down by myself and just feeling, I would have felt it as pain.

You see a lot of the times we start to feel our pain and then what do we do with that? We want someone else to make it go away; and not just someone else. Why do you think alcohol abuse is such a big problem? Because we often choose something else or someone else to make our pain go away. The truth is if you were in a state of bliss do you think you'd want to go and take some ecstasy every night? Why would you want to do that if you're already in a state of bliss? Can you see I'm exercising a desire but the truth is right before I exercise desire I'm not even allowing myself to feel my own pain yet.

If I exercise a desire, even if I think it's harmonious with love and truth, and I'm starting from a position of pain, things are not going to work out so well because I'm going to be exercising a desire that's disharmonious with love and truth; because let's define disharmonious with love and truth - every time I deny my own soul's emotions I am in disharmony with love and truth. So I can think that I'm living in passion and desire but often not be living in passion and desire that's harmonious with love and truth.

Quite often we can have exactly the same desire and yet one results in pain and the other in pleasure. The reason why is if we begin the desire from a place of pain we will always result in more pain.

Let me illustrate that. I might have a desire to give you the Divine Truth. Is that a pure desire or not? Well it may not be, because what's my intention? See if my intention is to manipulate and control you for the rest of your life and make you dependant on me, for a start I'm not giving you Divine Truth anymore: but if that were my desire then the results are going to be pain. And yet I could say to you, "I'm here giving this love and truth to you, isn't this wonderful? Aren't I a wonderful person? It's so

lovely," and all of those kinds of things and you could even begin feeling that and yet in the end I might have an intention that's damaging. And if my intention is such that I want to exercise my desire for my personal gain, in terms of my being glorified or whatever, then straight away my desire is out of harmony with love and truth and that will result in pain for me. [00:26:48.22]

So we need to actually allow ourselves to examine our desire and see the difference between it being in harmony with love and truth and being out of harmony with love and truth. Sometimes we can seduce ourselves. Do you know what it's like to be seduced? Some of you might have been sexually seduced in your life or seduced into a business that eventually went bad or seduced into doing something when you were a child. Remember during your teenage years when you went out and did something that later turned out to be pretty stupid and you felt pretty embarrassed about? Often we get seduced by peer pressure into doing things.

In the end what we really get seduced with is our own addiction. Every time we're seduced we are not in a state of love and truth and we're also not in a state of pure desire because we're just doing really what somebody else wanted us to do and that's pointless on this path.

What you want to do is work out what you want to do and then do that. If that's harmonious with love and truth then you're going to experience the joy of acting upon that and if that's disharmonious with love and truth you're going to experience the sorrow that results from acting upon that.

2.4. The importance of acting upon desires

Participant: Hi AJ. Something I've done a bit in my life, and I really don't want to do anymore, is having a desire probably in both of those equations, in harmony or out of harmony and not acting. Can you talk about that?

Yes. It's very important to act upon your desire for a lot of reasons. You see if you act upon a desire that you believe to be harmonious with love and truth, the effect part - pain or joy - will tell you whether it was harmonious with love and joy or not. But if you choose not to act at all, how are you ever going to know whether your desires were harmonious with love and truth at all?

Participant: Yeah that's a pretty painful place.

It is a very painful place. When we don't act, that is because of terror and fear and that is telling us that we actually do have terror and fear inside of us that we need to address.

2.4.1. Reasons for not acting upon desires

Now what would be some reasons or some fear-based reasons of why you wouldn't want to act? Do you want to give some personal feelings about that?

Participant: A fear of making a mistake or doing the wrong thing.

Let's look at making a mistake, that was the first one. Doing the wrong thing. Where would that have come from? What happened when you were little and you made a mistake? I know what happened to me - most of the time it was the corporal punishment system when you made a mistake. I was there at school, writing with my left hand and every time somebody caught me doing it, I received a whack across the fingers. So I had made a mistake, and I should write with my right hand now.

So straight away a fear of making mistakes comes from this feeling inside of me that I'm going to be punished and hurt. So that needs to be released emotionally from me before I'm going to act. Or you could choose to act and allow that fear to pop up straight away, because it will pop up pretty much straight away.

Participant: Yeah I'm hoping to do that in the near future, from now on.

So there are a few different ways you can handle the system, knowing that if you act there is always going to be a result. Now if the result is pain and we think we were acting harmoniously with love and truth, then there has to be some disharmony in there for there to be some pain.

2.5. An example of AJ saying he's Jesus

I'll give you an example. I've decided that I'm going to act in harmony with love and truth all my life so what I'm going to do is I'm going to tell everybody that I'm Jesus. This was a decision I made five years ago or so because that's who I am and so I've just got to tell everyone the truth. So I go to the first persons and tell them the truth: that was my boys -my two sons Tristan and Caleb - and they reacted pretty well. There was not too much drama there and Caleb said to me, "Yeah I think it's probably right actually." And Tristan said, "Well I'll give you three months and we can

work it out." But either way it was pretty even handed, there was no physical pain for me. That was interesting. [00:31:38.01]

So I go along to the next person, tell them the truth, that's my mother, as she had come to visit, and now there's a fair bit coming at me. So there's some condescension and then there's worry, where I can feel her going into this state of, "Oh no he's going to kill someone or kill himself," or whatever, "There's going to be a Kool aid thing down the track somewhere." Like all those kind of things coming up for her inside of her emotionally, of course she never voiced any of these things aside from some of the condescension and some of the worry about my state of mind. I came away from that feeling that was quite painful. What was my problem?

The pain wasn't the result of me saying the truth, the pain was a result of me getting rejected. So I then had to go and feel the rejection because that's the emotional error that I need to release, and the pain was a result of me being treated condescendingly by my mother. So I had to actually go into that emotion because that's been there a lot of my life too. So I had to go into that emotion and release that emotion.

Another painful part of it was that she then decided it was too much for her to handle and she wanted to tell some other people about it, who then got her to tell some psychiatrists about it, who then got on to tell my doctor about it, who then, when I went in to get an insurance assessment so I'd get some extra loans, he denied my assessment, which meant that my business just went bang. That was quite painful.

What was my problem? Why was it painful to lose my business? Because I'd built up three and half or four million dollars worth of property, I thought I was going quite well and was going to keep going for a little bit longer and finish off some deals and whatever else. It was painful because I didn't want to feel all of that was a waste. I just didn't want to feel an emotion. So I had to feel that emotion and then I had to feel the emotion of being betrayed by my mother: I had to feel that emotion.

Can you see those painful emotions weren't the result of me acting in harmony with love and truth? They were actually the result of me having an unhealed emotional error in me that was confronted by the act of truth, and that was the result of the pain. So I had to feel the pain.

See a lot of times what happens is we go and tell the truth with the expectations that we currently have emotionally involved with that and when those expectations are not met we feel the pain of the expectation not being met: that's telling me that it was great that I told the truth but

some of my other desires - the expectations that I had - were in this category of discovering desire + disharmony with love and truth + acting = pain. [00:34:35.09]

The Law of Desire: Part 2

3. What we desire, we create

The next thing I'd like to talk about with you is this principle that's a part of the Law of Desire, and that is: what I desire I personally create. Now of course this applies just as much to your desires that are disharmonious with love as it does to the desires that are harmonious with love because what you desire that's disharmonious with love you will also create.

So for example if I desire to control and manipulate you, and that's a real desire within me, then I will finish up creating that: in other words what will happen is the people who will be attracted to me are people who desire to be controlled and manipulated and I'll be perfectly happy with the situation - and so will they, in many cases.

If I desire in a pure manner, in a loving manner and based on truth, then whatever that desire is will be created.

3.1. An example of desiring money

Then people say, "I desire lots of money, how come I haven't got that?" Because what I desire I create. Can you see it's like a feedback system for you as well? You say you want plenty of money but what you desire you create, so if you really did desire plenty of money, then you would have already created it.

Let's look at that issue, which is part of the Law of Abundance, which is a different law, but let's look at how it works.

If I made the statement, "What I desire I create" and let's put in, "What I truly desire I create"; remember the desire is not something that you can manufacture in your mind; desire has to be a pure thing coming from your soul. When I say a pure thing it doesn't have to be based on harmony or disharmony with truth - it can be either: it can be in harmony with truth, in disharmony with truth, in harmony with love, or in disharmony with love. It doesn't matter whether it's harmonious with love or truth, what matters is that it's a real feeling you have. Is it a real desire that you have and if it's a real desire it is what you truly desire at the soul level, so let's include that in our description, "What I truly desire I create (at the soul level).

WHAT I [↑] DESIRE I CREATE
TRULY (AT THE SOUL LEVEL)

So if right now I am not creating enough money for me to live on, but I'm doing what I feel is everything harmonious with love and truth, then I mustn't really desire money. What might be some of the reasons why I might not desire it? Well I might have a belief that money is control and I don't want to control people. Can you see that belief will be actually affecting my desire? I might have a thing where I believe money is power, and I don't want to have power, and so therefore I will reject money. I might have a belief that money is evil: this is a very big Christian belief, that money is evil. Do you know that the Bible actually says, "The love of money is the source of all evil"? It doesn't actually say that money is evil but anyway most people miss out the love bit and turn it into just the money being evil.

WHAT I DESIRE I CREATE
 ↑
 TRULY (AT THE SOUL LEVEL)
 }
 MONEY IS CONTROL
 MONEY IS POWER
 MONEY IS EVIL

Now can you see that if I have those belief systems that are a part of my soul, so they're what's truly in my soul, what am I going to create? I'm going to create a lot of lack of money in my life. So you can actually find out through this Law of Desire what your true desires actually are by seeing the results of them in your life. So if we say then - there is another law called the Law of Cause and Effect that I haven't talked about much with you – but let's say here is the general principle: what I desire I create. So you could say then the creation is the effect of my desire. So if what I desire I create, then if I look at my creations and if I'm unhappy with them, I need to have a look at how my real desires are affecting these creations. [00:06:11.02]



So we can use examples in a lot of areas of life with this with regard to our desires and passions. You see a lot of times we say we have a pure desire for something but our desire is actually very, very different to what we believe it to be.

3.2. An example of entering a relationship in order to be loved

For example many people enter a relationship in order to be loved: what they do is they find a person who is willing to love them and then they shower them with all of their love - now obviously this relationship may or not be a soulmate relationship but most people think it is one - but the truth is what's creating it is this desire to be loved and that's going to create a situation where I'm loved in the manner in which I want to be loved, which in most cases is not actually real love. So that's going to be my creation. I'm going to feel quite happy about it until the guy goes off and cheats on me. And then I'll realise that I wasn't as loved as I thought I should be, and then I go and get rid of him and find another guy who will give me the love that I want, or another girl - just replace the gender.

Now in each case what I'm not understanding is what I truly desired I created. Firstly I created a relationship that was all about me being loved; I also created his infidelity through my actions. When I say created - obviously he had a part of that - but I created the attraction of a person who was going to be unfaithful to me. In most cases this is what's going on and then on top of that I then had another creation which was to expel him out of my life and go and get another guy who would love me the way I wanted. In all of those things I am creating what I truly desired.

3.3. Loving and truthful desires create joy, while unloving and untruthful desires create pain

So if I change my desire I will change my creations. You see most of us don't want to do that because most of us have a feeling that we don't want to bring our desires into harmony with Divine Love or into harmony with truth. So what we want to do is hold on to our distorted desire because we want to feel that that's the real thing we want, and we don't want to change those distorted desires to suit what God designed us to have. So what we finish up then doing is creating a whole heap of things - as per our previous equation - that cause us pain. And if I'm honest with myself and say to myself, "Alright what I desire I create," then obviously if I'm creating things that cause me pain or cause other people pain, my desires are out of harmony with love and truth. It's quite simple, I can feel that.



A desire that is disharmonious with love and truth creates pain

The opposite also is the truth, and that is if I have a desire that is harmonious with love and truth I'm always going to create things that are going to bring me joy. So the result is going to be joy under those circumstances.



A desire that is harmonious with love and truth will create joy

Now that means then that you have complete control over the joy you experience; not using the New Age methods of changing your mind, but rather by actually bringing your desires into harmony with truth and love. That's how you create joys in your life.

So if I'm in a state where I'm not feeling very joyous in my life, I need to start examining my desires and start looking at the desires that are not harmonious with love and the desires that are harmonious with love, and all the reasons why I don't want to act upon my desires. Because if I act upon my desires I will always create something and if that thing I created brings me joy then it was obvious that it must be harmonious with truth and love in that particular moment: that's the thing that I need to understand with regard to desire.

Desire is so important in every aspect of your life, even your relationship with God is based upon it, as we've seen just in the previous part of our discussion. And if you look at it, your relationship with your partner is also totally dependent upon desire. [00:11:01.13]

3.4. An example of desiring money (continued)

Participant: I think where I get unstuck is what you said about the truth of my desire but also my belief. I have a belief that I don't deserve money because when I was about eight I asked my dad if I could have some pocket money and he screamed at me and said, "How dare you ask me for money! Don't you get everything that you want?" And of course as a little girl I didn't have the gumption to turn around and say, well no, that's why I'm asking you for pocket money. But it did set me up very strongly that I didn't deserve money and I wasn't allowed to ask for more money.

Participant: So once I found that out then I realised that just having a desire to have more money wasn't going to do it but I still haven't been able to get right into that causal, even though I really don't want a lot of money. I don't know whether I've ever had a true desire to have heaps of

money but I would like to have a little bit more than what I've got so that I can go and have some fun occasionally.

You see, you're not telling the truth.

Participant: Yeah well see this is the thing, the time before last you talked about God's Truth and our truth.

Well you're not even telling your truth.

Participant: Yeah, and I'm stuck trying to tell any kind of truth. That is the truth.

The truth is (laughter) - now you've told the truth - but the truth is this about the money issue for you. What you currently have created is what you wanted. That's the truth. So if that's the case, what you've got now is a lack of funds isn't it?

Participant: Yes.

Okay so what I've got now is a lack of funds - a lack of money shall we say. If that's what I have created, under this law basically what I'm saying is what you truly desired you created, so what you truly desired is a lack of money.

Participant: So how do I get to the causal to get rid of that?

It's really easy, all you've got to do is ask yourself this question, "Why would I do that?" (Laughter) What are the reasons that you can see straight away why you'd want to create a lack of money?

Participant: It's probably a comfort zone, it's what I know.

Okay, so you're basically saying fear is one way, you're actually afraid of having more. Okay so that's one, but go on.

Participant: I really don't know - if I do know I don't know how to express it.

Yeah you do know.

Participant: Do I?

Yeah, yeah, everybody knows the reason why.

Participant: Okay. I don't deserve it.

Okay there's another good one. So I don't deserve it, okay. Any others you can feel? [00:14:44.15]

Participant: Well it feels like I didn't receive the response that I thought I was going to get from my father ...

Now you're getting more closer. What was the response you got?

Participant: Well anger.

So what's the relationship between wanting money and a father's approval?

Participant: Well there was none. I was shocked with the response that I got from him.

So daddy doesn't love me if I want money.

LACK OF MONEY. WHY?
FEAR...
I DON'T DESERVE IT
DADDY DOESN'T LOVE ME
IF I WANT MONEY

Participant: Yeah, but then on the other hand he was the one who yelled at me again when I left my husband and said, "You've just thrown your security away!" (Laughter)

Yeah but that's a whole different issue to money isn't it? Now you're raising a separate issue. This is what we often do by the way. We throw in a furphy to get us away from the real issue.

Participant: Okay well we'll forget that furphy.

I'd call that one a furphy. It might be an issue you have emotionally, true, but it's not an issue related to this specific problem. This specific problem is: you have a lack of money and you desire it. You've got to own that you desire it before you can ask yourself the question of why would I desire it? And when I ask the question of why would I desire it, I start listing the reasons why I desire a lack of money. These reasons need to emotionally leave me before money will come into my life. And anything else you do - you can work your guts out, have three jobs, do whatever you want - at the end of the day anything else you do will cause a continual lack of money or your own exhaustion, one of the two. Because obviously if you feel like you have a lack of money, often people get driven into being a workaholic so eventually they get money but what happens in the rest of

their life? That all falls to bits too. So you don't want that happening either, you want to have abundance but also happiness, don't you?

Participant: Yes.

Okay, so this Daddy doesn't love me if I want money issue is a very big one for you. So let's translate that into - God doesn't love you if you have money either. This is a big multigenerational injury on the planet.

"Happy are the meek since they will inherit the Earth." And you know what a lot of people interpret that to be? Happy are the poor since they will inherit the Earth. Now there's a whole big difference between the word meek and the word poor. We don't often understand the difference and often it's mistranslated as a difference as well and so we come up with these beliefs. You have a lot more beliefs about money. "Money is evil. I'm evil if I want it."

These are all beliefs; they are all emotions that need to be released before abundance will appear. So with myself I had heaps of them. Then I did the whole intellectual thing for a while. So what I did for a while was I was always fine with spending money. (Laughter) In other words I'm generous when I have it, so if I have it I spend it usually on other people generally, so I have no problem with spending it.

By the way a lot of you do have problems with spending money. A lot of you get it and then you want to hoard it. Why? You might have a hundred grand sitting around, why do you want to hoard it? That hundred thousand dollars could be creating things for you, really beautiful things in your life, lots of different things in your life if you spend it. And you want to hoard it. Why do you want to hoard it? Because you're afraid of your own financial insecurity, that's the only reason why you want to hoard it. So look at that emotionally, there are emotions there. But then a lot of us also have a rejection of money, in other words we're fine spending it, but we're not fine getting it.

Participant: I lost my key card the other day so I reckon this one's up for grabs because I went to buy some bikkies and stuff to bring here today and I had no money, I couldn't get at my money.

Okay. So this is definitely something for you to look at emotionally. There are some deep childhood, mum and dad emotions involved in a lack of money.

Participant: I understand now that when I did ask dad about the pocket money, his response was from fear because he didn't have any spare money and he was in a great deal of fear at the time around money.

And you don't get daddy's love if you ask for money. But there is also for many people an equation of if somebody gives me money it means they love me.

Participant: Yeah I'm concerned about that too at the moment, that I'm doing some things for the wrong reasons.

Where you're giving some of your money away trying to get people's love.

Participant: Yeah I've done that a lot with my kids. To my detriment I've given them money but now on the other hand I'm feeling like the motive behind a relationship could be security and I don't want that to happen either.

No that's not true either.

Participant: Okay. I want it, that's why I'm creating it.

Exactly.

Participant: But I want to get that emotion out of the equation.

It's true that you want to change that. That's very, very different than you saying I don't want it. So understand a lot of times when people say in these discussions that we have, when I say to you, "No that's not true." The true state is the emotion that's in you right at the moment. I understand you do have some desires to change it. But before you can change anything you need to admit the state you're in. And the state you're actually in is quite different. You do want to have a man in your life for security reasons because you can't create your own security - financially - you're struggling to create your own financial security. [00:21:04.09]

What you need to do instead is address the reasons why you want to have this lack of money, and have a lack of financial security. There are a lot of things in this. One of the things is if a man comes along and rescues you, isn't that going to feel wonderful? It's not going to be wonderful! But it feels that way.

Participant: Yeah I know that's right. I don't want it to be a false thing, you know.

So intellectually we have a desire at this point to change the emotion, so that's really great. But we must first, before we can change the actual emotion, recognise the truth of the emotion. The truth of the emotion is I desire a lack of money. And the reason why I desire a lack of money is I

want some white knight on his steed to come around. He rescues me and picks me up, chucks me on the horse and off we go into the sunset and we live happily ever after; and he's going to give me all the things that I can't create for myself.

Participant: That's it isn't it. Not what I desire, what I can't create for myself.

Exactly. So what I'm saying to you is the reason why you haven't created it for yourself is because what you truly desire is a lack of money so that you can have this other thing fulfilled, which is the man come along and do it for you. You see what I'm saying?

Participant: Yes I do.

So we need to be really honest with ourselves and examine the reason why. We also really need to be honest and examine the reasons we truly desire, and that is what I've created I did desire. So if I come to understand, I've created this lack of financial security, why would I create such a thing? I must have some very strong emotional addictions to this to create it, if it's something I'm thinking in my mind that I don't want. I must have some very, very strong emotional reasons. This is where we get down to people saying, oh you know there's the subconscious mind and the conscious mind and the subconscious mind is not the same as the conscious mind. Forget all that. All it's about is you're not recognising that you have a true desire in your soul to create a lack of money for very good, although not very beneficial, childhood emotional reasons. [00:23:33.14]

Participant: Yeah, okay. Like I said there was a belief system I knew that was stopping me from moving forward.

3.5. Steps in recognising the cause of our creations

Yep, so if we had to make some steps about what's going on in my life, why am I getting some painful events in my life, the first step is: look at what I created, look at the creation. The second step is: state the truth about it. Third point: own it - a very important point. How can I ever change if I don't own the fact of what I've created? I can't ever change, so I need to own it. Once I've owned the creation and I've stated the truth about the creation, I've owned the creation so now I'm going to emotionally own "I do not want money". My life is a shambles and a mess and it's illustrating to me how much I don't want money actually. It's telling me everything I need to know. Own that. I don't want money.

Always then ask why; be honest about the why. You'll be surprised how many times you'll be really surprised of what is the result of the why because most of the time we've avoided that most of our life. Why would I create such a thing? Instead what I do is I go in my mind and go, "No, no, no, that's not what I want; I really do want to have money in my life. What's AJ saying? He's a stupid, stupid man. You know I really do want money. Why would I not want money for?" We go down that track but in reality we're not understanding the basic principle of the Law of Desire and that is, what I desire I create.

- 1) LOOK AT THE CREATION
- 2) STATE THE TRUTH OF IT
- 3) OWN IT??
- 4) WHY??

3.6. An example of a participant who had been embezzled

Participant: Five years ago I was in New Orleans when Hurricane Katrina blew in and I was asking myself, what's my internal hurricane? I discovered it a month later - I had been embezzled. As a result of that I had to ask myself what had been my initial intention for becoming involved in this investment. I came up with – I thought it would give me freedom. The emotion that finally surfaced for me about the embezzler was that I'd been deceived. So then I asked myself, well hang on how have I deceived myself about how I get freedom? And it isn't through an embezzlement. As a result of that I had to sell my house. Can you help me with this?

I think you've answered pretty much most of your questions haven't you?

Participant: Oh okay, if that's it I'm ravelled then.

Yeah the embezzler's emotion is he wants to rip everyone off. In other words he has an issue with money, does he not?

Participant: Yeah.

If he wants to rip everyone off, wants to have a quick buck. There's you. What's your hook? Your hook into him is?

Participant: Easy money.

Yeah, notice how it's very much the same as the embezzler's motive.

Participant: Yeah.

Easy money. This is often the case, by the way. Our motive is often very much the same as the embezzler's motive, which causes the Law of Attraction. So here I am, I want easy money, so I listen to his words. There must be some other things playing too: he's a male, so how did you come to hear about all of this, was it through the net or was it personally?

Participant: Through friends.

Through friends, okay.

Participant: Who also went down the same track.

Who also lost money, okay. So what caused them to investigate it all? What was their motive? You see it was probably almost the same: some easy money and so forth. You can see how the Law of Attraction is just bringing all these people together for a big trigger about money and financial security and so forth.

Okay: that obviously comes from inside of me, an unhealed emotion that "I can't create for myself". You needed somebody else to create for you. You had your own money, didn't you? Otherwise you wouldn't have had anything to invest, would you? So you had some of your own money and you could have created something for yourself with that money, could you not? [00:28:30.00]

Participant: Yes.

But you decided that you couldn't. So what's the emotion there? "I don't know what I'm doing, I'm stupid."

Participant: Lack of faith in myself.

Lack of faith in myself.



A woman who attracts a man who rips her off has unhealed emotions within herself

You can see you list quite a few and you need to list quite a few and then what you do there is you go through that list and start working through those emotions one by one. Allow yourself to feel about all of those

emotions as to why you didn't have any faith in yourself, why you didn't believe in yourself, why you felt you had to give someone else your money to create more. All of those things because basically it all came from your hook and that is you believed inside of yourself that you weren't good enough to do it for yourself. And someone came along, easy money, you give him some money, he lost it all and probably it's all somewhere in an offshore bank account.

And every one of those people who were attracted to the easy money is now out of money because every one of those persons had a true desire. So what was there true desire?

Participant: More money.

No see that's their intellectual desire, that's what they acted on, but the result is that they actually lost all their money. So what was their true desire?

Participant: To lose all their money.

To lose all their money: that's their true desire. Now why would a person want to lose all their money? There have got to be some pretty big emotional reasons to want to lose all your money, can you see that? There've got to be doesn't there? So it might be: 1) I don't feel worthy of having any money. 2) It might be that I'm quite angry about money and so therefore every time I think about money I'm upset and angry and frustrated, and that's going to reject money. 3) I might think money is evil and bad.

Participant: That's an old message from my mother.

Yeah, and so forth. I might have been manipulated by money in the past and now that I've got some, I feel manipulated by it. I feel controlled by it so I want to get rid of it all again.

Participant: Could it be also from guilt from having pinched money as a child?

Very much so.

Participant: Yeah well I'll put my hand up for that one.

How many children have pinched money as a child? Pretty much all of us have done that one. I did it once with my grandmother. I can remember I felt so guilty afterwards I had to go and own up and give it all back but

what I did was I went to her purse and put all of the money in some plasticine that I had - bad idea! (laughter) - It took me ages to get it all back out again. But see this is what we do: we feel guilty, there are all sorts of emotions at play, right down to emotions regarding love, love of a parent, love of other people. [00:31:36.22]

You look at how many people in Australia are honoured if they have lots of money? It's alright to have sort of some money in Australia, isn't it? But if you've got lots of money it's a totally different thing isn't it. There are a lot of negative connotations in Australia generally, and by the way in other countries it's even worse in many cases. So there are also even cultural and environmental factors that would cause us to want to reject money.

How do all your friends act when you have plenty of money? There might be jealousy projected at you and you might be rejecting that; there might be the issue of feeling like they want to bring you down, that projection that people have at you and you feel terrible about that, so get rid of some money and that makes you feel better. There are lots of emotional reasons why you'd want to do that and the key is again to go back to what I'm creating I really desired.

It's a very powerful thing to understand - what I'm creating I really desired - because if I understand that I can look at all my creations and be really honest with myself about how they got to be; but if I neglect that, if I neglect what I create and I just say, "No, no, I didn't want to create that, don't be silly" if I say that to myself, now I'm neglecting the fact that I've got all these desires in me that created it, and you know what the rest of my life's going to be like? It's going to create all those things I think I don't want but actually I'm not being honest about. Remember it's what you want at the soul level, which is at the emotional level, not what your intellect is telling you that you want, but actually what you feel you want inside of yourself.

3.7. Being honest about our creations

Now many of you have come up to me and have said, "I want a really loving relationship." And I ask, "Are you in a loving relationship?" And you go, "No." So you don't want one. Be honest about it. Come up to me and instead and say, "I don't want a loving relationship. How do I get a desire to have a loving relationship?" That's more honest. Rather than coming up and saying to me, "Oh I want a loving relationship," but you're not in one.

Many of you come up to me and say, "I want my soulmate." Go away! No you don't! (Laughter) If your soulmate is not there right in front of you then did you want her or him? No you don't. Why wouldn't you? Because I have some very deep emotional reasons why I don't. One of them might be, "What happens if he's not what I want?" That's a big emotional reason. What happens if he comes along and he changes my life? Whoa. What happens if I actually give him my heart? No it's better to have control of your heart. Got control of your heart, you've got control of your life, you can control everything then, you don't need to give anybody your heart. Or it might be, "What happens if I'm open and vulnerable and he knows all of my secrets?" Whoa! You can see how there would be lots of emotions at play with regard to why I'm rejecting my soulmate from my life. [0:35:14.27]

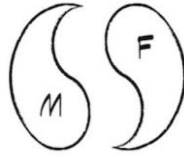
So we need to be very honest and the way that we're honest is we go, alright, what I have right now is what I created. I created it because I truly desired it. The Law of Desire is always at work and I created it because I truly desired it. What distorted desire would cause this creation? What unloving desire in me would cause this creation? And then when I start digging deeply I can be honest about a lot of my desires. "Wow I don't want to be open and vulnerable to the opposite sex." Why would I want that? "I don't want to be in a loving relationship where I feel like I'm being controlled. I don't want that. I don't want to have to give up my life for some fellow, I'm sick of that. Let's be honest about the emotions that are really there because they're the emotions that I'll need to step through and release you see.

So what I desire I create. That is a very, very important principle and I can't stress that enough to you. It gives you a lot of control ironically over your life, in a soul-based joyful way, in the sense that you can look at your creation and say, "Wow I created that, isn't this wonderful?" (Laughs) "I created that, I created this lack of abundance; I'm a pretty powerful creator! I created this lack of abundance and it's because of all these emotions that I have that I created this lack of abundance. There's an emotion that if I had anything else that daddy wouldn't love me anymore," and so forth, whatever is going on.

3.8. An example of pushing away our soulmate

"I created this: "no soulmate in my life". Ah, I'm a powerful creator hey." You've got to be pretty powerful to create no soulmate in your life. Let me illustrate that for you. Remember I said to you that there are two halves of the soul and I said to you in the soulmate discussion that the most powerful force that you are ever going to experience besides love between you and God is going to be the attraction between the two halves. That's going to be far more powerful than any attraction to any child, any other

relationship you have, any business partnership. This attraction is the most powerful attraction that God created.



The soulmate attraction, between two halves of the same soul, is the strongest attraction that God has created

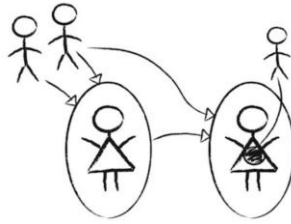
Now if you're not with your soulmate you're a very powerful creator in the opposite direction. You're struggling with all your might to keep you apart because if you weren't struggling with all your might to keep you apart, you'd already be together, because the Law of Attraction between the soulmate halves - and I'm not joking - is the strongest possible force you can encounter. So if that's the case you can see that my desires must be very powerful to even keep the strongest possible Law of Attraction that God has created apart; that's how powerful your desires are; that's how powerful even your negative desires are, let alone your positive ones. So that's a very interesting thing to think about.

3.9. An example of creating illness in another person

Participant: I'm not sure I want to bring this up but it's sort of with me. Can you create an illness in another person?

You can create an illness in another person but not without their approval at the soul level. So let's look how it happens. So here's me, and I have a feeling towards another person, that are not very nice feelings towards this person -by the way all of you have heard of witch doctoring in Africa, and also here in Australia, you've heard of voodoo in the Americas and so forth - all of these are principles that are true and work on this same principle that I'm going to illustrate to you.

What happens is my desire then attracts spirits to me who feel much the same as me and are willing to try to act out this particular desire upon that person. If the person has some kind of emotional connection to one of those spirits who can cause an illness, the person will actually attract the spirit through that emotional connection and now that spirit can cause a physical illness in their body. [00:40:05.14]



Spirits with one person (left) can create an illness in another (right) if that person is open to an attachment that creates an illness

Participant: Yeah but that's assuming that you don't like the other person. But if that's who you're married to, and you figure and think you're happy, can it still operate?

Well it can still operate, yes, but it has to have the approval of both parties in terms of their emotional approval. Remember - what I desire I create.

So let's say my male partner is getting a sickness of some kind. Now if my partner is hooked into emotional approval from women, hooked into giving the woman everything she wants, and I have a demand upon the male that he gives me everything I want, can you see that I'm going to assist him in the creation of his own illness? You see I'm demanding something from him, which he has an illness about, he has an emotional connection with, and then therefore he starts giving to his own detriment, which causes an illness in his own body.



A woman fostering a desire in a man to do everything she wants can create an illness in the man

So yes I can assist the creation of an illness in my partner or in my child or anybody else for that matter, just by my demands upon them. Now that doesn't mean that they're not responsible because they are obviously responding to those demands, and if they loved themselves they wouldn't be doing that.

3.9.1. Controlling others through emotional hooks

Participant: But do you have to be demanding of them for them to?

Yes there has to be some emotion; remember it's not a physical or voiced demand; anything I place upon you is emotional, not physical. I can assist it with physical things; so I can speak my demands to you but I can be quite controlling of you in different ways.

For example, I could be in a relationship with you, and every time you do one particular thing that distresses me I can just cry. And if you have some kind of emotional hook into a man crying, you will definitely stop doing what you do. But you'll also feel controlled when you stop. It's really easy for me: all I need to do is cry and you're controlled; cry again, you're controlled; cry again, and you're controlled.

Now let's reverse it: it might be anger. All I need to do is feel angry, go out and kick a car; every time you notice my anger you feel very stressed out about what you did; I don't even have to aim it at you and I can control you if you have the opposite hook inside of yourself.

This is where people amaze me when they say I try to control people because if I was trying to control you the majority of you would be really, really, controlled because I know most of your emotional hooks. So if I really wanted to control you I could easily control you. But the thing is as you get more love and you can feel more emotions from people, you feel less desire to control.

So now what's happening in many relationships is one of us has an emotion and the other one has what we would call a sympathetic emotion, which enables them to be controlled by the original emotion. But when that happens, inside the person often an illness will generate if they feel like they shouldn't do that at some level. And again if they look at it, what they desired they created. They desired an illness. Why would you desire an illness? Can you do as much for another person while you have an illness? You can't, can you? You can only do a lot for another person if you're well. So if you have an illness what starts happening then? You start getting some of the control back. The other person starts noticing and saying, "Oh well you're sick, so I'll do that." [00:44:27.07]

3.9.2. An example of a participant feeling guilty for potentially creating her husband's illness

Participant: If I unconsciously wanted to be single would that have any effect? I don't have any awareness of wanting to be on my own again but ...

Why do you ask the question though? It's a strange question to ask for somebody who's never considered it.

Participant: Well I'm really wondering because ...

Because your partner is dying?

Participant: He has died. I can remember one time he commented to me about a symptom he had. My background is in nursing and we were preparing for a dinner party at the time, and I was distracted, but I never thought of it again and he never brought it up again.

What did he say? You said he said something to you.

Participant: Oh he said that he had a bit of blood in his urine, he had kidney cancer and at that time my response was, "Well I guess if it happens again you should see a doctor." The topic never came up again and I never thought of it at all until after he had died and thought, could there be a connection there? I had never thought of this before either until you're talking about it now.

Well firstly the questions that you're asking are being driven by guilt. So let's have a look at that emotion. So we want to see why you're asking the questions: firstly they're been driven by a feeling of guilt. You're afraid that you might have assisted the creation of his illness.

Participant: Well that's why I'm asking the questions because I'll dwell on it if I don't ask you.

Well I think you need to dwell on it much, much more then and feel your way through this guilt because there's obviously something under it. So what's the guilt driving it? Is it a feeling you didn't care enough for him? What's the feeling that's there that drives it?

Participant: Well I guess I'm feeling that our marriage could have been better than it was and part of that was my fault, I guess, to how I reacted.

You need to allow yourself to go into these emotions because that's what's prompting a lot of your questions. The answer to your question, not your emotions, is that actually yes, through our emotional desires we can certainly impact upon another person if they have a corresponding emotional injury that they'll respond to. And yes, that can certainly cause an illness and even their own death by responding to our desire or our demand - let's call it - because desires are never demanding. So let's call it a demand.

So if I have an emotional demand, like an emotional addiction, an emotional demand on the other person at some point, if they have an emotion where they will actually feel that demand and respond to it, then that can certainly create an illness in their own body. So in a way I have assisted in the creation of their illness. Obviously they needed to be a party to it, otherwise I couldn't. So I can't take full responsibility for the fact that they created the illness because remember what they desired they created. They created the illness for a reason and a lot of times we create illness so that we can get off the hook for something. [00:48:10.19]

3.9.3. An example of AJ creating illness in his life

I know in my life, I used to get sick on average every month for one week solid, and when I say sick I mean sick - I was like bedridden for a whole week every single month, for the majority of my life, from the age of about eighteen to thirty-three. The reason why I created that - and it's my creation - was because I would be doing so much for everybody else the rest of the time that I had not a single amount of time to even take any space for breathing for myself basically. So I needed a week off every month and I created it by getting sick.

Now the instant I realised that, I stopped doing all these other things that were creating this busy, busy, busy, busy life and ironically from that moment, I never got sick again unless I had some other issue going on but for nearly seven years I didn't get any sickness after that moment. The only time I did was when I was in denial of another emotion.

So I'd gone from eighteen to thirty-three, for fifteen years getting sick every month - just to get out of doing things for other people because that's what I was doing the rest of my life and I created it. And the instant I realised it and the instant I actually allowed myself to feel about the emotional reason for that - which was lots of things about hooking into desire for approval, desire for acceptance, desire to be doing the right thing and all these other hooks that I had into that and I started dealing with those emotionally - I never got sick for seven years. Now that's a big

change, isn't it? It blew me away. If somebody had told me before that time that all of my sickness was self-created I would have laughed at them.

I'd been sick from the moment I was born basically from what I can remember. I can remember being in hospital at two years of age having a bowel operation, to have part of my bowel removed because I was so sick all the time, and then just a series of things going on all through my life where I was always sick; I always had a runny nose. The reason why I carry a hanky around now still is because what would happen was I needed this hanky and I used to carry four around with me because one was never enough in a day. My nose would be constantly streaming. Mary laughs at me sometimes because whenever she goes to cry I just hand her the hanky. (Laughs) I used to take these medications, I don't know if you've heard of them, they're old medications called Zadine or whatever it is. Those of you who've had runny noses years ago would probably relate to it and they used to dry up everything, not just your nose. (Laughs) So I'd either be popping one of these things or be out with a hanky. That was my life for most of life.

The whole lot of that stopped when I started allowing my grief to flow. It was all just about me not wanting to feel grief - the whole lot. The instant I started allowing my grief to flow I didn't have to do that anymore either. So I haven't taken any medication since then. That occurred thirteen years ago and I haven't taken any medication since that point in time.

At the time I was as sick as a dog all the time and I created it. If I had remembered this particular thing at that time I would have gone, "Wow." But that's what caused me to see, what's going on with me, why am I doing this? I always had this belief inside of me that God created a perfect system here - this body - a perfect system. So if a perfect system isn't working properly there's got to be a reason.

Why is it that your body can expel millions of germs a day and you breathe them in every moment? Right at the moment you're breathing in millions of germs. Right at the moment you're doing it and your body says alright, I don't want that one, don't want that one, don't want that one, and gets rid of them fine. So why do you catch one of them then? Well because you wanted it, that's why. There's an emotion that's saying, "I want this" somewhere and we need to look at it because what we desire we create.

3.9.4. An example of a participant feeling guilty for potentially creating her husband's illness (continued)

So yes, your husband created this as well, and yes there is a possibility that because of the projection from you he actually responded to that projection from you and that created some of his problem. But it's not the only problem because he must have wanted that emotion from his childhood. So it's an unhealed childhood emotion that would have caused all of these things. The issue for you emotionally though is that you feel a heap of guilt and you need to allow yourself to feel your way through the guilt.

Participant: Yeah because I think it was quite strange that neither of us ever mentioned that symptom that he reported again. Not even when he was actually diagnosed, which would have been two or three years after that, when it had already metastasised or whatever. But the subject never raised its head again, so to me that was what I was more wondering about - was I somehow repressing that thought?

Of course.

Participant: Because ordinarily I would have been on his tail to go off and see a doctor but I never thought of it.

But of course you would have been suppressing it.

Participant: But I never thought of it.

So there's an emotional reason why you would have suppressed it. You see a lot of times the emotional reasons are not as bad as what we think, in the sense of negative as what we think. The emotional reason might have been just a simple one of you didn't want to come face to face with the fact that this was a life threatening illness. It could just be as simple as that. Like a lot of times people who are living in a happy situation or relatively happy situation don't want to be confronted with the fact that it might change. So when a person says something that could have a lot of connotations to it, we ignore it because we don't want to change our current environment. It's like, I'll bury my head in the sand and then everything will go away.
[00:54:42.10]

Participant: But I mean it was never even thought of, that was the curious thing that it never surfaced.

Yeah that's called burying your head in the sand.

Participant: Yeah. (Laughs) Okay. Well I feel better; I don't feel quite so guilty.

Well I didn't do it to make you feel less guilty. (Laughter) You need to feel your way through your guilt because there is some guilt driving you and the questions that you're asking.

4. Fear inhibits desire

Now let's get back to the desire - what I truly desire I create - now what we want to do is focus now for a moment on what inhibits desire, because if what I desire I truly create and I want to create all these lovely things, there must be some things that also inhibit my having a desire that can create those things.

4.1. Desire grows with soul growth

You know what will happen in the future, we've often talked about the spheres and soul progression, right up to what I've called the twenty-second sphere. So there's a first sphere, second sphere, third sphere, fourth sphere and so forth, right up to the twenty-second sphere. Now remember what I desire I create in a negative or positive way. So this applies whether my desires are harmonious with Divine Truth and Love or whether they're disharmonious with Divine Truth and Love. If they're disharmonious it's going to create the pain, and if my desires are harmonious it's going to create the joy.

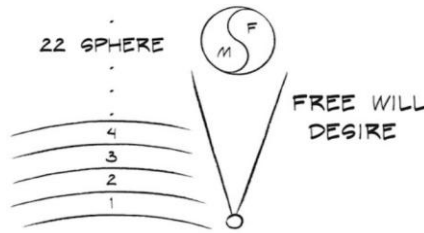
So I know through the feedback system that if I'm in a place of pain - and this applies to all the spirit friends who are listening to us at the moment, because there are quite a few who are very interested in this discussion - if I'm creating pain and I still have some pain in my life it's because of my desires that are disharmonious with love and if I'm feeling some blissful emotions it's because of my desires that are harmonious with love.

So if you think about it, what's happening here in your soul growth, down in the 1st sphere you can say you are a midget soul. I'm not making any derogatory remarks to a person who is small, but rather just that you're a tiny soul. As you grow you're learning a lot of things and remember I said up in the twenty-second sphere your soul is like a giant merged soul. It's like a giant.

Now one of the things that is growing in this space - between these conditions - is you're receiving Divine Love, that's the way you do this, and so therefore as you're growing what happens is your soul is

expanding with love. But that's not the only thing your soul's expanding in; your soul is also expanding in its expression of free will: in other words when you're in this twenty-second sphere state you're able to express your free will in a much more instantaneous manner than when you're in this 1st sphere state.

Now not only that, your soul is growing in desire. So when you begin in the first sphere, it's like "Where's my desire? I don't know; I haven't got any desires." You're in that space. Then when you get up to the 22nd sphere you know every passionate desire you have and you're fulfilling every one of them.



Soul growth from the first to the twenty-second sphere involves growth in free will expression and desire

Ironically some of you are going to have passionate desires to create a planet: not on the Earth but in a different dimension, and you'll create them, just from a desire. Some of you will actually have a desire to create a living animal that's never been created before, and you will actually create it through your desire.

4.2. Releasing fear exposes desire

We have no idea how powerful desire is on this Earth and the reason why we have no idea is because of another problem that we face here on the Earth, and that problem is this problem of fear. [00:58:37.14]

FEAR

Now remember I've given a talk, where I said, "Fear is your friend" (20080823 The Human Soul - Fear Is Your Friend). Fear is your friend because what you fear you cannot desire. So if you can list all your fears it's actually going to help you expose your desires, and once you own and acknowledge your fears you will start seeing what your true desires are. Fear is one of the most powerful influences on your desire and in

particular upon you acting on your desire, even if you recognise them. And a lot of times we don't even feel we have a desire while the fear exists.

Now Mary's already told you in previous discussions that when we first met, initially for a little period of time a desire wasn't there and then when all of the feelings came in about the big picture stuff, remembering some things about our first century life, then feeling like well maybe she is Mary Magdalene and all these kind of things that came up for her emotionally, she just went straight into fear. And in that place what happened to desire? There was none. None. And I remember we went out to dinner one night when we were in our separated phase and Mary told me how little desire she had for me and I could feel that there was just all this fear speaking, just heaps and heaps of fear.

The truth is that you are not going to be able to recognise many of your own desires while you retain many of your fears. So fear is very, very important to you in this equation of desire. Because if you can release some of these fears and terrors you have, you will finish up exposing your desires. Then you'll also need to release the fears about acting on your desires, and then you'll realise the power of creation because that's how creation is made, by actually creating from your desires.

4.2.1. An example of a participant who is afraid she is like her parents

Participant: AJ I was just going back to the creating money in your life and I was just wondering about my own fears of money being evil. It took me back to I fear really being like my parents. They fought all the time about money and if I fear to be like my parents then I can't desire. That is why I can't desire money.

So let's put up our hands, how many of you don't want to be like your parents? Ah, that's almost everyone actually. I should ask how many of you do want to be like your parents? (AJ's son Tristan puts up his hand) (Laughter and Applause). There's a couple. Why is everybody laughing?!

You see what's happening a lot is that these are very big emotional injuries that we face; the big emotional injuries are related to our parents; so a lot of times if my parent had a certain mannerism or a certain characteristic that I hate and judge and therefore I won't want it in myself and but if it is in me anyway I'll squash it to pieces rather than recognise that it's present. The problem is most of the time it is present because I was influenced emotionally by them in my development. So a lot of times it is actually present in some way. This is the problem we face: we're so judgemental of the people who brought us in to the world that in the end

we finish up judging every unhealed emotion that's related to them and we suppress that but that eventually controls the rest of our life.

Participant: So AJ is that meaning that to create desire in my life for this instance, it is to process that emotion that is making me afraid?

Exactly.

Participant: Because that's very big because there are a lot of things involved with my parents.

Of course.

Participant: So that means I'm not going to have money for a long, long time.

No for two hundred years you're never going to have money, trust me. (Laughter) What do you want me to say? (Laughs) No what it means is that you'll find that you'll release one emotion and then there'll be a bit of improvement; you'll release another emotion there'll be some more improvement; release another emotion there'll be more improvement and so forth. That's how it happens obviously and the more you're willing to connect to and release, the more improvement there'll be and the more rapid it will be; so it depends on your desire as to whether it takes you two hundred years - and by then you won't want money anyway because you'll be up there - or whether it's going to take you ten months or one month, it really just does depend upon your desire. So the key is to focus on that and allow yourself to see the results. [01:04:14.04]

4.3. The benefits of releasing fears and other erroneous emotions

This is where I see many of us are feeling quite negative about our emotional processing work but our emotional processing work is very exciting; it's so exciting because what we're doing is we're releasing these things we're afraid of, which now allow us to have a desire and now our creation is going to be totally different - so it's very exciting. Every emotion you release, I feel like wow they're going to really notice that.

4.3.1. An example of meeting our soulmate

We were talking the other day about somebody, I can't remember who it was, and we're saying, "Yeah they're going to meet their soulmate in the next week or so." And the next discussion that we had with them they told

us they knew who their soulmate was." Oh that was you Neena, wasn't it? So what happened was like we could feel in Neena the emotions that were being released regarding this blockage towards her soulmate. We could feel them slowly dropping off and a different one dropping off, a different one dropping off and eventually Mary and I said - and it was a few weeks before Nina come to talk to us - "Oh she'll meet her soulmate pretty shortly." And lo and behold...

Participant: I haven't met him.

You haven't met him but you know exactly who it is. But you did meet him didn't you, years ago?

Participant: Oh yes, years ago.

So you know who it is but the issue is that we could feel that because of the emotions that have dropped off - now that's exciting, isn't it? You see most of us are looking at our emotions and going, "Oh that's a terrible emotion, another one to deal with, oh aren't I stupid, aren't I useless, aren't I worthless ..." And in reality what we can be saying to ourself is, "Wow this is such an exciting journey because I now have the power to control my creations and I know how to do that. Before I didn't know how to do that and now I know how to do that." That's amazing isn't it!

How many times in the past have you been totally frustrated, that you get this, you try as hard as you can and it doesn't work out? How many times have you been frustrated or disappointed about something not working for you? Goodness me it's like my whole life was littered with that; but as soon as you start focusing on the fact that you know what to do, and that is you know that you need to have a desire to create - that desire causes all my creation - and I know that my fear is the thing that prevents my desire, and I know that if I focus on my fear - fear's my friend - it can tell me exactly what's blocking me up. [01:06:41.13]

Some of you have looked at your soulmate many times and you've never even seen them, you've never even recognised them. You don't even know that they are who they are yet and that's because of your fears, your fears that need to be released. And one day you'll be walking along, and you'll have released quite a lot of fears about the opposite gender and about control and manipulation by the opposite gender, all these other things about childhood and sexual stuff and whatever and you've been working your way through these things and you'll just look at this person and you'll go, "Hmm, that's my soulmate. Wow." That's an amazing time to actually come to that place.

4.3.2. An example of money issues

Then there are also other things where you're walking along in your life and you realise, "Wow, I haven't thought about money now for months. I haven't even thought about it. I don't even think about it when I go shopping anymore." You know what it's like, I've been shopping with people like this, I'm riding my trolley around, and I can feel they want that particular thing - that one there on the aisle there - but they're not putting it in the trolley and I'm going, "What's going on here with this person?" I can feel in them this thing of, "Oh it's too much, I shouldn't do that, maybe AJ won't like it in his trolley"; all these hundreds of different things going on inside of them emotionally that cause them to do that.

When Mary and I went shopping initially, which was I think for the first time we were in the UK, it was quite funny really. I could feel a lot of these desires Mary had to put this particular chocolate in, but no, no I don't know if I can do that, and all of those kinds of things happening. It's because of our fears that these things happen. The more I release, I can go along and just bing, bing, bing, bing, bing, picking items off the shelf and putting them my trolley. Alright, next aisle, and so forth and that's what shopping is.

How many of you have a joyful food shopping experience? It's like, "Oh do I get that? Or do I get that? Oh that one's three cents more than that one but I like that one, but that one's three cents more. No it feels too guilty; I'll put that one back and put this one in the trolley." That's what we do; because of we don't let ourselves have our desires because of fears that we have.

If I said to you tomorrow get all the money you have in your bank, whatever that be - whether it's ten cents, fifty cents, one dollar, or one hundred or one thousand dollars - get all your money out of the bank, put it in your pocket, and then sit down and write a list of what you would like to do with it. Then go and do it. Now trust me that's going to bring up lots of fears. "But where's my next dollar going to come from?" is one of the first fears isn't it? That's what happens. You see what the problem is, is that every time we are so focused on fear we shut down our desires.

Now what I try to do instead of doing that is I allow myself to have my desire and when I have no money I then have a big bawl about why I have no money and why I created that. I let myself feel the emotion that created that - and as long as my desires are harmonious with love and truth, we're going to be fine. That's what's going to happen; everything will be fine as long as my desires are harmonious with love and truth. If they aren't, I'll feel the pain of it and then I'll be able to identify the emotion and that will

be good too, because this emotion is preventing me from being at-one with God in the end. So I need to deal with this emotion anyway, otherwise I'm not ever going to be at-one with God, which is what I really, really, really desire. "Oh, but AJ said what I desire I create, so if I really desired being at-one with God, then I'd already be at-one with God." And that's true too. So can you see I must have a whole list of reasons why I don't really desire to be at-one with God that also I would need to allow myself to feel about and be honest about? [01:11:06.17]

4.4. Recognising our fears

Participant: If you've lived all your life with these fears, how do you recognise them?

Oh in other words all these fears are now real to you ...

Participant: Yeah well forty-five years, and that's your life basically isn't it.

Yep.

Participant: So I don't even know what my fears are, let alone my desires sometimes.

With fear please don't tell yourself that you don't know what they are, because that's a lie. You know exactly what they are but you don't want to know. You see the problem with our fears is we don't want to know what they are: that's why you're not able to list them.

So when I started this process if somebody had said list your fears, I would have written down two or three things. I've asked many of you to write down your fears and I went up to one lady in one of the workshops we had when we were up at Maleny and she had four things written and I'm feeling her fears and feeling like she could have written thirty pages and still not ended it. The reason why is because most of us don't even want to have an intellectual awareness of what our fears really are.

Now with anything that happens like that, the first thing we need to do is pray, so the first thing we need to do is pray, "Please God give me the ability to see my fears because I want to start seeing my fears, not just ignoring them anymore and denying them anymore and making out they're not there anymore and all those things. What I want to do instead is see them for what they are." As soon as you start having a true desire towards God to create a list of your fears, guess what you'll have? A list of your fears; until that point you won't have a list of your fears.

So someone else can come up and tell you, "Oh I think you're afraid of this, I think you're afraid of that, I think you're afraid of this and I think you're afraid of that," and some of that might resonate, some of it might not but at the end of the day unless you really want to know what you're afraid of, you won't want to do anything about it anyway.

So my suggestion is if you have no idea what you're afraid of, start asking God to tell you what you're afraid of, and develop a desire to know what you're afraid of because remember - what I desire I create. If I don't know what I'm afraid of, that's because I don't want to know what I'm afraid of. The same principle applies - what I desire I create. So if what I created is "that I have no idea what fears I have", I want to have no idea of what fears I have. And that's the thing I need to change if I want to grow.

4.4.1. Being honest about not wanting to progress towards God

This is the beauty of being honest with yourself - often we tell ourselves all these hidden messages that are totally untrue. We say, "I do want progress towards God", but no progress is happening. So I look at that and I say, "No progress is happening," I need to be honest with myself.

I've had periods of time in my own progression where no progress happened. None, for months, like for three or four months, nothing. What did I want? I desired no progress because that's what I created. Why would I desire no progress? Because I'm afraid of something. Do I desire to even know what I'm afraid of? No, because I don't want to know what I'm afraid of. It must be pretty big; so I'm probably terrified rather than afraid, so then I have to go into my terror. I need to go into my terror, what am I terrified of? I'm terrified that I might die, or I'm terrified that this might happen wrong or I'm terrified that I might be gaoled or I'm terrified I'll lose my girl ... whatever I'm terrified about and then I start getting honest with myself about my feelings, and now I can see my blocks to desire and now I can start progressing again.

You see what we get is what we wanted, in our heart - not intellectually. So we need to be honest about that truth. If we're honest enough about that truth, we can then take the next step which is; why would I want it? What am I afraid of? What is my real emotion? Because it's my emotion that creates everything. [01:15:56.22]

People come up to me and say, "I've got no idea how to progress." The answer to that statement is you don't want to have any idea how to progress. Right at that moment you don't want to, emotionally; you don't want to have any idea how to progress. Now why would you want

to create that? There must be some very good emotional reasons. Go for them, find them, let yourself experience them and release them.

4.4.2. Praying to God to see truth

So my feeling is that if you allow yourself to pray to God about wanting or having a desire to know your fears, usually within a few days you'll know quite a few of them because God definitely answers pure desire prayers. You'll find them through your Law of Attraction, you'll be driving along, you get cut off on the road, you pull off to the side - "Oh I'm afraid of an accident." That kind of thing will happen through your Law of Attraction. You'll see what you're afraid of. "I'm afraid of dying, I'm afraid of being injured", and away you can go with your fears. Then with your emotional fears you'll start noticing things happen, like maybe a little fissure in a relationship with a person or a fissure in a relationship with a friend and you'll start going, "I'm afraid of losing this friend, I can see that now, I never saw that before, I can see that now." Pray to God about seeing it and you'll soon see it happen.

You see a lot of people have suppressed their desires so much that they have no desire to feel their own truth. What I desire I create. So that being the case I would actually be saying to myself, if what I desire I create and I don't have any feelings of any emotional injury in me, that's because I don't want to know, and look - lo and behold. And if I say I've got no emotional injuries and I'm not yet at-one with God and I'm not in a state of pure bliss and love all of my life, and I'm saying to you I've got no emotional injuries, am I speaking a truth? No, but I am speaking my own truth in that I think I've got no emotional injuries and what I desired I created. I created this belief inside of me that I've got nothing to work on. Why would I want to create that belief?

Can you see there are a lot of emotional reasons why I'd want to create that one? You imagine if I start seeing myself as I truly am, how's that going to feel? I'd rather not do that, what I'd rather do is make this big fictitious image of myself that I can look at and admire, and say, "Yeah he's a nice fellow," so that I don't have to see myself as I truly am. We do this all the time because we don't want to see what's inside of us. God wants us to see what's inside of us if we want to become at-one with God because you will be at-one with God, so therefore you will see yourself as you truly are at that point. So this is part of this growth, is seeing yourself as you truly are, "warts and all" as the saying goes.

5. Audience questions

5.1. Pure desires do not require others to be involved

5.1.1. An example of a couple with different desires

Participant: What do you do if you have opposing desires in a relationship?

So we've got one person in the relationship, Alex, and there's the lady in your relationship and let's say you have a desire to go out tonight to party, so that's your desire, her desire is to stay home.

Participant: It was actually the opposite a few weeks back.

Oh okay. (Laughter) Sorry.

Participant: Which was spirit influence by the way.

That's okay. So your desire was to stay home.

Participant: Be a good boy and process. (Laughter)

Yeah sometimes I get it mixed up. What happens is I can feel what it's about a lot of times but a lot of times if I say exactly, people don't connect as much. What I'm trying to do is help you see the other person's perspective all the time as well.

So one person desired to stay home, and the other person desired to party. Okay. Everything's fine up until this point, this person who wants to stay home, and is perfectly able to stay home whereas the person who desires to party, is perfectly happy to go party. So what's the problem now? So now say what the problem really is. [01:20:58.20]

Participant: I had no problem with that.

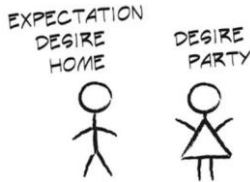
Why would you ask the question?

Participant: It's when it pertains to material things or where we're going to live.

Okay, but it's the same question isn't it? When does the problem begin? At the moment there's no problem; both people have their own desire and they're allowed to act upon their own desire, are they not? If they have free will and honour each other's free will and honour each other's desire,

they're able to act upon their desires are they not? Yes, so we have no problem at this point, do we?

But what we also have when we have desires is these things called unhealed expectations. This person who desires to stay home wants the other person to stay home with them, and this person who wants to go and party wants the other person to go party with them. Now our desires are disharmonious with love. My desires don't involve you.



Having opposing desires is in harmony with love provided there is no expectation for the other person to share the desire

Very few of you got that, so I'm going to say it again. My desires don't involve you or any other person in this universe, if they are pure. It is when they're impure and they're tainted; now they probably will start to involve other people.

So for example, my desiring my soulmate in my life and my desiring to love my soulmate are two different things. One of them places an expectation on my soulmate to be in my life while the other one just gives her the gift of love, whether she's in my life or not. You see when we exercise desire disharmonious with love, or disharmonious with free will, then we are not exercising a pure desire anymore and that's the principle we need to remember.

The same principle applies to the Law of Free Will too. If I exercise my free will in a manner that harms your free will, then I am no longer exercising my free will in a loving manner anymore. In this case, with your desire to stay home, and someone else's desire to party, each person is allowed to have their desire but as soon as I project my expectation on the other person, I am now no longer owning my own desire fully; I am now in another addiction emotionally. I want someone else to experience my desire with me, and that is not loving.

So I desire to share the truth to the world, none of you have to respond to that. That's my desire. Now if my desire and your desires at some point in the future match, then both of us will finish up sharing, or three of us or five of us or ten of us or hundreds of us or a thousand of us will finish up

sharing the truth with the world because our desires match each other. Our desires that match are a part of our Law of Attraction. So as our desires start matching, we start attracting lots of other people who seem to have similar desires. One of the desires that has brought you and I together is a desire for truth. I have the same desire and so you have that desire, and so we're attracted to each other. That's how the Law of Attraction works. So at some point you must have a pure desire for truth, because what you desired you created.

5.2. Pure desires can manifest rapidly

Can you see how a lot of our desires are really beautiful aren't they? And see how rapidly you created some of your desires. Like many of you have started exercising this principle of desire in your day-to-day life and many of you have started to experience how you have a desire and within a few moments a lot of times it's created. That's how powerful your soul is. When you get to the twenty-second sphere of your development, you'll instantly create all of your desires that are harmonious with love.

By the way it's a terribly frustrating thing to have to come back down to Earth and have that not happen. So that's one of my emotions that I've had to heal, is that I exercise a desire and it doesn't happen for weeks or sometimes months or whatever. That's something that I've had to actually heal within myself because I'm so used to having desires that are harmonious with love and truth instantly met. [01:26:20.07]

But as you grow and as you get more and more Divine Love flowing through your soul again, you'll find that you will get to that place of instantly creating you desires. It'll get to the point even where you instantly want to go from here to say the USA, and you'll go and you won't need a plane to do it; you won't need anything else to do it other than just you. Passports are going to be a bit difficult then aren't they! Like where's the border control? So you can see that if people knew these truths, the world would change quite rapidly too as a result of exercising desire.

5.3. Beliefs about desire on Earth

One of the most difficult things to teach a new spirit who passes into the spirit world is desire because desire is suppressed so much on this planet that almost everybody who passes has no idea how to exercise their desire. Many of you have seen the movie "Ghost"? You remember there was this nasty spirit going along kicking a can or something and it was flying around and the other guy, Patrick Swayze I think it was, he tried kicking the can and he couldn't? That's all part of this desire thing. You see most

spirits when they first pass don't even know how to kick a can in terms of having a pure desire to do it. So how are they going to exercise a pure desire to change their soul if they can't even do that?

And this is part of our problem here on the planet is we are so detuned from desire. Desire in fact is condemned. It's condemned by religion, it's condemned by the government, it's condemned by all the systems that you see - the monetary system and everything - it all condemns desire. It's very rare for us to talk about desire in a very open manner and actually exposing our desires, whether they are harmonious with love or even not. It's very rare to discuss the issue because every desire is often thought to be bad. What's the whole Buddhist type new age philosophy? Detuning from your desire is the only way to be happy and I'm saying totally the opposite of that; I'm saying if you don't recognise desire inside of you, you will never experience joy and bliss but the desire has to be harmonious with love and truth. So that's the principle we need to keep remembering.

5.4. Naturally acting upon desires

Participant: I'm a bit muddled up between self-reliance and God-reliance. If I sit in my desire do I then go out and build it to create it?

Of course.

Participant: Or do I sit in my desire and wait for God to bring it to me?

If you sit in your desire and wait for God to bring it to you, then you don't have a desire. Like if I say, "I want a cup of tea," and then I sit down on a chair and wait ... (Laughter)

Participant: Yeah but hang on a minute ...

God's not bringing me one at the moment obviously.

Participant: Yeah but I've watched Graham, Graham creates a desire and I watch it happen, it walks in the door.

Of course.

Participant: It's given to him.

Of course.

Participant: Okay, so there goes my question. Do you sit in your desire and then go out and work it and create it? Like if you want a bank balance you go to work and earn it.

No you're missing the point of my illustration.

Participant: Obviously.

What's the point of my illustration? If you really had a desire you would not only have it drawn to you, but you would also feel like you want to create it and you would do something to create it. It's a mixture of both, Jenn. You can't just sit and have a desire and expect everyone around you to create it. [01:30:46.13]

Participant: So like I said I'm muddled between self-reliance and God-reliance. So could you talk about how desire has to do with that? I just don't get it obviously.

Mary, you wanted to say? Mary's going to join me now because she feels so passionate about this subject.

Mary: I was just going to mention there's a lovely passage in "Through the Mists". I don't know - have you read, "Through the Mists", Jenn? No. There's a part where the spirit Aphraar has just passed and he goes to a sleeping place and then a lot of souls who have passed who have physical deformities come in and a whole group of people gather together to help heal these people. What happens is they're led by this very powerful spirit in a beautiful song that creates colour and all of their emotion, and in doing that the spirit leading asks for God's help in that. What they're demonstrating is their heartfelt loving desire to heal the people and they are giving in that sense and because they have faith in God, God assists in that very pure loving desire. Can you see how that relates to your own life?

Participant: So you sit in the desire and the space of love ...

Mary: Yeah you don't have to sit though. You just hold that desire within you, and that might influence your actions, and very often does. Like if I had a desire for AJ and I just sat at home, I wouldn't really be experiencing my desire would I? I would want to be near him, going to see him, talking to him in whatever way I could. And if it was coming from a loving place I wouldn't be damaging his free will in doing it but I would be acting, because the desire was very heartfelt and within me, I would naturally begin to act.

5.5. Desire is a prayer to God

Participant: So into the mix you would then start to pray to God to make the actions that you're taking ...

This is something to understand, Jenn - the desire is a prayer to God, the desire is the prayer; this is why desire is so important. You see we think, "Oh I have a desire so I've got to pray about it." No - you're already praying about it. The moment you actually have a pure desire, or even an impure one, you are already praying about it. The impure one is not going to be answered of course in the sense that God's not going to assist you in it but the pure one is definitely going to be answered every single time because God's going to assist you every single time. [01:33:53.13]

Participant: So as soon as you move into desire, God's there, with you.

Spot on.

Mary: If you have a relationship with God. That's why at the chorale in "Through the Mists" they were acting in their pure desire and it was their faith in God that helped God act. So that's why developing your relationship with God is so essential. Working through the emotions that block your relationship with God impacts upon every area of your life.

But that being said, even if you don't want a relationship with God, every spirit in the sixth sphere has learnt this Law of Desire; so they've learnt the Law of Desire but they've learnt it without God. In other words they have their desires but because God isn't involved in any of their desires at the heart level, they're actually limited to the sixth sphere in their development. But when you exercise your desire that is when God feels it - God feels it straight away - and if it's harmonious with love and truth, God will act upon it straight away no matter whether you're on the Natural Love Path or on the Divine Love Path.

The thing that I just said is something to really understand, and that is that every time you have a desire that's harmonious with love and truth, you are already in prayer. You are already in prayer and that's why it is so powerful. Because you are already in prayer and you're already being assisted.

Participant: Thank you for your patience.

And yours for having your hand up for some time. (Laughs)

5.6. An example of a participant desiring to make women feel wanted

Participant: Well I just went and did a bit of processing in the room downstairs and I think that maybe I had a breakthrough but I wanted to confirm that because it feels a little strange. It's about the woman I was here with a few weeks ago. She and I split up. We're still communicating through email and phone calls and I've been getting a lot of really needy emails from her, which I love of course because it makes me feel good if she needs me. So I've been trying to deal with that and realising why do I still want this and why am I still attracting this into my life? I had to deal with a lot of that, but I came to the conclusion that "I don't want you," and I had to repeat that a few times - "I don't want you. It's not that I don't love you, but I don't want you." That feels so wrong to say that but at the same time it was so liberating. I realised in so many relationships in the past I felt this need to make the woman feel wanted regardless of how I felt about it. So is that okay? (Laughter)

What you're asking me is "it's okay to not have a desire"? Isn't that what you're asking? You're saying is it okay for me to not want to have a desire for her? The answer is yes of course that is okay. But it's not okay to not love her in the sense that if we're talking about what is harmonious with truth and love, it wouldn't be okay to not love her but it is okay to not want her in your life, it's okay to not want her at all, it's okay for you to not be in a relationship with her and it's okay for you to decide that you don't want that particular person in your life. Why is that not okay? [01:37:55.10]

Of course we need to look at some emotions behind it as to what's driving it, and there could be some emotions of feeling controlled by her, feeling manipulated by her and so forth, which we would need to allow ourselves to feel but we are allowed to not want to do something. Totally. And while it might sound terrible to the rest of the audience, you are perfectly able to not want somebody because I don't want you guys, I'm sorry but I don't. This person here – Mary -now that's a different matter - she's my girl and I do want to have her in my life. That doesn't mean I feel like she has to be in my life, and Mary knows very well that she can leave my life at any time she desires, but I do desire her in my life. I desire to express my love to her, which means that for her to feel she'd need to be in my life. But I don't want you. So you're allowed to not want me too and that's fine isn't it? What's wrong with that?

Participant: Would you recommend that this is something I should communicate to her?

Of course.

Participant: But that will hurt.

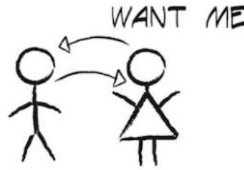
Why?

Participant: I mean it will hurt her.

Why?

Participant: Because she wants to be wanted.

Ah, yes she has an unloving expectation of you, and she's only hurt by her own unloving expectation. You see what she's placing on you is she's saying, "Want me." Really it's that love me thing (AJ sings) - "Love me, love me say that you love me." A lot of people have that going on but that is a projection of an expectation on to another person, which is actually unloving. So of course when you say to her, "I don't want you," she is going to feel hurt but she is only going to feel hurt because her desire is disharmonious with love.



It is not harmonious with love for a woman to place a demand upon a man for him to want her

Is your desire disharmonious with love? No. You're allowed to not want somebody. So that's not disharmonious with love but her desire to want to be wanted by you is certainly disharmonious with love. That's the irony you see: the irony is that oftentimes we think quite the opposite. We're saying to ourselves, "Oh if I say that to her I'll hurt her." No, no, no, at the moment she's hurting you by projecting at you an unloving projection, which is not harmonious with love or truth. Up until now you've gone along with it to your own pain, your own detriment.

As soon as you acknowledge the truth to yourself, "I don't want this lady, I don't want her," now you can disconnect from that pain because now you're in a state of truth realising, "I don't want her, wow, this is so liberating, I don't have to want somebody." And when you tell her it's going to liberate her too, perhaps. She has the choice of course - she can choose to go down the track of blaming you and getting angry with you and getting upset with you and doing all the other things, which is all denial of her own emotion - or she can go down the track of saying; "Yeah I'm in pain because I have an unloving projection at this man."

So what you're doing by saying firstly to yourself, "I don't want her" is perfectly harmonious with love both of yourself and her. Because up until now what's happened? You've not said it, but you've lived in this sort of semi relationship thing going on, having to give all these things you don't want to go give. Is that truth? Is that loving? It's not. So now that you've recognised that I don't want her, the best thing to say to her is, "I don't want you. The truth is I don't want you. It feels so good for me to say I don't want you. I love you, I care about you and I care about everything but I don't want you. I don't want you in a relationship, maybe down the track as a friend, maybe, but I don't want this relationship," for whatever the reason is. And stating the truth of that is not an unloving act. Sorry, yes there's two negatives there - that is a loving act, I should say, so it is a loving act to say that. What hasn't been a loving act is for her to have the expectation that you want her. That's a very unloving act and it's placed all sorts of demands on you. You have felt controlled and manipulated by those demands and hence you've felt quite a lot of personal pain. Is that not true? Yeah.

Can you see often - sometimes - we get so mixed up on what society accepts and what everyone else around us will accept and all that stuff and before we know it what's going on? What's going on most of the time is we're so far away from love that we don't even know what love is anymore. Love does not sacrifice yourself for the other person, never ever sacrifices yourself for the other person: it's such a hard thing to learn. We've been brought up from day dot, ever since we entered this planet, with this belief that you're there to love somebody else; you've got a job before you began; most of us have had this job before we began and that is we have to do things a certain way so that other people can be loved. Many of us have grown up in families where the parents have this emotional investment in us loving them. You try it, just say to them, "I don't love you anymore" and see how they react. Or, "I don't love how you treat me", and see how they react to that. A lot of times you'll see what the emotional investment is.

5.7. An example of a couple with different desires (continued)

Participant: Sorry this question sort of has been hanging because other people went before me but I'm still caught up with the couple here. I wonder if in fact if they keep on following their own desires and one goes out and one stays home, and yet we're not meant to compromise either, how are they going to not finish up in a divorce? In Australian statistics just recently, Queensland leads and there were ten thousand divorces in Queensland last year and I don't want these two divorcing.

(Laughs) Well it's pretty hard considering they're not even married (laughter) and that means nothing from God's Perspective for a start.

Love is the binding factor anyway so straight away as soon as you're in love with somebody there is a relationship established and from God's Perspective there is a soul transaction going on, that's what's happening.

Mary: I was just wondering about the emotion that drove the question.

Yeah, we'll talk about that too. You're worried about people divorcing and you're worried about how much compromise has to happen to keep them together - well really what you believe is that you should compromise to stay together. And I'm saying to you if you've got to compromise to stay together, why are you together? You're only together because you're holding on to this principle of a marriage. Why stay in a marriage if both of you are not having your desires met? What's the point in staying in a marriage? What you want is this person needs to have their desire, this person needs to have those desires and if the desires match they'll spend time together and if the desires don't match they'll go their separate ways.

Mary: Think about the difference in the quality of the bond. If AJ and I are living together and every day I squash a desire just to make him happy, and every other day he squashes a desire just to make me happy, and we do that for twenty or thirty or forty or fifty years, at the end of that we'll be sitting there in front of the television resenting each other because we're not expressing who we truly are. Now compare that to the bond that we would have which is what is capable in a soulmate relationship because your personalities are the same - we're the same soul.

Yeah.

Mary: As we work through our emotional injuries our desires become closer and closer together so there's a huge synergy between us and it's focused on love and desire. We're not going to be sitting in front of the television at seventy years old; we're going to be off climbing a mountain and creating the universe or something. What would you prefer?

I'm not going to be, I'm going to be on the bed making love. (Laughter)

Mary: That's after lunch! (Laughter)

Oh okay! That's after we do the other things is it?

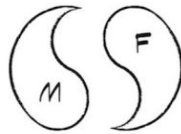
Mary: And in the meantime when I have a desire or one of us has a desire that's not matching the other, if we each follow our own desires but we're humble and on the Divine Love Path, our error is going to be

exposed. But if we squash it, how are we going to find our error? How are we going to confront that emotion?

Yeah don't stay in a relationship just because it's a relationship, just because you've got a piece of paper saying you're married and just because you've been married for twenty-five years or one year or one month. Stay in a relationship because you both desire each other and you desire to grow together and you desire all these different things.

5.7.1. Meeting our soulmate by following desires

For the soul halves, as Mary's pointed out, it's very important to understand that the soul halves mean that once you meet your soulmate ... and by the way one of the ways you'll meet your soulmate is by following your own desire. That's one of the only ways you can meet your soulmate actually. [01:48:32.23]



Soulmates get drawn together by common desires

If I'd never followed my own desire I would never have met Mary, ever. It was through a whole series of events of following my desire that brought me closer and closer and closer to Mary. I would never have met her if I hadn't followed my desire.

Now the beauty of one half of the soul following its desire - and if it's desire is harmonious with truth and love, and as long as it follows it in harmony with truth and love - the other half of the soul will be drawn to it. And if the other half of the soul follows its desire, these two in the end will merge because of their combined desire, which is in the same direction. So it's very important to understand that even with regard to the soulmate relationship the way it gets merged together is through your desire: that's how it happens, it's such a powerful thing to understand that that's how it happens.

Alright so we're going to have to finish. (Applause)

The Law of Cause and Effect: Part 1

1. Introduction

Well I was going to give you the second half or session 2 of the talk, "The sleep state" today but I've decided that I'd like to talk with you about something that I should have talked with you about and I've mentioned quite a number of different times before. And I should have talked with you about it much earlier I feel. So this is the subject of our talk today. It's part of the God's Laws series of talks and its "The Law of Cause and Effect". Sound boring? No. Okay. [00:01:04.00]

2. Everything that happens has an underlying cause

The Law of Cause and Effect fundamentally is quite simple. The basic premise of the Law of Cause and Effect is this; that every single thing that ever happened, in other words every effect, had an underlying cause. So that sounds pretty basic to understand, doesn't it?

2.1. Physical effects

Now what we do most of the time is we then look at that from a very physical perspective? So for example if we get a sore on our arm develop, we look at that and that's the effect of a cause. So what we do is we physically start examining the reason why that sore on our arm developed. And it may work out that we were deficient in a certain vitamin or mineral and all of a sudden the sore developed. And so we see there's a cause, which was the deficiency in the vitamin or mineral, and we then take that vitamin or mineral and all of a sudden the sore start healing up and it goes away. And we go, "Great!" We found the cause of that particular event. [00:02:32.29]

So this applies from a physical level and there are many events that have causes that are physical in nature. But the problem that we face is that we have a tendency as humans to only examine the physical level. And this is where we run into the main problem that we have, and that is while we are physically-centric, while our awareness centres around physical matters, we do not understand yet the true effect of the Law of Cause and Effect.

-PHYSICAL-BODY

-SPIRITUAL-BODY

2.2. Spiritual effects

This Law of Cause and Effect also applies spiritually. It has a spiritual level. Now if we're talking about our body, we're talking about our actual physical body. If I'm talking about my spiritual, I'm talking about my spiritual body in terms of what happens in my spiritual body. Now let's look at the same thing happening with our spiritual body.

[00:03:47.08]

Our physical body had a deficiency of a certain type of mineral or vitamin in my previous example that I just gave you and so the sore developed on my right forearm. Now if I have a deficiency of a certain mineral or vitamin, why does the sore develop on my right forearm and not on my left forearm or my left bottom or my right foot or whatever? What's going on there? Why is it happening in the left side of a certain location? So we've got to understand that the physical part is not everything that's going on because if it was everything that was going on, our whole body would be covered with the same thing and not just a certain location. So there's obviously something else going on. So what a lot of spirits have done once they've passed over is they no longer have a physical body so what kind of centre do they have of their awareness? [00:04:52.17]

AWARENESS

Their spiritual body, so they now focus on the awareness in their spiritual body. So this becomes their level of awareness and then they start investigating and they go, "Wow, yeah, that's why I got the physical sore when I was on earth, because in this location of my spirit body I see there's an energy problem. There's an energy deficiency that causes the flow of energy over my spirit body to actually create some kind of a vortex or hole there that then allows any physical manifestation of the deficiency to occur in that location." So they start seeing a link between the spirit body and what's happening to it. And they become aware of the spirit body. And they start seeing the effect in their spirit body and then they go, "Wow that means the mineral wasn't necessarily the cause of my physical body problem at the time. What was the cause was this energy problem." And what they do then is they focus their intellect in particular on fixing the energy problem in that location of their spirit form.

[00:06:07.18]

And sure enough you can do that, if you really concentrate and you really try hard, you can actually do that. You can actually cure certain parts of your spirit body by using that method. And so then they go, "I've now found the real cause of that problem that I had when I was in my physical

body and that real cause was the energy that was flowing in a certain location and what was going on there."

2.3. The real cause is the soul

And they still have not found the real cause because there's this third element that we've got to factor in to everything, and that is our soul. And our soul is the most powerful of all of God's creations. One thing that you're not yet fully aware of in terms of your own emotional awareness.... now many of you intellectually are aware of this, but emotionally yet to be aware of is that your soul is actually more powerful potentially than the sun. [00:07:17.00]

SOUL

Your soul is able to manage more or higher amounts of energy than the sun can actually emit. You understand? This is your potential. So it's not what we're doing right now, obviously. But it's our potential. This potential of the soul. Now when we become fully aware of the soul we start understanding its true power and nature. And we start seeing how the Law of Cause and Effect actually is created through what is happening inside the soul. So, in the previous example I gave, physical body had a deficiency of a certain vitamin or mineral in a certain location on my body and all of a sudden the body developed into a sore. I fed myself the mineral and it cleared up. And then when I passed in the spirit world and I looked at that event, I saw that actually my spirit body, even now I've got rid of my physical body now, my spirit body still has the same problem in the same location. [00:08:42.23]

And I'm going, "Why is that? I can't take a mineral now and fix that particular problem." So I go through this process of discovering about the energy systems of my body and developing the energy systems of my body, and I'm able to repair my body that way, still using my mind to sort all of these issues out. Not understanding that the true cause is actually something that's even deeper than that. It's actually something that's going on in my soul. Now if you look at it from a physical perspective, if you imagine your soul encompassing your two bodies, which are basically at this point overlaid each other. [00:09:37.03]



The spirit body and physical body are overlaid and enveloped by the soul

One's a physical body, one that you currently see, and one's a spirit body, which only spirits can currently see, or you can develop your spiritual body's eyes to see yourself. And then you have your soul, something that you can't see and the spirit body can't even see, enveloping or controlling these bodies.

2.3.1. Everything that happens is because of what is in the soul

So everything that happens to these bodies - any accident, any event, any attraction, any relationship, any physical harm, any health problem, everything that happens, happens because of what is in the soul. [00:10:25.12]

Now the Law of Cause and Effect has many aspects to it that we need to investigate. Now one of the aspects that we need to investigate is how do we go about addressing the effects of certain things? For example, on the previous comment that I made, I suggested to you that the soul controls every accident that happens to this body. It controls every accident that happens to this body. So you walk along, stub your toe; soul controlled that. You walk along past a bush, there happens to be little prickle on the side of the bush, you scrape across and you get a little scrape across your skin. Your soul controlled that. [00:11:12.23]

You're out playing footie or basketball and the ball drops on your nose. The soul controlled that. Most of us will go, "No, no the other guy threw it at me." No, no, your soul controlled that as well. And then you're driving down the highway and your left front tyre just blew out. Your soul controlled that. That's what I'm suggesting. And what we need to do is we need to understand how it controlled that because we can deal with the effects. So if the front tyre blew out... on the side of the road, we undo the tyre, put in the spare. Oh the spare's flat. Your soul controlled that. [00:12:04.27]

And so, you know, we ring up the RACQ, if we're a member in Australia, and they come out and sort out the issue for you and your soul controlled that. And if you weren't a member and you're sitting on the side of the road thumbing a ride for something, your soul controlled that. [00:12:38.05]

And what I'm suggesting to you is that every single effect of every single thing that happens in your life at every single moment, whether you are in the spirit world or on earth, your soul controlled that. So that is quite an interesting idea, isn't it? That your soul controls all of these things! Now how does that relate to the Law of Cause and Effect? Well the Law of Cause and Effect also has this side point to it, which is very important to understand and that is this; that if I attempt to fix the effect I will automatically be creating another effect. [00:13:29.22]

3. Fixing the cause will change all related effects

But if I address the cause, all effects related to that cause will automatically change. So let me illustrate how that works, shall we? We'll go into how that works. By the way, ask questions at any time, so fire away if you've got questions. Yep? Okay. So remember what I just said, I said that if we focus on dealing with or solving the effect we will in fact create another effect that often will be of a similar nature or even worse nature. But if we deal with the cause then all effects associated with that cause automatically are dealt with, they're all solved, they're all resolved. [00:14:35.13]

3.1. Treating physical effects with medicine is not addressing the cause

Now, let me give you the illustration. I used to get really sick once a month on the average, for a week. Everyone used to say that I just had a very poor immune system. My mother used to get really worried about me when I was young because I had such a poor immune system. I spent a good week of every month home in bed and often a couple of weeks of every month home in bed being sick. And it would be usually a combination of asthma, a virus of some kind and a number of other things all happening at the same time. And so quite often I would be staying home from school dealing with all of these effects. [00:15:26.09]

And like quite frequently, I would get very, very bad hay fever. Many of you have had bad hay fever, yes? How many of you have ever had bad hay fever? It's very uncomfortable, isn't it? So I used to get that all the time when I was a child. And so eventually the doctors gave me

antihistamines. And that helped a lot, I'd take an antihistamine and the effect would disappear for 4-8 hours on the average. Since I was a child I couldn't take another one usually for the whole day which meant for the other 16 hours of the day everything was just still running out of me.

And I had no idea what the cause was. I was a child, and I had no idea about God's Laws about cause and effect, and my mother and father had no ideas about the Law of Cause and Effect, so of course they went for the physical solution. But the physical solution just created more effects. And in the end I got to the stage where I became almost allergic to some of them, and so what would happen is I'd have to stop taking them and then find another one that I could take and so forth. [00:16:43.26]

Eventually I'd run out of how many I could take and then I had to get back to just dealing with the effect again. And it was pretty constant. So that's why most of you still see me carrying around handkerchiefs, which is a very old fashioned thing many people say to do, and yet I for some reason still carry around two. (Laughter) And what I find happens now is they do get used but not by me. Usually they get used by someone who's crying that I've caused to cry. So I give them my hanky. So I have a supply of about 100 hankies at home because I generally lose them in the process. But not for the same reason I used to have when I was younger. So what I was doing, and what my mother and father were doing, was trying to cure the effect by using a medical means.

3.1.1. Hay fever is due to suppression of grief

I never had any success with that all of my life and it wasn't until I was 34 years old that I stopped having hay fever. I can remember the events that caused that: I started crying. Before then I didn't cry at all and I started crying when I was 34 years of age. And when I started crying I noticed all my hay fever stopped.

And there was only one time that I got hay fever after then and that was when I was around a cat. And then I'd get hay fever. But other than that, I could walk through a field of wheat, not a problem. Before then if I walked through a field of wheat I'd be hospitalised usually for a couple of days with all the different effects of doing so. On a number of occasions I nearly died before I got to hospital, after walking through a field of wheat. After 34 years of age I could run through a field of wheat and not be affected at all because I started crying. And that made me realise; the hay fever's about crying. It's about the suppression of my grief. And I started to put these things together. [00:19:11.29]

3.1.2. An example of the cause of a cat allergy

But there was still this problem where every time I was around the cat, bang, it would start again. And it was only when I was about 40 actually when I sorted that out. What happened was I realised the relationship between my father's emotions towards cats, and my emotions with my father. Once I realised there were these relationships going on where my father disliked cats; he used to get quite angry with cats. In fact what my father does, and I'm sure he'd be fine with me mentioning it; he used to have a 22 rifle. I don't know if he still has but he used to have a 22 rifle and he used to watch for the cats outside the yard, passing through his yard.

And any cat that passed through his yard he would shoot and bury it in the backyard. It didn't matter whether it was somebody's pet, it would get shot and buried in the backyard. And it took me back to an emotion, an event when I was a child, an event that happened when I was about 8 years of age, maybe 7. There was a friend of ours that had 38 cats in their house. Now you can imagine it was a pretty messy house. And my father offered to sort the problem out for them. And his solution was to shoot them all, which he did. And I helped him. I helped him by digging the hole and buried them all. [00:21:06.27]

It was a great big hole, I remember it was about 4 feet square, about 3 or 4 feet deep and we just threw all the cats into the hole and buried them. And it took me back to that event and lots of grief about that event and once I released the grief and fear about that event, no more hay fever with cats. So that was gone. Now what I'm illustrating by that experience is that we can deal with the effect by taking pills, that's up to you to do that. It's your health and your life; you do what you want. However it cannot permanently address the problem and we need to understand this. The only thing that can permanently address a problem is dealing with the cause of the problem. The actual cause of the problem is not what we imagine or hope the cause to be. [00:22:20.06]

3.2. Asthma is caused by mothers' suppressed fear of their grief

Participant: AJ, my eldest son who's now 27 or 28, he had asthma when he was small. He was really quite sick at times and needed to be hospitalised. Only once or twice I think. And I got to the stage where I was like, "Nope, this isn't happening. My child is not going to be on medication for the rest of his life." And so I started investigating alternative stuff and got him into swimming and all sorts of... [00:22:55.27]

My mother did all those things, yep.

Participant: But the thing is that by the time he was about 13 or 14, maybe even younger than that, he didn't need any asthma medication and hasn't used anything for well over 10 years, probably longer. So how does that happen? Did I actually clear some of my grief? Or did he clear some of his grief or what happened with that? [00:23:30.29]

When a child is small, just born to a few years old, who's the person who has the most influence over them? [00:23:41.19]

Participant: The parent. And in this case it was me, the mother.

Mum. It's always going to be mum, probably because in our Western society that's the general way it happens. Now as the child goes into 6 or 7 years of age, how much connection now emotionally does he have to his mum? It's less, isn't it, than it was when he was 2 because when he was 2, probably still a baby, still needed to be cared for food wise. By this stage they're starting to eat their own thing, get their own snack out of the fridge, and do a bit of stuff with friends. You'd be around less, yep? And then by the time they're 13 or 14, what's happening now? [00:24:27.11]

Participant: Well they're usually quite independent and making a lot of decisions for themselves. [00:24:31.01]

Doing their own thing, having their own life and so forth! Almost every child onset disease has nothing to do with the child. It has everything to do with what the parent is doing emotionally and what's going on in the parents' own soul. Now what causes asthma is a fear of grief that you don't want to feel. [00:25:00.17]

Participant: That's true because I know that I've done a bit of processing around it and I realise that his grief was that he had this huge job to fulfil because I needed somebody to love and I didn't want to feel my grief around being alone. [00:25:19.11]

And none of that is the truth.

FEAR
OF
GRIEF

Participant: No?

No. Because you didn't understand what I was saying to you! And many of you parents are still having this problem of not understanding what I'm saying to you. The child did not get their problem by any grief they had.

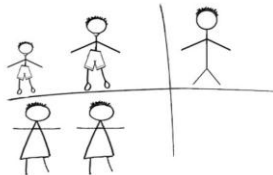
Participant: It's my unhealed denied grief.

3.2.1. The impact of fear on children and the environment

It's your fear of your grief. This is something we need to understand. Again it's a cause and effect issue. When we have fear we do not understand the effect as parents. We do not understand the effect it has on our children. Many of you think you're making your child safe by being afraid for their welfare. The reality is fear is the worst possible emotion that you could potentially project at any living creature including your own children. Your own fear is the worse. Now how do you project it? But not owning it. By not actually feeling it! That's how you project it. So whenever a parent does not own and feel their own fear, the child is feeling the full barrage of their fear. And in that moment there is no love. Fear and love cannot co-exist at the same time. Does everyone understand that basic principle about love and fear? [00:26:53.02]

I'll say it again; fear and love cannot co-exist at the same time. As soon as you have fear inside of you as a parent, there is no longer any love coming out of you. And the child no longer feels loved. Immediately! Now this applies to every living creature around you as well. Every living creature around you from insects and the smallest possible creatures, even viruses, and bacteria, right the way through to your own child, all respond to your fear. And as soon your fear is present, and denied, in other words you're not feeling it but its present, every one of those things responds in an attacking or negative manner to the fear that is present. [00:27:59.08]

That's the soul creating something. Now in this case, your soul and the denial of the fear of your grief created his childhood onset asthma. And as he grows he disconnects from his mother more and more and more and therefore is less connected to mum's emotions. And as a result, automatically has less asthma.



As children get older they can disconnect from their mothers' emotions

For adults who still have asthma, they have yet to actually disconnect from the mother's emotion. And therefore have yet to disconnect from her fear of her grief. And as a result are fully asthmatic still even as an adult. [00:28:52.04]

Participant: So we both still have to deal with our grief, separately now as adults? [00:29:01.10]

Well no, his grief is very different to yours. While you had a fear of your grief, he did not feel loved. So his grief is about not being loved. Your grief is not about that. Your grief is about different things. Do you understand? So they are very different emotions. The grief in him is a result of your creation, but it's not the same emotion you have. [00:29:29.10]

Participant: That makes sense.

And this is what we forget as parents, that it's our emotion denied that is now projected and the child automatically -not only the child, every living organism around us, responds to that denied emotion. Every tree around us, every bush around us, every insect around us, and every child around us responds to that emotion. Now because a child is very connected to us and very personally involved with us, they're going to have the largest response to that emotion generally. [00:30:06.17]

3.2.2. The eldest child feels the most fear

Participant: So because he's the eldest he was the one that was most effected by my denied grief? Because none of the others had asthma! [00:30:14.08]

Yes because usually a mother has the most fear of anything when she's the first time mum. Is that not true? How many of you were freaked out, first time mums? And then second time? Bit easier. The only thing that freaks you out then generally is the birth and then it generally gets easier; you get more relaxed. Both parents get more relaxed, they're both more into a routine, they understand the process so there's less fear in the relationship with the child. The first child generally feels the fear the most and as a result is more hooked into the parent's emotions than other subsequent children, unless subsequent children have other emotions that are being hooked in. For example, sometimes the first child is not the most approved of child because they felt the most fear. And therefore they had the largest fear response. And you find in many households in fact that the first child has the most physical ailments as well, for the same reason. [00:31:19.26]

And then subsequent children often have less but that is not a rule, it's just a general thing that happens for many families because many families have dealt with some of their fear by the time the second child comes along. And then by the time the third child comes along there's less fear and more projection of investment. So unfortunately the younger child actually has more investment emotionally, and when I say investment, the parents want things from them a lot more generally. So a lot of times the younger children have almost the opposite feelings that they've got to work their way through. They have feelings of demand, feeling that they can expect things. So it's a general cycle that many families go through.

3.3. An autistic child is very sensitive emotionally

Participant: With a child that's labelled autistic, is it generally one major emotion? Or because, I believe, they're born sensitive is it several? They're getting a whole barrage? [00:32:25.18]

They're getting a whole barrage. An autistic child is very sensitive emotionally and they do not have any sense of themselves emotionally. So the only thing they can feel as a result of them not having any sense of themselves, which of course is related to their parent's condition as well, and the people in their environment. And what they do then is they respond immediately and without any checking to every single person in their environment. And this is why many parents of autistic children notice that when the parent's a bit more afraid or a bit more stressed out the child acts worse or differently and they can see the relationship, not understanding the cause. The cause is the soul of the parent, not the soul of the child. [00:33:29.05]

3.4. Living in fear is not feeling the underlying cause

Participant: Recently I spent some time in the shopping centre and Jade, my daughter, was with me. She decided she was going to get under the table and play and she was very quiet. I was with a customer at the time and I just looked around and I couldn't see her. Five minutes went by and I was like, "Where did she go?" Normally she would say, "I'm just going to the toilet," or, "I'm just going to do this." And so the adrenaline starts pumping, I'm feeling quite sick in my stomach. My question is am I living in my fear in that place? [00:33:59.12]

Yes. You're feeling some fear but you're living in it. The underlying cause is not being experienced, which is you're afraid of her life, you're afraid of her potentially being harmed. You're afraid of some child molester grabbing her and taking her away. That's the real fear! Not that fear that

you're actually living in, which is the fear, "Where is she? Where is she? Where is she?" That's covering a lot of other deeper issues.

Participant: So in the last question about the child, the fact that the child was missing was caused by the soul fear. But the feeling that she was having of going, "Oh my God, oh my God;" that's living in the fear?

That's living in the fear, not addressing the real cause and as a result of that she's in denial of the real cause, which means the real causal fear is being fully expressed and therefore fully felt by all of her environment. [00:35:04.03]

3.4.1. Dealing with fear and it's cause

Participant: So what would be dealing with the fear? Because I'm feeling fear now, in speaking! [00:35:16.27]

So dealing with the fear is a bit different because dealing with the fear is you won't go into a panic and try to do something. You see what we do when we're in a lot of emotion... and we're talking here about emotional fear. Obviously physical fear responses are a little different in the sense you're afraid of something, like you pull away from it, there's a physical protection of your body there. I'm not talking about those kinds of things; I'm talking about the emotional fear that is present inside of us that we feel in a situation like this. So in the situation just expressed, the emotional fear is that, "Something is going to happen to my child. Something bad has happened to my child. And I'm really freaked about what it is. Something must have happened." And of course when you think about it from a suggestive perspective the chances of something bad happening are quite low. But it becomes our highest fear, which indicates that there's an emotion from some past event inside of ourselves that we need to connect with. [00:36:21.01]

So if we act and try to find the child without dealing with the fear, without actually feeling the fear, the reality is there's a high likelihood we won't find the child. There's also a high likelihood that we're going to push the child even further away because fear does that. Fear rejects. Fear pushes things away. But on top of that, we do not understand that the fear that we're trying to act upon is actually caused by a deeper emotion, the real cause of this event. The real cause of the event, my child doing this, going off without telling me, has been my soul. And its emotion, whatever it's feeling. And so what we need to come to terms with is that actually if I act in this moment and if I act in accordance to my panic then all I'm doing is denying the cause and trying to solve the effect. Which means, as I said earlier, I'm going to create another event of a similar type down the track

that may be even be worse in its nature than this particular event that is attracted to me in this particular moment so that I can access the actual cause that created this particular event. Does everyone understand that?

Participant: A little more on that. So as I'm feeling this fear come up right now, what is the best thing for me to do? (The question asker starts crying) [00:37:58.18]

Well just what you're now doing. See that's the right thing to do. See just straight away into the grief, the fear and that's the thing to do. Just feel it like that. That is a beautiful thing to do and as you do that now you're feeling it instead of denying it. That's all you need to do. [00:38:16.15]

Participant: So the anxiety part of it is living in it but this feeling that I'm feeling now come up is actually dealing with the cause?

Exactly! It's getting you closer to the actual causal emotion. And you see what we're doing with fear is we hold ourselves in a stoic place. We hold ourselves in a place where we don't feel the underlying emotion that needs to come out before we'll access the cause of this fear that we've experienced.

You know, you've got a microphone in your hand and you begin to speak and you can feel there's fear. But then you shove it all back down without going into the fear tears; I'd call them, without going into that. Then what's happening is that you are shutting down the underlying cause of the fear that you're experiencing. [00:39:07.24]

Now intellectually you think, "Oh no, I'm just trying to ride the wave of it and get over it because I want to ask this question," but the reality is you've just shut down your soul to ask the question. Whereas now your soul's open and asking the question. Very different! [00:39:31.01]

3.5. A mother's emotional investment in her son can create illness in him

Participant: I'm fearful about the answer you're going to give me on this one, AJ. My son, Mitchell, has never been sick in his life but when he goes away and he comes home he always comes home sick with a cold. All within a few days of arriving home. So I always put it down to, "Well, what did you eat while you were away, darling?" You know, "You didn't look after yourself..." you know, "like mum looks after you." So what's that about? [00:39:58.01]

What do you think it might be about, Barbara? [00:40:02.03]

Participant: Well I've got this deep seated fear that you're going to say... I did not... [00:40:08.15]

Go with your fear.

Participant: I didn't want him to come back. And he felt that? [00:40:13.03]

No that's not what I'm going to say. [00:40:16.22]

Participant: Thank you.

Well I don't know why you thank me. If it was the truth I would say it. What do you think it might be? [00:40:34.12]

Participant: Well, you've said to me before that emotionally he feels responsible for my emotions, so is it connected with that? [00:40:47.10]

Yes. It is very connected with that. Yes. Very connected with that! Many of you don't realise that when I give you a general one line comment, there's usually a lot in it. And one, one line comment I gave to Barb, probably a few years ago, was that she's very emotionally invested in her son. Now he feels that emotional investment as oppression. When he comes home there's the difference between when he was away not feeling oppressed and when he comes home he's now back into oppression. And in that particular moment there's automatic stress in his body, which automatically attracts a virus or a cold or something like that. 00:41:28.11]

Because when he's with you, he does not notice that he's being oppressed so much as when he's not with you and comes back. Does everyone understand why that's the case? It's like if you're living in a situation that you tolerate or have to tolerate, you get used to it, don't you? Have you found that with your sense of smell? You can be right next to a sewerage plant and after a period of time, I'm not sure how long it is, but I think it's about an hour or a bit less or something like that, where you actually become detuned from that smell and you actually sit there living in it quite happily. [00:42:12.05]

Because you don't even notice the smell anymore! And it's very much like that with your life. We're often sitting in deep levels of fear and other emotions in our life, not realising what's getting projected at us because it's normal. We've become desensitised. It's the old adage that if you put a frog into boiling water of course he'll jump out straight away. You put him

in cold water and you heat it up slowly, he will stay and boil to death. And we're exactly the same as that. If you put us in an environment for long enough and slowly change the environment we tolerate it. We tolerate it and tolerate it and tolerate it and tolerate it, until a point that something happens where we feel it's unbearable, we will continue to tolerate it unfortunately. [00:43:16.29]

But when you go away from it, for a week or two weeks or whatever and then come back to it, you find it initially intolerable. And as a result of that, that is the time when your body goes into stress, your soul is in stress, causes your spirit body to get upset in terms of its energy system flow and your physical body usually manifests some kind of illness or sickness as a result. [00:43:47.23]

Participant: I knew I wasn't going to like your answer.

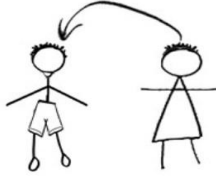
Yeah, you knew you weren't going to like the answer but it wasn't the one you were expecting. But he's telling you that he still feels this terrible feeling of emotional investment that you have in him. And if you look at your Law of Attraction with men you can see why you've had emotional investment in your son. You've wanted to create a perfect male that you can inter-relate with and get a lot of your needs as a female met from a male, your son. You don't get every need met but you get a lot of them met and then you don't need another man in your life as a result. And this is the projection that he feels every time he comes home. Every single time! And so it's an indication that that's not healed inside of you. He will actually enjoy coming home and you will actually enjoy him either leaving or coming home, either way, it won't bother you, once you work through that emotion. Can you see again the relationship between the cause and effect? You can start looking at what it is from a physical perspective, and you do, don't you? You say, "Okay, what have you picked up? What bug? Who were you with? What have they got?" [00:44:58.19]

Participant: What girls did you kiss?

Yeah, "How many girls did you kiss? Who were they? You probably got it from one of them." And you also then make up concoctions, here you go, here's your vitamin C drink or whatever it is that you want to make up to cure the problem that actually has a completely different cause. And as a result will happen every single time or most times he goes away and comes back home. [00:45:24.03]

Participant: The interesting thing with that, AJ, is that he often rings and says, "Can I come home?" earlier. [00:45:31.06]

Of course! Because you see he is totally emotionally invested, and you are totally emotionally invested in his emotion. So here he is, here you are, right?



A son can feel his mother's emotional investment in him

He can feel you and he feels your emotional investment in him, and when you have a feeling, "Oh I'd like to have him home. Oh I'd like to have the man around." All those feelings that you have he is automatically feeling, and of course he's going to ring you up saying, "I'd like to come home," and you go, "Oh! At last, he's coming home. I'm so relieved." [00:46:01.06]

Participant: That's exactly what happened just this week! [00:46:05.02]

Yeah, sorry about that! And see this is where we go as a parent, "But he wanted to do it!" Yeah, of course he wanted to do it, he's emotionally invested in you for the whole of his life. Of course he wants to do what you want him to do. That's what he wants. He thinks that is what he wants. He doesn't have the freedom to make any other choice and that's the cause. So him even phoning you, and saying he wants to come home, is because of whose soul? Your soul! And of course his response to that is what he's learned in his soul over the period of his 18 years. [00:46:51.20]

4. Everybody affected is involved in the cause

Participant: What about effects on groups of people? Like there could be a number of people in a car crash or in a collective household the dog craps in the lounge room or something like that. Is that everybody's cause and effect or, could you say, "This is your Law of Attraction and not mine"? And if it is everybody's, then are the causes related? [00:47:32.05]

Everybody affected is involved in the cause.

EVERYBODY
AFFECTED
IS
INVOLVED IN
THE CAUSE

So a nation goes to war, everybody affected was a part of creating the cause of that war. [00:47:58.19]

Participant: And is the cause, is it a common cause between people or can it be completely different causes with the same effect? [00:48:05.03]

It's usually common causes, but often the underlying emotion is quite different. So you and I can have a very similar event happen to us but as a result of a different emotion that creates that event happening. So for example, we might be in an accident. You injured your left side of your body in the accident; I injured my right side of my body in the accident because the car came from a certain direction. So we could say that we were both in the accident but the fact that I injured one part of my body and you injured the other part of your body demonstrates that there was a different cause inside of both of us to that particular accident. What happened to me, physically and emotionally and spiritually, is the effect of the underlying cause for me. [00:49:05.17]

So for example, if a person is raped, the rapist and the person who's being raped have two completely different causes going on for that particular event. They don't have the same cause. The woman who was raped didn't want to be raped.

So she had a completely different cause going on as to why she was raped than the rapist who did want to rape her had going on inside of him. But they are both part of the creation of the event. We're not talking about whose responsibility it is for the unloving action. So the rapist has the potential of not choosing to rape. So therefore has a far larger culpability for the unloving action from a compensatory perspective. But the cause is the souls of the people involved. [00:49:59.03]

Everybody affected is involved in the cause. Everybody affected. So if the roof fell in today on all of us, we would all be a part of the cause of that event. And by the way the council would also be a part of the cause of the event because it affects them. Financially it affects them, so they would also be a part of the cause of the event. Everybody affected is involved in the cause. [00:50:32.23]

Participant: So in that situation might all of our emotions be completely different that have caused us to be involved in that? [00:50:40.19]

Yes, they will be different because it would affect us in different ways, and how it affects us determines what the cause is. But obviously we are affected by being involved so there is some effect created by our cause. So

for example, something happens on the other side of the world and you turn on the telly right at the moment and that's the first thing you see. You are involved in the cause of that event. Because it just affected you. It just affected you. [00:51:21.20]

4.1. Understanding the Law of Cause and Effect gives us the power to change the future

So you are involved in the cause. There's something inside of you that added to the event to actually cause it. That needs to settle with you because this is where it's very important to understand this law. If you start understanding how everything that is a part of your life is involved because of the cause that happened in your own soul, that there's something in your own soul creating it, you start to actually for the first time in your life have the power to change things. [00:52:11.27]

You see the majority of us are addicted to changing effects and the problem with being addicted to changing effects is that we are reducing the power of our own soul because our own soul is the most powerful when we address the cause rather than the effect. And most of us are purposefully reducing the power of our own soul by continuing to attempt to address the effects. And if we had instead focused on the cause we would be increasing the power of our own soul and quite often exponentially so, because once you address the cause now a whole series of potential future events or effects that could have happened now no longer will happen. [00:53:09.29]

So you not only solve this particular event but you now solve or have the solution to every single event that is caused by the same thing. Can you see the power of that? And this power occurs positively and negatively. So we've been talking a lot about the negative effects of different causes but there are positive effects of different causes too. For example, if you exercise a passionate desire in harmony with love, the Law of Cause and Effect will demonstrate to you that actually you will always get the things that you desire because that's a natural consequence to the Law of Cause and Effect. This is why we've been emphasising to many of you, follow your desires, find your desires, and embrace them. Really follow them. Don't be afraid of them. Don't be shying away from them. Don't be trying to ask other people what they are or any of those kinds of things. You need to embrace that because there's a positive side to every single law.

5. God's Laws are a loving framework of the Universe

You have to remember that all of God's Laws are loving. Every one of them! So that means the Law of Cause and Effect is loving. And everything can be embraced in a loving manner and have a positive outcome as a result because it's loving. [00:54:43.16]

So the Law of Cause and Effect, when understood and actually embraced in a loving manner, what will happen is everybody affected is involved in the cause that was positive, not negative. One of the biggest things in my life in 2000 years has been investigating Laws of God. If you ask the apostle John what he's passionate about, he's passionate about different things than I am. And my passion has always been this focusing on how God's Laws work. Because God's Laws are like a framework that everything else exists within. Do you know what I mean by that? It's like a framework. How can I illustrate this? Because this is a universal thing to understand, that all of God's Laws are what enable all other potentials and possibilities. [00:55:59.13]

So all of God's Laws can exist without the possibilities! The entire universe came into existence and is structured in its current form by laws that were created before the universe came into existence. The law existed before the physical thing came to be. Every single law that governs your soul came into existence before you, your soul or anybody's soul for that matter, was created. Every single law was present. Now that's pretty fascinating that these laws exist without the physical matter or the spiritual matter existing. [00:56:57.18]

5.1. Working around God's Laws is impossible

And if you can understand that every one of God's Laws is loving and was in existence before anything physically or spiritually in terms of matter was ever created, then you begin understanding the power of actually engaging those laws at your soul level. You see what most of us are doing is we are avoiding God's Laws or trying to work around them constantly. And in the process of doing that, we are actually working against laws. Now let me illustrate to you how that looks. So if this is a brick wall (AJ points to the whiteboard), you imagine that's a brick wall, this is how it looks. (AJ bangs head against whiteboard.) That's how it looks. [00:57:47.10]

That's what we're doing in our life. Now what do you end up with? Minimum! A headache! Maximum! Your whole skull cracked apart. In other words death is what you end up with, doing that. And the majority of us are continuing to see God's Laws as trauma and something to rebel against and something to avoid and something to work around. You

cannot work around any of God's Laws. Now on earth, we get used to working around men's laws, don't we? Do you find that? Speed limit, 100, totally open road, no one's on the highway, 130, 150, 170... Yeah this feels comfortable. Because we are so used to wanting to get our own way, wanting to break the law! [00:58:55.03]

5.2. God's Laws are unchangeable

Now from God's perspective we're often just constantly butting our heads against the brick wall of God's Laws because God's Laws are unchangeable. You cannot adjust them in any way and they affect all of us in the same manner. I am totally under the same control of the same laws in the same manner as you are. There is no difference. All of God's Laws are completely loving and completely perfect but also completely just and completely in harmony with equality. All of them! [00:59:34.29]

We all live by them. So then we have got to ask ourselves why does a different thing happen to me than happens to you? Because of our soul, what's going on in our soul? [00:59:51.12]

5.3. God's Laws existed before any matter

Participant: AJ, you just said before that all of these laws were created before any physical or spiritual matter. Have you discovered why? I don't understand the purpose of having laws. I understand how the laws affect... from what you're saying I understand how the laws affecting things spiritually and physically. [01:00:15.02]

All I can do is talk to you about what I've discovered and I'm still fascinated in the process of law because I'm still fascinated in how law provides framework. It's a very fascinating thing from a physical and spiritual perspective, how all of the smallest particles in the universe, the adamantine particles in the universe, how they all respond to every single law that God's created. They respond completely too every single law and it's a fascinating subject. But if you think of it this way, God has actually created a whole series of structure that I am still in the process of discovering and I'm talking about 2000 years so far of discovery receiving Divine Love in the process of discovering. [01:01:12.03]

I'm still in the process discovering this minute infrastructure that is universal in nature but affects every single particle within that universe and how God placed that structure in place before the universe came into existence. Now we do know for certain that God did that. And the reason why we know that for certain is the instant the universe came into

existence, it instantly conformed to those laws. So that proves the laws had to exist before the universe came into existence. [01:01:50.12]

5.4. The hierarchy of God's Laws

And so this is why I'm fascinated in law. At this stage the highest law I've ever discovered is the Laws of Divine Love, the Laws of Repentance, Forgiveness, and those kinds of laws. They all involve the Laws of Divine Love, which remember in a previous talk I gave about the hierarchy of law? I said that the Laws of Divine Love are higher than the laws of natural love. And then we talked about the laws governing the soul being of a higher nature than the laws governing the spirit body and then of a lower nature again the laws governing the physical body. [01:02:25.09]

Now if you discover these things about law and how they all relate, you can find out some fascinating things without ever having to investigate using any other method. It's like discovering the Law of Gravity without having to drop a ball and see what happens. And the Law of Gravity, for example, is a framework that God has placed on the physical universe. For a lot of good physical reasons this Law of Gravity is in place. And yet the only way presently that we came to discover it was by actually doing experimentation. [01:03:03.19]

But what I'm saying to you is that it's possible to discover laws that are yet to have an effect. Something that might happen in the future, it's potentially possible. Theoretically! Now that's a fascinating process in itself, and I'm getting off the subject of this particular law. What I want everyone to understand is that this law is loving in its nature. Always! And so when I drive along in my car and I have an accident, the law was loving. So why did I have the accident? Because I was doing this (AJ knocks head against whiteboard) to one of the laws. I was beating my head against a brick wall with something and the eventual result of that is personal pain of some kind. [01:04:05.29]

5.5. The purpose of the Law of Cause and Effect

Participant: So then basically the Law of Cause and Effect is in place so that we always have an opportunity to deal with the cause?

Yes that is God's purpose. God's purpose with the Law of Cause and Effect was to say to you, and it's a very clever law in a way, if you think about it, He's saying to you, "If something happens to you, then something inside of your soul created it." That's what He's saying. Now if that thing that happened to you was good, then something inside of your soul that's good

probably created it. And if the thing that happened was bad, then there's something inside of your soul that is against one of the Laws of Love created it. Because all of the laws are loving so therefore the only time that we can have an unloving effect from a loving law is by actually having an unloving cause inside of us. That makes logical sense, doesn't it?



If all the laws are loving and the effect feels unloving, then that tells me that the actual cause must have been unloving. Is that not a logical conclusion? And that is the case. And what God's done is created this law and if we understand it... and I'm just giving it a terminology, from God's perspective, God doesn't call it "The Law of Cause and Effect". It's just a law that we've discovered that actually has a cause in the soul that creates all of these effects; good and what we would call bad or evil or negative. Same! [01:05:50.21]

5.6. The Law of Attraction is the link between the cause and the effect

Participant: So is this the same as the Law of Attraction?

In what way?

Participant: Is it the same law?

No.

Participant: Can you elaborate on that then? [01:06:09.28]

Well the Law of Attraction is a little different, isn't it? In that the Law of Attraction says that everything inside of my soul creates every event. And the underlying reason is because my soul attracted it. And the way, in which it attracts it, the Law of Attraction governs. So in other words, if myself and Graham are in the same car accident, we're sitting next to each other in the same car and we have the same car accident and I get injured in a different way to Graham. Then the Law of Attraction has caused my injuries to be different to Graham, and Law of Attraction is based upon some of the things that are in my soul. How it happens is in my soul. The Law of Cause and Effect is a little different in the sense that I can address the causes or I can deal with the effects of that Law of Attraction. So the

Law of Attraction attracts the event, but the cause of the event is something else inside of my soul. [01:07:20.01]

Participant: Okay.

Does that make sense?

Participant: Yes, just.

So the Law of Attraction is the thing that creates the event, and in terms of there is a law that co-relates causes and effects and that's called the Law of Attraction. So, perhaps I can illustrate this more fully. The linkage between cause and effect is the Law of Attraction. The linkage between the two is the Law of Attraction. The Law of Attraction creates the link. But the actual event is created by a certain cause.



Participant: I think I get that. [01:08:02.29]

So they're different laws. They are related, heavily related because both of them have an effect on our life. The Law of Attraction is the messenger of the truth if you like to us, but we can either ignore its cause and deal with the effects or we can start addressing the cause. That's the power. The power we have is to either ignore the cause or address the cause. And the Law of Attraction doesn't determine that, that's our choice, that's our decision. And so the Law of Cause and Effect I really love a lot because it actually ...the other factor of it is our free will. We have the free will that God has given to us to ignore the cause and deal with the effect. Or we can choose to go differently and address the cause, which is always in our soul. [01:08:59.22]

FREE WILL

5.7. God's Laws address loving events but not unloving events

Participant: God's Laws are loving; everything's loving. If we are born, we have our soul and then we have our parents causing our error. I'm having trouble seeing that as loving, even though I know our parents cause it. The soul has no defence against that. [01:09:39.12]

No, your soul has very little defence against anybody else in the universe acting in an unloving manner, whether that's your parents or anyone else. Because there is no law looking at unloving events! They're only laws looking at loving events. So our soul has no defence against unloving actions in the sense that we can't prevent unloving actions taken by others. We can't prevent them. Ever! Now when you're in a state of complete love you don't need to prevent them anyway because they don't affect you emotionally anymore. You don't feel bad about them so to you they're not bad anymore. So when you're at-one with God, somebody comes along and shoots you, you don't think that's a bad event. So you're not afraid of somebody coming along and shooting you anymore. And because you're not afraid, the chances of it happening are far less. [01:10:56.13]

But if I'm not at-one with God, and someone comes along and threatens to shoot me, I'm afraid of death and so the chances of it happening are greater. And also I am going to be traumatised by the event because I'm not yet at-one with God, I'm not yet in a state of complete love so there is some fear in me that needs to be released and it's going to be released through the event that I've attracted. You're still not convinced, Laurleen. [01:11:29.02]

5.8. Responsibilities with the Law of Free Will

Participant: I guess I'm feeling that that's connected with the Law of Free Will then, isn't it... is that how it is? [01:11:38.15]

Well this is something that we need to understand about the Law of Free Will. We all have been given free will in the sense that we all have the right to make autonomous decisions by ourselves. But there are responsibilities in every single law and one of the responsibilities of the Law of Free Will is that if I make a free will choice to harm your free will now I am out of harmony with the Law of Free Will. So if I make a choice to take actions that harm your free will, I am now out of harmony with the Law of Free Will, which means I'm beating the head against the brick wall of the Law of Free Will now. And there's going to be some negative consequences both to you and myself. [01:12:26.14]

We are not independent. The only time you'd be totally independent is if you were the first person that was alive in a certain location and the only person there. And even then you're not independent because every single living creature around you is affected by whatever you feel. So you're still not independent. Free will and independence are two totally different things. You see what we're trying to do, most of us, is we're trying to be independent. The reality is that that is impossible in the universe that we live in, to be independent. We are all dependent. The reality is if the world

was destroyed tomorrow six billion children of God would pass from this world to the spirit world. Isn't that the reality? We are dependent upon the earth for our physical survival. There's an automatic dependency. We keep forgetting this. We keep forgetting we're inter-connected. [01:13:38.11]

This is how we're inter-connected. So yes I have free will but if I use my free will in disharmony with the laws of love, I am going to harm you, every single time. I'm going to harm animals, birds, other living creatures, trees, the earth itself. I'm going to harm my own environment, every single time, because I'm acting out of harmony with the law. I'm butting my head against the law. And every time I do that, I will have pain. So a lot of times when we ask these questions it's because we are not prepared to feel our own pain. Because we have this belief system that I shouldn't have to feel the pain that others have created. [01:14:28.17]

6. Everything that happened to us that was unjust... was unjust

How many of you feel it's unjust? To have to feel the pain that others have created? That's one primary reason why none of you are at-one with God yet. Because to become at-one with God all of us on the planet are going to have to feel the pain that others created. And you know what that's called? That's called forgiveness. That's what it's called.

6.1. Forgiveness

When you're prepared to feel the pain that everyone else has created inside of you, you will have forgiven everyone. And that's the higher law related to the Law of Divine Love. That's one of the higher laws. Now if we do not involve the Law of Forgiveness then we're going to have to go through the Law of Compensation, a lower law. And it's going to take a longer time to sort out the issue. [01:15:23.14]

And there's only one reason why we don't want to forgive, and that is because we don't want to come face to face with this primary truth. Everything that happened to me, everything that happened to me that was unjust... where do you think I'm going to go with this? Everything that happened to me that was unjust... Natalie, you want to see if you can finish it off? [01:16:24.19]

Participant: I created?

No. I'm not going to say that. [01:16:30.14]

Participant: I have to feel and forgive.

You do, yes. That wasn't what I was going to say. It's very simple what I was going to say. Sorry, we have to follow this chain of thought.

Participant: Was created because we didn't have a desire to be in harmony with God's Laws? [01:17:03.13]

No, you were just born. You were just conceived and straight away things happened to you that were unjust. [01:17:10.07]

Participant: Well somebody didn't want to be God-reliant. [01:17:14.26]

Yeah but it wasn't you.

Participant: No.

So how?

Participant: Isn't that the cause that somewhere along the line somebody didn't want to be compliant with... [01:17:21.04]

It might be the cause but I'm not talking about the cause here. I'm just talking about a principle that we need to understand because once we understand this principle you will start crying. Trust me.

Participant: Is ours to forgive?

It is ours to forgive but that wasn't what I was going to say, it's much simpler than that. [01:17:43.14]

Participant: My soul created?

No. I wasn't going to say that either. We can go on all day. "Everything that happened to me that was unjust was unjust."

EVERYTHING THAT HAPPENED
TO ME
THAT WAS UNJUST
WAS UNJUST

You see once we really let that hit home we will start to grieve all of the injustice in our life. And that's what we need to do. You see what we've been doing is holding on to the injustice in our life and when we hold on to the injustice we don't grieve it and therefore we cannot forgive. Because if we understand this basic principle; that everything that's

happened to me in my life that has felt painful in my life was unjust. And so I probably should qualify that everything that's painful in my life, that's happened to me in my life that was unjust, is actually unjust.

And once we allow ourselves to actually realise that we will be able to grieve all of those events. See this is the issue that I'm going through at the moment a lot. Just this issue of allowing myself to feel the injustice of how I get treated at times!

The total injustice! And allow myself to grieve that it's happening. Just allow yourself to grieve it. In the first century one of the things I learned early in my development spiritually and it's taken me a bit longer this time to learn it, is that forgiveness is one of the primary things that you can develop to actually work your way through things emotionally and get closer to God. Forgiveness! [01:19:53.01]

But it's not what everyone on earth thinks forgiveness is. It's not what they think. Forgiveness is this; coming to the realisation that every pain inside of me that was unjustly caused did have an unjust cause. And that all I need to do is grieve it, that it happened to me. That's all I have to do. As soon as I fear it, or as soon as I want to feel that it's unjust, then I'm angry and I'll never feel it. I'll never feel it. Many of you are not going to ever feel things while you stay in the state you're in with regard to the statement of justice. You want justice and I've said many, many times that justice is not love. [01:20:50.12]

6.2. Justice is not love

It's not love. The reality is that many of you, if you looked from a point of justice, many of you would be fully justified becoming paedophiles. Now shall I qualify that? Many of you have been sexually abused as children, have you not? If justice was the criteria in which you wanted to live your life, then surely that would then justify you becoming a paedophile of children. Because that's what happened to you! It's the same principle like a murderer. If somebody murders somebody in your family, like your child, surely justice would dictate that you just murder their child? Then you're even. Doesn't it? Eye for an eye, tooth for a tooth, life for a life. Isn't that the concept that we have of justice? [01:22:03.21]

That's the concept we have of justice. It's totally unloving. Totally unloving! And while I do not face that everything that happened to me that I feel pained about that wasn't just was actually unjust, I am not going to work my way through the grief of it. You see what needs to happen on the planet is every single person on this planet needs to release the feelings of injustice that they have. Because if we don't release the feelings of

injustice, we will continue to demand justice rather than love! And in demanding justice we will do and perpetrate some very unloving actions. Whole wars have been caused by the feeling of injustice. Whole wars, world wars in fact, have been caused by this feeling. [01:23:14.15]

So we need to deal with that. But that's a little bit of an aside. Can you see the causal emotion of why we feel things are unjust are that actually things happened to us that were unjust, and we need to be prepared to just cry about it rather than doing anything else about it. But most of us want to scream and yell and shout and we want to be totally angry and annoyed and we want to take affirmative action for all of the injustice that has been done to us. While we do all of that we are going to create more injustice! What we don't heal within ourselves within our soul we continue to create around us. It's the only result. [01:24:13.29]

Participant: Instead of feeling that it's unjust, I would tend to feel that I'm responsible for what happened and I would feel like there is something in my soul that created it and it's hard to feel it's unjust.

6.3. We are not responsible for unloving behaviour towards us

Let me just briefly mention the feeling of "I'm responsible". So, you are not responsible for absolutely everything that's happened in your life. It's impossible for you to be responsible for everything. I'm not saying that you don't have a cause in your soul, I'm saying it's impossible for you to be actually responsible for everything and the reason I say this is this. That the moment of your very conception, at the moment of your very conception, a whole heap of damaging emotions entered your soul. And that was totally unavoidable by any act you could have taken at the time. Totally unavoidable! So how can you then say that you're responsible for those emotions that entered your soul? [01:25:32.20]

What's actually happened on this planet is we often have parents who tell the little child that they are responsible for what the parent is not taking responsibility for and that's the feeling that prevents a lot of emotion from flowing. See I need to come to terms with the fact that actually when you treat me in an unloving manner, there is a cause in my soul, if I get hurt or if I feel pain from the event, there is a cause in my soul. But I am not responsible for you treating me in an unloving manner because you could choose to treat me differently. And you are responsible for that. Not me.

So I am not responsible for every unloving thing that happens to me. There may even be a cause in my own soul that attracts the event, but I'm

still not responsible for it because it's the person who chooses to act in an unloving manner who is responsible. And the point of that is that at the moment of conception your parents chose to act in an unloving manner in the sense that they chose to not release all of their emotional injuries before you were conceived. And if in the future we had some parents who choose to release all of their emotional injuries before they conceived a child, the child would not have any of the damage that those parents had, and now do not have. And so therefore the child must not be completely responsible for what actually happened. [01:27:23.29]

However there is cause and effect involved. So there is a soul-based thing going on in the soul of the child, the personality of the child is the perfect child to actually help the parent work their way through their emotions to get to a state where they no longer have them. They're the perfect personality for that parent to actually work through their emotional condition. But they're not responsible for how the parent treated them. The parent is. And God's Laws all address the causes back to every single factor. Every single factor is accounted for in all of God's Laws. In fact there's a statement you'll find in the Padgett messages that says, "The wheels of God's Laws grind with exceedingly tight tolerances". And what they imply is that you can't get away with anything. It will always be attributed to actual cause. [01:28:29.04]

See the Law of Cause and Effect also affects us in this way and that is, if I'm involved, there is a cause within me, and if I choose to deny the cause and choose to act in an unloving manner, then the effect of what I create is also going to be attributed to me. So for example, let me give an example.

6.4. Parents bear part of the responsibility for negative events that happen to their children

6.4.1. An example of a child being sexually abused

A parent, maybe a mother, when she was a child was abused sexually. She has a baby daughter. The parent does not deal with the emotion. She does not address the emotion inside of herself of the abuse. In other words, the fear that she has and the sadness and grief that she has and the terrible affect it's had on her psychology and so forth. She chooses to deny all of such things. [01:29:45.29]

As a result of the denial of all such things, the child is totally exposed to potential perpetrators abusing her. Now this is actually a loving thing. If you as a parent do not love your child enough to actually deal with your

baggage then what other possible reason could you ever have for dealing with your baggage? If the love of your child isn't a large enough reason for you to deal with your baggage, what is ever going to be a large enough reason? I suggest nothing is going to be larger than that reason. And see this is the thing we need to also consider is that the child may be abused but the actual unloving damage that's been done to the child... it was not only the perpetrator that caused it, it's also the mother. And it will be attributed to her. [01:31:11.20]

Her unloving behaviour of choosing to not release the damage will be attributed to her because of the damage that's now been done to the child as a result of her choice. The Law of Cause and Effect will actually mean that mum will actually have Law of Compensation issues to deal with the fact that she did not address what had happened to her and therefore caused her child to have the same experience. She was a part cause of her child having the same experience. [01:31:47.05]



The mother and paedophile both bear responsibility for the daughter's sexual abuse

Not the total cause! Because obviously the perpetrator was a large part of the cause, was he not? So, he has the primary responsibility, but mum also is attributed the responsibility. There are many women in the spirit world who have yet to exit the hells for one reason only, and do you know what it is? They refuse to accept the responsibility of their own child being abused and their denial of their own abuse. That's the only reason why they're there. They refuse to accept that because they didn't release what they could have chosen to release that this event occurred. They refused to accept their part of the responsibility. [01:32:35.01]

6.5. The Law of Cause and Effect is real justice

One thing we need to understand is the Law of Cause and Effect is real justice. It is real justice; and everything is attributed, in the long run, everything is attributed. Now the problem here on earth is that we are so separate from it, we are so separated from the law that the majority of us continually butt our head against all of the laws and as a result we all have a lot of painful consequences happening all the time. And we start feeling that all of the laws are unjust. They'll only feel unjust when we act out of

harmony with love. See if we were in harmony with love we would not feel that any of the laws are unjust. Because we'd understand the purpose of every single law and the relationship between the cause and its effect!

I think I'm starting to lose you a little bit with this Law of Cause and Effect so what we will do is have a break, and then I'll revisit some of these things that we've just been talking about.

The Law of Cause and Effect: Part 2

7. The effect will never change if the cause is not dealt with

Before I answer any more questions I think I'd like to explain the rest of the law first. And then we can answer a lot more questions about the law itself. With the Law of Cause and Effect, there's a basic underlying principle and that is, if you do not in some manner deal with the cause, then the effect will always occur, and on top of that, the effect will never change. [00:00:50.10]

So it will always occur and it can never change. So what I find a lot of people trying to do with their life is they try to deal with the effects of what's going on in their life all the time. And the problem with dealing with the effects is that you're just going to exacerbate the future effects. You're going to make everything in your life even more difficult than it is currently. And unfortunately for most of us, what we do is we'd prefer to do that for some reason and I still haven't worked out why the human race would prefer to do that. Sometimes it's because there's this desire for immediate remedy of an effect and the problem is that's not even logical because you're not actually remedying anything.

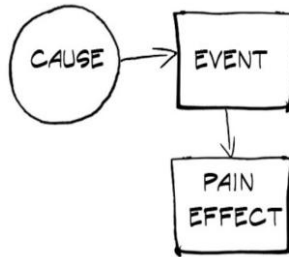
IMMEDIATE
REMEDY

What you're actually doing is creating the potential for even more severe events to occur in the future because of the denial of the previous cause that was triggered by the Law of Attraction. So what you finish up doing is that when you try to cure the effect... and when I say cure I'm not just using it as a health term, but rather as a solution to an effect of something that's painful or negative. When you try to cure an effect, the problem is, is that you don't actually deal with anything. [00:02:30.29]

7.1. Denying painful effects creates more severe future events

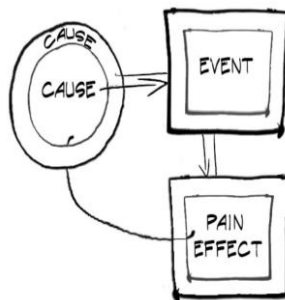
You don't actually fix anything. And in not fixing anything, there's this additional effect and that is you've now denied the Law of Attraction event that just occurred to cause you to try to get into some kind of causal situation. And as a result of that there's a higher likelihood now of future events occurring that are more severe and that can only be more severe

because you denied the past event, which is an additional part of the cause. So you could draw the cause as that big circle. That cause causes an event to occur, which has its effect on us emotionally. And let's say it's a pain-based effect at this point, because these are the ones we avoid, the pain ones. [00:03:37.01]



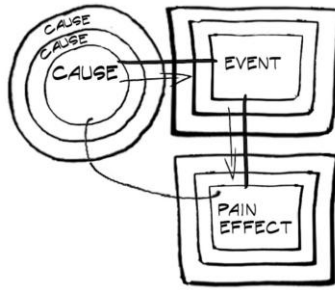
Negative causes create events that have a painful effect on us emotionally

So the Law of Attraction operates between the cause and effect, so the event is actually all about the Law of Attraction, and we have the pain-based effect. And then what we try to do is we try to rub out the effect. "Nobody saw that! It never happened!" So what's going to happen? The event still happened but of course another event has got to happen but what we don't realise when we rubbed out this effect is that the pain from the effect adds another layer of denial around the cause. So now the cause is larger. So what does a larger cause do? It creates a bigger event, which creates a more painful effect. And then what do we do with that? We try to rub all that out, make out that didn't happen. [00:05:06.21]



Denying the effect creates a bigger cause, which leads to a bigger event, and a more painful event

And so what happens? It adds to the cause and creates a larger cause, which creates a larger event! You get the idea? It adds to the event, which then adds to the painful effect.



The more we deny the painful effects, the bigger the cause gets and the bigger future events become

Now why has God created it that way? There's a really simple answer.

Participant: So you eventually see it.

Exactly! So you eventually go, "Maybe I'm doing the wrong thing. Maybe I need to choose to do something else. Maybe I need to change my action. Maybe I need to stop trying to fix the effect." That's why it's done. But unfortunately with the human race we're quite de-sensitive and insensitive to effects. So what has a tendency to happen now is that this creates a bigger cause, which creates a bigger event, which is often cataclysmic in the sense that it terminates our physical life. Or cataclysmic in the sense that it causes us to deny our life to such an extreme that we don't even remember our life. So this is why there's a higher and higher incidence now of things like Alzheimer's. It's because as a human race, we've got a stronger and stronger and stronger tendency to try to avoid the painful effect. And the more we try to avoid the painful effect, the worse the condition becomes until we can't even remember what actually happened anymore. We don't even want to remember anymore what happened. And that's pretty sad, because at some point in the future we're going to have to.

7.2. Denying painful effects make it harder to get to the cause

So now we're going to have to go through the layers that have been added to each cause before we get down to the original cause that actually caused the original event. We have just made our life much, much more difficult. You see this is something we don't generally understand. Every time we attempt to address the effect rather than the cause, we are making our life much more difficult. We think we're making it easier but we're actually

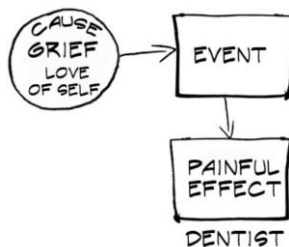
making it more difficult. So let's put in an actual situation that might occur, shall we? [00:08:51.12]

7.2.1. An example of lack of self love creating teeth problems

Let's say we have a causal emotion and the causal emotion that we need to address is that we have very little love of self and we have a huge amount of grief associated with that. So in other words we have grief about love of self. We don't love ourselves in other words. And the reason why we don't is because we were taught to love our parents instead of our self. So whenever there was a situation where our parents needed love and we had to abdicate any love of ourselves in order to love them, we did that. We automatically did that. We automatically chose to not love ourselves.

Now because we don't love ourselves and we're yet to grieve it, it creates an event. The event's purpose is to trigger the emotion, that we don't love ourselves and that the grief associated with not loving ourselves. So the event causes us some pain that under normal circumstances would demonstrate to us, if we were quite clear and we could just feel our stuff really easily, we'd realise the pain is about, "I don't love myself and I can feel that I don't love myself," and I'd just grieve. I'd just have a good cry about how much I don't love myself. A painful effect! [00:10:51.06]

Now let's say this painful effect is related to my body in some way. Because when we don't love ourselves we have a tendency to injure our body or hurt our body in a lot of ways. One that comes to mind is a lack of love of self usually causes fairly severe teeth problems for example. And so the painful effect is we have to go to the dentist. How many of you like going to the dentist? Some of you like going to the dentist? Wow. I'm impressed.



The cause of a lack of self love can create a the painful effect of teeth problems, and needing to go to the dentist

There are only a couple of people with their hands up, I noticed. So we go to the dentist because we've now got a rotting tooth on one side, and whatever side it's in relates to, the grief of love of self is related to that side. So it might be from a male or from a female, and it will affect which

side there is a problem with our teeth. And usually with the dentist there's a lot of fear associated, isn't there? How many of you feel afraid of going to the dentist? So fear is major emotion. So can you see how the fear actually relates to a fear of feeling the emotion of, "I don't love myself"? You're afraid to feel that. [00:12:30.26]

So we go to the dentist and what does he do? He does a big root canal on the tooth or whatever it is that's affected. We feel that the whole thing's solved now. Now the whole thing isn't solved, is it? And our teeth are a pretty small event. You can live without one of them. Not always comfortably, but you can live without one. And I'm not saying don't deal with the effect, by the way. I'm not saying don't go to the dentist. I'm not saying don't go and get your teeth fixed. What I'm saying is, don't assume it's all over because it isn't all over. That's what I'm saying. [00:13:29.16]

So, you go to the dentist, you get your painful effect fixed and you feel it's all over, but for how long? He says, "Come back in 6 months or 12 months for a check up," so you do all of that. And you then think the situation is resolved and you go every 12 months and you might have a few patch ups to do here and there and your teeth get a bit worse and you might have another one to come out, so there's another one gone. And you might have a cap put on that one and then eventually a couple of them might be taken out so you need a plate made up and you put all that in and everything's fine again for a lot longer. Now there's a plate of course, the chances of a plate going rotten are pretty remote, and so you might not have to visit the dentist for 10 years now. Or if you do it's only for a check up; everything's fine. [00:14:19.19]

But the cause is still present. The cause of the problem is still present. And by the way, because we've denied the painful effect and only dealt with the effect, the cause of the problem has layers now of fear associated with it. The reality is the majority of you would prefer to go to a dentist than actually cry about the lack of love of self. Isn't that interesting? We ask people to put up their hands; how many of you like going to the dentist? Two people put up their hand or so. None of us like going to the dentist very much at all. And yet I'm saying to you, you would prefer to go to the dentist than you would to feel the grief of a lack of love of self.

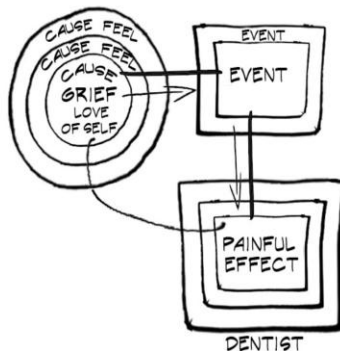
That's how strong we have the denial of that emotion. We'd prefer to have a very painful and often what we'd consider to be a traumatic event to occur than we would actually deal with the underlying emotion that caused it. That's pretty intense is it not? That's how strongly we want to deny it. So we finish up having a greater cause that creates bigger events now where we have a bigger lack of love of our self and we now have these layers of fear associated now with this cause, where we do not any

longer believe that we're even capable of even feeling the emotion and releasing it anymore. [00:16:09.28]

That, that's the problem with the layers, the layers add to this belief that we are unable to actually release the emotion. And now, because we believe with all of our heart that we're unable to deal with the emotion (which is not a truth of course but it's something that we actually believe), larger events get caused. Instead of involving our tooth, they start involving our life. And you know what? We would, most of the time, prefer that than still feeling the grief of a lack of love of self. We'd prefer to have a life threatening accident than actually deal with the lack of love of self in most cases. [00:17:10.21]

Participant: I'm just wondering, if the layers of the cause continue to grow with the effect-based denial of the emotion, is that like blockages in our fear when we're trying to get to the grief?

Yes. What actually happens is every time we take an action to cure an effect, we are actually adding to a blocking belief around our cause. We're adding to a blocking belief around our cause. We're actually adding to the layers now that it's going to take us to get into our cause.



When we cure effects we create more layers of fear around the emotional cause

Participant: I'd imagine that that creates a bigger facade. [00:17:51.15]

It does; it's related to the facade. Obviously the more and more fear and blocks to the fear that are created, the more we become a person who we not even really are. At this stage many of you don't know each other and you know why the reason why that is? Because most of you don't know yourselves yet and you present a facade to each other! And you present a facade to each other, how can somebody else know you? They can't. And so we're in these layers and layers of blocks now, and every time we

respond to the effect, particularly a painful one, every time we respond to it, we're creating another layer of blockages around the cause as well at the same time. There's more resistance in other words to getting to the cause.

7.2.2. An example of the world financial system

Participant: And just on a big picture note is the financial crash a big example of the denial of the cause and it just gets bigger until the event just hits and it's a complete breakdown. [00:18:55.26]

Totally! Yeah. The financial crash; it's a good illustration of what we do as a human race. See what we do is we make out that everything's fine. We do this all the time, don't we? And so we make out everything's fine, and an event is caused. So one country goes into total financial ruin, like Ireland in the European Union for example, goes into total financial ruin. And everybody says, "Oh that's just Ireland," So another layer of denial around the cause. The cause is these huge problems that we have emotionally, all of us, even here, with regard to money, finances, how the financial system works, why we want it working the way it's working and all these other issues are what are creating a lot of these events. They're all unloving, the way the monetary system works is unloving and we've got a lot of denial about it. [00:19:55.01]

And so one country goes into financial ruin, and so what do the other countries do? They bail them out. See what the government does first is they get the people in the country to bail it out. So what they do is they tax people more and that raises enough finances generally to bail out the problem. But when the people can't be taxed anymore, they then ask for help from other countries. And you know how the other countries help them? By taxing their people more! [00:20:30.21]

And so all of us start to feel the pain of the bailouts of irresponsible handling of money! So what's caused a lot of it in the European Union is this idea of; "I should be able to have what I want now". The reality is most of us still believe that we should be able to have what I want right now, whether it's loving or unloving, "I want it, and I should be able to get it right now." And some countries have that emotion to a much larger degree than others. That causes the event further and then we get a second country like Portugal that has financial problems. It goes into what you would call in a company issue, receivership basically, and then because everyone wants to prop up the system, or prop up the country, they then feed more into it, more people are taxed, more people get hurt and so forth. But the underlying emotion of, "I must have what I want right now" doesn't get addressed. [00:21:38.20]

And it's still in most countries. And so we have this cycle of cause, cycle of denial, everybody says, "No, no, it's not bad enough yet for us to do anything." You know, 11 trillion dollars worth of United States debt isn't bad enough for the United States to deal with its debt, because they just had a meeting a few weeks ago and they decided that they couldn't deal with the issue and so they have postponed it. So it's obviously not bad enough yet, and this is what we do. We postpone what's bad. Have you noticed we do that in your personal life? You know you get a bit of a sore on your foot. Instead of looking after it and loving it and caring for it, and then trying to work out what its cause is, what do we do instead? "Oh yeah, we'll be alright." Put on the same boots that cause the same problem. Put on the same boots. "We'll wear them in," you know. And before we know it we've got a great big sore there and there's a threat of going gangrene if we don't do something about it. [00:22:40.11]

And that's what we're like with life and that's what the financial system is like. Exactly the same! We're all just a mirror of this process. And we don't want to address the cause so again we somehow try to deal with the painful effect. So then another country, Greece goes belly up. In fact I saw a quote recently, which was really funny; they said that, "In most countries the people have to forgive the politicians for what the politicians have done. In Greece the politicians need to forgive the people for what the people have done." And the reason why that is, is because in Greece everybody does have that big emotion thereof, "I want what I want right now. And if I don't get it, I'm going to... do my Grecian thing," which is usually have a lot to say about it, even though there might not be too much truth with what's going on. [00:23:42.16]

And so there's this further collapse. Now there's one country in the European Union, Germany, who is able to basically relinquish or help all of these other countries because their economy's better than all of those other countries that I just mentioned put together. Does that seem fair to you? To have a country that looked after things and has done the right thing by their people financially. They haven't taken the steps of, "We'll take what we want right now, thank you very much," and instead they've been what you would call fiscally responsible, And yet they're now bailing out the countries that have been exactly the opposite to that. So of course they're a bit resistive. You can understand that, can't you? It's like if you've been saving and scrimping, you've taken care of your finances and everything and your next door neighbour, he's just gone on world trips and he's gone on holidays here, holidays there. He doesn't work at all. He just expects everybody to give everything to him and then he goes financially into ruin, and then he comes along to you and says, "Oh I want your money now, thanks." [00:25:04.11]

And would you feel happy about that? Definitely not! Most people would not, would they? And yet that's what the Germans are being asked of them right now. And of course, they're quite resistive to that idea and concept. Hence the issue is not resolved. And while the issue's not resolved, what's happening? The pain is, the whole market now has got these painful effects happening. The whole world now has this slump in their finances. All the share markets are going; you have drops of 5% a day in some cases over the last few weeks and it rises back up. Very volatile! And all of this is happening because of the uncertainty in the market. But the problem still doesn't get addressed. The problem is that all of us still want what we want right now, thank you very much. It's still not addressed. [00:26:07.04]

So now we've got a worldwide event imminent, because the major power of the economy comes from the USA and Europe, Western consumption. We add very little to it because we're such a small country. Our entire economy is far less than the economy of California. California's economy is far more than, I think it's about 165 other countries, separate economies. Just one state in the USA! So now a worldwide event is imminent. And what do we still do? We still want what we want when we want it, thank you very much. [00:27:35.09]

So when is it going to change? It's only going to change when the worldwide event happens economically and all of us feel the pain of it. And you know what we'll go through first? What do you go through first in any grief process? You know the grief process, what is it? Ah, yes, denial. We will all deny that we had anything to do with it. And then what's the next step? Anger! We'll all get angry that somebody else was the cause. And then what's the next step? [00:28:52.19]

Participant: Denial, Anger, Bargaining.

Bargaining, yeah very good!

Participant: Then depression and then acceptance, if you believe that. [00:29:01.25]



Depression and acceptance! We've got a long way to go, have we not? Because where are we when it comes to the financial position? We're in

denial, so we go through denial. "No it's not happening. Not happening. Not happening." And then all of a sudden, our own bank account is not even accessible. "I can't say it's not happening anymore," Then I go into anger; "How dare the bank do that to me? How come they collapse? What's wrong with them?" That's the stage where we're basically blaming everybody around us, and then what do we try to do? We try to do bargain with the process. "Well maybe I can get some of the money back? Maybe I could do this or maybe I could do that?" We can try to arrange something so that something works out in the long run and we try to do all of this stuff and all of a sudden we get to the point where we realise that's all useless. [00:30:09.04]

And what do most of us feel when it's all useless? Yeah, we suppress everything. We suppress our anger, we suppress our fears, and we just go into this place; "What's the point of living? What's the point of doing anything?" And then after we get through that, which is a process of having to feel our denial, we have to feel our anger, we have to feel our fear and then we get into our grief and we actually, during this stage, eventually get to the point where we accept the grief of the cause and we process it. And we end up in acceptance. We accept that we were a part of the creation of this worldwide cataclysmic economic event. That's what we do. So we've got a long way to go on that one, haven't we?

8. Ways in which to find the cause

8.1. Truth allows us to find the cause

So can you see it not only affects our own personal life, but even worldwide events are created by this denial process of the pain, or attempts to deal with the painful effects. Most of the time we even try to deny the painful effect! I've had literally thousands of talks to different people when I say to them, "Your parents actually hurt you," they said, "No they didn't, and they were good." "Yeah, that's why you just had that event happen that's related to your parents, because they were good." [00:31:54.28]

Now they might have thought they were good and you might think they're good too, but the reality is they caused some very painful emotions inside of you that start causing these effects. And we need to allow ourselves to face the truth of it. Can you see how truth and the issue of cause and effect are so closely related? Without truth you will never want to see the cause. And how many of you are still afraid of hearing the truth? Do you know why you're so afraid? Because you don't want to know what the cause is. That's the only reason why you don't want to hear the truth. The truth allows you to trace backwards from this effect to its cause and to actually

deal with it, to actually address it. The truth allows that. It's the only thing that actually allows it. [00:32:52.06]

CAUSE & EFFECT
 TRUTH

And yet when we're afraid of truth we're basically saying, "No, no, no, no, no, no, no, no, no, no, don't tell me the truth. Don't tell me the truth." And when we do that, can you see what we're doing? We're not even relating the effect of what happened in our life to its cause. And it's like we're automatically creating blindness. Now most of us would get very stressed if we were placed in a dark room with no light ever getting in, and then told to live there for a while. For two or three days most of us would be beside ourselves with distress. But that's what we're doing our whole life, it's no wonder we're distressed. Because our life, what we're trying to do, is we feel all these effects that we're blindly hitting into, every single day, and yet when somebody comes along, "Look I can tell you the truth about that event." "No, no, no, I don't want to hear that." We have the feeling that we don't want to know. [00:33:58.16]

And we're not then relating the two things; the effect of what happened with its cause. And truth is the thing that does that, so truth is essential to our life. That's why truth sets you free because it allows you to fully embrace the power of your soul. While you're dealing with an effect, you cannot fully embrace the power of your own soul because your own soul has just created the opposite thing. So while you're trying to rub out the painful effects, your soul is busy creating more painful effects.

8.1.1. An example of children making a mess

Now you imagine you're sitting in your own home and you've got some children and they just come through your kitchen, they get all the flour out of the kitchen, and all the honey out of your kitchen, and they spread all of the honey over the living room floor and spread all the flour over the top of the honey on the living room floor, while you're sitting there.

Now many of you wouldn't even be able to watch this disaster happening, is that not true? Now, while that disaster is happening, you could start cleaning it up, couldn't you? Say, "Ah, yep, my kids are about to put honey over the floor. Okay, I'm going to need a mop and a bucket... what else am I going to need with honey over my carpet? Very hot water obviously. Oh, a steam cleaner. I'll go and hire a steam cleaner ready for this particular thing that's about to happen." And so you can just imagine how you see

this event unfolding and instead of stopping the child from creating the event, what do you do? You say, "Oh no, no, they're allowed to create the event. I'm going to watch as its happening and I'll clean up after them."

Now, I don't know many parents that would ever do this but this is what we're doing in our own life. We're creating train wrecks in our own life and then we're just mopping up afterwards as we go along without addressing the reason why the train wreck's happening. That's what we're doing. And it doesn't make any sense to do that anymore, does it? But we keep doing it, we keep doing it. So we're going along mopping up after our own soul, which is appropriate because it's our soul that created it. But we're mopping up after our own soul and also many times expecting other people to mop up after our own soul, don't we? And we get angry when they don't. [00:36:50.11]

And so we're mopping up after our own soul and our whole life is like this for usually 70 or 80 years long, maybe 90 or 100 if you're lucky, And what you're doing the entire life is mopping up as you go along. That's what you're doing. Now it doesn't make much sense to me to keep doing that. And yet we do it all the time. So instead of doing that, wouldn't it be better to stop mopping up after the event? So we stop mopping up after the event. [00:37:30.07]

8.2. If we feel the painful effect, we will get back to the cause

So instead of trying to rub out the event, what we want to do is this. The event caused a painful feeling or a painful thing to happen to us; the painful effect. And what we need to do is, (AJ sings) "Feel it, feel it, feel it, hey everybody, hey, won't you feel that there's something?" We need to feel it, if you feel it; you will get to the cause. And if you get to the cause, there's a much higher likelihood of this event never happening. Now instead of mopping up after the event all the time, what you're doing is now you've jumped in front of the event. The event cannot occur anymore, they'll be in the past because you've actually dealt with the reason why it's being caused. [00:38:40.03]



So in other words, you've tied up the children and put them in their room. So they can't spread the honey and the flour over the floor

anymore. Not that I'm suggesting you do that to your children. But that's what we need to do with ourselves; we need to stop ourselves creating the same things or even worse things over and over again without addressing why we do it. And it's understanding too that effects can never change and they can only get worse if we don't deal with causes. We need to understand that; really get that at the soul level in our heart. We need to really understand it. [00:39:29.04]

So when somebody comes along and says, "Oh, I had a big cut today, but I went to the doctor and got it stitched up," and they said, "I took some pain killers and it's all fine now." I'd say to them, "It's not all fine now because you're yet to address the cause. It's not all fine yet." [00:39:53.19]

9. Dealing with the cause changes the effect instantly

9.1. The example of physical injuries

Participant: Say we cut our self and we deal with the cause, is there a time lag in the physical or once we completely heal the causal emotion will then that cut will heal instantaneously? [00:40:06.18]

It would heal instantaneously if we dealt with the cause. If we fully dealt with the cause, it would heal instantaneously. It will heal gradually if we slowly deal with the cause. I've explained sometimes how during my progression over the years, I've had my thumb just split apart for no apparent reason and just bleed; just crack fully apart. I notice that some of you have had this happen to you too, where you've had different fingers or the heel of your feet or whatever just cracks apart, starts bleeding, for no apparent reason. One of the cracks in my thumb stayed there for four months. I had a band aid on my thumb collecting the blood for four months. [00:40:56.17]

It took 2 days for me to deal with the emotion. One day later it was completely healed. That's how rapidly things can change. And in fact if things don't change rapidly it means you're not getting there. It means things aren't healing. If things aren't healing it means that the cause is not being dealt with. So instead of being punishing of ourselves, we go, "Okay I must be very resistive to dealing with those things so I need to address why I'm so resistive. I need to maybe pray about my own resistance," rather than getting angry with ourselves for being resistive.

Participant: AJ, throughout my adult life and now when I think back on it, in my childhood life when I was a runner I kept on spraining my right ankle all the time. But as an adult, I started realising I was feeling hopeless

when that happened but I never felt it. I didn't feel it emotionally but I thought, "How silly of me, I feel stupid, I feel helpless. I can't do anything." And as the years have gone by that spraining has slowly got worse. It would happen about every 6-10 months, always at work. And I realised that it was happening when I was usually getting angry at men.

And most people you've worked with have been men. [00:42:34.21]

Participant: Exactly! And then three weeks ago at home I had a man turn up who comes to do the watering system and he's an angry man and he's an alcoholic and I always go out and talk to him and placate him usually, due to my fear of the angry man. This day I decided not to, and I saw him through the kitchen window and I said, "You're just an angry man and you're an alcoholic and I'm not going to talk to you."

So you judged...

Participant: A huge judgement.

You judged him and condemned him. Yep. [00:43:01.03]

Participant: So he left a few moments later and I went down to tend to my garden.... [00:43:04.10]

Which he would do because he's now being judged and he can feel that emotion, yep! [00:43:07.24]

Participant: And as I was walking down to my garden I fell over.

And you sprained...

Participant: Sprained my ankle and my knee and my leg. [00:43:15.07]

And it was on your...?

Participant: Right hand side. And so I was thinking, "Okay well this has happened, it's my Law of Attraction; a cause and effect for me to look at." And I was in a lot of pain and in actual fact I couldn't get out of bed for about 5 days. So I was feeling hopeless and useless again. [00:43:35.19]

So you start feeling that this time.

Participant: Yeah. And I was and I was releasing and I watched a movie, "The stoning of Soriah M" twice every day for the five days, wailed and cried for five days... [00:43:51.15]

About men's treatment of...

Participant: Yes, the injustice of it and how useless women were to all of that. And so all throughout my life that sprained ankle was actually showing me that every time because that's how I felt but I personally didn't feel it. [00:44:06.21]

That's right.

Participant: Until now but I haven't felt it completely because I'm still limping. [00:44:11.24]

And it hasn't healed instantly yet.

Participant: It hasn't healed instantly. [00:44:14.10]

So often what we do is we deal with it more and more until it heals eventually. [00:44:20.16]

Participant: But I'm just wondering because the causal emotion was women are useless, so is that that a grief of self love? [00:44:40.14]

Well underneath almost all of our emotions is terrible lack of self love. But with most emotions we need to be more specific than that. So this is why specific emotions cause specific physical ailments, because there is a direct linkage between a certain part of our body and what's going on emotionally. So in this case, your rage with men causes you to also lack direction. You are constantly either trying to rebel and prove yourself with men or you're trying to get them to do what you want; you're trying to do one or the other. Instead of actually loving them! The final result of all this corrective cause and effect stuff is that God wants us to get to the point of love. And the point of love is that, yes, every single woman in this place, and every single woman on earth, and every single woman in the spirit world will eventually have to learn that they need to love men.

And every single man in this place and every single man in the spirit world will eventually have to learn that they have to love women. And I don't mean love them sexually, I mean love them as people, to care about them and love them as people. Which doesn't mean pandering to them and it doesn't mean doing what they want and it doesn't mean those things, it means having a feeling inside of yourself of care, love and truth with the other person. Actually loving them!

And every single one of us will get to that position some point in the future. You know how long it will take? [00:46:25.00]

Participant: That's my decision, isn't it? [00:46:26.02]

Exactly! It's your decision of how much you are going to accept the truth about what is the actual cause.

10. Denying the cause prevents our spiritual progression

So many of us finish up raging against the opposite gender, for example, and while we're in this rage about the opposite gender we're nowhere near getting to the cause of our emotion. And because we're nowhere near getting to the cause of our emotion, we're going to keep creating the same effects and on top of that, many of them will possibly get worse because of the additional levels of denial that we're placing around our soul as we do this. And eventually at some point, and for many people it will be in the spirit world after many hundreds of years (which is the reality for most people), they'll sit down and feel the pain rather than keeping on denying, keeping on trying to rub it out, keeping on trying to do something else.

It's our willingness to just surrender to the actual emotion that is going to help you the most. And most of us don't like surrender. We don't like surrender. So what we do instead is we like fighting. We like that. "Fighting is good. Surrender is bad." It's because we have all this pride, ego, stoic feelings inside of ourselves that have all been also created by other causal emotions that have been usually placed in us by our environment. And instead of giving all that up, or having to choose to give it all up, we decide we're going to live in them for as long as we possibly can. [00:48:19.14]

So it's the same as doing this thing where we clean up after our soul. And we're deciding that we're not happy with it taking until we die, we want to keep cleaning up after our soul even after we die. And for many of us, we won't stop cleaning up after our soul until way after we've passed, if we're not careful. Many people who have passed who have known the Divine Truth that you know are still cleaning up after their soul in the spirit world. They haven't actually stopped cleaning up after their soul. And the reality is that it's even a little more difficult to stop cleaning up your soul in the spirit world because the facade's not there anymore. You don't get any rewards for anything, so you just act as who you are. If who you are is that you desperately want men's approval you will keep desperately going for men's approval, trying to avoid the painful effect of never having men's approval, and you'll do that for maybe 500 years in the spirit world. And do you think you're ever going to get beyond the first dimension in that place? Definitely not! Until you're prepared to go

through this process of actually feeling the cause rather than trying to rub out the effects! [00:49:43.19]

10.1. The process of forgiveness

And we need to go through the process of forgiving, really forgiving, which is a willingness to feel all of your own hurt. To feel all of it! And many of us are still fighting, fighting, fighting, fighting, and fighting against our own hurt, fighting against our own hurt and getting outraged about the injustices that other people cause us and so forth. Outraged every time, outraged again and outraged again. "It was terrible what AJ did to me. I'm never going to forgive him." And even if I'm the worst person in the world, you're going to have to forgive me if you really want to be happy at some point in the future. That's the way it is. [00:50:38.06]

Participant: I'm aware that I'm wanting to continue my punishment of my father and my mother for what I believe was unjust to me. By doing that, because I am angry and because of the hatred that comes up is what I'm doing to them worse than what they did to me? [00:51:29.11]

Well potentially you can definitely do worse things to another person than what they've done to you. Certainly! So for example, there are some really good examples in the Robert James Lees material. There's an example of one woman who was just jealous of another person and their relationship with a man. And she did some terrible things to that woman trying to prevent their relationship and she purposely set out to destroy their lives when they got together. Now her perceived hurt was that the man should have been with her rather than with the woman he was. That was the perceived hurt. And the problem for many of us is we can perceive hurt even when there's none. That's the reality. We can actually feel hurt about events that there is actually no purposeful or any hurt whatsoever coming from. We can do that. [00:52:31.19]

Why would we do that? Well because there's been past hurt perhaps or oftentimes the opposite emotion. We've had what we want all of our life and now we don't get what we want but we now feel hurt. It can be both. It can be that we've been hurt or it could be that we've never been hurt and we want everything our way. And for the first time in our life we're not getting something our way so now we perceive there being a hurt of some kind. Now in either one of those places, if you do not allow yourselves to feel the emotion that created it, you will definitely act out the rage as a result. And when you do that, you can potentially do even worse hurt to another than what they have done or you have perceived that they've done to you. [00:53:24.19]

10.2. Denying the cause is a denial of our hurt

Participant: Why I asked that, is that in the wake state I've started to remember my sleep state and I'm discovering I'm doing a lot of things that are pretty awful as a result of my denied emotions. [00:53:50.15]

Yeah. Every time we take actions out of rage we are taking them because we are denying our hurt. We don't want to feel our hurt. We want other people to feel our hurt. And we don't care who the other person is often even; we're not very selective. In other words oftentimes the person we want to feel our hurt might be our husband when actually the person who created our hurt was our father. So what we finish up doing is hurting our husband when he didn't deserve the hurt but now he feels hurt, now he wants to be angry as well back with us because he has been hurt by you. [00:54:28.27]

But unfortunately a lot of times our hurt has been done by somebody else and a lot of times our hurt doesn't even exist. Can I put to you that a lot of times we interpret something as hurtful that isn't hurtful at all? We just interpret it as hurtful because we're no longer getting our way, which we feel is a hurt. To give you an example of that, I've seen many of you in the audience perceive a hurt from another person that wasn't there at all. Some examples; somebody has told you the truth and you've gotten hurt by it. And you hate them for a while and you just don't want to see them anymore and you feel really upset with them all the time. That's a perceived hurt that doesn't exist. Some of you treat your husbands or wives very badly. Still. [00:55:28.17]

And it's because of the hurt from a previous relationship or from your family or from your parents that you're unwilling to face. And you think that your husband is out to get you, or you think your wife is out to hurt you, and the reality is that she doesn't even know what you're talking about half the time. And the reason is because it came from somewhere else, the hurt came from somewhere else. And the problem is that when we do that, we then go into this state of justification of hurting other people. And we are adept at hurting other people because of justifying that rather than feeling our own pain.

10.2.1. Dealing with emotions in the wake and sleep states

The biggest single thing you can do for yourself in both your awake and sleep states is to be willing to feel your own hurt. [00:56:24.06]

That's the biggest single thing you can do to help your states improve markedly, is to be willing to feel your own hurt. To be real about your own hurt. [00:56:43.13]

Participant: Do you mean to feel my own hurt in the wake state will affect my sleep state or...? [00:56:52.01]

Of course it will. And also being willing to feel your own hurt in the sleep state will help you in your awake state too. [00:57:00.20]

Participant: That's what I don't know how to do. [00:57:02.26]

Well it's the same in both cases. It's exactly the same process in both states. You just need to cry. [00:57:19.10]

Participant: I'm just becoming aware of what I'm doing in my sleep state and I feel I can't control what I do in my sleep state.

You can't. The only way to control anything to deal with the cause and this is where a lot of people get very surprised when they go to sleep or when they pass. Because when they pass or go to sleep the facade is less a lot of the times because you can see the condition of yourself, and you give up all pretence of facade, and as a result of that the emotion is the only thing that drives you. So if the emotion is, "I hate my dad," that will drive you. It'll drive you and drive you and drive you until you exhaust that emotion. That's what will happen. [00:58:07.22]

Participant: So to get my sleep state so that I'm willing to feel the emotions, I need to deal with it in the wake state? [00:58:19.21]

And vice versa! You can deal with emotions at any time. Sleep or awake. You can deal with them at any time. You just need to make an internal choice to actually deal with the cause rather than always blaming somebody else or trying to deal with the effect. We need to make the choice to feel the cause. This is the power of your soul; while you choose to damage other people, while you choose to deny your own emotion, while you choose to justify it, while you choose to feel the injustice, while you choose to not forgive... and remember forgiving is not an intellectual action but rather feeling all the emotions associated with the hurt. While we choose to not do that, we are just going to perpetrate further acts of unkindness on other people, whether we're awake or we're asleep. And we need to give up this idea that we're capable of actually intellectually fixing that. [00:59:27.02]

Now the reality is we are capable of intellectually fixing it to a degree; that's what the natural love path is all about. But I don't know about you, but do you want to take 500 years doing this or not? I don't think that's a very wise choice when you could take a few years. Now for most of us, we're taking longer than a few years because we don't want to face the truth, we want to mop up our effects. We want to. We like that. We don't want to deal with the cause. Every single day God has made this beautiful Law of Attraction, and this beautiful Law of Cause and Effect to work hand in glove with each other to expose to us the actual causal emotion of grief that we need to experience. [01:00:15.29]

10.3. Coming to terms with working with, and not against, God's Laws

God's made this beautiful system to lead us to God. And yet what we're doing a lot of the times is we're going, "No, no, no, no. Don't like that system. God, you've got no idea how to create a system." That's what we're saying to God and we're saying that instead of this system we want to have another system. It's called the law of Alan John Miller, in my case. In Karen's case, it's the law of Karen and in Joy's case it's the law of Joy and so forth. And that's the one that we want to be right. [01:00:57.02]

And because we want that to be right, we are in total denial of the real causes, therefore unable to fully embrace the power of our own soul. And that's why many of us are frustrated. Many of you are frustrated, yes? When it comes to dealing with some of these emotions now. Frustrated! Really frustrated! You don't even know why you come along to these sessions anymore; frustrated! (Laughter) And the reason why we get so frustrated is because we're in denial of the effect or we want to rub out the effect and not face the truth that it has a cause. And so what we do is; we become more and more and more frustrated. And in that place now who can influence you? Absolutely anybody who wants to cause you to doubt something that's true. Absolutely anybody! [01:02:05.18]

A little person comes along and says to you, "Why do you go along to that AJ fellow?" And you go, "Yeah, why do I go along? Why do I even do that anymore?" is the feeling we have, "I am sick of hearing about emotions! Sick of it!" (Laughter) And so what we do is we get into this state where just a tiny little spirit who's barely able to keep his own body alive can say to us, "Don't go anymore." We go, "Yeah, I'm not going anymore. (Laughter) That's it." Then six months later, we're going, "Gee I feel like going again," because we come out of that state sometimes. Some don't by the way. I've known someone six years ago go into that state and I haven't seen them come out of it yet. [01:03:00.15]

Eventually they will have to come out of that state, because everybody has to in order to become either a completely loving person in the 6th sphere of the spirit world or at-one with God, which is the other option. Everybody has got to deal with all of that rage and all of the anger and all the upset that they have. All of it! Everyone has to sooner or later. God's made a perfect system. You can't, not get used to that. The problem is we go, "No, no, no, I don't want God's system. I don't want to have to do that today. That's not free will!" So what do you want? The free will to be anarchists or the free will to join in with the laws that are all loving that God's created? [01:03:47.05]

That's the free will you've actually been given; not the free will to be anarchists. That's what we want often at times; the free will to be anarchists. But the trouble with anarchy is that it affects everybody else's free will. It harms other people and God created a more perfect system than that. That's what God's done. So what we finish up doing is unfortunately when we get into this place where we're able to justify any action, we become so internally enraged and frustrated and annoyed with what God has created. And instead of yelling and screaming at God, who created it... like all I'm doing is telling you about it. It's pointless getting angry with me. You know if you get angry with me; I can't change it. If you want to change God's Laws you talk to God about that, not me. All I'm doing is telling you them, that's all.

But what we do is we have a tendency to focus on the person that's telling us, the messenger, rather than actually focusing on the person that created it, don't we? We do that with a lot of things. If we're angry with God about God's Laws then be angry with God about God's Laws. Feel it. Let yourself feel it and you'll get back to what that was caused by, if you let yourself feel it. Don't act upon it because if you act upon it all you're going to do is cause more. That's all you're going to do. When I say act upon it, don't get so enraged with God that you decide to blow up every church.

And there are people that have done that. Literally! They become so enraged with God they've decided to blow up every church. Why do you think there is all this violence in the world? Because people are so enraged that they're willing to do anything to harm another person rather than feel their own pain. If you trace everything back, if you're willing to feel the painful effect, rather than act upon the painful effect, you will eventually get to the cause of its creation. That's what will happen. [01:06:11.16]

10.4. When to act vs. when to feel: the example of dealing with mothers

Participant: Isn't there a point when you've felt the feeling of a painful event but then isn't there a point where it's time to act? So, if somebody does something and I can see it's either unloving, or it's a mistake that I've made in the past, and I want to fix them so I speak up about it. But I was coming from a place of fear. Like, "Oh no they're going to do it wrong," so I have to fix it. So I realised that that was a mistake and then I went almost to the other extreme of going, "Okay I'm just going to feel the painful feeling of how that feels to have someone say something like that." And then now I'm at this place where I've been dealing with a lot of feelings of oppression and having been controlled. And so I've been feeling a lot of that and now I'm getting this feeling like, okay, there's another part to it. I need to act and speak up and yet I'm afraid to because before I used to act and speak up out of fear. Do you know what I'm asking? [01:07:25.13]

Yeah, I do know what you're asking. Let's break it into two things. Firstly we'll deal with your fear later about acting. Let's look at this whole thing of cause and effect. If you feel the effect it'll take you back to the actual cause of it. So let's say the effect was that you had to go to the dentist and get a filling. And instead of taking the painkillers after you've gone to the dentist, you decide that you're going to feel the pain of it instead, and see where it takes you. See what direction it takes you. And in the end you get back to feeling the fear of your mother and how much you feel that she didn't love you and therefore you don't love yourself. Let's say it gets back to that emotion. So you allow yourself to feel your mother's fear and how every time she was afraid you never felt loved. And eventually you get down to this feeling that, "I'm not loved by a woman." It was on my left side that I had my filling and it's all related. [01:08:40.01]

Now my mother, due to the Law of Attraction, gets on the phone and rings me up. And she starts treating me unlovingly again. Now can you see that if I've actually felt the grief of my love of self in relationship to my mother and actually felt it a fair bit, I will actually treat my mother differently. I will automatically treat my mother differently. So when my mother starts being derogatory to me, saying, "Yeah, you've always been pretty useless in your life and you know you've never really amounted to much and you're still doing the same thing, aren't you? Yeah you're so stupid doing that." Like she always has been in her life, but before you hardly even noticed it maybe. Now you're noticing it, which is an indication that you've dealt with some of it, otherwise you wouldn't even notice it. [01:09:35.25]

So she's saying all those things and now you say to mum, "Mum, you need to stop. Just stop. If you keep pulling me down like this, I am not

going to stay on the phone. And every single time you phone me if you do this, I am not actually going to finish up responding to you at all. That's what I'm going to do." [01:09:57.05]

Participant: But I'm so afraid of saying that.

Now I'm suggesting to you, if you're afraid, you have fear of saying that, which is an effect, it's because there is still more grief to feel regarding that particular issue. So what I'm suggesting to you is once you actually deal with a lot of the cause, not necessarily all of it, but a lot of it, you will actually get into this place where you automatically act and you won't be afraid of doing it either. You'll do it because you know you have to and it's the right thing to do and that's it. You will no longer allow your fear to dominate the interaction. [01:10:42.14]

Participant: Well where I'm at right now is I can still feel the fear a lot but then I'm willing to say something but I'm also afraid that when I'm saying something while I'm still feeling the fear that I may not be coming from love? [01:10:58.07]

Well of course you aren't because you're afraid. You're never going to be coming from love while you're afraid. That's fine. You can't expect yourself to come from love while you're afraid. [01:11:06.05]

Participant: Yeah I think I do expect it.

Remember I said earlier, fear and love cannot co-exist at the same time. So if you're afraid, of course you're not going to be loving. However you can look at the causal emotional reason why you feel guilty with your mother. You can look at that. You can actually begin to examine the guilt feeling, which is another effect that has a relationship to a causal emotion inside of yourself. And all she's doing in that example is the Law of Attraction has brought you another event to demonstrate to you that you have another flavour or another part of this emotion that needs to be addressed. [01:11:49.10]



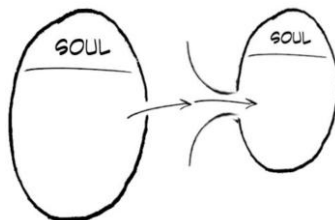
Emotions that need to be felt to reach the cause

So many of you do know what the truth is in a certain situation. Is that not the case? But many of you also do not act upon that truth in the situation because you're afraid. That tells you there's more work to do on the issue. That's all. That's all it tells you. And once you release the actual cause inside of yourself, as to why you respond to the guilt trips of your mother, for example, you will never again respond to the guilt trips of your mother and you won't have to try. You'll get on the phone, all relaxed, going, "It's my mum," instead of going into what most people do when they get a person who's caused them a lot of grief in their life on the phone; they get into this rigid feeling, where they go, "Okay, it's my mother. I've just got to control myself the whole time I'm on the phone. I've just got to be very, very careful of what I say. I'm going to be very, very loving with her." And of course you cannot be because you're afraid. [01:12:54.22]

But this is what we tell ourselves. Instead of doing that, what will happen once the emotion is completely out of you, you'll be there all nice and relaxed and on the phone with mum, "Oh mum, how are you, good to see you, good to hear from you again." And then mum starts bitching at you, and you go, "Mum, you're bitching at me again. What did I tell you about bitching at me? What did I tell you?" And she says, "I'm not bitching at you." "Yes you are, you're bitching at me. What did I tell you?" And she says, "You're just a bad boy now." "No, mum, no I'm sorry; you're just bitching at me again. What did I tell you? What did I tell you?" (Laughter)

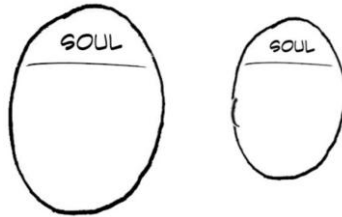
She goes all silent on the phone. "What did I tell you? I told you that I am not going to have conversations with you anymore where you're bitching at me. Didn't I tell you that?" And you'd be quite happy inside of yourself doing all of this. You'd be all relaxed. "Didn't I tell you that?" And eventually she'll go, "Yeah." "So you know what I'm going to do now, mum?" "No?" "I'm hanging up the phone on you." [01:14:10.25]

And what I did with my mum is I just said, "Ring back in a month and see if you've changed." (Laughter) And now my mum treats me with some respect because she knows she can't get away with unloving treatment anymore and she doesn't know because of how I treated her or what I've told her; she knows because her soul can feel my soul.



Holes in our souls enable others to feel they can treat us badly

And she can feel that this hole that I had here, which said, "Treat me badly if you're a woman" is now getting patched up. Now it's only a tiny little dribble, and eventually it's not going to be there at all. Like that. (AJ draws a clean circle on the white board.) [01:15:10.17]



When we heal our souls others no longer feel they can treat us badly

And when it's like that, there's not going to be a single woman who actually believes that she can get away with anything with me. In that place many of them won't even try because they know they're not going to get it because soul to soul you can feel the hole inside of somebody's soul which is actually unhealed. The reality is you can feel that. And as soon as the other person doesn't feel that from you anymore they will not do it, they can't. [01:15:43.04]

So my mother gets on the phone now, and you know what our last conversation was? She says, "You know this Law of Attraction thing you've been talking about, what about this and what about that and what about this?" And then we started talking about the media and, "Yeah, they're all full of crap, aren't they?" She was saying, "They tell lies all the time and one of my friends came up to me..." because one of her friends that knows me since I was born, "... and told me, 'Yeah, like, Johnnie,'" they called me Johnnie, "He's not like that at all, is he? You know, why is he saying he's Jesus?" And she asked me about that and I didn't know what to tell her. Can you tell...?" You know, and so we have a conversation, which is actually a respectful conversation. [01:16:25.24]

Not because of anything that I've done or said, but because of the emotion being less within me that allows the treatment that it used to allow before. So of course you will act differently because acting differently will be automatic. That's what I'm getting at. Once you release a causal emotion inside of you, it's impossible for you to keep doing the same thing you used to do. So many of you would even feel terrible about saying, "I'm going to hang up on you, mum," to your mums, wouldn't you? Many of you would feel terrible about that. And yet many of you need to hang up on your mums quite regularly for a while until she stops treating you badly. [01:17:13.22]

And the reason why you don't is because there's an emotion of guilt that is yet to be released that she placed there probably that you've yet to release. And yet every time you get on the phone you get off the phone and go, "Gee that just made me so angry. I'm so upset with my mum. I just wish she'd never ring at all." And so you know what you do then? You don't even ring her anymore. And she rings you up two weeks later, "You don't ring me anymore." "No." "Okay," and off she goes again. And you don't tell her because you feel guilty because you don't want to address the cause of the guilt. You don't want to address why you allow somebody to treat you badly and you don't want to feel that even they treat you badly and many times we get angry when they treat us badly but we still don't want to feel the grief associated with somebody treating us badly.

10.4.1. Feeling the cause gives us power over our lives

And we're prepared to feel the grief, when we feel the cause, now all of the effects disappear. Trust me; your life becomes really simple, hey? Simple as! You go through life going, "Wow this is awesome. Like I know that I can change anything that's negative in my life. Anything! Anything that is negative in my life I can change as long as I'm willing to feel the cause." What kind of power does that give you? That's power to change your entire life! Not by any intellectual action, but actually to actually physically change your life through your soul's condition. [01:19:06.02]

Participant: I thought the emotion of guilt was a self deception emotion. Is there a difference between living in it and feeling it? [01:19:15.16]

Well what I'm saying is the guilt is the effect.



I'm not saying guilt is the causal emotion. So the effect is with my mum, I feel a feeling of guilt. I can't hang up the phone on her, no matter how she treats me. She tells me, "I'm your mother. I'm allowed to treat you however I want. I brought you into the world." And as a result of that, hearing that all my life and feeling that all my life from her, as soon I feel my mum on the phone, I just go into this fear place. I can't do anything wrong. I can't do anything bad. I can't hang up on her. She's treating me terribly but I can't even tell her that. And guilt is driving me and guilt is fear in the end. It's an effect and there's a cause in there. The cause is this

terrible grief I feel about myself in relation to my mother. I just feel like I'm no good, I'm never wanted, I'm not loved, and all of these feelings come up. [01:20:16.05]

And instead of letting myself feel all of those feelings, I have a layer of fear over the top of them that cause me to feel guilt every time she calls. I actually feel rage with her but I don't want to feel rage because that's bad too. So these are the causal emotions, even childhood rage. Many of you have childhood anger with your mothers because by the time you were just born, what do most mothers do? You're hungry, your mother goes; "No, every 3 hours you have to be hungry." How many of you have done that with your own children? "Every three hours you have to be hungry. And anytime before that, you're just going to be left to cry. That's it. Because I've got to get control of you! You can't dictate to me my life. I've got to get control of you." Of course, mum's feeling a lot of uncontrolled things to actually do that so of course you're going to cry more and she's going to feel more uncontrolled but that's immaterial to mum because she's not interested in dealing with her cause. [01:21:25.16]

So what she does is tries to control you. So what she does is she feeds you on the dot every 3 hours or every 4 hours or whatever it is that she's decided is the regime. And the rest of the time you feel unloved, unwanted, uncared for and you cry about it. It makes no difference. Nobody is listening. Nobody is listening. And so you've learned that whatever mum says is what happens. You've learned that, and so by the time you get to be 30 you're still learned, you still feel that. 50, you still feel that. Mum's on her deathbed and you're still feeling that. And then she passes into the spirit world, like Michael's mother has, and you still feel that. Isn't that the case, Michael? Yeah, exactly! [01:22:12.03]

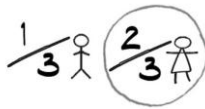
10.5. Nothing can change until we feel the causal emotion

You still feel the same thing going on because until you feel the causal emotion inside of yourself nothing can change. Nothing can change. And that is the problem that we face with all of our life is that all of these emotions that we have, have their causes and nothing can change until we understand and fully conceive in our own hearts and minds that until I address the cause, there is nothing effective that I can do. Nothing! But if I address the cause, I have complete control now in reality. But some of the emotions feel like they're out of control. And so we don't want to feel that. Some of them feel like we're going to lose our mind. And we don't want to feel that. Some of them feel like we're crazy, and we don't want to feel that. [01:23:10.02]

And so what we do is we want to deal with the effects without healing the cause. And the Law of Cause and Effect is telling us, "Sorry, not possible. It's not possible to do this." What we're trying to do; not possible. We have to address a cause before something can change. And so what I do myself is I look very, very carefully at the events that the Law of Attraction have brought to me. And I go, "Okay, this is very interesting."

10.5.1. The example of AJ holding a workshop

Remember I told you some time ago, I think it was probably 3 or 4 years ago, I told you the story where I set up an event, which was a workshop and there were eventually about 100 people booked into a series of 5 workshops. And some of you might have come to some of those workshops. About 4 years ago or so! And something that happened then was I had about third men and two thirds women in each of the workshops.



So all of a sudden that tells me something, so I had far more women than men and every single woman was upset with my assignment of the date of the workshop. And I was providing the workshops for free. Can you imagine that? You're providing a workshop for free and somebody's assigned the date and they're upset with you and angry with you for it being that date. And they're getting the whole thing for free anyway.

Now that's a lot of unjust emotions, isn't it? And I had 48 emails from angry women in one week. And I'm sitting there going, "Wow, I have got huge problems with women." Because my Law of Attraction is telling me that there must be a cause inside of me. What would cause 48 women who are getting a free thing to be angry with me? Without even thinking, "I'm getting a free thing. Can I even be angry with a person when he's giving it for free?" And this is what I had to consider. Now my first response was just sitting there going, "This is so unjust." I'm feeling it's pretty unjust.

Would you feel it's unjust? If you were giving something for free and you get 40 or 50 people angry with you for doing it not at the time they wanted it. You'd feel it's pretty unjust, wouldn't you? Most of us would just say, "Well don't bother coming along then." You know what I did? I changed the dates for them. I started changing the dates, changing the dates, and I get half way through changing the dates and I go, "What in the hell am I doing?" (Laughter) That's just changing the effect. So I stopped.

Okay. I've got all these angry women. If it were where I am right now, I would have written one message. I would have put them in a group called angry women and written one message. "Dear Angry Woman. (Laughter) You do not have to come. Love AJ." That's it. But back then I was always pandering, even when I realised I was pandering I still pandered. Even though it was a bit less, and so what I did was write to every one of them, talking to them about their anger. Why do that? They're angry. Now some of them responded but of course many of them stayed angry the entire course that they came to, which was for free. [01:27:46.24]

And of course they would because I didn't state the truth. If I stated, "Dear Angry Woman, you do not have to come. Love AJ," and that was it, and I upset 44 of the 48 and 44 of them didn't come I would have been left with 4 potentially angry women who at least realised something and that is they cannot demand something for free and then get angry about it. And you see a lot of the time what we're trying to do is we're trying to make things better but we actually make things worse for ourselves. I see this happening all the time. Just because we're afraid of the truth and we don't want to deal with the cause we start addressing issues by the effect and in the process we make more trouble for ourselves. [01:28:41.20]

10.5.2. The example of Mary replying to emails

And this is something Mary was doing quite frequently about a year ago. She'd get an email from somebody, let's say it was a person who was potentially rageful with her and there were quite a lot of men who were potentially rageful with her, who would email her. And Mary would say all these nice things back. And then she'd send the email to me to have a look at it, and I said, "Why are you sending it to me to have a look at it? Is it what you want to say?" "Yep" "Send it then." So she'd send it. Two days later the guy would email back even more stuff but even worse emotions coming from him. [01:29:26.28]

And she'd be saying, "Why do I always get people treating me worse when I treat them better?" And I said, "Because you're not addressing the original issue of truth. He was sexually projecting at you in the original email and now he's doing it more because you let him do it more because of what you said back to him. Because you didn't want to deal with the emotion! If you don't want to deal with the emotion, that's what happens." And so she says a bit more truth. Now he sends back a rageful letter. "Why do I attract all these angry men all the time?" And it's the same thing, because right at the beginning, what you could have done is just address the emotion and you could have skipped over three or four different emails, all that wasted time, and then eventually you would have

got the anger back and you would have gone, "Wow, I'm really afraid of angry men." And go into the emotion. [01:30:19.11]

10.6. The importance of facing God's Truth

But because we pander and we twist, and what we do with this truth is we're not happy with God's Truth, very rarely are we happy with God's Truth, because we feel God's Truth needs to be embellished. It needs to be made nicer, more palatable to the listener. That's what we feel. We believe this with our whole heart, most of the time.

10.6.1. Dealing with angry mothers continued

So the truth that you feel even is that, "Yeah, mum's pretty nasty. You're just a nasty person, mum, to me most of the time." That's what you really feel. Mum gets on the phone, "Oh hello, mum, how are you doing?" Big facade! "How are you doing?" And mum goes into her stuff, all of the guilt trip and whatever else and then she starts getting angry and nasty with you again, like condescending or whatever. "No worries, mum, no worries." You get off the phone. "Fucking bitch!" (Laughter)

How many times has that happened in your life? Honestly? For many of you it might not have happened with your mum but it might have happened with your dad or a friend or an acquaintance or a guy who's selling Telstra to you on the phone, and you do feel those kinds of emotions. And yet we don't want to face the truth. If I had said the truth right at the beginning when I picked up the phone; "Mum, you treat me terribly and I'm not putting up with it anymore. When you're ready to treat me nice, give me a call." That actually now avoided the next hour and a half of being attacked by her and she has the option now of working out, "Why does she think I treat her badly for?" Because let's face it, she obviously doesn't know otherwise she'd stop. [01:32:17.18]

And she would have the option of being able to determine that as to what's going on. And she might actually get on the phone and, "You know how you said I treat you badly, how do I treat you badly?" Now she's given you an option to talk about it that you wouldn't have created if you hadn't spoke the truth before. Or she might get on the phone and say, "You're a bitch, you know, you think I've treated you badly. You should see how other people get treated. You know that's what..." And you go, "Yeah, mum, what you've just done is exactly what I'm talking about. See you later." [01:32:56.01]

It will become very clear as to who is your friend and who is not and a lot of people who claim to be your friends are not your friends. And some of the people who your parents have told you are your enemies; they're not your enemies either. Because once we start dealing with the truth and we understand the law, we can start dealing with things as they really are rather than as we want them to be or imagine them to be. And when we do that, we have the power in our lives to change everything that happens in our life. Everything that goes on in our life can change. [01:33:41.06]

So what I would like to recommend to all of you who are present and all the people who are listening to this on the net or whatever is that we start to look at where in our lives we are attempting to deal with effects rather than actually look at the cause. And even if you're still tempted to deal with the effect, at least acknowledge there is a cause, maybe a cause you don't even know, but there is at least a cause that created it. At least acknowledge it. But you could go a lot further if you allow yourself to get to feeling it. [01:34:29.12]

Participant: AJ, what if your mother has never ever called you and when you call her, she actually says that to you, that you treat me badly and then, for example, I might say, "Well what have I done?" And then she'll go, "Bla bla bla," and tell me everything that I've done and I receive that and I feel into it and go, "Yep," this is like 10 years ago, and I go, "Yep. No worries, that's alright." [01:35:03.20]

Did you do it?

Participant: Yeah. I felt into ways of where I've not... [01:35:08.02]

Do you feel repentant for doing it? [01:35:10.19]

Participant: Yes I have felt that.

I'd suggest not.

Participant: Okay.

Because if you truly repentant for doing it the person doesn't keep repeating the same thing to you generally. [01:35:18.27]

Participant: Oh no, no, it doesn't happen anymore. Now it doesn't happen anymore. [01:35:22.13]

She doesn't call you at all now. [01:35:23.29]

Participant: That's right.

She's angry with you, yes? [01:35:28.26]

Participant: Yes.

Okay. Well if we're the mother, in other words if somebody else is calling us and saying, you know, "You've treated us badly," or whatever. Or we've called them and they say, "You treat me badly," then my first thing to do would be to look at whether that's truly the case. Whether there has been a time when I have treated them badly and then I would go to try to find the underlying causal emotional reason inside of myself why I did it. So if my boys rang up and... I've had these discussions with Tristan, my son, for example, where Tristan says, "Well, you know, at that particular time, dad, you did treat me badly." And I go, "Yeah, certainly. Definitely, treated you badly" Now that's not good enough. I need to look at the reason why I did. And a lot of the reasons why I treated my sons badly had everything to do with trying to get the approval of my wife. [01:36:24.09]

And so I had to work my way through how much I'm willing to sacrifice for a woman, including sacrifice my own son's welfare for a woman. And I had to go through and look at that emotionally. I had to look at what was my investment in that. So what I'm suggesting to you is to look at what's being said to you and see it as a Law of Attraction exposing something within you. However your mum loves guilt trips, yes? She's an expert at them, is she not? [01:36:56.10]

Participant: Yes. Definitely!

This is one reason why you were rebellious when you were a teenager, yes?

Participant: Definitely.

Which is the reason why you caused her a lot of grief in your teenage life, is it not? [01:37:06.21]

Participant: Most definitely.

I haven't heard anything about your life; I'm just feeling what you're feeling. What happened for yourself is that your mum oppressed you with this same kind of treatment for a lot of your childhood. You then in your teenage years went into rebellion and then purposefully caused her a lot of grief to punish her for her treatment of you. Is that not true?

Participant: Yes.

Yep. And in some ways you still attempt to punish women for their treatment of you, even now. You still have that same pattern. So the key is

to allow yourself to look at firstly, "Yes, I have this emotion where I want to punish a woman for any perceived injury that I feel they have caused towards me," even if it's just a perceived injury, let alone an actual one. And that comes from the fact that your mum did cause actual injuries in your soul and you felt this huge desire to rebel and punish her for those particular injuries during your teenage years. And of course on the receiving end of that, a person doesn't feel very good. So mum wouldn't have felt very good during those particular years of your life.

However mum's not owning the fact that she created it all, is she? No. And as a result of that, there are emotions that I would then go into of, "Why am I still attached to wanting my mother to love me even though she has proven to me over and over and over and over again that she doesn't love me and that she feels that I have caused her harm?" And there's an emotional reason why you want that from her and you're not willing to give it up. You're not willing to grieve properly how she's treated you. [01:39:12.06]

Participant: Yep.

So now that I say it, you can feel it a bit, allow yourself to grieve how she's treated you. She's treated you very badly. This is why you rebelled when you were a teenager. She treated you like you were worth nothing and she's narcissistic and treated you like you were worth nothing only for her pleasure and enjoyment. And as a result of that, you then went into rebellion and the key is you're still seeking this love that you feel is missing from her. So when you ring her you're actually projecting at her, "Please love me mum this time. This time, love me. This time, love me." And of course she doesn't love you and she never has. And so she just gets on the phone, and says, "You're angry at me and I'm upset with you. You've caused me all this trouble..." and she proves again that she does not love you and she proves again that she does not understand that whole time you rebelled it was all because of how she treated you. And let's face it, Renee, she's proven this over and over and over and over again to you and you still do not want to grieve that your mother does not love you. [01:40:37.01]

When you actually cry and grieve that she doesn't love you, which is the cause of these events, you will actually no longer feel like you need her love anymore. And once you get to that point you won't feel like blaming or rebelling or any of the other things towards other women either. You'll actually have a good sense of yourself rather than a rebellious sense of yourself, which you currently have. But can you see that because when we don't want to deal with the cause, we go into all this effect stuff, and part of the effect stuff is trying to get something from another person.

Like one of the things we're adept at doing is we badly want to be loved, we badly want love. [01:41:32.04]

And it's amazing the lengths we'll go to and compromising truth in order to get the feeling that we feel is love. But I suggest to you that every single time we compromise the truth, it is going to be impossible for us to be loved. Or feel loved. So my suggestion there is that you're avoiding the cause. The effect is mum attacking you. The cause is the events when you were a teenager but the real cause of the events when you're a teenager is how your mum treated you when you were little. And how you felt as a result of that treatment!

11. Feeling all of our feelings takes us to the cause

Participant: I was wondering about how you mentioned the child being fed every three hours, and feeling like they're crying and then they want to give up. How do you get to those giving up feelings to know your grief is actually going to help you? [01:42:48.15]

The only way to get through any feeling is to feel it completely. And this is something I keep repeating over and over and over again, but many still do not understand what that means. Feeling something completely means that you have to actually feel the emotion that's present in that moment. So if the emotion is, "I'm angry with God," be angry with God. Be angry with God, direct all this anger and rage that you have and feel at God. If the emotion is you're angry with me, then be angry with me. You don't have to come and do it to me, because I'll just say, "Go away, Chris," you need to do it in the privacy of your own house. So be angry with AJ if you feel you're angry with AJ and see where it takes you. But underneath a lot of this stuff is deeper emotions of course and the key is if you feel the emotion that's right there, the layer that's right there, and you have a willingness to get below that you will go very rapidly below it. So I find if I'm ever angry with somebody within 15 seconds I'm into some grief generally about what that anger is about. [01:44:02.19]

Participant: Yeah, I've got the problem where I go into the anger and then it's just this big kind of blanket of, "It's useless," kind of comes over me. [01:44:09.10]

So feel it's useless. Just feel it's useless. And actually voice it. "This is just useless. I don't know why I'm bothering. I can't get anywhere." And feel that feeling. Just allow yourself to feel that feeling completely. Every feeling that you allow yourself to feel completely will release from you. And you'll know it's released because you don't feel it anymore afterwards. Now many of you have yet to have what I'd call the major emotional

breakthrough, which is understanding the peace that comes after something's completely dealt with, or dealt with significantly. Because when you deal with an emotion significantly, one of the causal emotions, there's this beautiful feeling of peace afterwards that stays with you often for many days. [01:44:59.27]

And while you may have to revisit some of the emotions again because you haven't dealt with all of it, that feeling is present. If the feeling isn't present, then it's because there are blockages to feeling those particular emotions. So for many of us, there are blockages to grief, and we don't want to feel through the blockage. So if one blockage to grief is fear, I'm going to have to feel the fear; to actually feel it. So that means shaking and trembling and feeling terrible, actually feeling the fear and once I start really feeling the fear, I'll actually probably be crying while I'm feeling the fear. It'll feel quite traumatic and shocking, feeling fear. But when you've gone through that, you'll easily get to the grief. We have to feel through every causal emotion. And a lot of our layers on top are emotions that were there from our childhood that we also have to address. [01:46:03.06]

If we just focus on the effect, which is, "I'm angry about how my mother treated me," then I'm not going to get very far. I need to feel my anger but I need to be prepared and willing at the soul level to go deeper. And there's a change that happens in your soul when you're fully desirous of feeling every feeling. And what happens is there's this willingness inside of you just to go there, no matter what "there" is. If "there" is feeling that you're crazy, you're willing to go there. If "there" is a feeling that everything's unjust and I hurt terribly because of the injustice, you're willing to go there. [01:46:48.18]

And one of the best things we can deal with is our unwillingness. If we can deal with our unwillingness, everything else gets a lot smoother. And our unwillingness is usually a causal emotion because we are afraid of humiliation, we're afraid of being punished, we're afraid of being hurt more if we cry. How many of you have remembered your mother or father saying to you, "If you cry anymore I will belt you again"? How many of you remember that? More than half the audience. That is going to block quite a lot of grief, this fear of being punished again for just even crying. Now God doesn't feel that way with us but our parents often do. And it's those blockages that are causal blockages within us. [01:47:47.07]

When I say they're causal, they're actually layers over the top of some causal grief that is still within our soul that creates further events. And we need to allow ourselves just to feel them. Every time we feel them they will release. If we don't feel them, they will not release. I know it sounds simple

but as you know, it's quite hard getting to the emotion that is able to be released at times. And I feel that too; the difficulties of getting to certain emotions. [01:48:26.21]

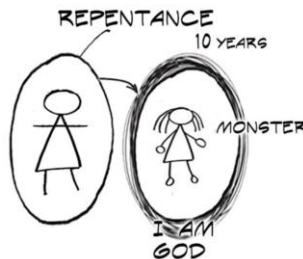
11.1. The example of dealing with a difficult daughter

Participant: Our eldest daughter, Lucy, has always been what we would term our "wild child" but now I've been doing this emotional work I'm owning as much as I can, or am willing to, of everything that she is in her life. So when she triggers me I will really feel into the emotion, rather than telling her off or saying, "That's really disrespectful," or whatever. And I'm really feeling there have been changes in the last week or so with my doing that and now I've gone to a real deep level of huge repentance for what I've done to her. [01:49:20.18]

Can I explain to people what's happened for yourself, just to give some clarity to it? What happened is you have a daughter, your eldest daughter, and what mum has done through the eldest daughter's first 10 years of her life is basically everything she wanted. Is that not true? [01:49:42.00]

Participant: Yes.

Everything the daughter demanded was given to her. If daughter wanted to come and sleep in the bed with mum and dad, then she slept in the bed with mum and dad. If daughter wanted to get something to eat then mum sorted out something to eat for her. If daughter wanted to go shopping... I'm just giving some illustrations; mum did those things for her. And so in the end the 10 year old came to learn that "I am God to mum." That's what she learnt. In other words, "I am the boss of this family. I'm the one with total control." And what we've got to do as parents first, if we've created that kind of a child, is we have to first grieve or go through the process like you say of repentance for the fact that we created that. [01:50:41.05]



Giving a child everything that they want turns them into a monster, believing that they are God of the family

Now it's an emotion within us that did that. It's an emotion of pandering to our children, trying to give them what we never had, and a lot of other similar types of emotions cause us to continually give and give and give and give, not looking at what we're creating. Because what we're creating is this: a monster. That's what we're creating. And what we need to do as parents instead of trying to correct the monster, is we firstly need to correct the reason why we created the monster, which is all to do with what we define as being a good mum. So for example, a good mum always does the best for her children, a good mum does this; a good mum always gives the child whatever she wants. And there's guilt driving that. There are all sorts of emotion driving that and what we need to do if we get into repentance we'll start to actually see the emotions that created this. Now as we do that, actually there will be an immediate effect on the child, which is what you're finding this week. [01:51:50.02]

Participant: Yes.

There's an immediate effect on the child. However because the child is now how old...? [01:51:56.04]

Participant: Fifteen.

Fifteen! She will also have some of her own work to do and there is a demand coming from her now that she is treated like she is the ruler of the household; and that is something that you'll have to confront as the effect of your own creation. And as you do that, she'll go through a tantrum here and a tantrum there, and eventually she'll work through the grief of not getting her own way anymore and she'll actually feel happier too actually as a result. Because she will start having self responsibility! She'll start treating other people with more love. She won't try to boss other people around all the time, treat her sister badly and so forth. And that will happen automatically because she is now dealing with that emotion. She's now getting rid of the thought that she is the ruler and realising that actually for love to happen everyone needs to have some equality. She needs to be equal. [01:53:00.10]

Participant: It's also made me sort of kind of stronger that I can say no.

Yes.

Participant: There was a huge injury in me that I couldn't say no and that comes from my mother who just gave everything because she couldn't love us so she gave us everything physically. She was a typical mother; feed you, nurture you, cook for you, do everything for you. That was love. But I didn't know I was doing that of course.

Exactly! You do now though.

Participant: Yes I do now.

So by the time your daughter was 10, you were feeling the painful effect of the creation and the key is to not go into blame of the child, which a lot of parents do. So that's what Renee's mum's done, she's gone into blame of the child, which is actually not dealing with the cause for mum at all because she was the cause of the rebellion. Instead deal with the underlying cause within yourself as to why you created the child in that manner. Why you assisted her to develop in that manner. And when you do all that you'll find there's an immediate release in the child without the child having to do much. Until they get to a point where now the child has only a group of emotions that were their own creations, based on their choices rather than what the parent assisted them to do. [01:54:23.06]

And she will have those emotions to deal with. She will have emotions to deal with about her own choices that were unloving as a result of what was created. But by you repenting for what's gone on, you automatically assist the clearing of both yourself emotionally and the flow of God's Love into you emotionally but you'll also assist her to have some connection as well. [01:54:50.18]

Participant: Thank you.

It's a very powerful effect actually. Most people do not realise.

12. Painful events always have an unloving cause

Now one thing I'd like to just talk about just briefly is that there is a relationship between this law, the Law of Cause and Effect, and every other Law of Divine Love. And that is that with love; there is always something that's unloving that's the cause of painful events. So whenever the effect is a painful effect, there is always an unloving cause. So when we notice a painful effect we know that the Law of Love has also been broken. [01:55:46.03]

And in particular the Law of Divine Love has been broken. Remember I'd forgotten a lot of the Laws of Divine Love for some time in my life (in this incarnation) but having this realisation helped me to remember a lot of them by realising that every single time there's an unloving effect, there was something unloving inside of me that was the cause.

12.1. Love never creates pain: the example of a previous relationship of AJ's

Now if I can give you an example. I think I've mentioned a few times how I had a relationship with a woman who I only saw once a month for one day. And that was over a period of like a couple of years. I only saw her once a month for one day. Every time she left I just cried and cried and cried for a couple of days because I wanted to be with her more, but she didn't want to be with me. Interesting! But we'll keep that aside for a minute.

So I wanted to be with her, she didn't want to be with me. And every time she left to go back to her home, which was 900 kilometres away from mine, I would just cry and cry for quite a few days. And then after a while, after crying for quite a few days one time, I went, "Wow. I'm in pain," as if I didn't know that earlier! (Laughter) And for the first time I realised that actually, "I'm in pain because I'm keeping on choosing exactly the same course of action." And then I thought about the course of action. I thought I was almost addicted to this idea that I would long for her and miss her terribly for the entire month and that was going to be the rest of my life.

And then I realised that actually if I loved her, I would not be in pain. Even, if she only wanted to see me once a month. I wouldn't actually be in pain if I actually loved her because love can only cause loving effects. So if I had actually loved her, and if I knew what love was of course at the time, I would not have felt any pain with her leaving. The opposite of what I was thinking before. Because every time she left I felt pain. Every time! Every time! She left: pain. Leaves again: pain. Leaves again: pain. Then for the next few days up to the time she was coming: excitement. "Yeah, she's back again." And then: pain. And often the day wasn't very good because obviously she didn't even really want to be with me anyway. So I'd feel the pain of that sometimes as well in the day. [01:59:12.23]

Then I realised that I'm feeling all this pain and I'm justifying it by saying that it's because I love her. And then it dawned on me, "I must not love her. I must have something else going on other than love." And when I looked at what else was going on, there was just a need to be treated badly by a woman thinking that that was love. There was a need or a desire to be wanted by somebody who never was going to want me. It was very, very dysfunctional. But I did come to terms with this one thing and that is, if the effect is painful then the cause isn't loving. [02:00:19.08]

Love is not the cause of pain. Love is never the cause of pain in fact. So I can't say that I love the person and that's why I'm crying. When the person I love dies, I can't say that the reason why I'm crying is because the person

I loved died. It's not the reason why I'm crying. There's a different reason. And it's got nothing to do with loving the person. And once you realise that a painful effect can only have an unloving cause, you will be far more self aware of what's going on inside of yourself. You will want to be actually far more self aware. And once I realised the link between the cause and effect and the unloving cause causing a painful effect, and a loving cause causing a joyful effect; both applies. Once I realised this relationship I realised that I actually had the power within myself to change the amount of joy I have happening in my life. [02:01:38.23]

12.2. Using the principle of unloving causes creating painful events to change our lives

So even if God wasn't in my life, I would have the ability to become more happy and joyful just by understanding the relationship of the law. Even if God was not in my life and I wasn't receiving God's Love, I'd have the ability to progress and become happier. And that's the beauty of the law is that every single day it demonstrates to us this truth that love always has positive joyful consequences. And a lack of love or fear always has unhappy painful consequences. So, how many of you feel unhappy that you do not have a relationship? That you don't have somebody in your life, your soulmate or whoever, whom you love? How many of you feel that? Okay. If you feel unhappy about it it's because there's an unloving feeling coming from you towards your soulmate. [02:02:45.29]

Not the other way around. See a lot of you are going the other way around. You're going, "Yeah my soulmate hasn't worked this out yet." And, "My soulmate hasn't worked out that yet. And even if I know who my soulmate is, well you know that's because they don't want to do this and they don't want to do that." It's not true. It's not true because of this grief inside of you about not being with your soulmate and you haven't actually healed the causal emotion related to love that's involved. Because once you love your soulmate you'll be completely okay with not being with them. And the irony is there's a high likelihood in that place that they want to be with you. Because they're no longer feeling the projection, projection, projection, fear-based and unloving-based projections coming from you that create the separation. And if at least one part of the soul has no unloving projections coming from them, the other part of the soul is bound to be attracted. Can't be helped but to be attracted! So understanding the law can change your life in a lot of areas.

How many of you feel dissatisfied with your financial position in your life? In other words you can't create what you want to create because you don't have enough money? So what do you feel that's about? Well that's

because, "I didn't have an inheritance from my mother and father and because nobody will give me any money for some reason." And what is it about? What is it about really? It's about an unloving cause within yourself related to this aspect of finance or money inside of ourselves. And all we've got to do is find it. [02:04:39.08]

And the Law of Attraction's probably bringing it to us every day because remember we have a cause that creates an event like clockwork, this happens like clockwork. This is like tick, tick, tick, another event, tick, tick, tick, another event, tick, tick. Honestly, in the course of an hour we have event after event after event and within the course of a day hundreds of events are showing us. And if we want to know them we'll see the painful effect. Now how many of you do feel the painful effect of not being able to create what you want to create? Well you're liars. No, I'm serious. If you felt the painful effect you would have found the cause. [02:05:29.09]

So you're not letting yourself feel the painful effect, you're trying to work your way around it all the time. Because if you really felt the painful effect you would be in the cause and the next day, two days later, five days later everything will change. That's what would really happen, if we were really feeling the painful effect. But you know what we do with the painful effect? We go, "Oh, I don't want to feel that. I don't want to feel that. Don't want to feel that, it feels terrible. I don't really want to feel that." And remember the painful effect isn't often what we think.

12.2.1. The example of money

You see with the aspect of money, for example, we're often going, "Yeah I don't have any money," and we have a big cry because I can't create what I want. Now is that the causal emotion? Did the child at 2 years of age understand money? Five years of age, did they understand money? Probably not! Probably 7, they might start to understand money maybe, 8, 9, maybe 10 you're starting to really get money, 12, and 13 now you probably understand money. Where do most of our causal emotions come from? Before we're the age of 7! Before we even understood money so how can we cry about the lack of money and expect our money situation to change? It doesn't make any logical sense. If our causal emotion is before the age of 7 for most of us, then whatever happened had to be related to what happened before we were 7 years of age with regard to money. Isn't that logical? [02:07:02.12]

And if we're not getting to that emotion, we're not dealing with the cause. And if we don't deal with the cause we're not going to change the event, which is: we don't have any money. Does that make sense or does that make dollars... (Laughter)... that was bad wasn't it. You see a lot of time

what we're doing is we are actually crying about the effect. You see what we're doing is the events happened, we put \$1000 in our bank, and we have a car accident: \$1500. Out goes the \$1000 and another \$500. We're now in debt. That's the event; the painful cause. Now we're feeling stressed, we're feeling anxious, we're feeling part of this is a part of the cause. The stress and anxiety that we feel about money or the lack of it, that's part of the cause. [02:08:03.10]

But we don't feel that. You know what we do? We go out and get another job. And we earn some money and now we feel safe. Now we've just dealt with the effect. Even if we have a cry about the pain of not having the money, we're still feeling the effect. Because we're not feeling the cause and we need to discover the cause. Your guides are just hanging out with you to help you discover the cause. You know, any mediums in the room, trust me, any person who comes along to you, their guides are going, "Tell them the cause. Tell them the cause. Tell them the cause." You know, "Not the effect. Not to deal with the effects." The guides are focused on this, if they're on the Divine Love Path, your guides, they are focused on this.

So with money, we're obviously feeling the effect of a lack of money but we're not allowing ourselves, we're trying to feel the effect, but we're not fully feeling it because if we fully felt it and we really got into it, we would actually connect with the cause. And the cause won't be about money because it's highly unlikely it's about money because most emotional issues get created before we're 7 years old and we didn't understand money, most of us, by then. So it can't be about money, it's got to be about emotions from our parents. So how did our parents feel about money? [02:09:42.10]

Participant: So what happens if there's two children and with the money situation. One child carries on about how they don't have any, and yet the other one who doesn't seem to have dealt with their emotions fights their way to actually creating their own money? [02:10:12.14]

It's just there's a pendulum of the same problem. Here's balance. One child responds this direction because of their personality; the personality determines how we respond to a causal event. And one child says, "I've got no money, I'm never going to have any money," the child will go out and create lots of money but they still have the injury. [02:10:39.24]

Participant: So say one child doesn't have money finally works out their cause and becomes not necessarily abundant but doesn't have that problem. [02:10:51.28]

I suggest to you that if they're not abundant, they have not found the cause. [02:10:55.12]

Participant: What I was going to say was that, so the effect would be, say there's a financial crisis again the one with all the money loses it but the one who is abundant doesn't, the crisis doesn't affect them at all.

Well a person who's abundant won't feel they have any lack at any point in time and therefore will be doing exactly what they desire at all points in time and I suggest to you that if they feel they don't have abundance or they still feel they're not necessarily abundant they still haven't dealt with the underlying emotion. I've found from experience emotions with money are quite severe and mostly to do with a lot of emotional trauma with the relationship between our parents. You see every single time our parents had an argument we felt no love whatsoever. Every single time! Now what are the causes of a lot of arguments in a relationship? Money's one, any others? Sex! What else? Mother-in-laws! So sex or unfaithfulness in sex or those kinds of things cause a lot of arguments. Money causes a lot of arguments and there's a third major cause of a lot of arguments in a relationship. [02:12:19.28]

Injustice is a third major cause. So in other words, one or both parents feel that the other parent is doing something unjust to them or unjust to the family. That's a major cause of arguments. Now if you look at those three major causes of arguments, every time your parents argued about one of those things, all the children in the family felt unloved. All of them! Because every time there's anger in a person, they are not loving. Simple as that! So the children can be upstairs, asleep, and downstairs the parents are having an argument the children can't even hear and yet the children are still going to feel unloved from the event because they're in the sleep state, feeling the feelings from the parents anyway. So they're still going to feel the feelings.

So what's happening really is that every single time my parents argued I am going to have an emotional attachment about the reason for their argument. So if they argued about money, or they felt afraid about money or they feel they didn't have enough money and every single time they felt afraid or angry, I will not feel loved. Every single time! So if mum's terrified about how little money she has, I am not going to feel loved in that moment. So mum gets the mail, opens the bill, looks, "Ah, another bill." In that moment she has fear, "How am I going to pay for this?" All those feelings start coming up for her. In that moment every one of her children do not feel loved... in that moment. [02:14:17.22]

And so what do the children learn? Love is going to be removed whenever there is a money issue. That's what they learn. So there's a link created in them emotionally between the money itself, the having or not having of it, and their being unloved or unwanted or uncared for. There's an automatic

relationship. Now the personality of the child will determine how they respond to that. Some of the children then go out and produce as much money as they possibly can for their mummy. They're producing it for their own life but they don't realise they're actually producing it for their mummy, so their mummy doesn't have to be afraid. The alternative is they go into this place where, "I don't deserve anything, I don't want any money, every time anybody gives me money there's always strings attached." There are all sorts of emotions associated with our parents with money. [02:15:25.28]

And that's what causes the lack of funds in our life, the lack of prosperity in our life. It's nothing to do with the actual money. And you can find people who have lots of money and they still have the same emotional issue. So what does that tell you? It tells you that there is an underlying causal emotional fear about money still within them and they have either gone to produce in order to give them the approval from the parents or whatever, or say they've got none and they keep on spending it without producing it. And that causes all sorts of other attention issues with our parents. Either way, we still need to find the cause. And so with money issues the cause is very rarely related to money as a result. The cause is usually related to a lack of love coming from the parent.

12.2.2. The unloving causes of fears

One of the best things you can do, to be honest, is to list all the things mum and dad get angry about and all the things mum and dad are afraid of, because they are the times you never felt loved. And you'll start connecting emotionally to many of them if you allow yourself to do that. [02:16:52.18]

Let's give you another example. You know how we have phobias, like claustrophobia, agoraphobia... what's the spider? Arachnophobia! Has anyone seen that movie "Arachnophobia"? Yeah that's pretty freaky, that movie. So we have a phobia, why do you we have phobias? It's exactly the same reason. It's got nothing to do with the spider, the height, the closed space, nothing. It's got everything to do with the withdrawal of love from one or both of our parents who were in that situation at the time with us. So, for example, you go along, a little child, 2 years of age, you pick up a red back spider and you're looking at it. For overseas people, a red back spider is like a black widow but with a red back on the back of it, and you look at it and it can bite you and it can cause your death. But the child's not thinking about any of that, it's just looking at the spider. I actually did this when I was a child; I can remember doing it. My mother came out, brushed the spider off me in a panic and rage and in that moment: no love. [02:18:11.06]

So what did you think I associated spiders with? Spiders: no love from mum. Spiders: no love from mum. Spiders: total fear of spiders and what is it you're afraid of really? No love from mum. I can't feel that there's no love from mum. And it's the same with falling from a height, fear of heights, fear of closed in spaces, fear of anything are all related to things related to our parents and their emotions about those things that caused us to feel a lack of love at the time. So can you see how the cause often has nothing to do with the effect in a seemingly logical manner? [02:19:03.08]

So how many of you are afraid of spiders? How many of you are afraid of snakes, spiders, lizards, frogs, mice, put them all together, how many of you are afraid? Okay, so 90% of the audience. All of those things have nothing to do with the animal. And you can test this if you want. You can put the animal in your hand and feel your terror and next week you're going to have just as much terror you had the first time you put the animal in your hand. Until you make the link that it's about the withdrawal of love, you will not address the phobia. Because it's only when we address the cause, the phobia disappears. It's always the cause, never the effect. And many of us can try to deal with it.

So how many of you are afraid of heights, falling from a height, dropping, free falling from a height and all of those kinds of things? So probably 50% of the audience! That has something to do with something that happened to you as a child related to the withdrawal of love and you falling. So you might have been in your mum's arms or you might have had daddy throwing you up, catching you, throwing you up, catching you and you're laughing and carrying on and everything's funny and then mum comes in the room and says, "What are you doing?! What are you doing?!" It could be that event that causes you to be afraid of that feeling. And so now every time you're driving along a road and you go over a little bump, "Ooh," that's a feeling, the same feeling. [02:20:57.21]

And you're not ever going to get rid of that feeling until you link the cause, which is, "My mother's withdrawal of love of a fear projected at daddy throwing me up in the air and catching me." Logical! Yep.

Participant: How can we make a link if we don't remember?

Well it's very hard to make the link but this is why we're having this discussion. This is why I brought this situation up, is to understand that most causes are to do with love, not to do with other things. So they're to do with love or a lack of it. So anything that is loving causes a loving and joyful effect, anything that is unloving causes an unloving effect. So if I've got a fear of money or I don't have enough money in my life, for example, it's got to be related to love somehow. And the key is for you to just allow

yourself to have the awareness at your soul level that it has to be related to love somehow, instead of trying to guess that it's related to something else other than love. Does everyone follow that? [02:22:17.05]

You know that a lot of times what we're trying to do is we're trying to guess that it's, "Ah, it must be this and that happened and this event happened," or whatever but we're not relating a lot of our stuff to love and it's the love that needs to grow in us and it's the love that needs to change. And love and fear cannot co-exist at the same time and so therefore many of the unloving effects are caused by fear based lack of love causes and there is a linkage between love and the lack of love and our fear. When you get down to it, you will find that all of your fear is related to love. All of it! A feeling that you're not loved, a feeling that you cannot be loved, a feeling that you're unlovable, and a feeling that you're unworthy to be loved. All of your fear is related to that at some point. And the reason is because every single time your parents were in fear, or in anger, which is the denial of their fear, you did not feel loved. [02:23:23.00]

And, yes, we do need to process the emotions we need to process but in the end you will come to see the relationship. It took me a while to be honest, to actually stop trying to work out events and situations and to start seeing that God was just correcting love within me. And this is what the Law of Cause and Effect helped me to understand, was that God is actually correcting the love or the type of love or the lack of love within me. And that was the cause of all of these painful things that were happening in my life. And as long as I was willing to feel those unloving causes, to feel the feelings associated with them I could release them and come to understand love in the process. [02:24:30.25]

Participant: Is that why I heard a comment that you said that if you were conceived during the war then you're conceived out of fear and so the fear means that there's no love during that conception?

No I don't think I've ever said that. I've said that if you were conceived during the war and your parents were in fear at the time then obviously there was no love present in your life from that time. And it would be associated with potential acts of violence. So you would actually have a terrible phobia about any violent act. You won't want to watch it on telly probably or you'll do exactly the opposite, you'll get violent video after video after video, wanting to watch violent movies. You'll do one or the other generally. There is always a love component in our emotions or a lack of love component in our emotions. And we need to see the relationship between the love components and what's going on in the effect of the emotion. [02:25:39.27]

And so like for many of you, how many of you were born during the war years, the Second World War years? Are there many of you? 5 or so! How many of you had parents who experienced the Second World War? And where do your emotions come from? Your primary environment is your parents, is it not? So, can you see that for many of us, there are going to be fear emotions about the lack of love when it comes to situations that are violent or potentially violent? A threat of war, a threat of potential violence, anarchy and so forth! Those emotions are going to be within us because for a lot of our parents, they did not release those emotions. For me with regard to war, it was my grandparents, so my father was born just after my grandfather came home from war and my mother was born after that. So both of my grandfathers went to war, so for me I'm three generations from war but many of you are only two or one generation from a war, which means you're going to have more emotions associated with that potential violence. [02:27:04.21]

12.2.3. The example of being adopted and having two sets of parents

Participant: Hi AJ.

How are you?

Participant: I'm not feeling very good. I'm adopted and having two sets of parents... [02:27:16.16]

Do you know both of them now?

Participant: I do.

You do.

Participant: Yeah. And they're so... [02:27:25.13]

Different!

Participant: Yeah. Like my biological dad rides a Harley, so I've got a Harley but my dad that I grew up with is so scared about me riding my Harley that I didn't tell him about it for years and years and years. And then I stepped into truth. Anyway that's a story but I get really confused in... [02:27:48.10]

Where it came from?

Participant: ...in my causes, yeah.

You don't need to worry where a causal came from. [02:27:53.24]

Participant: Which parent?

No. You don't need to worry about which parent it came from, your body will tell you anyway, left side has to be feminine, right side has to be masculine so whatever happens on my left side has to be related to myself, if I'm a woman. So whatever happens to my left side has to be related to myself or my mother, or my dad's viewpoint of my mother, and whatever happened on my right side has to be related to my father, or men, or my mother's viewpoint of men. It's quite simple; this body is going to tell me all of that. So I don't really have to worry about all of that anyway. All I need to do is feel it. Feel the one that's there. That's the trick. You see for most of us what we're trying to do still is work it out before we feel it. And why do we do that? Because we're afraid! Why are afraid? Because we want to control the emotion so that we don't go overboard with our emotions and go into crazy! [02:28:47.20]

But in terms of giving you a bit more of an issue about the issue of adoption, the biological mother and father will have their child for a certain period of time. It might be one week from gestation to one week.

Participant: I was given away at birth. [02:29:10.08]

Given away at birth? So it's still gestation through to birth. So there's still the first basically nine months where you would have absorbed the emotions of mum and dad. And then if you're given away at birth then you start absorbing the emotions of this mum and dad, the adopted parents.

Participant: Do I still absorb, knowing my biological parents, I have done for a little while, am I still absorbing their emotions or through my childhood...? [02:29:42.16]

Well not really, what happens is during this nine month period, you absorb and have a connection with them and you absorb a lot of their predisposed emotions. This automatically makes you open to understanding them and open to feeling their type of emotion. Automatically! So when you reconnect with them later in your life, you will automatically feel certain things as a result of your openness to feeling things from them already. That's already been established. And your period of time with this group of family will actually predispose you to actually accepting emotions from that type of parent whoever they are. But in the end the underlying result is that we still need to feel our causal emotions and we just need to release them and allow ourselves to get to them and a lot of times we want to know because we don't want to feel.

Participant: It's my brain wanting to know which parent it is or something? [02:30:46.29]

Yep. It's something that would benefit many of you. If I want to know intellectually before I feel, then I don't want to feel emotionally.

So we're referring to one thing. So some things you will find in your life you will want to feel emotionally, and you'll relatively easily feel them to be honest. Other things, you'll have this going on, where you want to know intellectually before you go ahead and do it. You want to know what's going on before you feel it. I suggest to you, if you want to know what's going on before you feel it, you don't really want to know what's going on and you don't want to feel what's going on. So what I would do myself under those circumstances is I'll pray about my will, my desire to know, my desire to know from my heart, from my soul. That's what I'll pray about. [02:32:44.03]

IF I WANT TO KNOW
INTELLECTUALLY
BEFORE I FEEL,
THEN
I DON'T WANT
TO FEEL
EMOTIONALLY

I obviously need to work on my desire to know. So there are many things that I've had to work on my desire to know, to actually have a desire or a will to feel it rather than just know it intellectually. And many of you have learnt by now that actually knowing something intellectually hardly helps you at all, in many cases. And in fact unfortunately oftentimes puts you in a state of self delusion because you think you've dealt with something that you haven't even touched yet when you know it. So whenever you want to know something in advance, just stop yourself and go, "Okay, this is all about me not being willing to feel out of control, to feel that I don't know, to feel that I'm crazy or stupid" or lots of those kinds of emotions that's what it's mostly about. [02:33:40.14]

So allow yourself to address that. The issues with regard to parents are complex but in a way it's still the same; it's the willingness to feel the emotion that's going to get through everything anyway. [02:34:06.22]

12.2.4. We need to experience intense emotions to grow

Participant: Yeah they're pretty intense. I'm trying to deal with the time where you've been given away so... [02:34:12.05]

You know when you say it's pretty intense? Many of you say these things to me, "I went through this really intense experience the other day," and you explain it and you need to have intense feelings. Your soul in its greatest power is intense. That's where all your power is; in the intensity of things. You see when we avoid intensity; we're actually avoiding our soul. We need to allow the intensity to be present and when you do that you won't actually need to describe an emotion as intense to other people; you won't need to do that because you actually fully embrace the intensity. Every emotion I've ever felt has been intense and when I say intense, sometimes I've cried for 6 months straight, literally; all day for 6 months. Grief of losing my soulmate for example was one of those things. Now that's intense and during that time, yes, there were times when I felt crazy, I felt all those different things like I was losing my mind but I just allowed myself to feel all those feelings. And nobody else actually knew that I went through it. The only time I stopped crying was when I went shopping and when I slept. [02:35:56.07]

Participant: I'm not that intense. (Laughter)

This is what I'm saying; you don't have to worry about that, because when you fully connect with an emotion every emotion will feel intense. It will feel intense. Remember I gave that talk about stretching your soul, allowing your soul to expand? You need to allow yourself to experience your emotions in an intense manner. You know how parents always go, "Oh, you're far too sensitive. You know you're far too sensitive"? That's a heap of crap, you know, you want a sensitive soul. You want to be sensitive. You want to feel things intensely because eventually you'll get to the point where you've released all your pain and the only thing you'll feel intensely is your pleasure. You imagine that. That's at-one with God. Imagine that. The only thing you feel is your pleasure and you feel it intensely. You have to get used to intensity. [02:36:57.05]

Participant: When you cry for such a long time about something how do you know that it's not a self deception emotion?

The Law of Attraction remember cause and effect always tells you. So if external events are changing over that time then you know that things are changing for you. [02:37:21.22]

Participant: Yeah. It does seem that six months was a long time.

Well it was. But you have no idea how attached I was to my soulmate either, because you've never been there and one day you will know and understand. So you can't really judge it. You're not going to ever feel it and you don't need to worry about it. I'm just explaining to you that I use it as

an example to say to you: allow the intensity. Allow it, because if you allow it your soul expands. That's the principle I'm getting at. You won't ever have to experience that with your soulmate. It's highly unlikely many of you will want to come back to this Earth and by the time you want to come back to this Earth, if you do want to come back to the Earth, it's highly likely that the Earth will have changed quite significantly and there might even be some people who are at-one with God who you can incarnate through and not have to deal with any emotions. [02:38:16.04]

So if you wanted to come back to the Earth, no matter what happens from now on, you will never have to experience the pain of my soulmate loss. Ever! In your own life! But I am saying to you that every single emotion that you actually have to feel, you will feel stretches you intensely. And you need to allow it. You need to let it happen. That's the key to growth. [02:38:46.06]

Participant: Just on that with your Law of Attraction changing. You were talking before about parents and sometimes their behaviour doesn't change but the feeling inside myself towards them about their behaviour changes. [02:39:01.18]

Well remember I said in the description of the Law of Cause and Effect and the Law of Attraction is that if you no longer feel pain from the event then obviously something's changed for you. Now firstly what I would do is I'd say: if the event is created then there still might be something present inside of your soul, whether you feel pain or not, you could be totally detuned from your pain. So you need to look at that. Because usually when you deal with a causal emotion within your soul the event is no longer created. And if it is created, you understand who created it and if it's a painful event for other people, and you're at-one with God, you know that you didn't create it. [02:39:58.04]

Participant: So just hypothetically, if I were at-one with God, my mum wouldn't be the way she is with me? [02:40:05.04]

No, she couldn't be the way she is... when I say she couldn't be the way she is with you, she might want to murder you. [02:40:15.07]

Participant: I don't have to be at-one with God for that. [02:40:16.22]

No, she already wants that. But do you understand because that might be other things creating her desire to do that, other than your soul. All we can deal with is what's in our own soul with regard to the creation of event. And remember I said to you that you are not responsible for everything that gets created. However, most of us think we're not responsible for

anything that gets created and that's totally untrue. And in fact in an unhealed condition we are responsible for most of what gets created, that is also true. But once we become at-one with God we're not responsible for... when I say we're not responsible, we're not responsible for any negative painful event that's caused for somebody else because we no longer feel pain and we cannot create an unloving painful event. We can actually say something or do something in truth that creates an event that others perceive to be unloving. [02:41:14.08]

So you know how most of you perceive my death in the first century to be unloving? Well I didn't see it as that. But others did, of course. All of the disciples all were gutted by the event. They still call it, in the spirit world, "The great loss". Still now! That's how they referred to it. So they had huge amounts of grief associated with the event, my soulmate included. But I did not. So who created the event? Good question, isn't it? [02:42:09.05]

12.2.5. The example of a mother not loving her sons

Participant: I don't even know how to ask this but I know that I'm being more aware of the causes I'm creating in our children and at the moment I'm going through a lot of repentance about not actually feeling love for them a lot of the time, especially the boys. [02:42:33.08]

Can I point out to you that the feeling of realisation that you did not feel love for them, or do not at times feel love for them; I'd call that a realisation. [02:42:45.26]

Participant: As in an intellectual one?

Yes, it's not repentance because if you really repent from it you have to see the causes to why you don't love them. [02:42:58.16]

Participant: That's where I'm stuck.

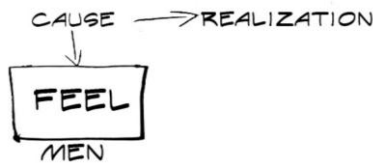
And you have to feel that. You have to feel that cause to be truly repentant. So it's one thing to have the intellectual acknowledgement and a feeling based acknowledgement of, "Yes, I can see that I don't love them and I can see that in this moment I actually don't feel any love for them, I actually feel angry with them or upset with them," or whatever it is that you feel. That is an important part of the process. You don't want to turn that off. But what you need to do is allow yourself to get to find the reason why you don't love them. And the reason why you don't love your sons in particular... it's mostly the sons, isn't it? [02:43:38.05]

Participant: Yep.

It's related obviously to men and something that happened to you as a child related to men that you're unwilling to feel. [02:43:51.27]

Participant: Yeah, totally. I don't know anything but that's right I agree.

And the reason why you don't know at this stage is because you're unwilling to feel that. You're willing to have the realisation and willing to feel that you don't love them, but you're not yet willing to feel the real feeling of something happened to me in my childhood that causes to feel that I can't love men. [02:44:13.23]



Participant: So at the moment just allowing myself to keep feeling the sadness of... because I really feel so sad about the fact that I can't fully love them unconditionally. So I just keep feeling that and eventually I can? [02:44:29.03]

Yeah, see I don't feel that's truthful. The reality is you don't want to love them and that's caused by an emotion in you coming from your childhood in relation to men. I would, if I were you, go into the feeling, "I don't want to love men, I don't want to love them," and let yourself feel the anger of that position, "I don't want to love them," and then you'll get into why you don't want to love them. That will lead you to the emotion, the causal emotion. The cause rather than just looking at the effect! The effect is you don't love them and they feel the effect of that most days and they rebel against that and some of them conform but the others rebel against that and you feel the effect of that every single day. [02:45:12.19]

My suggestion is now to go into the feeling you have that, "I don't want to love them," instead of judging it. You see you've been judging it a long time now. Stop judging the emotion that you don't want to love your children, and in particular your sons, and start feeling why you don't want to love them. What is it about men that cause you to not want to love them? [02:45:35.09]

Participant: Because this is what confuses me as I can feel so much love for my husband Liam [02:45:41.19]

I'm sorry, I can't agree. I can't agree with that statement. You believe its love that you're feeling for Liam because Liam does a lot of things that please you. If Liam stopped doing things that pleased you, how would you then feel?

Participant: Well we've already been seeing these addictions and addressing them. [02:46:07.29]

Yes. And what I'm suggesting to you is your children are doing less to please you and this is the reason why you're finding them difficult to love. But the reason why they're doing less to please you is because they feel unloved. Whereas Liam has got his own emotional issues with his own mother that he's carried into the relationship and so therefore does pander to the woman. Therefore you do feel loved when you're with Liam and so then you feel happier and you feel like you love him. But it's not true love yet because true love loves a person no matter what the person does or how they treat you. It's immaterial how they treat you. They can hate you or love you; you will still love them. They can want to leave you. Liam can want to run off with another woman, and if you really loved him you would still love him. [02:46:59.07]

Participant: It does but it's hard to hear.

Yes it is very hard to hear. And this is where the children are great because they show you that the injury exists whereas Liam can't show you because he has the same injury, favouring the woman that you have. And so he can't show you that the injury exists. He is attracted to you because the injury exists. Whereas your children are not attracted to you because the injury exists, they are feeling the effects of the injury and they are responding in the manners that they do based on their personalities to that injury. So they are far more trustworthy reflections of what's really going inside of you towards men. And in fact, in both of you towards men, not just one of you towards men! Because at the moment in your family there's a definite favouring of the woman and since there's a definite favouring of the woman over the men, and the little children who are men in the family feel unloved. And they're responding to this unloved feeling. Some of them in rebellion, causing havoc, and others sit quiet reading a book trying to stay away from everything. The different personalities cause a different response.

13. Closing Words

I hope you have managed to understand a bit more of the Law of Cause and Effect. Has that been helpful? Yep? That's good. And hopefully it will help you identify issues because remember that primary thing that

whenever there is love in the cause, there will be a loving, joyful effect. Whenever there is an unloving cause, there is an unloving, unhappy, painful effect. So the key is we can work backwards. We can go, "Is this painful to me? Yes it's painful. There must be something about love that I'm not getting here." And if it's pleasurable to you, you go, "That's pleasurable to me, okay. Interesting! I think I'll leave that and just enjoy it until such a time as I'm shown otherwise."

So we're looking forward to the new year and seeing what we can accomplish as a group together with regard to growing in love in particular. And so we would like to encourage you to use this very busy and sometimes stressful time, over the next few months, to really practice love and identify the causal reasons inside of you as to why you find practicing love difficult. So have a good time and thanks for your time today. Thank you. And we'll see you in a few weeks time maybe.

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